



TOTEM TIMES

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19 Wing CFB Comox

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Comox Valley's Longest Running Newspaper

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Mountainside rescue

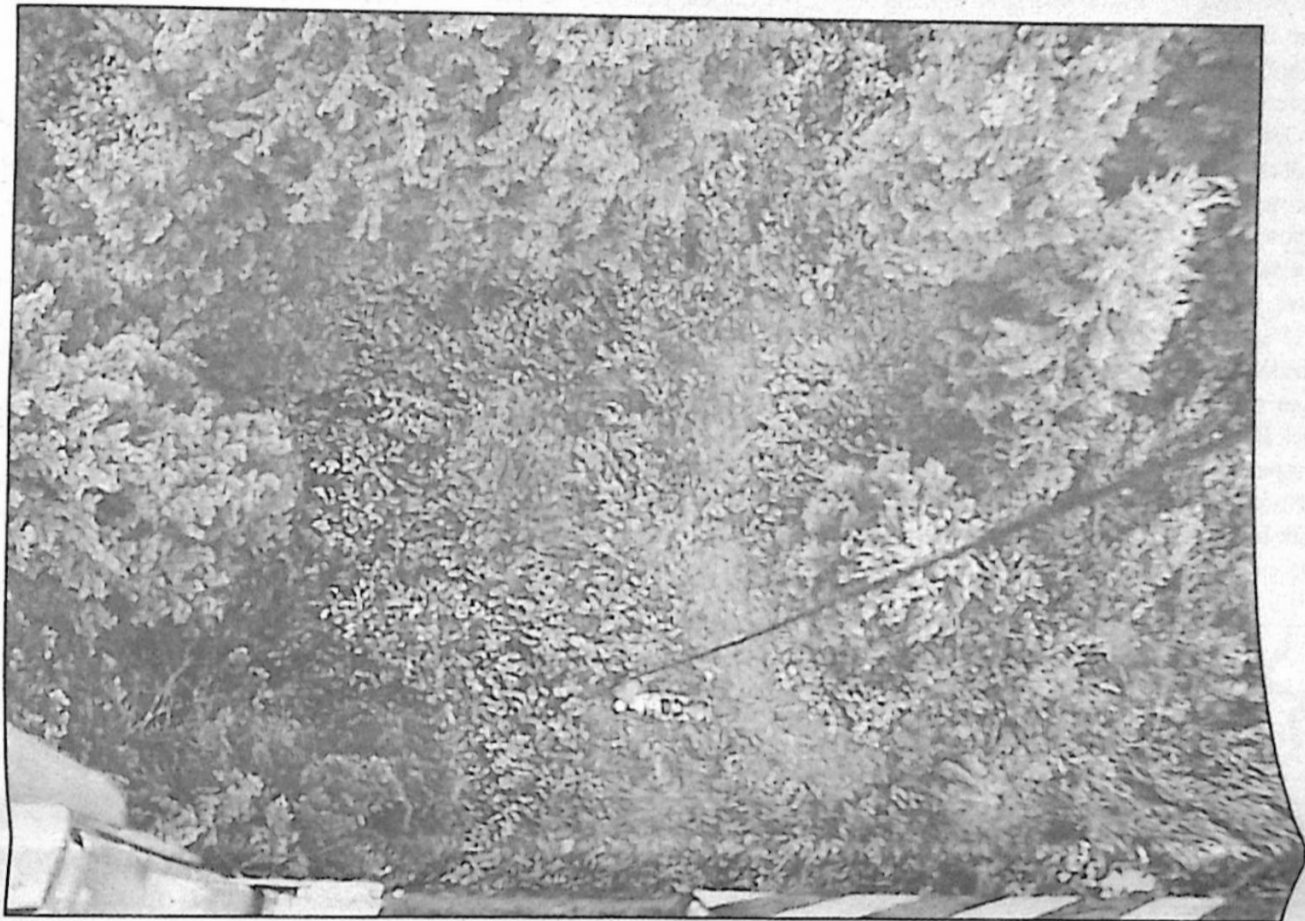


Photo shows dense forest area where injured survivors of the plane crash were discovered and later hoisted into the rescue Labrador helicopter.

Military crews from a Comox-based Buffalo aircraft and Labrador helicopter assisted by a civilian helicopter rescued two Swiss tourists and their pilot from a crashed aircraft near Valemount in eastern B.C. on July 24. The two women and their male pilot, who all sustained serious but non life-threatening injuries, were transported to the Valemount medical clinic then transferred by a second Buffalo to the Royal Inland Hospital in Kamloops, where they remain in stable condition.

Victoria's Rescue Coordination Centre initially dispatched the Buffalo to conduct a search near Valemount last night after a search and rescue satellite and passing commercial jetliners detected an emergency locator transmitter signal originating from the area. The Buffalo's crew homed in on the transmission approximately 18 km west-north-west of Valemount

and, after an hour of low flying through fog and mist, sighted the crashed light aircraft. The Buffalo then landed at the Valemount airport and transferred two paramedic-qualified Canadian Forces SAR Technicians to a waiting Yellowhead Helicopters' Bell 206, which took them to the scene in the failing light.

Due to low cloud, rain and approaching darkness, however, neither the injured nor their military rescuers could be evacuated until Monday morning at 7:30 a.m. when a Labrador recovered all five from approximately 700 metres up the steep, thickly-forested mountainside.

SAR technician MCpl Wade Simpson, who was lowered by the Bell's pilot Dale Brady through 30 metre trees, was first on the crash scene Sunday night and found that the survivors had left the area on foot. The rescuers then began

an urgent search along a nearby mountain stream, finding the survivors nearly one kilometer away just before nightfall.

Simpson and team leader Sgt Ron O'Reilly, who both spent the night on the mountain with the survivors, had nothing but praise for Brady. "He did outstanding work flying us in," said O'Reilly. "He really put his life on the line."

Despite the efforts of the pilot, poor weather forced him away from the scene before the SAR Technicians could receive their camp gear, so they were forced to improvise shelter for the victims with spruce boughs, and light a fire using a flare and dry field dressing.

"It was a long night," said O'Reilly, who worked with Simpson to keep the fire going and the patients, who were suffering from broken bones and head injuries, awake. At one point in the night, the Labrador helicopter man-

aged to fly to approximately 10 km away, within earshot of the grounded rescuers, but was also forced to return due to darkness and fog.

"We couldn't even see through our night vision goggles," said pilot Capt Mark Levesque, whose crew returned to the scene at first light to extract the two rescuers and three survivors. Even in the daylight, however, the rescuers almost couldn't get to the scene when they were enveloped in low cloud and mist. "We were lucky to find a hole in the clouds and get above the fog long enough to get them out."

The women were on their way to the Bowron Lake Lodge as part of a six-week Canadian vacation when the accident occurred. The cause of the crash is under investigation.



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414 Sqn Sir Cedric Says...

The Knights of the T-shaped table would like to welcome back two faces that were here for a quick stint before the chariots were named. Welcome back to Lt Rick Koury and Capt Mike Sayer. They both will be flying in no time and then off to their respective squadrons as the newest CF T-33 pilots. Another pilot OTU has started. Lt Poirier, Capt VanGisbergen and Maj Girard will start flying next week. We welcome them with open arms (that is close to being a pun with armour, armour, yadda yadda yadda). The EWO course has just finished up. Congrats to all of the recently qualified EWOS. Keep the electrons pumping boys. Anybody want some peanut butter with all that JAM!



MCpl Baker receives his promotion from LCol Bossé.

We would also like to give a hardy joust to the newest reservist on the squadron. Welcome back from France et bienvenue à Tweety. Yes, the Tweeter is back in the saddle as a reservist at 414. We won't hold it against you, but you know you have to hang out with LTS now don't you?

Maple Flag was a great success. A very capable crew kept the birds serviceable. Many thanks to the hard work of Troy, Marc, Shelley, Al and Pat. Quick uploads and downloads were required to give the customers good service as there had to be a few pod exchanges. Dallas jumped into Flag with both feet with the capable and comm jamming guru Hacksaw. Q and Cypher (who almost reared his ugly head) also kept the

blue air at bay, especially when there were only six, then five, of us red air guys. Trout and the Boss fearlessly led the T-33 caps until there were no more bad guys in the sky. I, Streak, left a huge streak of sweat behind in the squash court after Hacksaw politely waxed the floor with me. Just in case anyone was wondering, Club Chaos is same old same old. A barrel of thanks to Tutts for letting us hang out at his toy haven of a home and burn about three chords of wood in his fire pit. Late at night, I think we solved all the Air Force problems. Anyone remember what they were? And a record was set. The closest Scrappy has ever been to a Maple Flag was when he brought out a jet to exchange with one in Cold Lake. How did it feel Scrapy? All in all, it was a great time. Even some 16CJ guys wanted to see some of that there jamming we were doing. Cha-ching. Maybe the T-Birds will survive longer than expected.

A new feature with Sir Cedric - I like to call it the PRO-MOSHUN ZONE. The hockey team would like to thank newly promoted MCpl Baker, MCpl Malone (oh my god), and MCpl Rekrut, for their future donations to the hockey beer

cooler. Well done guys, now if you could just left the puck, we'd be 'A' League champs. Ha ha ha.

This just in from Troy Blake, the hard-nosed reporter who gets back to the grass roots journalism. Dee dee dee ee de de dee... Steve, Steve where are you Steve?

The Black Knights are all dressed in their darkest garb to say goodbye to Q and Kendall. Q has been emitting electrons for several years here at 414. He has ensured no kids will come from many a fighter pilot. We will miss his lovely smile and even more his lovely teeth. Sorry Tweety that yours are real and his weren't. We will miss his road trip excitement and will always raise a glass whenever we log onto You don't know Jack. Q, when I said that my Q limit was in the red, I was just kidding, and it was more like a bright orange. Kendall will be sadly missed, especially by the hockey team. (Except Dan and Marco, maybe they won't miss his slap shots as much as the rest of us.) Thanks for the years of great playing and dedication to the team. Good luck in Winterpeg and maybe see ya when we pass through. Cheers to both of you.



MCpl Malone receives his promotion from LCol Bossé.

Also leaving the beautiful Comox Valley and the Brave Knights of 414 is Maj Ed Wendlandt (Glass Tiger?) The Maj is posted to CFB Chilly Pool to take over 10 Foot 2. Best of luck there, and your six years with the T-33 will not be forgotten. Especially by Jorm who has some big shoes to fill. Can't wait to see you in the Old Timers' rink. Keep your head up bud... Along that note, the squadron would like to congratulate Capt Nissen on his new position as squadron SAMEO. We will give you a bit of a break, but not too much. By the way, what hat are you wearing now?

Shane is the latest holder in the coveted Halibut Cup. It was a long and hard battle against his worst enemy,

Moses, but he wrestled back to take it home after a gruelling golf game. What is it called? Whack Darn, or something like that? Well done, but only till Moses gathers up the courage to challenge you for it.

Sir Cedric would like everyone to take a moment now and think of poor Tom's feet and just how hard they are working over in Holland. Yes, Tom is walking a magnificent 40 Km a day in a land where "oh my God, my feet hurt" doesn't mean squat. Tom, know that we are thinking of you and hope you are having fun.

Well, that wraps it up for today - remember to always wear your frown upside down, 'cause it takes less muscles you lazy ducks. Totis Viribus.

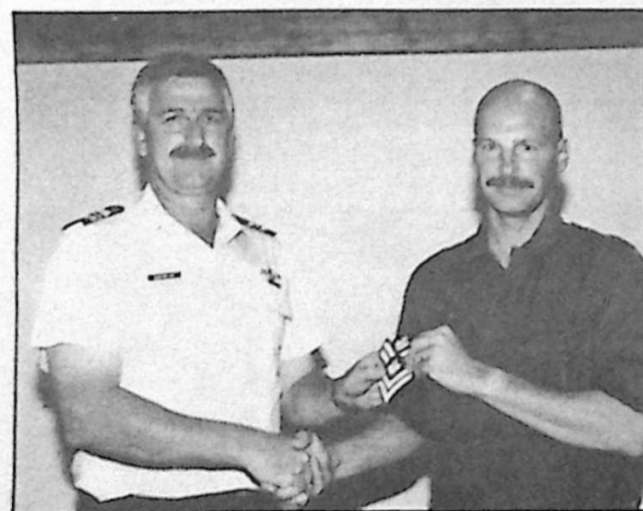


LCol Bossé and CWO Marseille congratulate MCpl Rekrut.

407 Squadron CF members assist tornado response



CO and SWO of 407 SQN present MCpl Keegan with his new rank. Well done Rod.



A/CO, Maj Sakaluk, presents MCpl Wand with his new rank. Well done Richard.

DNEWS - The special skills of four CF members gave a measure of comfort to those looking for survivors of a devastating tornado that swept through a central Alberta campground July 14.

Four sailors from Acoustic Data Analysis Centre Pacific (ADAC Pacific), a unit of Maritime Pacific Command at CFB Esquimalt, used side-scan sonar to map objects on the bottom of Pine Lake.

Lt(N) Mike Brissette, who led the team of sailors from ADAC Pacific, said high-resolution sonar was used to map the bottom of the lake.

"We determined there was very little on the lake's bottom past a depth of 10 feet," he said. "Anything light was blown across to the opposite shore and there was nothing of any significant size in the middle of the lake."

A tornado with winds of up to 300 km per hour ripped through the popular campground near Red Deer. At least 11 people were

killed and more than 150 were injured, making it one of the worst tornadoes in Canadian history. More than 130 CF members were dispatched to the campground July 15.

Lt Kelly Hoffman of 1 Combat Engineer Regiment, who acted as a liaison officer at the campground, said it looked like the tornado pushed the entire campground down a hill toward the water. "The campground is kind of on a slope. There are overturned trailers and debris scattered everywhere. Everything is bundled up in piles and mashed together," she said. "People have described it as a shelled area from Bosnia, minus the holes in the ground. I have never seen anything of this nature before."

The four ADAC Pacific members were an integral part of the underwater search. They looked for bodies of victims who might have been trapped inside vehicles or trailers that had

By Mitch Gillett

been thrown into the water. At the same time, 101 members of Lord Strathcona's Horse (Royal Canadians) and 24 combat engineers helped comb the wreckage of 429 trailers parked at the lake.

Combat divers and members of the Calgary Fire Department conducted eight dives and helped remove about 90 kg of debris from the lake.

Nijmegen update

By OCdt Erin Johnson

The Nijmegen march, 18-21 July, has come to an end after four days of gruelling marching. Sore and blistered feet give way to feelings of pride and accomplishment. Canadian military teams have participated in the march since the end of the Second World War.

The Canadian contingent, under the command of Col Peter Holt of NDHQ, who is participating in his 12th march, consists of 335 regulars, reservists and teenage cadets. Of the 259 Canadian military marchers, 225 are participating for the first time. The five cadet teams are from Toronto, the Pacific region and Saskatoon.

Also marching in the Canadian contingent this year were two veterans of the Second World War, Tom Riley of Toronto and Alister Polson of Surrey Creek, who helped liberate the Netherlands 55 years ago. Mr. Riley fought in Holland with Winnipeg's Queen's Own Cameron Highlanders of Canada while Mr. Polson fought with Victoria's Canadian Scottish Regiment (Princess Mary's). These two heroes walked the 30 kilometre-a-day course for those over 55 years-of-age.

Veteran Joe Lilko of Toronto worked avidly with the cadet teams but did not march.

Service Person of the Quarter



Service Person of the Quarter MCpl Kwasnicki of 19 AMS.

Since his arrival at 19 AMS in 1993, MCpl Kwasnicki has distinguished himself as a superb technician and a highly valued member of the squadron. As the Automated Data Processing Manager and Deputy Information Technology Coordinator, he has become the squadron's first line of defense for all ADP problems and is solely responsible for the procurement, security and maintenance of the squadron's entire ADP inventory.

His extensive knowledge of all aspects of these systems has enabled him to solve a wide variety of problems with ADP equipment and provide unparalleled service to our ADP users. One area that MCpl Kwasnicki specializes in is the Automated Data for Aircraft Maintenance (ADAM) system. As an example of his skills, after one of the portable ADAM printers had been written off as unrepairable, he took it upon himself to research the problem and subsequently disassemble and repair the unit, thereby returning a

valuable resource to the Wing. He has independently created several highly effective software packages, including a keyboard template for the upgraded ADAM system, which is now used on all Wing ADAM terminals. He spent many hours researching and designing an error checking routine for the Aircraft Maintenance Management and Information System (AMMIS) used to track aircraft, aircraft components and related maintenance actions. His design has been so successful in reducing errors that it has been incorporated in the latest release of NDHQ's ADAM software and is now in use at all ADAM sites within the CF.

His vast knowledge of computer systems is applied to the benefit of individual squadron members as well. He unselfishly spends many hours helping others with computer problems by researching snags, solving software problems and installing hardware. Similarly MCpl Kwasnicki has volunteered many hours of his time as captain



Col Neumann presents MCpl Kwasnicki with his award.

of the Wing Windsurfing Club and has also acted as a key member of the Sailing Club executive. His responsibilities have ranged from control and maintenance of the club's windsurfing inventory to management of membership applications and all access to the clubhouse, sailboats and related facilities and equipment. He also encouraged growth of the windsurfing sport by impressively providing free introductory lessons for beginners.

Extremely active in all squadron events, he is al-

ways one of the first to take a leadership role in support of squadron and Wing functions. As such, he participated as a volunteer for the Comox Valley Snow to Surf Race, assisted other squadrons by serving at Mess Dinners and single handedly organized such events as a very successful golf tournament for 19 AMS.

MCpl Kwasnicki's outstanding skills, hard work and leadership within the squadron and Wing have made him the 19 Wing Comox Service Person of the Quarter.



(News from the Oriole crew! Highlights of the Victoria-Maui Race to Lahaina, Maui from crew member NCdt Adam Dargavel.)

The "Oriole" experience

By OCdt Erin Johnson

The time not occupied on watch is spent on deck reading, playing chess, writing, sleeping, fishing or even playing Twister. Sleeping quarters consist of a bunk with a partition that ties up to prevent crew members from falling out of their bunks as they sleep.

The Victoria-Maui Race began well for the Oriole, which crossed the start line in two minutes - beating one of the favourites, the Canadian *Renegade*. From there, skipper LCDr Scott Crawshaw used his knowledge of weather systems to guide the Oriole around the 'Pacific High' in the most proficient manner. The Pacific High lies directly between Maui and Victoria, thereby preventing a direct course. Ideally, a ship comes as close as possible to the high without losing wind. Entering into the Pacific High results in entrapment, which can last for days. Catching the 'Trade Winds' after successfully skirting the Pacific High, the Oriole raced towards the finish, but not without mishap. The Trade Winds allow for sailing downwind and the subsequent use of the spinnaker. On board the Oriole, the 0.75 spinnaker - the world's largest working spinnaker at 7000 square feet - 'blew' the first time it was raised. After recovering from this incident, a tear was found in the sail which the crew was able to repair. The

reparation was followed by two incidents when the spinnaker came crashing down. The genacker sail was the saving grace of the Oriole, acting as the workhorse to pull the Oriole to victory.

The Oriole cruised into Lahaina at a speed of 10 knots after 12 days 19 hours at sea. Despite their 0400 hour arrival, a greeting party awaited the ecstatic and excited crew. At the beginning of the race, each ship had been assigned a handicap, based on the weight of the ship, the hull speed and past performances. With her long history in the Victoria-Maui competition, the Oriole had one of the most accurate handicaps. Although the *Grand Illusion* finished in a time of nine days two hours, a record time for the race, the Oriole finished first overall on corrected time.

The crew spent a few well-deserved days exploring Lahaina and the surrounding regions of Maui before starting for home 24 July.

Tower operational



Technicians ready to throw the switch.



Cpl Wood scans the airfield.

"You have Control." With that phrase came the end of an era. On 17 July, control was passed from the old tower to controllers in the new state-of-the-art facility. Amazing how those three simple words can carry so much meaning.

On 21 July, all members of the 19 Wing team were invited to drop by the new tower, enjoy the incredible view and see controllers at work in their new digs. The weather was phenomenal and photos don't do the view justice. It was heard said that controllers can see the lights of Vancouver on a clear night.

A special acknowledgement goes out to members of WCE and WTIS who did such fabulous work in ensuring that the new tower was up and running without any major problems.

Old habits die hard for some of us though - wonder how long before we'll stop calling it the "new" tower.

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Summertime blues

— is block leave the answer?

It's that time of year when the sun is shining and the air is warm that thoughts turn to the outdoors and many of us take our leave. For those who are left behind to man (person) the phones, it is somewhat of a holiday in itself. There is less mail in the in box, fewer e-mails to sort through and the phone doesn't ring as often as normal so it serves as a respite to catch up on overdue files and routine housekeeping duties.

It can also be a frustrating and inefficient time at work, however, with sequential or random leave periods across the Wing and the country. Issues sit at various offices waiting for input only to be forwarded to another office where they wait until that person returns from leave. Perhaps in this time of "World Peace" the whole CF could consider a three week Summer Block Leave period across the board to minimize the impact of prolonged absences. Operations would have to continue of course, but they could be conducted at a reduced level as we do at other times of the year. Food for thought.

Speaking of leave, I'm out of here, sailing to Desolation Sound and I'm not turning my cell phone on. If I see a Buffalo or Lab I'll listen out on "16." See you in two weeks.

LCol M.R. Spooner

Letter to the editor Nostalgia

Tuesday 18 July 2000 was the last official operational day of the old control tower, witnessed by some of our upper echelons. I know that one or two members must have had some nostalgic memories about assisting in the last day of this station.

I witness my first nostalgia back in '76, as a young Bos'n reservist onboard the HMCS Port Dauphine. We sailed from the Halifax dockyard, down through St Laurent River, the Thousand Islands and, finally, to Kingston. Our Captain and some of our NCO's for this trip were old Sea Dogs, and us young pup Naval Reservists signed up to go along for the ride. It was not a demanding trip, being inland, nevertheless it was a challenging trip for some of us. Our captain was on the upper deck the entire time required to sail through the waters of the Thousand Islands area, and at the speed these old Pig Boats can cruise... It took nearly two days to be cleared of the area. I saw my PO preparing the decommissioning flag while we were preparing the vessel for its final destination. Sadness would set in

if we didn't joke about leaving this "old tub." Our last night onboard all were less talkative than usual. On the day we disembarked, someone said a choked up "she's all yours." I understood this emotion, but did not share it, being young as I was.

Later in my career, I had to depart from an old reliable truck and have it replaced with a newer one. Heck! It was just a truck but, being in the field for a few years, I learned to rely more on this old beast than my rifle. My rifle was for my defense and the protection of my position, but my truck was part of my job.

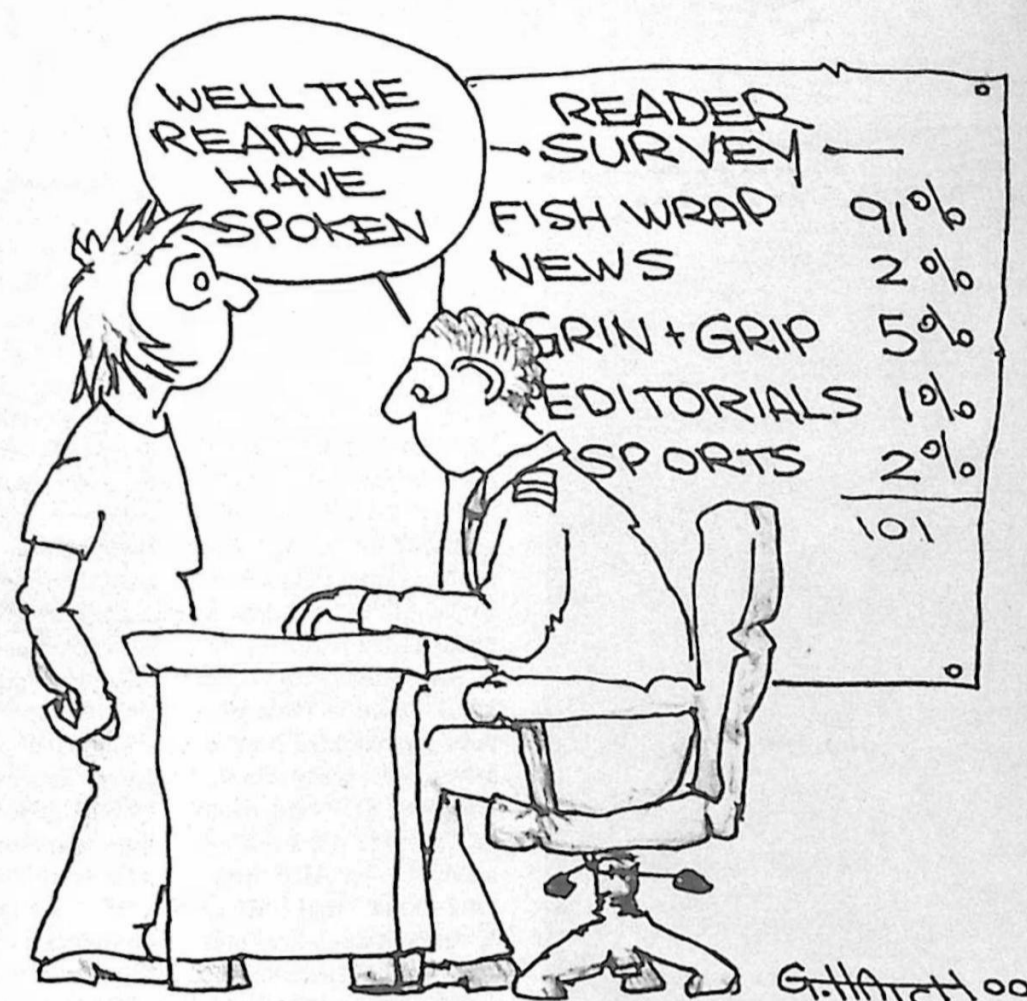
Not too long ago I saw a documentary of one of the many ships I sailed on, doing a sailpast with the decommissioning flag trailing from the top of her mast flowing down and past her stern almost touching the water. Later, I saw the same ship being holed and gutted, taking everything that makes a ship alive. Her gears from the upper deck removed, until all that was remaining was an empty shell that could be recognized by her hollowed shape alone. Her hull was ripped

open with systematically located explosives and she went down peacefully. Talk about nostalgia. Ouch!

Recently I handed over the traffic responsibility of this message centre to another station. Reductions in personal and amount of traffic forced us to reduce the hours of operations. Drafting the service message requesting a closure of our circuit was technically easy, but my fingers hesitated a second or so before I forced myself to send it. I powered down my equipment, lock up, and turned in my keys for the weekend. It was a time of rejoicing for most of us, manning this position, 24 hours a day, 7 days a week. At time doing 12 hours shift rotation. Nevertheless, knowing that I was no longer at my post for the remainder of my shift, I had trouble sleeping that night.

We grow, progress and move on. The new replaces the old. Yet part of us always yearns to go back. Nostalgia - a little sad I'd say, but great memories.

MCpl J.P. Picard (ex Marine Engineer)
Message Center Supervisor



A LITTLE BIT OF REALITY

Cable TV update

A number of people have asked questions regarding the future of cable TV in the MQs and when, if ever, they will be able to get high speed internet and digital channels.

The cable system is operated with a bulk feed from Shaw Cable. The current system of lines and amplifiers is old and cannot fully support, in some cases, the regular cable let alone two-way high speed internet or digital service. The Wing is currently in negotiations with Shaw Cable on these issues. What is required is a total system upgrade. This will happen; the question is when and under what conditions.

I expect that the upgrade will happen within the next year. Because Shaw will do the upgrade at their expense, there will be an increase in cable prices. Until now, we have been receiving all three tiers of cable for the price of tier 1. Rest assured that the Wing will negotiate the best possible deal, and that this will be passed on to MQ residents.

When the upgrade is complete, it is likely that the Wing will still continue to operate the local hook-ups/disconnects to regular cable. Any additional service, such as high speed internet and digital will be provided and billed by Shaw Cable directly.

MQ residents will be fully informed when the details are known.

Maj M.T. Kaduck, Wing Personnel Services Officer

SUGGESTION BOX

We are looking for a fresh outlook on ways to improve the Totem Times. Submit your ideas to the Editor, Totem Times by snail mail or e-mail: totemtimes@comox.dnd.ca or intranet: totemtimes@comox

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Canadian Peacekeeping Service Medal

D-News - On June 28, 2000, Governor General Adrienne Clarkson announced the launch of a new medal, the Canadian Peacekeeping Service Medal (CPSM). This prestigious award will recognize service by Canadians deployed on peacekeeping missions outside Canada for a minimum period of 30 days.

The mission eligibility list for the CPSM has been posted on the Director History and Heritage Web site at <http://www.dnd.ca/hr/dhh>. Retired members of the Canadian Forces and civilians may apply for the CPSM on this web site. Serving members should contact their unit Commanding Officer, who will apply

on their behalf.

This eagerly anticipated medal represents peacekeeping as an important aspect of Canadian heritage, and a reflection of Canadians' fundamental beliefs. The CPSM will be one of the most widely distributed awards since the Korean Conflict. The 125,000 recipients span a period from 1947 to the present. The project office expects that distribution to the CF will start in September 2000.

The obverse of the medal depicts the three figures on top of the Peacekeeping Monument. Above the figures flies a dove, a symbol of peace. The obverse also bears the words "PEACEKEEPING" and "SERVICE DE LA PAIX" with two ma-

ple leaves, representing Canada. The reverse shows the Queen's Cypher on a maple leaf, surrounded by two sprigs of laurel and the word "CANADA".

The ribbon is comprised of four colours: green, red, white and blue. Blue and white were chosen to signify the United Nations, the organization under which the majority of international peacekeeping and observer missions have occurred; green, voluntarism; red and white for the Canadian flag. The red also symbolizes the blood that has been shed by Canada's more than 100 fallen peacekeepers.

Any additional information may be obtained from the Project Office at 1-877-741-8333 or (613)990-4446.



Air Force structure

The senior leadership of the Air Force remains committed to the basic thrust of Force Structure Exercise (FSX) - delivering a balanced, multi-purpose combat capable Air Force that provides Canadians with the greatest combatant capability possible for their tax dollars. It must be recognized, however, that many issues arising from the FSX remain to be addressed and several will require departmental and governmental consideration and direction. As we address these issues over the coming months some of the details may change.

FSX resulted in a comprehensive review of our Air Force structure that led to recommendations for changes to how many aircraft we operate (aircraft fleet sizes), how much we operate them (activity rates) and how they are grouped (infrastructure or installations, bases and buildings). While the Air Force directly controls some of these aspects of force structure, as noted above, there are other areas that will require Canadian Forces, departmental or even governmental direction.

In terms of aircraft numbers, the following fleet sizes were agreed upon following FSX. Over the next few years, the Air Force will gradually adjust its inventory of aircraft to these numbers (read in three columns: aircraft name/current fleet/ revised fleet)

CF-18 HORNET/122/80
CH-124 SEA KING/29/28
CP-140/140 AURORA/21/16
CH-146 GRIFFON/99/75
CC-130 HERCULES/32/32
CC-150 AIRBUS/5/5
CH-113 LABRADOR/12/0

CT-142 DASH 8/4/4
CC144 CHALLENGER/4/4
CC144U CHALLENGER/2/2
CC-115 BUFFALO/7/0
CC-138 TWIN OTTER/4/4
CT-114 TUTOR/136/17
CT/CE-133 T-33/27/0
CORMORANT/0/1/5
HARVARD CT-156/10/24
HAWK CT-155/1/18.

The FSX also addressed activity rates. Activity rates have a significant impact on the cost of operations, as they determine not only fuel and other operating costs, but also spare parts and overhaul costs. To remain within the allocated budget, the Air Force must adjust yearly flying rates (YFR). The following are the projected YFR for the various fleets (read in three columns: aircraft name/current YFR/revised YFR):

CF-18 HORNET/17800/16000
CH-124 SEA KING/9800/9100
CP-140 AURORA/11000/8000
CH-146 GRIFFON/32500/27500
CC-130 HERCULES/22600/21000
CC-150 AIRBUS/4100/6500
CH-113 LABRADOR/6000/0
CT-142 DASH 8/3000/3000
CC-144 CHALLENGER (AFS)/2783/2800
CC-144U CHALLENGER/640/640
CC-115 BUFFALO/2800/0
CC-138 TWIN OTTER/3150/3150
CT-114 TUTOR/4000/TBD
CT/CE-133 T-33/5500/0.

The overall objective is to achieve the target YFR and fleet sizes by the spring

of 2004 at the latest. One of the first questions that usually arises with reduced activity rates has to do with the number of squadrons we maintain. With a smaller fleet and reduced YFR in the CF-18 and Aurora community, there may be an assumption that there will be reductions in the numbers of squadrons. While this is possible in the long run, no immediate decisions were taken as a result of FSX to reduce our number of squadrons. This is one of the details that we will have to closely examine as we work our way through the process of implementing our new force structure.

Another question associated with reduced fleet sizes and activity rates is linked to role and mission. Obviously it will not be quote business as usual in the Air Force. The basic missions of each fleet will remain intact, but there will be some adjustments to our alliance commitments, readiness and training activities. Indeed, a prime focus of current staff analysis is to find new ways to maintain proficiency and generate airpower without always resorting to expensive YFR. Enhanced simulation opportunities, for instance, are being investigated, along with a rationalization of our training and proficiency system.

There is always a people dimension to reductions and there has certainly been a personnel impact of decisions taken to date. "Will I have a job in this new force structure?" is an understandable query. While the Air Force needs to continue to implement the per-

sonnel decisions resulting from previous announcements, the final personnel impact resulting from these initiatives is uncertain at this stage. There may be some personnel reductions, but not before we have had time to fully study the issues and ramifications. As part of the personnel dimension, we will be taking a longer term look at how our reserve component can continue to contribute to the Air Force combatant capability.

With respect to infrastructure, the Air Force is committed to achieving a departmentally mandated ten percent reduction in infrastructure costs in accordance with the defence planning guidance. Also, DND is about to embark on a comprehensive infrastructure review of all CF bases and facilities. The Air Force may be operating excess infrastructure that we can reduce. Indeed, infrastructure rationalization is one of the ways that FSX proposals achieve affordability in the long run. However, these are complex and controversial

issues that require much more staff analysis and higher level approval than any changes will take a few years to complete. Implementation, even after government approval is received, will take even longer. Any savings resulting from infrastructure reductions are in the long term, and our efforts to achieve efficiency must continue in other areas.

There are a number of follow-on initiatives and implementation studies arising from FSX. For instance, we will shortly begin an in-depth examination of our Search and Rescue posture, including the use of non-traditional fixed wing aircraft like the Aurora in the primary SAR role to relieve the pressure on the Hercules fleet. We will also review the role and missions of the combat support squadrons to determine whether we are delivering the most effective capability for the investment. Training and support functions will be examined for possible changes that could lead to enhanced effi-

ciency. A new future strategic airlift project has been set up under an Air Force Colonel to look at possibilities for enhancing our capability in this key area.

Other implementation studies are under consideration. This further analysis effort builds upon work already accomplished and will help verify future force structure proposals.

Finally, we recognize the importance of communicating the status of the ongoing staff work in this area to our Air Force team. We will endeavour to keep you well informed at every stage in the process. In addition to FSX related change activities we will initiate a regular update on other force development activities. You must understand, though, that many of these decisions may take some time to implement and are always subject to modification as circumstances change. Nothing is cast in concrete at this point, except our resolve to build a balanced, combat-capable and affordable Air Force for the 21st century.

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LETTERS TO THE EDITOR

All letters to the Editor must be signed and include a date and telephone number. Name may be withheld from publication on writer's request. Letters should be addressed to: Totem Times, C.F.B. Comox, P.O. Box 1000 Stn. Main, Lazo, B.C. V0R 2K0 or by Fax: (250)339-5209. Readers are reminded that this column is your platform to express your opinion in your newspaper.





Lt Glenn Robbins received his promotion to that rank. He has taken charge of the ArmPAVO section.

19 AMS Promotions & farewells

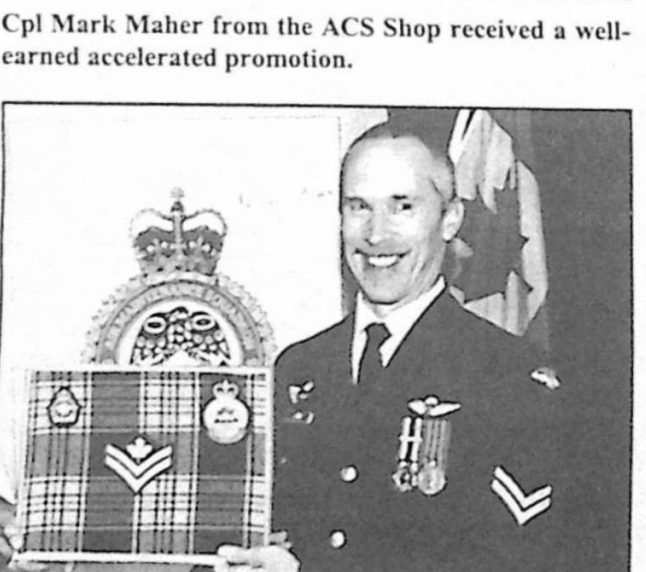


Sgt Mel Carmichael from the ACS shop receives his Certificate of Service from the CO 19 AMS. Mel will be staying in the valley, at least for now. He's already got his feet up at home but his official date is 14 Nov.

Cpl Mike Lewis from the ACS shop enters a higher tax bracket with an accelerated promotion.



2Lt Terry Ledrew smiles at the news of his posting to Ottawa.



Cpl Mark Maher from the ACS Shop received a well-earned accelerated promotion.



MCpl Murray Foster received his retirement certificate. He plans to settle in Victoria.



Cpl Bruce Wilson, NDT shop, CF Decoration.



Sgt Adrian Luczanko, ACS shop.



Sgt Jean Lapointe received his promotion and was posted to Trenton effective 26 July.



Cpl John Yaniuk, Component shop, CF Decoration.



MCpl Terry Heitenan.



Sgt Joe Mantha received his promotion and then discovered that the small print in the deal included a posting to Shearwater on August 23. Duh!!



Cpl Fischer, RMS Clerk in PSS, receives her CD from LCol Spooner.



Felix Rowsell from the PSS recently received his promotion to PO2.



Sgt Andre Lauzon from the ACS shop with his retirement certificate. Andre plans to stay in the valley. His retirement was official on July 14.



Fire Hall News



a lifetime would never have happened.

One of our own has had a family loss as Cpl Kelly Smith's Mom passed away this month, in Ontario. We here at the Firehall wish to express our deepest condolences to his family.

Our team is in full swing preparing for the annual Abbotsford Airshow scheduled for the 11-13 of August and things seem to be coming together quite well. Summer leave is in full swing and usually everyone has company from out of province so keep in mind the fact the highways are busy and play safe. Well, that's what's happening at the Wing Firehall for this edition.

Remember, always keep fire safe!
(IGNI OBSTAIRE)
Stand against fire!

The past few days we have seen beautiful summer weather in the Comox Valley, here at the Wing Firehall things are heating up. The Sea Cadets are at Quadra so we are in the process of training them on First Aid Extinguishers, with the Air Cadets training most of the day and in the early evening the hall is non-stop activity.

Congratulations are in order to the Firehall Red Devils intersection slo-pitch team for winning the 2000 playoffs against the 19 AMS team, of note is the fact this is the first time in 11 years the Firehall has had an all firefighter team and obviously a winning

combination Chimo!!!

WO Goodwin has been selected to go to New Zealand, leaving on 13 August and returning around 24 October. This is part of the exchange program with the New Zealand Defence Force and an opportunity to exchange ideas and to participate first-hand into the day-to-day activities of their Fire Dept. These op-

portunities are very rare in today's military with fiscal restraints and budget cut-backs and are only made possible by the hard work of our people in ICAD and the exceptional support of our management personnel who, without the support from our own Wing Fire Chief Capt. Ken Brooks and DWFC MWO Marty Watson, this opportunity of

Personnel Support Section

By Gail Eggiman

Hear ye, hear ye! The PSS won their first baseball game in the playoffs much to the dismay of Transport! I asked how this came to be and was told that Margie Fischer and Cheryl Trescher showed up to play. I also heard that Sgt BJ sat out the game. Hmmm. Congrats, keep it up. Things have really improved since the game when Felix caught a fly ball and was so excited he hung onto that ball with great pride while the runners tagged up and ran home to score!

I asked the PSS staff to provide me with a short blurb about themselves so I could feature each of them in this article. I heard back from one person. Either the rest are very shy or they have something to hide! The one obliging victim, I mean clerk, was Cpl Jeannie Waugh. Jeannie works in Cell 3 and hails from Saskatoon, Saskatchewan. She is married to MCpl Kirk Waugh at 442 and they have a son, Cory, and daughter, Shelby. Her

outside activities includes being a hockey mom and involvement with the Quarter Horse Association. Her love of animals is proven with Oh Oh and Jetta (horses), Kiti and Kali (dogs), Bill the cat and Coco the rat. Her wishes are to make it to the World's for Quarter Horse Championship in Oklahoma City and to retire someday. Good luck to you, Jeannie and thanks for revealing your personal side.

On July 12 we had our Change of Command for the Wing Administration Squadron with LCol Spooner handing the quill over to LCol Reaume. LCol Spooner will hang around for a few months doing special projects. This is LCol Reaume's third tour at Comox. LCol Spooner is now sitting in his new office down the hall surrounded by CORCAN like the rest of us! Recently departed (to Kingston) Capt. Brenda Gauthier will be proud to know it took a LCol to fill her chair.



Cpl Fischer, RMS Clerk in PSS, receives her CD from LCol Spooner.



Felix Rowsell from the PSS recently received his promotion to PO2.

Central Registry

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

By Gail Eggiman

The posting season is kicking in for us right now as the PSS takes great delight in bringing down personnel files to be mailed out. Sometimes we can't see Vicky as we pile the incoming files on her desk. Of course, this is the time that something usually happens and sure enough our postage machine volunteered to be the instigator. Hopefully it will be fixed soon or we will be forced to start licking a lot of stamps!

Diane is in training and doing quite well. There is a lot to remember in CR and file numbers are just whizzing through her head. Customers are being very accommodating and not harassing us for any possible mistakes. The three of us have a lot in common - we all have something to say about our husbands, our kids, and our pets each morning! Stay tuned for more info.

Vicky is off to Ottawa again for the Universal Classification training. She dragged her feet about going to the last course, but she enjoyed herself in the end. It could prove interesting, however, with the threat of an Air Canada strike looming.

I celebrated my birthday on 20 July (never mind how old) with cake and a card signed by all my co-workers and friends. I'm still trying to figure who my friends are! I was disappointed that Maj. Newlove, D/WAdminO, did not return the compliment I gave him in the last issue of the Totem Times. It was something to the effect of looking too young.

Well, here's HELPFUL HINT #6

Put a return address on your envelopes. If mail is returned to 19 Wing for any particular reason and there is no return address, we must open the envelope and view the contents to decide which section it belongs to.

HELPFUL HINT #7

Believe it or not, there is a right way and a wrong way to put your return address on an envelope. You may put it on the back if you wish, but most people put it on the upper left corner, not the upper right corner. I repeat, not the upper right corner. The reason for that is when your letter goes through the postage machine it affixes the stamp to the right upper corner and your return address is never seen again.

NATO Service Medal



Cpl T.H. Bell from the Wing Intelligence section receives the NATO service medal (former Yugoslavia) from the WComd Col W.J. Neumann.

442 Squadron first fliers to receive national certification



On 25 July 00 "AF9000 Plus" technical certification was presented to 442 Transport and Rescue Squadron. The squadron is the first flying unit in the air force to be awarded the certification, which marks the culmination of four years of effort by squadron technical staff to adapt their engineering and maintenance to

a new national standard. AF9000 Plus embodies the "Quality Standard for Aerospace Engineering and Maintenance" (QSAEM), developed by Canada's air force for implementation in all areas of engineering and maintenance. It is a version of the internationally recognized civilian standards for quality, ISO9000, with

unique adjustments for military applications. The cornerstone of the new standard is a "procedural map" that is drawn up by every air force squadron to meet its unique operational and technical requirements. In it, standard engineering and maintenance procedures are listed and

clearly defined for technicians, allowing even a person who has never worked on certain type of aircraft to be able to do so safely and efficiently. The program has been constantly refined since its inception in 1996, with work at a squadron level audited on an ongoing ba-

sis by national staff. The presentation of the certification was made by 19 Wing's commander Col. Bill Neumann, to the squadron's Senior Aircraft Engineering Maintenance Officer (SAMEO), Capt. Alain Gosselin, and approximately 100 squadron technicians.

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HMCS Quadra Open House

By Lt (N) Bush

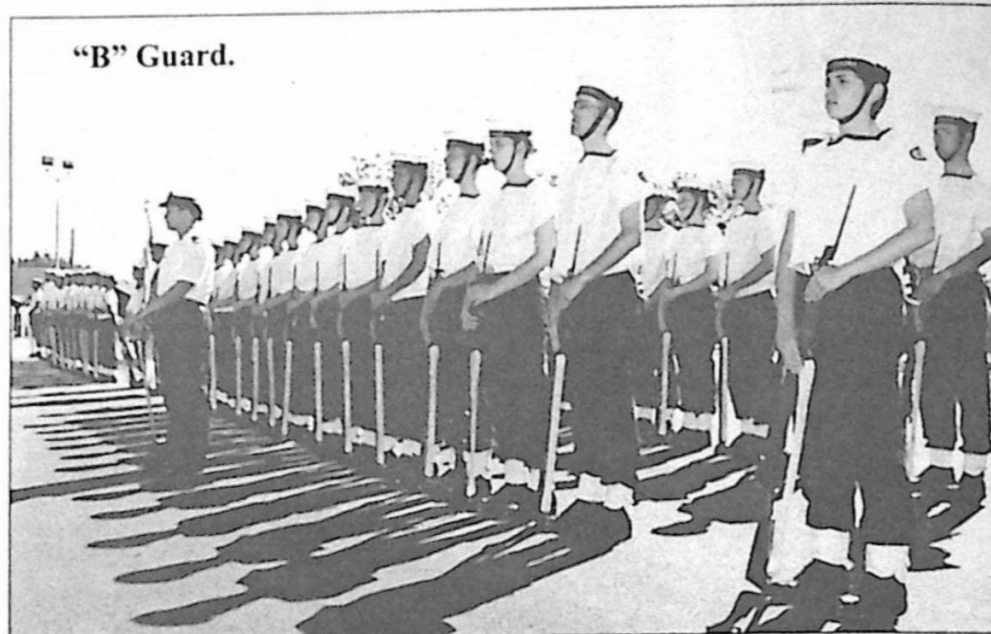
How do you park 148 cars on a ship? That was the problem for the Regulating department on 16 July, when HMCS Quadra hosted her first Open House and Ceremonial Divisions of the Millennium. Fortunately they rose to the occasion, and not only parked the cars but, in addition,

never lost any of the 346 people that occupied them.

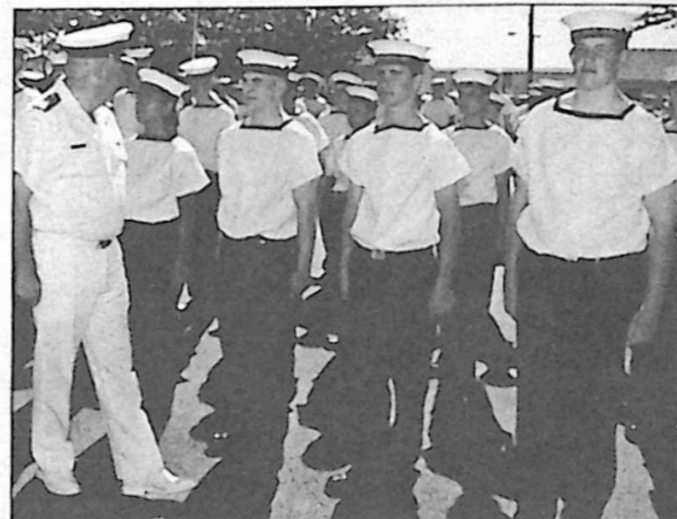
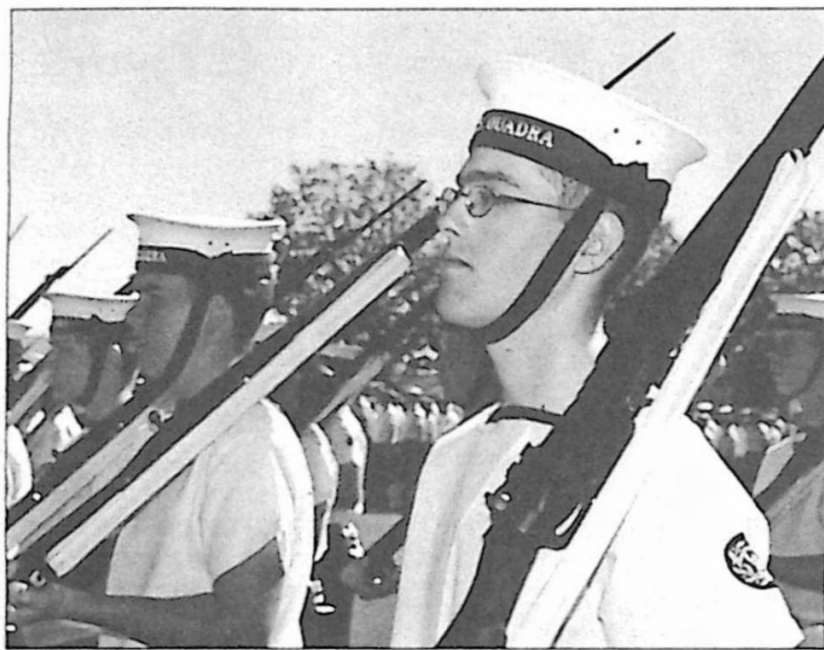
The weather was perfect, seas calm and a light breeze cooled everyone off, both on and off the parade square. The Reviewing Officer, LCol G. Walker, shared inspection duties with the CO, Cdr M. P. Head. During his address, LCol Walker complimented the personnel on parade on their dress and drill and spoke of the lasting friend-

ships that would be forged during their time at Quadra, friendships that would perhaps last a lifetime.

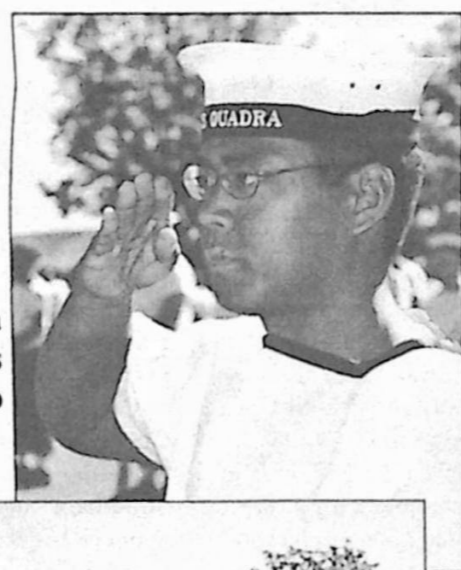
Family and friends toured the ship, ate with sons and daughters, and had the opportunity to see to some degree what they did here and where they were quartered. Overall, the first Open House has been deemed a success. The next Open House is Sunday 13 August.



"B" Guard.

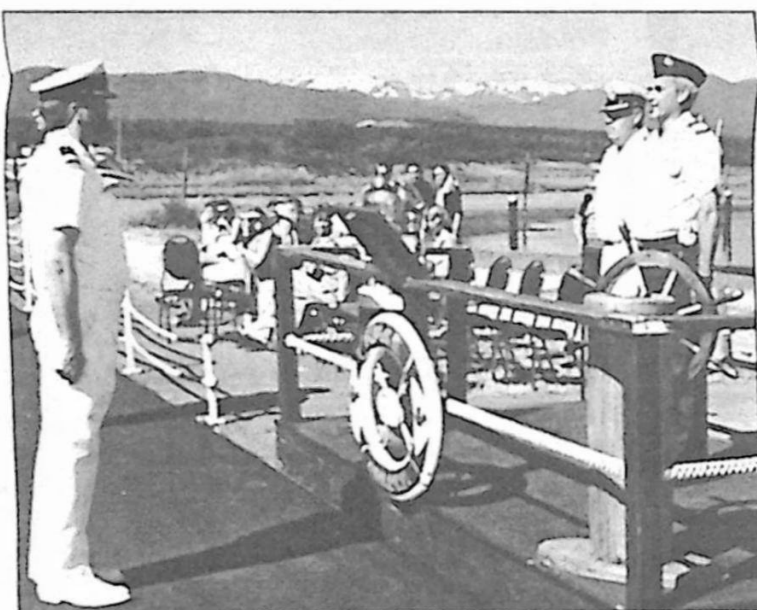


Cdr Martin Head inspects parade.



PO1 Cabana receiving his seamanship badge.

Photos by Wing Imaging



Lt(N) Packer carrying Sea Cadet Ensign



SLt Kandow receiving promotion to Lt(N).



Comptroller Lt(N) Hutton receiving CD2.



CF Ombudsman visits

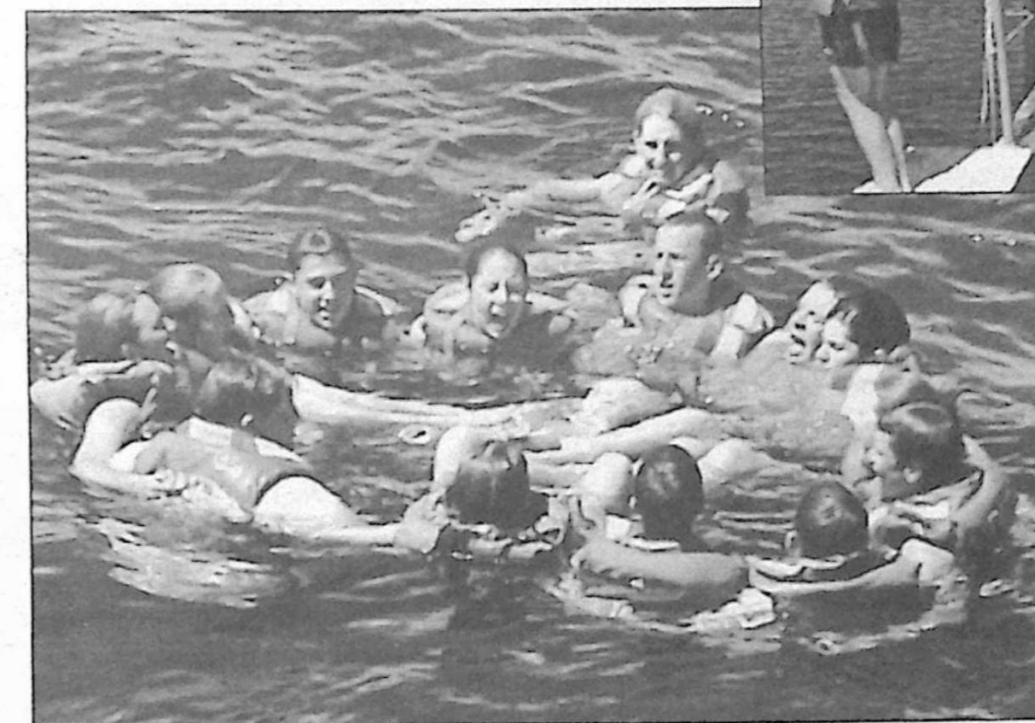
had the opportunity to address selected cadets and staff officers in the wardroom. Mr Marin spoke of his mandate and how that fit in with the cadet movement, and asked cadets questions to ascertain what, if anything, they knew of his department. The cadets were well informed for the most part, several having read a report issued by his office on the Canadian Forces.

Mr. Andre Marin, the Ombudsman for the Department of National Defence and the Canadian Forces, visited HMCS Quadra on 14 July.

Mr Marin was travelling the West in order to meet cadets and speak to them, and to personally experience where they lived and trained. The cadet organization is included as part of his mandate of CF Ombudsman.

While on board, Mr. Marin had the opportunity to not only see where they worked and trained, he also

Mr Marin was appointed to his office on 9 June 1998, and in January of 1999, he presented the Minister of National Defence with his report, "The Way Forward," which set out his proposals for an effective and independent civilian oversight body.



Mr. Marin was invited to view Jetty Jump Part 1 and 2 during his tour.



Quick facts

During the summer of 2000 approximately 4,800 Sea Cadets will undergo training at various Sea Cadet Summer Training Centres across Canada.

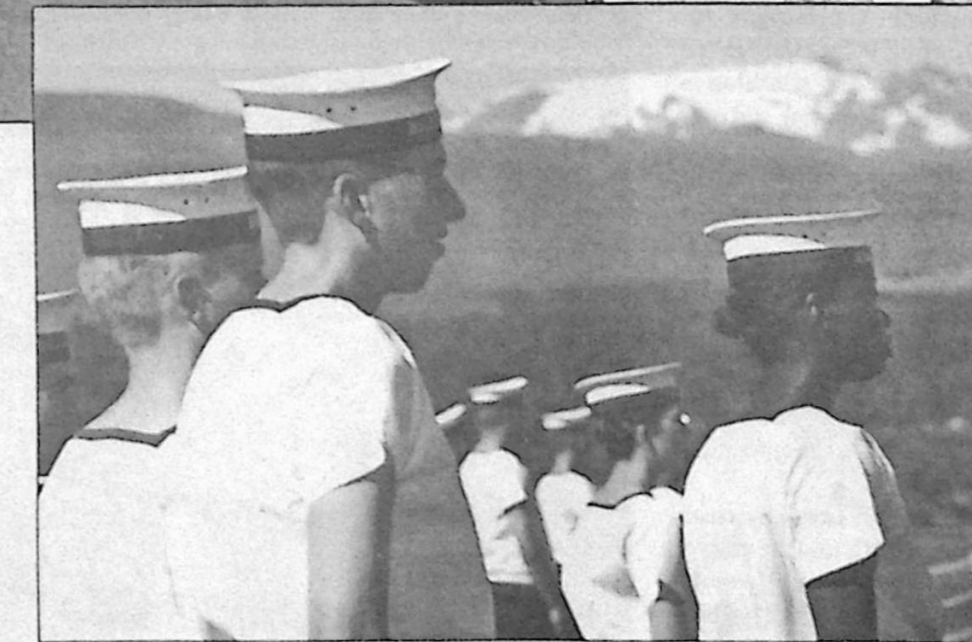
Sea Cadets will employ roughly 3,500 boats during the summer, including inflatable boats, motor work boats, power boats, power vessels, sailboats, Tall Ships and whalers.

The Exchange Program affords cadets the opportunity to go to Australia, Bermuda, Japan, Korea, the Netherlands, Sweden, the United Kingdom and the United States of America.

Grad Parade

(2 -week course)

Photos by Wing Imaging





191 Airfield Engineers Tales from the Beaver Pond

By Thumper Head

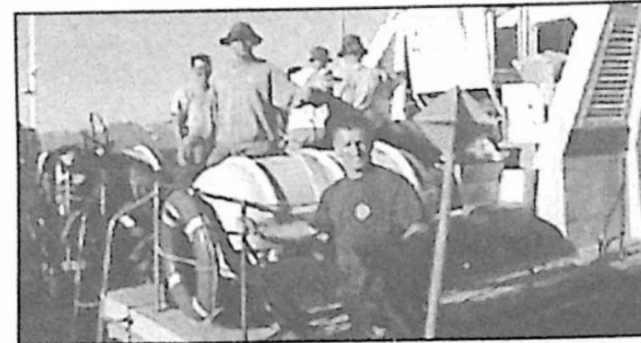
It's been a while but here it goes folks! From 191 Airfield Engineering Flight, Howdy!

Just to let the folks of 19 Wing know we are still here, alive and kicking. Some new faces; more of our deployed people are back - Cpls Burton and Norwood from Kosovo; some are away on deployment - Sgt Wagner in Alert, Sgt Pelchat in Aviano, Cpls Doucet and Turcott in the Golan; and from the Great White North MCpl Kombargi has returned. Before the APS really gets underway, we have said goodbye to MCpl Wilkinson who is off to Cold Lake and Sgt Lamothe who is going to Esquimalt. But, I'm sure we will have more changes before the year is out. Stay tuned for an update. You may know

someone we get posted in.

To date, we have had a busy winter and spring, with the unit holding a base training exercise at Comox Lake, where they set up a base camp, conducted GPS, ATV and ROWPU training. (ROWPU stands for Reverse Osmosis Water Purification Unit - ain't that a mouthful!) Also in the mix of tasks being completed were: Confidence Course in Quadra, Cadet Camp tent city set up, ARAF compound fence and shelter, and work orders galore. All this and an eviction notice so we can move to B121, the old torpedo shop, from our present digs at B82.

So now we all know that all work and no play makes life a little dull, so MWO Shields (AEF Comd) decided a little adventure train-



All prepared for the 3-hour tour.

ing was just the thing to spice up our otherwise routine life.

Volunteers asked for, and received, so a little pre-adventure qualifications were called for. PT testing - the norm, swim test, (how are you going to work those sea kayaks if'n you can't recover). Sea kayaks? Down to the beach for kayak training. It's a good thing no one saw us. Next came rounding up the gear, boats, charts, maps and camping paraphernalia, so we could leave on the morning of the 26th. PO1 MacKay, from Marine Section and MCpl Russell from CFSSAR aided us with equipment and transport. Thanks guys.

The base camp was at Yorke Island, with the guys going out for some heavy paddling every day along with Cpl Eby in the Safety Boat. Hiking, snorkelling, fishing (no salmon, no hali-

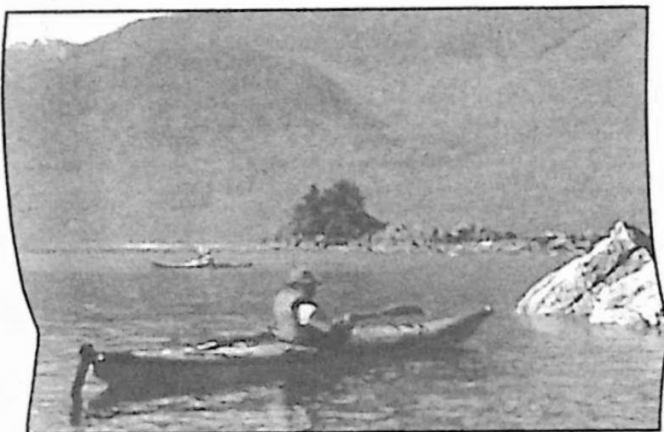
but, no crabs, no nuttin but dogfish) were part of the everyday activity.

MWO Shields checked out our divers, to see if they would have any better luck catching supper. Bye the bye, thank you Wing Foods for all you did for us. Evenings would be filled with improving the landing site for others, seeing how long it would take for the tide to wash out the campfire. "How high are the tides SSM?" was the question of the night. We returned to base on 30 June, just in time for the long weekend.

Now we have to see what adventure awaits us for the fall! CHIMO.



Cpl "Eyebrows" Burgher.



MWO Shields manages to find a speed bump in the ocean.

Capt Donnelly goes for gold

By Buzz Bourdon

DNEWS: Triathlon champion Sharon Donnelly - also known as Capt Donnelly for her work in the regular army and now the reserves - accepted the best wishes of the Canadian Forces yesterday as she prepares to go for gold at September's Olympic Games in Sydney, Australia. Surrounded by about 60 service people, Capt Donnelly, 32, took time from her busy training schedule 21 July to spend an hour signing autographs and posing for photos in Ottawa's National Defence Headquarters. Colourful posters depicting Capt Donnelly in the three phases of the triathlon - swimming, cycling and running - were eagerly snapped up by her admirers. Capt Donnelly was accompanied by her husband, Capt Dave Rudnicki, an air force logistics officer currently employed as a squadron commander at Kingston's Royal Military College of Canada. They married in September, 1998.

LGen Bill Leach, the chief of land staff, told the crowd that Capt Donnelly will probably run more in her triathlon event in Sydney -

which will take place on Sept. 12, the first day of the games - then he has over his entire life. "Do I have admiration for Sharon and Dave? Absolutely! It does give me a lot of pride to see two young logistics officers off representing (the Canadian Forces). How can you not be in awe of people like Sharon who have worked so hard to be international calibre athletes? I have to be in total awe at what they have achieved," said Glen Leach, who retires soon.

After accepting the Chief of Land Staff's coin from

LGen Leach, Capt Donnelly read aloud a letter of support from Art Eggleton, the Minister of National Defence.

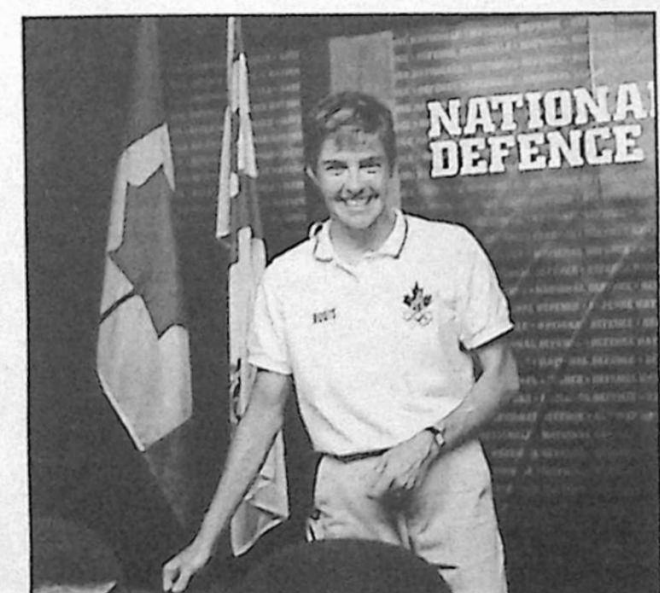
During an average training day, Capt Donnelly trains two to three times, for 20-25 hours per week. She takes one day off per week. Life as an Olympic caliber athlete keeps her very busy, what with personal appearances, meetings with sponsors and so on.

Graduating from the Royal Military College of Canada in 1990 with a bachelor's degree in commerce,

Capt Donnelly served five years with the regular army in Canadian Forces Base Petawawa and London. In 1995, she transferred to Ottawa's 763 Communications Regiment, parading with them twice a week as an administrative officer with their headquarters staff. Although she hasn't worked regularly with the reserves since 1997 because of her extensive training program, Capt Donnelly is clearly proud of her military background. Her poster reads, 'Army Trained, Army Tough!'

A member of the Canadian Sports Hall of Fame, Capt Donnelly won the gold medal for her event at the 1999 Pan-American Games in Winnipeg. She is also a two-time Canadian triathlon champion. Two years from now, she hopes to go for gold again at the 2002 Commonwealth Games in Manchester, England.

Capt Donnelly will spend August training in Victoria with two of her three triathlon teammates before a final ten days of training in Gold Coast, Australia. Her Olympic event will kick off on Sept. 12 in front of the



Comox crews to be at various airshows

Those who can't wait until the 2001 Comox Airshow to see 19 Wing aircraft and meet their crews will get their chance this summer at several locations in British Columbia and Alberta. Aircraft from 407 Maritime Patrol Squadron, 414 Combat Support Squadron, and 442 Transport and Rescue Squadron will be featured in ground and air displays at the following airshows:

- Lethbridge, Alta. - August 5-6
- CH-113 Labrador (442 Sqn.)
- Abbotsford, BC - August 11-13
- CH-113 Labrador (442 Sqn.)
- CC-115 Buffalo (442 Sqn.)
- CP-140 Aurora (407 Sqn.)

Wing Operations Officer, LCol Manfred Arndt, says that with only one air base in each of the western provinces, opportunities for the public to meet members of the Air force are increasingly rare. "Airshows are one of the only ways people have to see our aircraft up close and talk with the crews."

Arndt adds that one-on-one contact with aircrews can give people a better appreciation of the importance of the air force to British Columbians. "It's a great way for the public to become familiar with the many roles and missions of our aircraft, as well as the effort involved in keeping them maintained."

Every year, 19 Wing aircraft appear at close to 100 air shows and support the Canadian Forces Parachute Demonstration Team, the "Skyhawks" who appear at a variety of events across Canada. While the final dates for the 2001 Comox Airshow have not been selected, an announcement is expected later this summer.

More information on the Air Force, including links to the Snowbirds and Skyhawks schedules, can be found at www.airforce.dnd.ca.

New IRP office opens

The Royal LePage Integrated Relocation Program opened its new office, located downstairs at the old Rec Centre, on June 20. MWO Andre Lacavalier, who was instrumental in co-ordinating and ensuring a smooth move from the old office, officially cut the ribbon. This was followed by an Open House for all sections and personnel to become acquainted with the staff.



(L-R): Kim Heath, Margaret Neal, MWO Andre Lacavalier, Shirley Plante and Jean Hazle.

world-famous Sydney Opera House at 10 a.m., local time, when she dives off a pontoon. With the eyes of the world upon her, Capt Donnelly will swim 1.5 kilometres, cycle 40 kilometres and run ten kilometres. About fifty women from 26 countries are expected to compete.

On July 8 in Toronto, Capt Donnelly won the silver medal by finishing second at the triathlon World Cup with a time of 1:56:37. Canadian Carol Montgomery captured the gold. It was the first time that two

Canadians had finished first and second in that event.

Capt Donnelly said she's hopeful her long years of training will pay off for Canada. "I think I'm aiming for the podium. After my race in Toronto last weekend I have a good chance for gold. My confidence is really high from that race."

That race, the zenith of Capt Donnelly's athletics career, will be her Ph.D in athletics, said her husband, Capt Rudnicki. "She'll be graduating that day. That's the analogy we use."

Glacier Greens Golf Shots

By Joyce Merrill

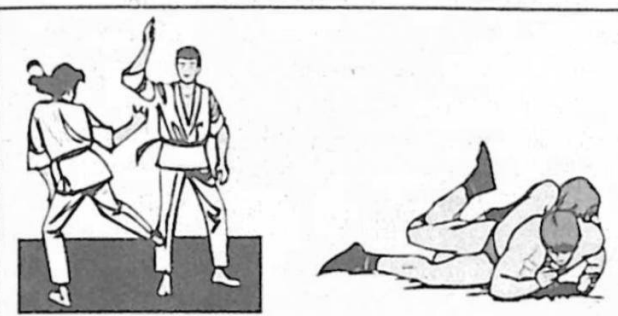
Monday Nite Ladies

July 17 winners: Low net - Rona Pollock; High gross - Evelyn Viklund; least putts - Betty Pearsall. Jean Maxwell/Carmel Horochuk tied for most putts. KP on #4 went to Carmel. Jean English had second shot closest to the pin on #8. Longest drive on #1 went to Alice Marriott. Carmel Horochuk had a birdie on #4 and Judy Fellbaum a chip-in on #4.

Jean English won the 50.50 draw.

Ladies Club

It was Pin Day #5 on Tuesday, July 18 for the ladies at Glacier Greens. Congratulations to Charlene Wadelius who won on a countback with a net of 67. Fran Hume also had a 67. Low gross went to Marlene Hall who shot 85. Carmel Horochuk had the putting honours with 29. Verle Lafferty won the 50/50 draw. KP on the Par 3's went to: #4 Marguerite Fournier; #7 Lorraine Courtemanche; #12 Sonja Famulak; #15 Ann Johnston and #17 Linda Lott.



Plan to attend the

COMMUNITY EXPO 2000

See the exciting Recreational Clubs and activities that are available in the community and participate in CMFR's second Annual Family Day

To be held early in September at the 19 Wing Fitness and Community Centre
More news to follow



Silver Totems Hockey School 21-26 August

For more info: Capt Alex Robertson 338-4216

Jake's Trivia Corner

1. Who has the lowest ERA with a minimum of 300 innings pitched?
2. Who has blocked the most shots in the NBA?
3. Which quarterback has thrown the most consecutive completed passes in the NFL?

(Answers on page 14.)

Rec Centre News

By Jake Plante

19 Wing wins Golf Regionals

For the fourth time in as many years, the Comox Golf Team has won another regional team title.

Comox took the first round lead by six strokes over Colorado Springs and never looked back. Once the third round was finished and the fore's had cleared Comox won by 22 strokes for a 30-day team total of 939 to Colorado's 961.

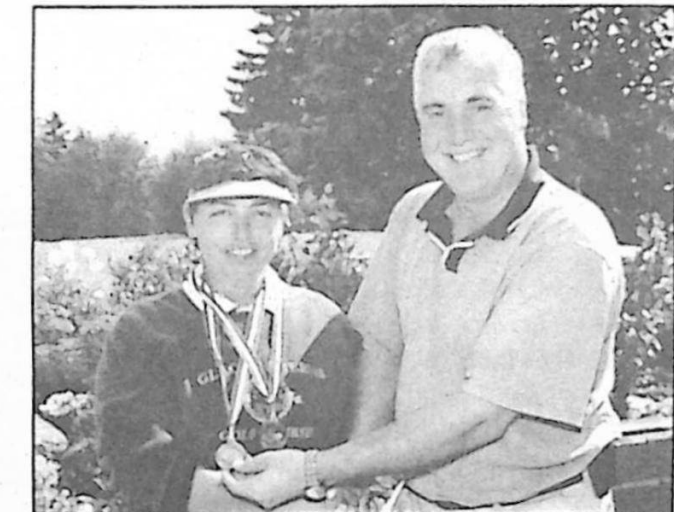
In individual play, Eric Stevens of Colorado and Dinney, Russo and Labrecque of Comox, were all within a stroke or two of

each other. Then, on the final day, Frank Russo picked up his game and ended in a tie with Stevens. A two-hole playoff was required to decide the low gross winner - and it was Eric Stevens.

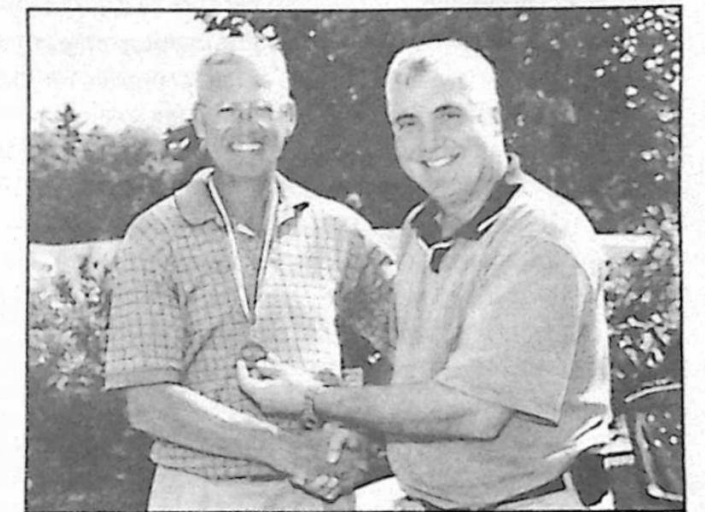
On the ladies' side, Jean English jumped out to an early lead in the first round and never gave it up. Jean's only comment after winning was "If I played as slow as some of the guys, man you would have heard the cryin' then!" Jean English beat her competition by 35 strokes.



(L-R): Rick Patterson, Willie Oliver, Jean English, Frank Russo, Luc Labrecque and Mike Dinney.



WComd Col Neumann presents the Female Low Gross medal to Jean English of Comox.



Eric Stevens of Colorado Springs receives the Male Low Gross medal from WComd.

Firefighters put out AMS flame

I/S slo-pitch wrapped up another season on 19 July with the Firehall taking on 19 AMS in the finals. "Defense was the key" says Jim Buckley, the Firehall team captain. "We came out making sure the ball stayed in front of us and anything in the air was caught." 19 AMS never really got their bats working so the defense for the Firehall was relatively easy. "It was a fun season," said Buckley, "I'm really happy we were able to field a team."



I/S Slo-pitch president James Ray presents the winners' trophy to Firehall team captain Jim Buckley.



2000 I/S slo-pitch champions - Wing Firehall.

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 Coordinator 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

Summer Fun for TEENS!!

Check out summer events with the CMFRC Teen Centre. For more information call 339-8211 local 7041

CHEAP MOVIE NIGHTS!

The CMFRC van leaves at 6:30pm to shuttle teens to \$5 movies in Courtenay. Teens need to call Dena Parker at 7041 by 6:00pm to sign up (on the day of the movie) for the shuttle into Courtenay. Van returns by 10:00pm. **When:** Tuesday, August 8 6:30pm and Tuesday, August 22 6:30pm **Cost:** \$1 per person for the ride (each teen responsible for cost of movie) **Maximum # of teens:** 14

Beach volleyball and Campfire at Airforce Beach

Van leaves the teen centre parking lot at 7:00pm, or meet us down at the beach! Enjoy volleyball and a campfire as the sunsets on the beach. (Marshmallows included!) **When:** Monday, July 31st 7:00 - 10:00pm and Friday, August 11th 7:00 - 11:00pm and Friday, August 25th 7:00 - 11:00pm **Cost:** 50 cents per person for the ride **Maximum # of teens:** 14

Introduction to Scuba Diving

Join us in the base pool for an introduction to scuba diving with experienced members of the base scuba club.

Be sure to register early, as this event is very popular! Please register for one of the following sessions: **Session #1:** Thursday, August 10th 8:00 - 10:00pm **Session #2:** Thursday, August 31st 8:00 - 10:00pm **Cost:** \$5 per person **Maximum # of teens:** 6 per session *Be sure to pick up scuba/medical waiver and form - Must be filled out by teen and parent.*

Day Trip to Waterslides in Victoria

CMFRC van leaves the teen centre parking lot at 8:30am, returns by 11:00pm. Teens need to pack a lunch, or bring money to buy lunch at the Fun Park in Victoria. The Park has 16 slides, a river riot water ride, mini-golf, and MORE! **When:** Saturday, August 12th **Cost:** \$25 per person (not including \$ for lunch) **Max # of teens:** 13 *Teen and parent prior to trip must fill out CMFRC waiver form.*

Paintball!!!

Back by popular demand! Join some teens from the CRA and head out to Gemini Paintball in Courtenay. **When:** Monday, August 14th **Cost:** \$25 per person

2'n 1 Pool Party at CRA Pool and Chalky's!

Join teens from CRA for 2 hours of swimming/games at CRA outdoor pool, then on to Chalky's for 2 hours of billiards. **When:** Wednesday, August 2nd **Time:** 8:00 - midnight **Cost:** \$ 10 per person **Mox # of teens:** 14

Beach Volleyball & BBQ at Goose Spit!

Volleyball with teens from Courtenay and hotdogs over the fire! Meet at the teen centre parking lot at 5:00pm. **When:** Wednesday, August 16th 5:30 - 10:00pm **Cost:** \$5 per person (includes 2 pop, 2-3 hotdogs) **Max # of teens:** 14

Canoeing and BBQ at Goose Spit

Come out and have some dinner over the campfire and then canoe around to the far end of Goose Spit for a swim off the sandy beaches. **When:** Wednesday, August 23rd **Time:** 5:30 - 10:00pm **Cost:** \$5 per person (includes 2 pop, 2-3 hotdogs)

Enseignement des Langues Secondes (Français/Anglais) pour les Conjointes de Militaires

Le nombre de cours offerts seront déterminés selon les subventions que nous recevront

- Le CRFMC est heureux de faire partie d'un projet pour l'enseignement des langues secondes. Ces cours sont destinés aux conjointes et conjoints de militaires.
- Session automne débutant à la mi-septembre. (dates approximatives)
- 48 à 60 heures de cours par session
- Classes de jour et de soir
- Les cours de français et d'anglais seront offerts de niveaux débutant et intermédiaire. Les frais d'inscriptions sont au montant de \$50.00 et seront remboursés à la fin de la session si l'étudiant(e) assiste à au moins 70% du cours.
- Les frais de gardiennage encourus par la poursuite de ce cours peuvent être subventionnés.

Inscription: Dès maintenant En contactant Danielle Bernier, au 339-8211 poste 8656 ou pour de plus amples informations.

CMFRC Second Language Training French/English for Military Spouses

The number of courses offered will depend upon funding

- The CMFRC is please to be part of a project on second language training for military partners.
- The autumn semester will start mid September. (dates are approximate)
- 48 hrs to 60 hrs of instruction per session.
- Day and evening classes
- Courses offered will be French & English beginners and intermediate level. The registration fee is \$50.00 and which will be reimbursed at the end of the session if the student attends at least 70% of the course.
- The childcare fees encountered by attending a second language course may receive a subsidy.

For more information or to register now call Danielle Bernier, at 339-8211 local 8656



Star Trekkers

Day Camp for ages 11-13

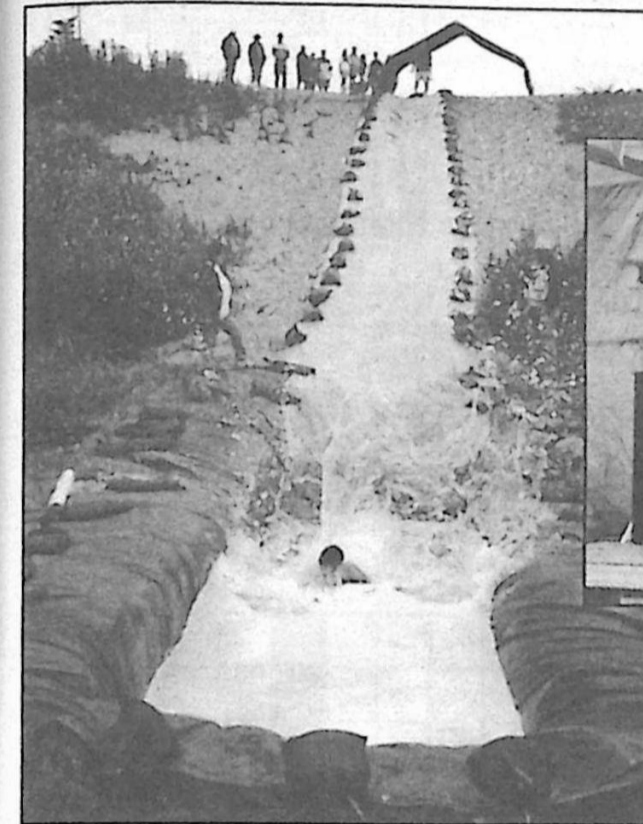
Recreational activities, special events, including sailing, kayaking, snorkeling, swimming and lots more ...

Sign up Now!
Only \$65/week

For more information and registration call:
339-8211 local 8847

Wallace Gardens Community Association News

Canada Day



Kids thought the waterslide was great in spite of the weather.



The Canada Day Celebrations were the result of months of planning and hopes that this year's weather would be more cooperative. Mother Nature, however, decided to do a repeat performance again this year and provided us with cool overcast conditions with threatening rain. Fortunately, this did not dampen the spirits of the participants and despite the weather the attendance appeared to surpass last year's. There were more activities added to last year's "carnie" games to keep the children amused and entertained. The carnival type games included such activities as pingpong ball, baseball and football toss, string pull, duck pond, putting for a "hole in one" and the radar clocked ball throw. By the way, for those of you who were impressed by your posted speeds in the 90s and 100s, sorry guys, but the speed was measured in kilometers not miles. Other activities included beach games, sand sculpting contest, poster contests and always the crowd favorite, the family bingo. The awesome water slide was back and was enjoyed by the more adventurous souls who didn't mind the cool weather.

Great entertainment was provided by the Moon Shadow Band and the Old Time Fiddlers. Unfortunately a sudden dip in temperature and light drizzle prevented the Old Timers from doing a second set.

The success of any event depends on volunteers who are willing to donate their time and energy. I would like to thank the following people for their enthusiasm, assistance and commitment in ensuring that this year's Canada Day celebrations was a success:

Canada Day Committee Members: Christine Aplin-McCorrison, Craig Fowler, Glenn Baird, Forrie Healey, Mona Baird, Kevin Hughes, Jane Bekus, Cheryl Morrow, Stan Bekus, Mark Parker, Lynda Caron, Lucky Rollin, Andy Euteneier, Al Rose.

Volunteers: Susan Bech, Rhonda Hughes, Melissa Rollin, Stephen Bech, Marianne Kaduck, Lucy Sabiston, Liz Bech, Camille Labrie, Krista Sheppard, Will Bech, Amber Leblanc, Debbie Sieben, Michelle Bekus, Azure Lebalanc, Laura Stromner, Evan Bekus, Daniel Maye, Tanya Stromner, Nathan Caron, Derek Maye, Mike Webber, Travis Caron, Shane Maye, Anna Woodward, Nina Christensen, Dan MacIver, Richard Woodward, Cherie Cucksey, Samantha Mc-Corrison, Steve Wyers, Kelly Delong, Cailean McNeil, Darlene Burns, Mike Devaney, Elyse Mitchell, John Dubois, Amber Morrow, Debbie Dubois, Rob Morrow, Tianne Euteneier, Pat Nicholson, Kerry Fowler, Jen Ochej, Rebecca Hall, Karen O'Keefe, Ashley Healey, Melanie Perron, Gillian Helpard, Jessica Potvin, Ryan Helpard, and Tom Robichaud.

Special thanks to:

- Rob Cobham and John Davidson from WASF for providing security.
 - Matthew Robichaud for singing the National Anthem
 - St. John's Ambulance for being there for those unexpected mishaps.
- As you can see, the list of volunteers is a long one, so I apologize if I have omitted any names.

Teen Appreciation



Mayor WO Stan Bekus and Teen Coordinator Mona Baird with teen volunteers.

The WGCA holds a variety of activities during the months of September through June. These events would not be possible if not for the dedicated assistance of our Teen volunteers. Whether they are signing people in at the door at dances, setting up tables and chairs for bingo, working the canteen, delivering flyers or painting "Little Toot," they have generously offered their services to the various coordinators of our events and are indispensable. This year, we invited those teens who have continuously volunteered their time to a pizza and swim party in their honour. WO Stan Bekus, Mayor of Wallace Gardens, attended the function and presented each teen with a Certificate of Appreciation. Our thanks go to Susan & Stephen Bech, Evan & Michelle Bekus, Veronica Carr, Adam Hawryluk, Mary & Mike Hughes, David & Jessica Potvin, Matthew Robichaud, April Stevens, and Richard Woodward.

Once again, we would like to thank these individuals for their hard work and dedication to their community!



Moon Shadow band and the Old Time Fiddlers were popular with the crowd.

Contest winners

Sand Sculpting:	1 st Calis family, 2 nd Beauchamp family, 3 rd Delong family		
Poster Contest:			
0-3 Yrs		4-6 Yrs	7-9 Yrs
1 st Gabrielle Fournier	1 st Kelsi Weiss	1 st Mary Hughes	
2 nd Emily Doyle	2 nd Rachel Driver	2 nd Tabatha Webber	
3 rd Kassidy Delong	3 rd Cole Gagne	3 rd Danielle Desjardins	
10-12 Yrs:	1 st Sammie McCorrison, 2 nd Susan Bech, 3 rd Caitlyn Forrest		
Raffle Winners:			
Marty Watson	Gas BBQ		
Lucky Rollin	VCR		
Jane Bekus	Tent		
Al Rose	W Comd's Campsite for a weekend		
Kevin Hughes	CD Cleaner		
J. Neville	Noma Moonrays		
Brenda Ouellette	2 rounds of golf at Glacier Greens		
Glennis Boutillier & Lt Haley	\$10.00 GC to Backstage Passes		
Cpl Campeau, JC Ouellette & L. Gosling	RCAF 75 th Anniversary Hats		
Forrie Healey, Brian Helpard, Len Stead,			
Phil Saigeon, Kelly Delong & Andy Gibbin	Millennium T-shirts.		

Another great Guiding year!



The Komux Sparks, Brownies, and Guides have finished another successful year. Each unit has been very busy with crafts, songs, sports activities, fund raising, community clean ups and their ever-popular cookie drive. The goal of the organization is to help these young girls become responsible citizens, develop positive leadership skills, and to help them provide service to their community. They learn to cooperate with others and make new friends, while having fun! Of course, none of this would be possible without the dedication of their leaders who generously donate their time and effort to encourage our children. The WGCA would like to thank the following people for their continued assistance with the Guiding programs: Lisa Cleevely, Marlene Gallagher, Bonnie Kozlowski, Terry Newell, Debbie Nolan, Moira Rayner, Veronica Rouzes, and Joanna Sanojca.

Yard Sale

The Wallace Gardens Fall Yard Sale is tentatively scheduled to take place Saturday 16 September from 0800-1400 hrs (rain or shine). Rid yourself of those unwanted items. Provisions will be made to dispose of leftover treasures (ie. dumpsters will be provided). Look for more information in MQ flyers and upcoming Totem issues.

Creative Kids Summer Day Camp

(ages 6-10 years)
Monday to Friday
9am-4pm*



*Child Care available before and after camp for an additional fee
Recreational activities, games, crafts, music, drama, computers, fieldtrips and overnight camps
Only \$65/week
for more information and registration call: 339-8211 local 8847



Miscellaneous for sale

Swimming pool 8'x8'x4' with 1HP Jacuzzi filter. Ex. cond. \$699.00 o.b.o. 339-6907 after 4:00 p.m. <1/2>

1994 F150XL 4x4 short box, 300 cu. inch, 6 cyl, 5 spd, AM/FM cassette, fibreglass canopy, hitch, Michelin tires, ex. cond. 98 Ks, one owner - \$10,900. 339-1725 <2/2>

Kenmore washer - 3 years old, Westinghouse dryer - 1 year old: \$450 OBO Minkota trolling motor 30 lbs. thrust: \$75 OBO Battery charger: \$25 OBO Air conditioner (window 10,000 BTU: \$250 OBO Jolly Jumper (like new): \$20 OBO Portable car air compressor (new): \$50 obo Call 339-9778 <2/2>

Business Planning Workshops

Free information courses for unemployed wishing to start their own business will commence on 3 August in Courtenay and 14 August in Campbell River. These are 5-day courses which will explore the challenges and obstacles involved in starting up your own business and will allow participants to gain valuable knowledge by working in a small group with workshop leaders who are specialist in business development. Workshop space is limited. All unemployed Canadian citizens are eligible. For further information and to register, contact Shelly Stewart at Community Futures Phone 830-1141, toll free 1-877-338-2775.

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

\$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.

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

Pond plant for Sale Large miniature bullrush plant in container ready to go in pond. \$10.00 Phone 339-3486

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

For Sale 2-bedrm condo, spotless, close to Base, N.I.C. & park. Glacier view, 5 appliances, gas fireplace, kids & pets welcome. Assumable mort. 6.5% \$74,900.00 338-4224

HARBOUR WOOD Comox

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 •In-suite Laundry •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 4 bdrm; 1305 sqft: \$735 w/Military incentive: \$695 ADDITIONAL SAVINGS!! 13th month FREE w/12 month lease PHONE to VIEW: 339-9805 or stop by 1-5 pm. Mon-Fri. 233 Aitken Street, Comox

Reunions 14 Wing Greenwood July 2001

A celebration to mark the 60th anniversary of 404 (MP&T) Sqn, 405 (MP) Sqn, 413 (T&R) Sqn and 415 (MP) Sqn will take place 5-8 July 2001 in Greenwood, Nova Scotia. Highlights of the weekend will include a Fly-in, Wing Open House, Monster TGIF, dinner-dance, tours, and, as a grand finale, a Massed Parade including squadron colours to conclude the weekend's events. All former and serving members are invited to attend. As nominal rolls tend to become dated very quickly, we would be delighted to receive names and addresses of your former colleagues. For further info contact: Maj Steve Daigle, 60th Anniversary Committee, 14 Wing Greenwood, PO Box 5000 Stn Main, Greenwood, NS, B0P 1N0. Phone: 902-765-1494 ext 3282. AVN/DSN: 568-3282. E-mail: mail488b@dnd.ca

Canadian Naval Air Group "Millennium Mele - Come Join the Mayhem" October 6-8, 2000

The Ottawa Chapter of CNAG, Hampton Gray, VC, Chapter, has been chosen to host the 30th annual CNAG Reunion to be held in Ottawa at the Crowne Plaza Hotel. Ottawa contact: Don Hunter, 1348 Matheson Road, Ottawa, ON, K1J 8B4. Phone: (613) 749-6288. Information and costs may be found at: www.ncf.ca/cnag

Coaches Wanted

For the Comox Valley Orcas Synchronized Swim Club - 'B' and 'C' Level coaches to start in September of 2000/01 season. Previous coaching experience and certification preferred, but all applicants will be considered. Availability to travel to meets. Wages negotiable. Further info: Susan Plankenhorn (250) 334-4072.

The Synchronized Swim Club's new season starts in September with categories: Aqua Giggles 6-9 years Star Program ages 8 and up Competitive ages 10 and up For more info call Susan at 334-4072.

Orthodox

Base personnel of the Orthodox Faith unaware of local opportunities to worship, be advised that St. Barnabas Orthodox Church of the Comox Valley meet in St. Joseph's Hospital Chapel (third floor) Wednesday & Saturdays Vespers 7 p.m., and Sundays, Matin 10 a.m. & Liturgy 10:45 a.m. Pastor: Fr. Deacon Alexis Nikkel. 339-9581

Jake's Trivia Answers 1. Bob Gibson, 1.12 2. Hakeem Olajuwon, 3190 3. Joe Montana - 49s vs Cleveland, 29 Nov '87 (22 passes).

Next Deadlines Advertising: 9 Aug. Articles: 11 Aug, noon

TODAY'S CROSSWORD PUZZLE

Crossword puzzle grid with clues. ACROSS: 1 Prefix for "eight", 2 Large body of water, 10 Ticky sensation, 14 Was sorry about, 15 Dim, 16 Steak order, 17 Actor Pitt, 18 Wash away, 19 Writer Haley, 20 Truckers' sig, 21 Home, 23 Make lace, 25 Actor Ritter, 31 Contracts, 35 Stop -- dime, 36 Shade of pink, 38 Overflowed, 40 Small stream, 42 Fruits or birds, 44 Comply, 45 Actress Kim, 47 Black tea, 49 "You bet!", 50 Dynamite name, 52 Envy, 54 Table part, 56 Builght cheer, 57 Pizza extra, 62 Vexes, 66 Fish organ, 67 Fits of temper, 68 Loam, 69 Kan. neighbor, 70 Tennis champ. DOWN: 1 Heavenly, 2 Smoke, as ham, 3 Bears or Raiders, 4 Curiosity, 5 Caught up with, 6 Mind, 7 1d companions, 8 Do a CPA's job, 9 Necessary, 10 Persia, today, 11 Soft greenish mineral, 12 Alberta tribe, 13 Witch's curse, 22 Former spouses, 24 Alphabet starters, 26 Nee, 27 United Mine Workers, e.g., 28 Burst of applause, 29 Trickle, 30 Swing off course, 32 Mil. address, 33 Qaddafi's, 34 Winter weather, 37 Take a shine to, 39 Hunt and peck, 41 Science room, 43 Concert VIPs, 46 Seaweed, 48 Japanese treat, 51 One who smirks, 53 Teahouse hostess, 55 Solemn, 57 Spear tip, 58 Fitzgerald of, 59 Blueprint, 60 Curved molding, 61 Social misfit, 63 Solid-colored with a sprinkling of white, 64 Brickmaker's oven, 65 -- gft, 66 Jupiter or Thor.

15x15 crossword puzzle grid with numbers 1-74 indicating starting positions for clues.

Comox Valley Minor Hockey Association To register or for further information about minor hockey in the Comox Valley, please contact: Dale Stewart at 334-0567.

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

Employee Assistance Program contact list: Tim 8595, Finn 8379, Eileen 8528, Stéphy 8296. Includes photo of EAP staff and logo.

Canadian Forces CommunityCollege Network Management Development Program

This is a six-course program, leading to a Management Development Certificate. We offer a regular rotation of courses and welcome new students any time.

Courses will be open to CFCCN members for priority registration until two weeks prior to class start date. Serving, reserve, and retired military personnel, civilian employees and their families are CFCCN members.

If there is space remaining in the course, they will be opened up to the general

public to ensure enough participants to run the course.

MDP 300: Administration This course provides an overview of the management function in modern organizations. The four broad functions which characterize the role of managers will be covered: planning, organizing, leading and controlling.

Topics include: •the manager's role •planning and decision-making

•tools and techniques to organize work •communicating in the organization •providing leadership •motivating others •controls in the workplace When? October 13, 14, 15 Fri: 1730-2130 hrs, Sat & Sun: 0900-1700 hrs. Cost? \$130 tuition, plus \$44.15 for materials.

Personal cheque, VISA or MasterCard accepted. For information call Caroline Cannon, CFCCN Coordinator at 339-8211, local 8889 or 339-3020. Register at Building 22.

Wallace Gardens

Animal Control Officer required

The position of Animal Control Officer for the WGCA will be available as of 1 August. Those wishing to apply for this position must be a serving military member and/or spouse of a serving military member and reside in military quarters. For more information, or to submit a resume, please contact the WGCA Town Clerk at 339-8211 (8571) prior to 31 July.

Music and Laughter

These are the sounds you will hear if you volunteer to be the WGCA Sock Hop Coordinator. The second Saturday of each month from 6-8 pm, we hold a sock hop for children up to 12 years. We have the music, the DJ and the kids - all we need now is someone to coordinate. If you are interested in donating a few hours of your time to bring some smiles to our community, please contact the Town Clerk @ 339-8211 (8571).

CF to provide training in Sierra Leone

D-News - Canada is sending up to ten military members to fill positions with the UK-led International Military Advisory Training Team in Sierra Leone. They will arrive in Sierra Leone in early September. With the five UN Military Observers currently serving in Sierra Leone, this deployment will bring the total number of Canadians serving there to fifteen.

"Our CF members will provide advice and training to help the Government of

Sierra Leone re-build a new, effective and democratically accountable Armed Forces in line with the Lomé Peace Agreement, signed between the belligerents in July 1999," said Minister Eggleton. "The efforts of the Canadian Forces and its allies a re vital to the long-term restoration of peace, security and stability in this country," added the Minister.

Sierra Leone is ranked last of 174 countries on human development by the

UN Development Program. This initiative is part of the UK Government's program of assistance to help the Government of Sierra Leone restore peace and stability after eight years of brutal civil war. This is a one-year commitment for Canada starting as of September 1st, 2000. CF members will serve for periods of six months in such positions as chief instructors for infantry battalions and as members of the Sierra Leone Army's (SLA) Recruit Screening Center.

CANEX News

With this heat that we have been having our fans seem to be disappearing quite fast. Although we still don't have air conditioning, I am told that we are to have it up and running by August 8. Thank God for small miracles. I know that you will be thankful as well when it becomes cool.

Once again CANEX will be holding events during our Big Birthday Bash in September. We will be again looking for section volunteers to be dunked in the



Very pretty Miss Nancy - Vanity Smurf has nothing on you!

dunk tank and, of course, the all too popular pie eating contest. Great events will come your way with our big bash and we are hoping to see many come out and enjoy what we will have for all ages. Anyone interested

in participating in the Dunk Tank and pie-eating contest is welcome to drop by and submit their names here at CANEX.

On another note, we all said farewell to our resident Vanity Smurf at the Black

Fin. It was a tearful occasion and a lot of laughter from reminiscing. We will miss you Nancy!!

Trish is away on leave for quite a few weeks recovering from minor surgery. We wish her well and hope for a speedy recovery.

Julie is relieved to be taking her son Joe to his final swim meet. She is exhausted from the travelling and will enjoy some peace for a bit until the time comes again when she has to start all over again.

Watch for our upcoming Club Xtra sale starting August 30 to September 10. Drop by and see if we have what you are looking for. CANEX is here for your shopping convenience.

Chainsaw course

Mr. John Super, instructor with 32 years logging industry experience, presented chainsaw training at 19 Wing in July. Representing North Island College - industrial mobile training, the course consisted of one-day theory and one-day practical demonstrations. Seven students from various departments with 19 Wing participated in this course. Mr. Super enjoyed the level of student interest and active participation.

Sgt Jim Harper provided an excellent site at Tee Pee Park for the practical skills to be demonstrated. The students observed tree falling techniques and then performed limbing and bucking skills - everyone passed the 2-day course.

This chainsaw course was a good example of how the Wing and the community can partner together in serving each other's needs.

North Island College mobile training consultant Mr. John Bower thanked Capt Saint Jacques, 19 AMS, and Mr. K.J. Ilmiski, WGSO, for co-ordinating and partnering with North Island College in the delivery of professional on-site training.

Royal Canadian Legion logo and text.

Branch 17 Courtenay (334-4322)

Dance: every Friday evening, 8:00 p.m. July 28 Country Cousins Aug 04 Gord Kruger & Friends Aug 11 Alley Cats Aug 18 Moon Shadow Aug 25 Country Cousins

Keno is now available to play in the Branch

Branch 28 Cumberland (336-2361)

Every Tuesday, 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.

July 28 Double Play Aug 04 Andrew Schmidt Aug 11 Gord Kruger & Friends Aug 18 dinner/dance - Country Cousins, \$5.00 per person (ham & scalloped potatoes) Aug 25 Switchback

Special Event: Sun Aug 27 Annual Hank Wardale-King Picnic at Airforce Beach from 1:00-6:00 p.m.

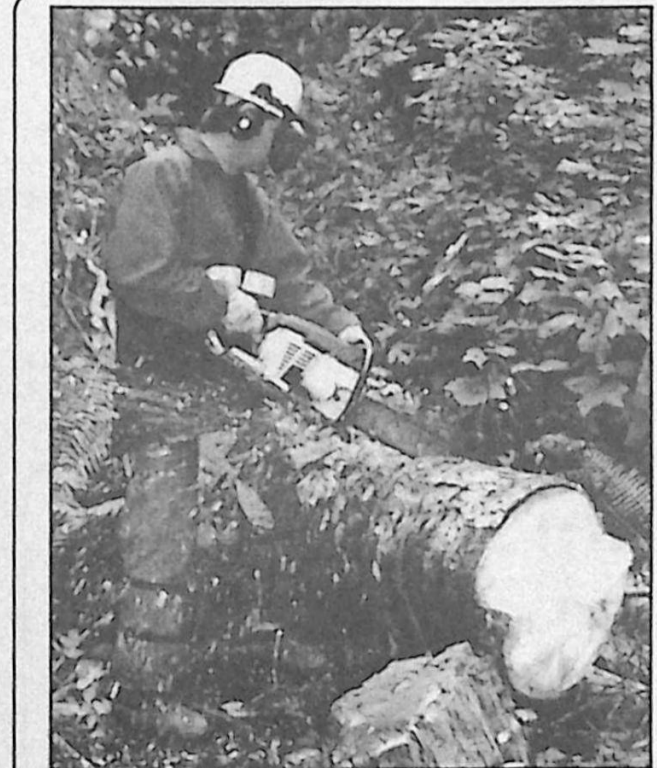
Please note the next General Meeting is in September. Call Branch office Mon - Fri at 339-2022 for more info.

888 (KOMOX) RCAF WING logo.

Air Force Association of Canada Calendar of Events

Sunday Brunches & Games: First Sunday each month. Pub Grub Fridays - Horse Racing, Darts, Cards. Steak Night tickets are on sale one week prior, Sunday, noon at the bar. For all other events, tickets are on sale two weeks prior, Sunday, noon at the bar. If enough bartenders are available, the bar will open Tuesday, noon-6 p.m. commencing in September.

Regular Force Members Welcome! 888 Wing hours: Monday - closed* Tuesday - closed Wed, noon - 6:00 p.m. Thur, noon - 1:00 a.m.** Fri, noon - 1:00 a.m.** Sat, 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.

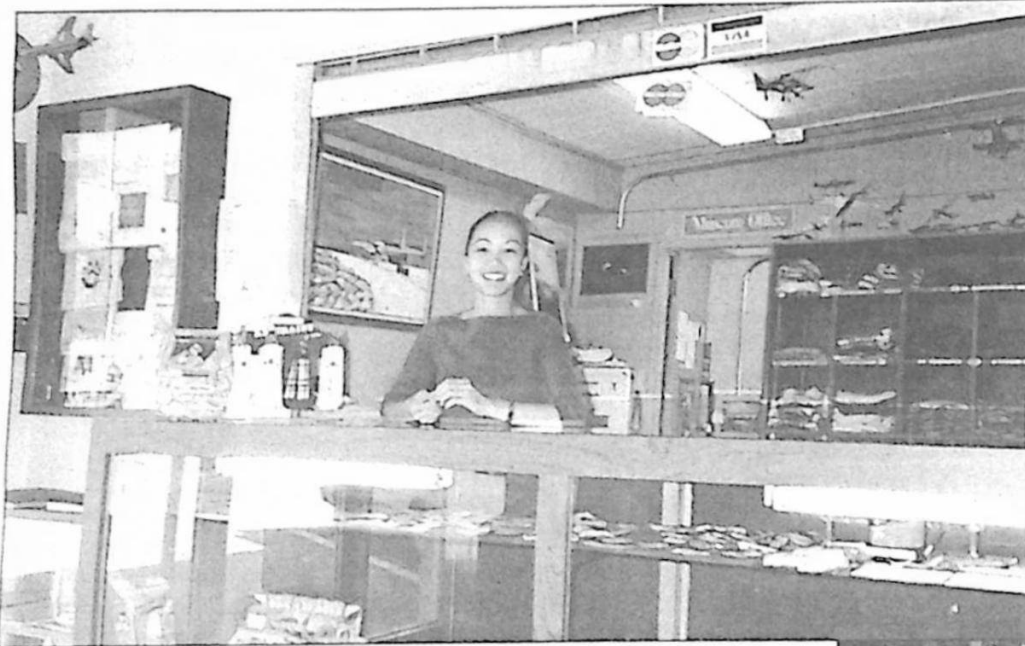


(L-R): Course participants -Carrie Nagel and Norm Maximick (WCE), John Super (IMT Instructor), MCpl Rekrut and Sgt Woodrow (414 Sqn), Cpl Huard and MCpl Poisson (WCE AEF) and Cpl Rick Landry (WFH).

Heritage Happenings

Summer job at the Museum

By Phung Trieu



Phung ready to greet visitors at the Gift Shop and working on the inventory in the back office.



(Below): Bob Richter working hard in the Museum office.

As a student of Camosun College, coming home every summer to live with my parents while I work at a summer job has grown to be somewhat of a tradition for me. The money earned during my summer break allows me to continue my education for the following school year. This year I was lucky to get a full-time job at the Comox Air Force Museum gift shop. Each day you can find me opening and closing the Museum and looking after the gift shop.

Every day something interesting happens. It could be a pleasant visit with a retired veteran who claims he was the founder of Comox or someone asking for directions like, "How do I get to the Canex?" which is just across the road. Although I admit that my knowledge of CFB Comox and the personnel who served here is limited, I find myself learning more and more about their hardships through the memorabilia that the museum has preserved and the numerous books that are housed in the library found on the second floor. This area is my favourite and the number of books written just on aviation alone overwhelms me.

Part of my job is to work with the other members of the Museum staff. Many of them are volunteers who just wish to keep contact with the



(Photos by Capt Forbes)

military, and Air Force in particular, or love to be involved in the restoration of old airplanes or vehicles. Just the other day the curator Bob Richter claimed that "if he was paid by the word he would be a rich man," that was after he announced that he was the world's best salesman.

As for the Museum, it invites everyone to take a trip back in time as it presents "the history of CFB Comox and the squadrons that have been stationed here." My responsibilities are growing with time and it has become more apparent to me how important my job really is. The Comox Air Force Museum holds pieces of the past that cannot be replaced, I just hope that it will remain sacred for many years to come.

Dieppe VC winner dies at age 91

By Buzz Bourdon

DNEWS: Commanding the South Saskatchewan Regiment at the disastrous and bloody battle of Dieppe on August 19, 1942, LCol Cecil Merritt was awarded the Victoria Cross for his outstanding leadership on one of the worst days the Canadian army suffered during the Second World War. LCol Merritt died on July 12, 2000 in Vancouver, BC at age 91.

After landing on Green Beach near Pourville at 5:05 a.m., the South Saskatchewan moved to the Scie River, where a group of their men trying to cross a completely exposed 200-metre causeway bridge was mowed down.

Under deadly German artillery, mortar and machine gun fire, LCol Merritt encouraged his men to cross the bridge, calling, "Come on over, there's nothing to it."

LCol Merritt, who was wounded twice that day, ignored the bullets flying around him as he exhorted his troops, "Now men, we're going to get across. Follow me. Don't

bunch together, spread out. Here we go."

After guiding four parties of his men across the bridge, he led attacks on several German pillboxes, killing the Germans in one pillbox by tossing in grenades through the gun slits.

Tragically, the men of the South Saskatchewan never made it to their original objective, a radar station. During the battle, 84 of their number were killed, with another 89 taken prisoner. LCol Merritt was one of them.

After organizing a retreat back to the rocky beach of Dieppe, LCol Merritt covered his troops as they boarded landing craft that took them back to England and safety. Almost six hours after the raid had started, LCol Merritt was captured, after endangering himself recklessly and displaying an energy almost incredible.

"It wasn't human what he did," marvelled an officer who had fought with him on that terrible

day. According to the citation for his Victoria Cross, "Lieutenant-Colonel Merritt continued to direct the unit's operations with great vigor and determination and while organizing the withdrawal he stalked a sniper with a Bren Gun and silenced him. He then coolly gave orders for the departure and announced his intention to hold off and "get even with the enemy....," said the *Canada Gazette* on October 10, 1942.

But LCol Merritt didn't lose his fighting spirit during the three years he was a German prisoner. On the night of June 3-4, 1943, he tried to escape with 64 others through a 120-foot tunnel under his prisoner-of-war camp at Eichstatt in Bavaria. One of the many who didn't make it to freedom, LCol Merritt was recaptured and sentenced to 14 days in solitary confinement.

Born in Vancouver on Nov. 10, 1908, Charles Cecil Ingersoll Merritt was a great-grandson of Sir

Charles Tupper, a former prime minister and a father of Confederation. His father, Maj Cecil Merritt, was killed in the battle of Ypres during the First World War.

After attending the Royal Military College of Canada, LCol Merritt was commissioned as an officer in 1929. In 1932, he was called to the bar and joined the militia. Right after the war, LCol Merritt was elected as a Conservative member of Parliament in 1945 for Vancouver-Burrard.

Some years later, LCol Merritt lost his seat and returned to the bar. In 1951, he was appointed commanding officer of his original regiment, the Seaforth Highlanders of Canada. He also worked with the Vancouver Police Commission, the Royal Canadian Legion and the Boy Scouts of Canada.

In 1937, LCol Merritt married Grace Graham, who predeceased him. They had two sons and a daughter, who survive him.

The last surviving Canadian

winner of the Victoria Cross, the Commonwealth's highest award for gallantry, is Ernest "Smokey" Smith, 86, of Vancouver.

There are now only 24 living recipients of the Victoria Cross, established in 1856 by Queen Victoria and made from Russian guns captured during the Crimean War. It was awarded retroactively to 1854. There have been 1,351 crosses awarded, 94 to Canadians.



Comox Air Force Museum

Dedicated to the preservation of
West Coast aviation heritage and history

Located at the entrance to CFB Comox
Now open 7 days a week, 10:00 a.m. till 4:00 p.m.

