



TOTEM TIMES

FREE

19 Wing CFB Comox

FREE

THURSDAY 14 SEPTEMBER 2000

Comox Valley's Longest Running Newspaper

VOL. 42 NO. 14

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Notice:
MQ Fall Yard Sale
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Chief of Defence Staff tours Wing

Gen Maurice Baril, the Chief of Defence Staff, accompanied by CWO Maurice Dessureault, CFCWO paid a one-day visit to CFB Comox on 31 August.

Gen Baril's tour began with the official opening of 19 Wing's new \$2.7 million Armament Complex. He then participated in an Honours and Awards ceremony at the Officer's Mess. Among the awards presented were a CDS Commendation to WO Yves Carignan of the CF School of Search and Rescue and Flight Safety "For Professionalism" awards to MCpl W.M. Stacey 442 Sqn, Cpl P.D. Hosegrove and Pte J.C. Dubé 414 Sqn, and Pte I.R. Slater 19 AMS.

Gen Baril then toured the new control tower and the Fitness and Community Centre. After attending an all ranks luncheon at the WO and Sgt's mess he toured the new singles' quarters finishing off with a visit of 442 Sqn. A former member of the Canadian Airborne Regiment, he performed a parachute jump with SAR Technicians. (More photos page 8.)

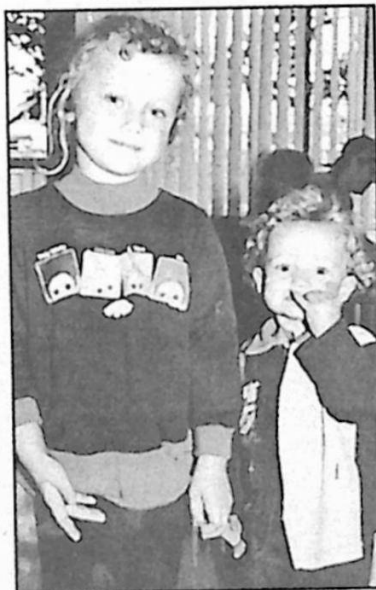


CDS with SAR Techs.



CDS suits up prior to jump.

Rexspo-2000



If you didn't attend then you missed out on a lot of fun. In addition to registering for CFMRC, Wallace Gardens and Fitness and Recreation Programs there was a Family Carnival. In the large multi-purpose room you could dance to a latin beat at the Latin Family Dance, participate in lots of skill testing games at the Children's Penny Carnival or enjoy a slice of cake in honor of the 7th Anniversary of the CFMRC itself. In the main gym there were info tables from numerous clubs and organizations, including the camera club, scuba club, Boy Scouts, and Mt. Washington Resort to name a few. There was plenty of action too with a dog training demo, a Tae Kwon



Do demo and even a kayaking demo in the pool. You even had a chance to win great door prizes like the two scooters or the huge fruit basket.

A good time was had by all so, if you missed it, maybe we'll see you next year.

(More photos page 3.)



Gregg Hart
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442 SQN receives top honours

442 Sqn members were recognised for their excellent work once again during the Canadian 2000 Aviation Awards, presented by the Air Force Association of Canada. The squadron received the Mynarski Trophy for its contribution to Search and Rescue. As well, the Air Marshall C. Roy Slemom Award for Airman of the Year is to be awarded to 442 Sqn Search and Rescue Technician MCpl Lawrence Teichrib.

The Mynarski Trophy was introduced in 1976 as Canada's highest award for excellence in the field of air search and rescue, and may be awarded "to the most deserving federal, provincial or civilian organisation, crew or individual in recognition of a significant con-

tribution to aviation search and rescue in Canada."

442 Sqn received the award in recognition for the heroic efforts of Rescue 318 in saving the life of a severely injured hiker in mountainous BC terrain on the night of 29 June 1999. Assisted by a Buffalo aircraft flying overhead dropping flares into the overcast layer underneath, the rescue team reached a party of hikers, one of whom was severely injured, and probably would not have survived the night without prompt professional medical attention. A difficult night hoisting sequence was completed and the crew departed into weather that had deteriorated markedly. A harrowing return flight to Comox, using night vision goggles,

resulted in a safe arrival and the victim was delivered to hospital. The crew of the Labrador were: Capt R. Sirianni, LCdr E. Bolduc (USCG), Sgt K. Gray, MCpl C. Richard, Sgt R. Rea and MCpl L. Teichrib. They demonstrated the highest qualities of leadership, resolve and bravery and are indicative of the professionalism of SAR crews serving in the CF today.

The Air Marshal C. Roy Slemom Award for Airman of the Year was established in 1973 to recognise one Airperson above all others, who by individual achievement exemplifies "the best" of Canada's Air Force.

MCpl Lance Teichrib was the recipient of the award in recognition of his outstanding performance in his role

as a Search and Rescue Technician and for his motivation and tireless dedication to community service. His work ethic has constantly exceeded the standard, resulting in his recognition as a great ambassador for the Canadian Armed Forces. He participated in 25 SAR missions in 1999, approximating 10% of the squadron's 246 rescue missions involving overdue vessels, missing aircraft and medical evacuations. He was instrumental in spotting and hoisting to safety the highly publicised 18 Chinese migrants abandoned in the Queen Charlotte Islands, who were at risk of perishing. In addition, he is involved in his community, driven by his personal beliefs and desire to



MCpl Lance Teichrib, winner of the Air Force Association of Canada's Air Marshal C. Roy Slemom Award for Airman of the Year.

assist those in need. He raised money for charities, is deeply involved in church activities and active in children's sport activities. His positive attitude and his dedication to achieving his goals make him an excellent team player. These attributes are indicative of the qualities that showcase an outstanding airman and an ideal

candidate for the Air Marshal C. Roy Slemom Award. MCpl Lance "Golden Boy" Teichrib was also the Wing Service Person of the Year for 19 Wing Comox for 1999 and a crew member of Rescue 318 that was awarded the Mynarski Trophy. The awards will be presented in Penticton on 6 October.

New Wing CWO



CWO Kurt Paulekat replaces CWO Dennis Dupuis as 19 Wing Chief Warrant Officer.

In a quiet ceremony on August 11, CWO Dennis Dupuis stepped down from his appointment as Wing Chief Warrant Officer, after five years of service, and was replaced by CWO Kurt Paulekat. The Wing CWO is the senior non-commissioned officer on the base, responsible to the Wing Commander for discipline and overseeing the welfare of the non-commissioned members.

Dupuis, who joined the RCAF as a meteorologist in 1966, described the occasion as bittersweet, and

praised the members of the Wing for the support over the years.

In a speech to senior members of 19 Wing at the WOs and Sgts' Mess, Wing Comd Col Bill Neumann emphasised the importance of his working relationship with the outgoing WCWO. "To praise Dennis for his accomplishments here would almost sound as if I were giving him an evaluation. I don't look at it that way. He has been a partner in the running of this Wing in every sense of the word."

Neumann further stress-

ed the efforts of Dupuis in helping implement the Air Force's Quality of Life initiatives, which have significantly improved the living standard of Air Force members over the last several years. "He worked tirelessly on behalf of the troops. A lot of what our people have achieved recently is directly due to his efforts."

Paulekat, a Communications Systems Technician by training, has been posted to CFB Comox twice before. He first arrived in the valley in 1981 as a maintenance tech and instructor on

the CP-140 Aurora at the Date Interpretation and Analysis Centre. Then, in 1996, he was posted back as Squadron CWO of 407 Sqn. After serving briefly as a career manager in Ottawa, he returned to Comox to assume the duties of Wing CWO.

"It's a real honour to be appointed to this position. I've got some big shoes to fill, but this is the best Wing in the Air Force and the most beautiful place in the country. It's great to be back."

New Zealander on exchange settles in

By Sgt Coutu

Sgt Campbell Fordyce arrived from New Zealand on 11 August as the lone Air Force Fire Fighter exchange candidate. Campbell will be employed within the 19 Wing Fire Hall until his return to his homeland on October 8.

During his brief time here, Campbell has already had the opportunity to work within the Fire Prevention Cell. Over the period of one week he quickly learned the important role the Chief Fire Inspector plays in not only ensuring the Wing's multitudes of fire detection and suppression systems are operational, but the key function the Fire Department plays in the approval process of any new construction or renovation to existing facilities.

Upon their return from supporting the Abbotsford International Air Show, Red Crew had the pleasure of adopting Campbell, with the primary goal of exposing him to the operational side of the Fire Department.

During his brief stay at 19 Wing, Sgt Fordyce will be familiarised with typical Canadian Air Force Crash Fire Rescue, Structural Fire fighting and Auto Extraction procedures and tactics. He was invited to dine with our Chief of Defence Staff at 19 Wing's recent luncheon, and has also been invited to board the HMCS Regina for a luncheon with the Lieutenant-Governor of BC.

As with most exchange programs, he has quickly learned those social rituals

that make us Canadians unique. He has now experienced the great sport of floor hockey and has proven to be a quick learner with "soft hands." He has had ample opportunities to explore the various sights of the Comox Valley which make it the most desired of postings within the Canadian Forces. Island locations such as Forbidden Plateau, Mt. Washington, Victoria, Paradise Meadows, Elk Falls, Cathedral Grove, and Coombs will be memories that will undoubtedly last Campbell for a lifetime. With the assistance of the Fire Hall's own core of Pro Fishing Guides, he has hit the West Coast waters to try his luck at salmon fishing. Although he has yet to land a trophy, he has assured us

that he is not done yet!

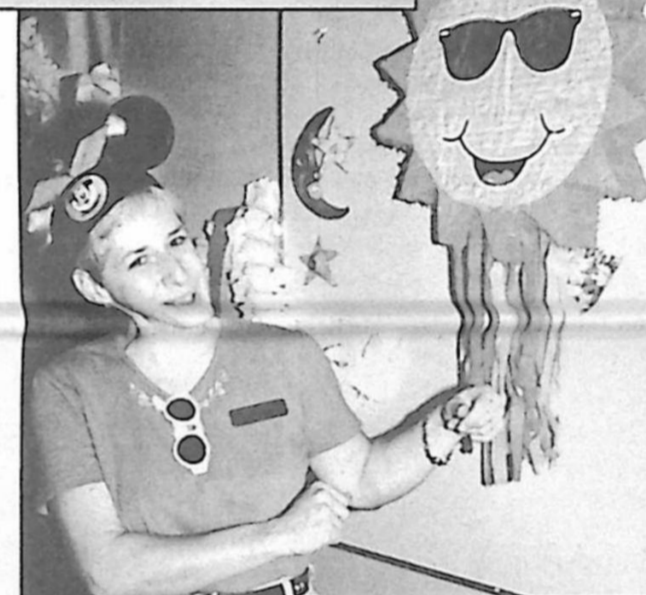
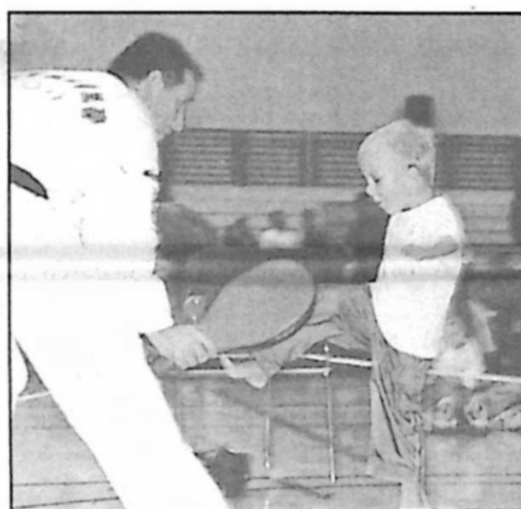
The highlight of Campbell's stay will no doubt be his trip with Red Crew to their annual Fire Fighting Re-certification at the Canadian Forces Fire Academy at CFB Borden, Ontario. Over the span of four days he will be inundated with our operational procedures and tactics under live fire conditions for both aircraft (crash) and structural responses. During his stay "out East" it is hoped that his host crew will get him to a Blue Jays game, or even an exhibition Leafs game.

We here at the Fire Hall hope that Campbell will continue to enjoy his stay here at 19 Wing Comox. Igni Obstaire!



Sgt Campbell Fordyce (centre) is welcomed to the base by (L-R) MWO Marty Watson DWFC, Maj Mark Ross A/WLogO, Maj Carrie Fortier new WCEO and Capt Ken Brooks WFC.

Rexspo 2000



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Guest Editorial by Duke Warren

The Battle of Britain

To every man upon this earth
Death cometh soon or late,
And how can man die better
Than facing fearful odds,
For the ashes of his fathers,
And the temples of his Gods?

Baron Thomas Barrington Macaulay wrote those words about one hundred years before the Battle of Britain. Yet, in my mind, they seem so appropriate to describe the attitude of the fighter pilots who took part in the Battle of Britain. Much younger than Macaulay's Horatius, they had his spirit and resolution to defend their beloved country and people against the much greater numbers of the Luftwaffe.

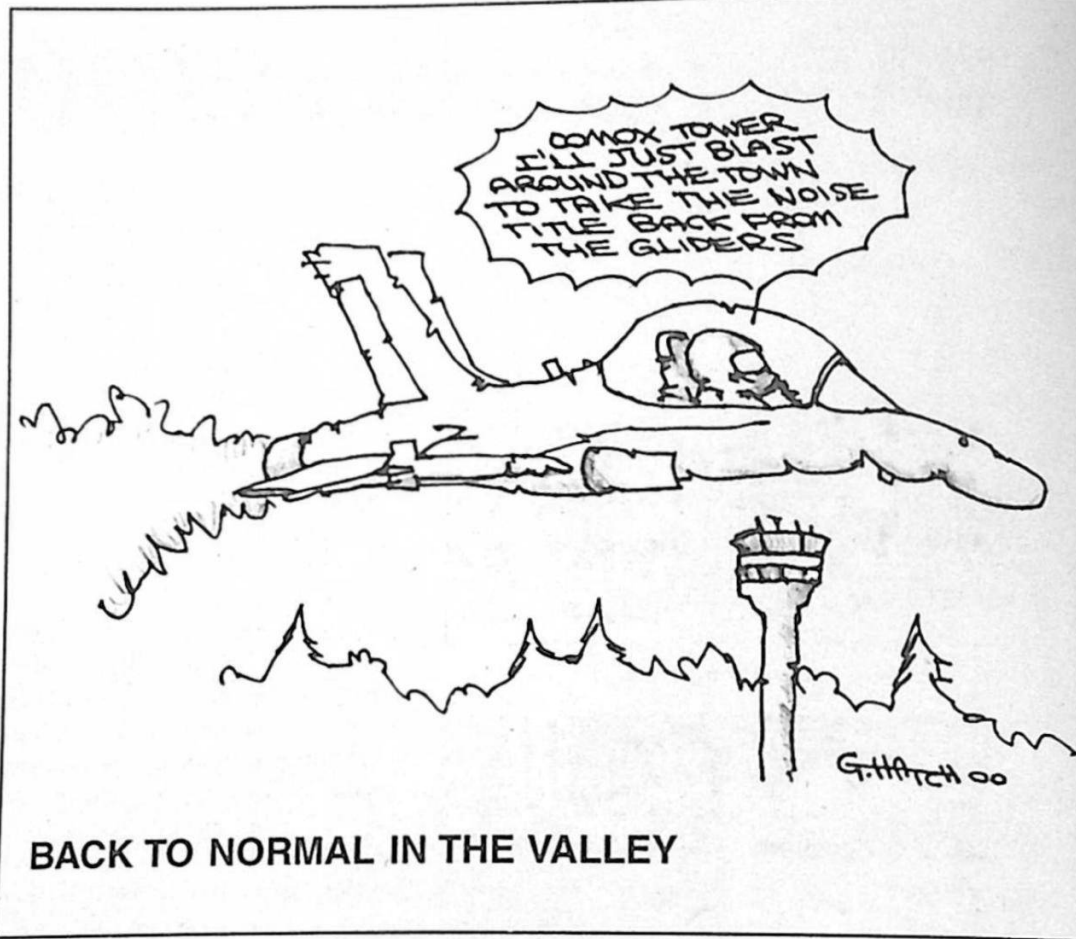
This year is the 60th anniversary of the battle. The battle that led to the winning of the war and the defeat of Germany. Who knows what the world would be like today had England been defeated and the British Isles lost to Nazi Germany. Not to detract from the many others, army, navy, merchant marine, industry, the civilian populations, of all the Allies that contributed. But the Battle of Britain was crucial to the eventual defeat of the Axis powers.

The approximate figures for the Battle of Britain vary depending on what reference is used, but it is generally accepted the Royal Air Force lost 500 aircraft, the Luftwaffe 1350. 1100 RAF aircraft and 2050 German aircraft were destroyed. Ninety-four Canadian pilots took part, of whom 28 died during the battle. Anyone who took part in the battle would be at least 80 years old now. Sadly, their numbers are becoming fewer with the passage of time.

However, Churchill's words are as true today as they were in 1940 when he said: "Never in the field of human conflict was so much owed by so many to so few."

With the limitation of detail available in this editorial I have not specifically mentioned ground crew and other supporting personnel that worked during the battle. But, it goes without saying that without them the battle would have been lost. Again, the words of Macaulay:

With weeping and with laughter
Still is the story told,
How well Horatius kept the bridge
In the brave days of old.



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Major Beverly Wolf

CARTOONIST
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TYPESETTER/BOOK-KEEPER
Jenny Cooper

PRODUCTION STAFF
MCP Brenda Trombley
Tina Matchett-Bianco

CIRCULATION
Jenny Cooper

ADVERTISING
Angela Guerin

Mailing address:
The Editor, Totem Times
CFB Comox, P.O. Box
1000 Stn Main, Lazo, BC
V0R 2K0

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FAX: (250) 339-5209
E-MAIL:
totemtimes@comox.dnd.ca

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Hockey School a hit with kids

By Maj Kevin Bryski



Peter Lang with students.



Novice group on front steps.

Were you wondering who all those kids were wandering around the Base a couple of weeks ago, after all the cadets had gone? During the week of 20-26 August, 118 kids aged 8-16 attended the Silver Totems fifth annual Hockey School at Glacier Gardens. By all measures, it was a tremendous success.

School director, Cpl Gilles Gagnon, 407 Sqn AVS Tech, said that everyone had a lot of fun while learning about hockey. Students, including nine girls, were run through an intensive training program that included: hockey skills, power-skating, scrimmages, ball hockey, swimming, dry land training, soccer, football, softball and tours of 19 Wing. Cpl Gagnon added "We were very grateful to have Peter Lang, a former top Canadian Pairs skater and coach back with us this year. The kids really learned a lot from his exceptional techniques." Tamara Berger, 7, said she really noticed an improvement in her skating.

New to the curriculum this year was a tour of the recently constructed Air Traffic Control tower and a session on hockey rules, which emphasized the difference between body contact and body checking. The school put increased emphasis on ensuring players understood the impact of personal injury in an effort to reduce its occurrence in hockey.

Maj Dan Carroll, D/WLogO, whose 15 year-old son has attended the school every year since it began in 1995, said that his son has improved tremendously, crediting the significant amount of ice time players get. "One year, when Chris went out for a team try-out immediately following the Silver Totems school, he made the team with ease. I feel that the school had everything to do with his selection. Chris was really prepared and his coach was impressed." The school provides for at least three hours of ice time per day. "For \$150, it is great value" added Carroll.

Costs are kept down as most of the 25 school staff are volunteers from the 19 Wing Representative Hockey Teams. "It was a long week" added LCol Gary Szczerbaniwicz, CO 407 Sqn and Silver Totems recruit. "The days were crammed full of activities that saw some of us on the ice at 0630 hrs with 30 bright and shining faces in front of us." Each of the four groups was led by a leader and an assistant. Other volunteers augmented the leaders and helped out where they could. Cpl Craig Saunders, 407 Sqn AVN Tech and one of the group leaders, added "the days were long and my feet hurt, especially after not having skates on all summer, but it was all worth it."

The school ended on Saturday with a full three-

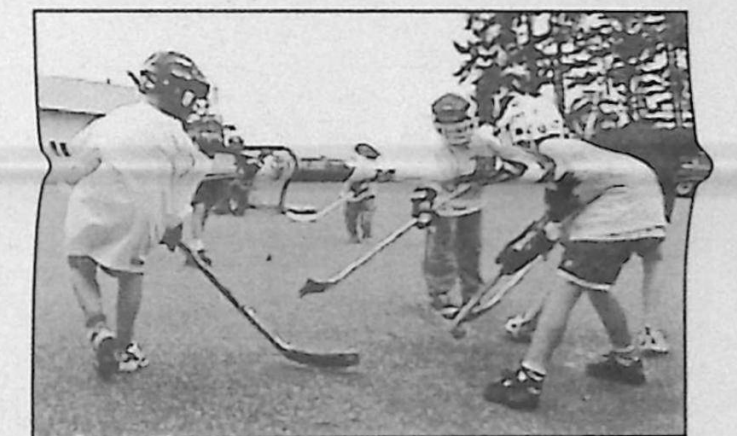
period stop-time game for each of the four age groups. The stands were packed with very proud instructors, parents and grandparents. Following each game, a random draw was held for a prize. The top prize was for free registration for next year's school, scheduled for 19-25 Aug 2001. Kip and Deb Lovett, whose eight-year old son Kailen won a couple of Jerseys in the Novice Division draw, said, "We will be back next year. Kailen has had a great time. We find that this school offers tremendous value."

The Silver Totems would like to thank the WComd, Col Neumann, for authorizing the activity. Thanks also goes to the Fitness, Sports and Recreation staff, including the rink staff for providing excellent support and to the WATCO, 407, 414 and 442 Sqn and others for the interesting tours, which the kids really loved. Hopefully, some of them will join the CF and become a Base Team Hockey player too! Special

thanks go to Reggie and Scotty for adjusting their schedules to meet the increased demand for food and skate sharpening. Finally, thanks to Craig for hosting the much needed weekend house party.

The Silver Totems wish all the school graduates much success and fun in the upcoming hockey season. Cpl Gagnon has already passed the puck (I mean torch) to Capt Alex Robertson, 407 Sqn Nav and President of the Silver Totems, for organizing the 2001 school. See you next year!

CF members who are 35 and older are welcome to join the Silver Totems. Practices are Tuesdays and Thursdays 1500-1700 hrs. Games are mostly on the weekends with a road game (Nanaimo, Parksville, Port Alberni, Campbell River) on Friday or Saturday and a home game on Sunday afternoons. Admission is free. All are welcome to come out and enjoy some entertaining old-timers hockey!



Novice ball hockey group.

An open letter to the residents of the Comox Valley

As the last of our Royal Canadian Air Cadets head home, proudly wearing their newly earned pilots wings, I'd like to take a few minutes to thank you, our neighbours in the Comox Valley, for your continued support.

It literally rained on our August 18 graduation parade, but the weather failed to dampen any spirits. Our cadets put on a splendid show for the more than 500 family and friends who came out to cheer them. My only regret is that the hangar could not hold more, for few things are as moving as

young people watching their dreams materialise before their eyes.

We watched with pride as 31 high school-aged cadets earned their pilots wings, becoming approved Ministry of Transport pilots. We cheered as another 37 won their glider wings. We smiled as the younger cadets, 42 in all, received their academic certificates, preparing them for flying training next summer.

We saw a new link being forged with our living history, as Cadet Krystia Zurakowski, the granddaughter of the Avro Ar-

row's chief test pilot, ably continued her family's legacy by becoming Canada's top (Anglophone) glider pilot for the Eastern region.

We saw Cadet Flight Sergeant Ryan McCormick of Comox beam with pride as his dad, dressed in the red serge of the RCMP, presented his son with his glider wings.

We saw many stories, but mostly we saw 110 cadets marching, with purpose beyond their years, into adulthood.

Having trained them to fly, these young men and

women have repaid us by becoming leaders, helpers, and friends. Most of all, they have become citizens.

Of course, they could not have done so without your support. Over the six-week program we launched 2,200 tow-plane sorties, the bare minimum to qualify our new pilots. Often we flew into the dusk, eking out the last rays of twilight.

We flew on the weekends, taking advantage of the empty runways to put one glider after another into the air, to put one cadet after another closer to his or her dream.

And, if you live within CFB Comox's 8-km wide air traffic control zone, we probably flew over your house.

Despite the expenditure of thousands of dollars on mufflers for our aircraft and on four- instead of two-bladed propellers to reduce propeller noise; and despite the maximum flexibility in changing our tow-patterns within the confines of flight safety, you still may have heard us.

To those of you who heard too much of us, we thank you for continued patience. We are already examining new tow-patterns for next summer and we will do our utmost to mitigate the impact of our operations. Despite CFB Comox's presence as an air base since 1943, and the not so distant thunder of 409 Squadron Voodoos on constant Cold War alert, there remains an expectation of solitude in this sublime geography.

We at the Regional Gliding School understand this sentiment. We will continue to balance the concerns of our community, and our profound interest in being a good neighbour, with our need to train young Canadians in this most worthwhile endeavour.

The dreams of this country's young men and women demand no less.

LCol Tom Byrne
Commanding Officer,
Regional Gliding School
(Pacific)

Next Deadline

Advertising: 20 Sept.
Articles: 22 Sept. noon

Cuts for Cancer

The Emergency Services personnel from 19 Wing are literally putting their heads on the chopping block (or at least their hair), in support of Cops for Cancer and the Canadian Cancer Society. This All Ranks function will be taking place on Friday, 29 September at the Junior Ranks Club from 1730-2000 hours. Raffle tickets are available at \$1.00 each for the opportunity of a lifetime — win the coveted chance to shave our heads!!!

Raffle tickets can be purchased in various locations on the Wing, including the Dental Clinic, Hospital Records and Hospital Orderly Room.

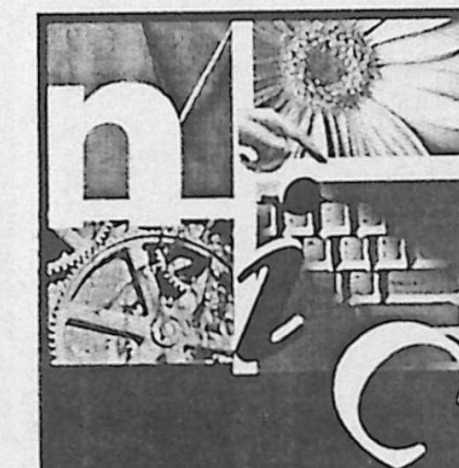


Vince Nelson, Jeff Manney, Debi Stahn, Doug Desrochers, Derek Amos and Lisa Sheppard, these are just six of the many eager participants taking part in the upcoming Cuts for Cancer.

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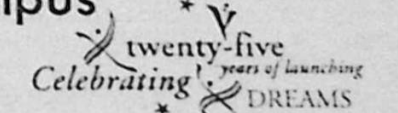
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August Weather

Even though the month of August seemed cooler than normal, it was right on average with years past. It was far below average when it came to the total monthly precipitation, recording only 7.2 mm. On a happier note, August had an above-average amount of bright sunshine.

Highest monthly temperature	29.0°C on 3rd
Lowest monthly temperature	8.2°C on 20th
Total monthly rainfall	7.2 mm
No. of days with 0.2 mm or more rainfall	5
Total hours of bright sunshine	290.7

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

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.

Dental Clinic raffle winner

In the past month we at the CFB Comox Dental Clinic have been working hard and selling raffle tickets, to anyone who would buy, for a beautiful crate of wine and stuff. With everyone's support we raised \$590.01 (we have no idea where the penny came from) for the Comox Valley Child Development Association. Our thanks to all who purchased tickets.

The winner of the raffle, drawn on 7 September, was Gary Jones. He is a dental laboratory technician in Comox.



(Photo by Cpl Desrochers, W Img.)

Health Care Associate



Maj Christianson, W Surg, congratulates Cpl Tessier on his appointment to Officer Cadet. OCdt Tessier has joined the medical branch as a Health Care Associate.



19 AMS

Latest and greatest from ALSE Shop

By 2Lt Meagan McGrath

Normally when one thinks of Safety Systems, items such as seatbelts, childproof lighters and bicycle helmets may come to mind. At 19 AMS, 'Safety Systems' is the outdated name for the ALSE (Aviation Life Support Equipment) Shop located on the top floor of 7 Hangar. The specific purpose of ALSE is to provide and maintain the safety and survival equipment for aircrew, in case of an emergency.

Sgt Steve Nicholls currently manages the work so diligently carried out by the 10 ALSE shop members. During a typical day, the ALSE shop will repair and repack parachutes, test oxygen masks and tanks and prepare large pods that contain safety equipment to be used in case of an emergency, as well as various other taskings involving aircraft safety equipment. The quality of work that these members produce is influenced greatly by the high morale in the section. Recognition for excellent work contributes immensely to the good morale, and so does the free candy (for those in the know!).

The ALSE shop has made and will continue to make considerable changes in the future. It has acquired and put into use a Precision Oxygen Component Cleaning Facility. Also, ALSE has been designated as the third line maintenance facility for the Emergency Breathing Systems (EBS) in

the national region west of Trenton, Ontario. This is seen as a positive addition to the ALSE shop, since it will fill in the work-gap left by the planned removal of the T-Birds from the CF.

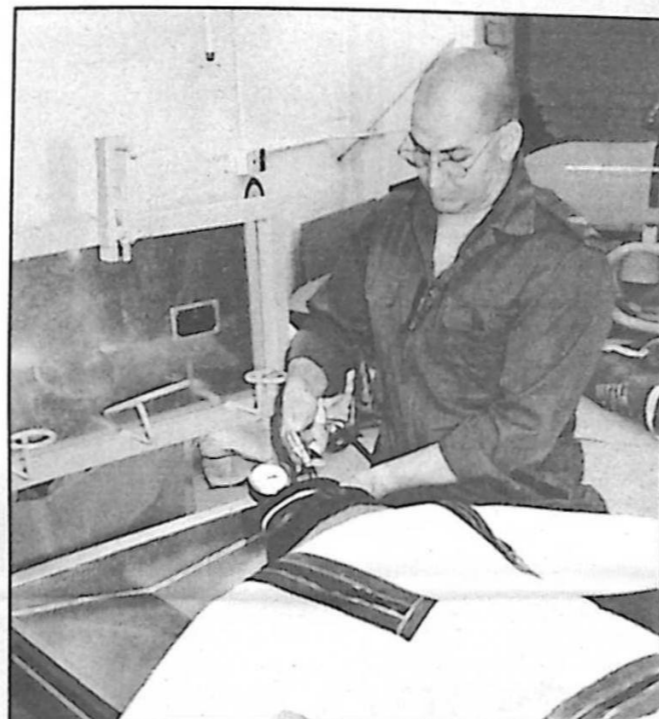
There are, however, some concerns that lurk within the ALSE Shop. In the past eight years, there has been considerable loss of experience in the shop. Experience is essential in a job that requires its workers to know the equipment extremely well and be able to notice the smallest of imperfections. The purpose of ALSE is to maintain equipment that will save lives. Experience is one tool that is absolutely required to carry out this task.

On a lighter note: Congratulations to MCpl Bob Belanger on his recent promotion. He was posted to Comox last summer from Trenton, and is currently assigned to ALSE, working on the Arctic SKADs, LFORTs (Laminar Flow Oxygen Regulator Test Stand), and EBS.

Overall, the ALSE shop is running smoothly. Sgt Nicholls and his fellow ALSE technicians have proven themselves to be an important asset to the Wing and their work is appreciated. They seem to roll over the bumps in the road on the way to providing quality service and it certainly has not gone unnoticed. Keep up the good work, everybody!



Cpl Palmer installing a carbon dioxide cartridge into a life vest. The CO₂ cartridge will instantly inflate the vest when activated.



Cpl Goulette performing a leak test on an immersion suit.



Cpl Yaniuk of 19 AMS receives a No Retreat Award for voluntarily serving with distinction and commitment on the 19 Wing Standing Honour Guard for 10 years.



MCpl Belanger receives his promotion from the CO 19 AMS, Maj Kettneracker. Well done Bob!

Personnel Support Section

By Gail Eggiman

There are some new faces. Newly married Cpl O'Connor has moved from CFSSAR to a cell sans bars in PSS. He didn't think he would feel like he was in prison so soon! Just kidding, Rob, congrats to you and your wife.

MCpl P.J. Mears, newly arrived from Greenwood, is settling in as Cell Supervisor. She was stationed here before and took her OJT training in CR with us. Of course, she is still expected to remember the proper mailing procedures and where the mailboxes are. Her spouse managed to leave on course the very day the moving company arrived. Good timing and possibly good planning on his part.

Rumour has it that Sgt. Melville wants a security screen for her computer. She says it's for sensitive work but I really think it's so no one can see her playing computer games.

MCpl Karrie Phelps took 1st prize in the photo contest sponsored by Overwaitea Food and Drugs in the recent Totem Times with her "cheesy" picture. Great photo, Karrie. She says she has one of her husband just like it!

A good-bye luncheon was held for Maj J.C. Ouellete, our Wing Personnel Administration Officer. He is off to Borden where we are sure he will continue to work and play (sports) with intensity. He is very dedicated to his work concerning the administrative necessities of all service personnel on base, including his own staff. He always ensures that each person receives a "good morning." LCol Spooner presented him with a Maximick print. At first I thought he was giving him a picture of his new sailboat until I looked closely and saw the Maximick signature. Well, you never know...LCol Spooner glows like a new parent when he talks about his new boat! J.C. also received a gift certificate for Nevada Bob's. The piece de resistance was Bobby Howard-Muir's presentation from the FS&R of the Golden Jock Award. There were several amusing comments made about the size of the award, but I have to say that surely his cup runneth over with all the accolades given to him. His farewell words brought tears to most, to others it was the result of their lunch

bill. Vicky Taylor is still waiting for the rest of her meal!

MWO Louise Gauthier has a grin on her face lately. No, it's not because she found some ball players but her husband and kids came home after being away a month on holidays. She either missed them terribly or she just got tired of cooking and cleaning for herself.

LS Donna Fowler, Accommodation, and Maj Marianne Kaduck, WPSVCSO, had the privilege of jumping from a serviceable airplane with members of the Skyhawk team. They were given a quick course, each was strapped on to a jumper and then they leaped to experience one of the biggest thrills ever! I was told they couldn't take civvies (that's an argument that I'll discuss with somebody later), but someone else said that they only wanted young, single women. That was a false statement because I just found out that Cpl Rob O'Connor from PSS also jumped with the Skyhawks earlier. I guess he wasn't considered young and single enough to have an audience however. And there's always a comedian

in our midst...after some whining and pouting from the writer, Lt.(N) Coppard

told me that I should phone a 1-800 number (Recruiting) if I wanted to jump

from planes and he gave me his rendition of "Be all you can be!"

Personnel Services staff go airborne with Skyhawks

During a recent visit by the Skyhawks, Pers Svcs staff Maj Marianne Kaduck (top right) and LS Donna Fowler (bottom right) volunteered to participate in a Tandem Jump. Please note that the picture of LS Donna Fowler was taken prior to the jump.



CANEX 19 WING COMOX ONLY!

BIRTHDAY BASH EVENTS

<p>13 SEP</p> <p>JOIN US FOR CAKE AND COFFEE!</p> <p>1000 - 1100 HRS.</p>	<p>14 SEP</p> <p>TRIVIA & COLOURING CONTEST BEGIN.</p> <p>GUESS THE AGE OF OUR STAFF. GREAT PRIZES TO BE WON!</p>	<p>15 SEP</p> <p>BBQ & DUNK TANK!</p> <p>HAMBURGER & POP 1⁵⁰ HOT DOG & POP 1⁰⁰ 1100 - 1400 HRS</p> <p>ALL PROCEEDS GO TO WALLACE GARDENS COMMUNITY ASSOCIATION</p>	<p>16 SEP</p> <p>PARKING LOT BOWLING</p> <p>WINNERS TO BE DETERMINED BY HIDDEN SCORES 1300 HRS</p>	<p>17 SEP</p> <p>CAR WASH!</p> <p>COME HAVE THE CANEX STAFF WASH YOUR CAR FOR \$2.</p> <p>PROCEEDS GO TO MP'S BUND FUND</p> <p>1300 - 1500</p>
<p>18 SEP</p> <p>INVISIBLE BOARD FOR ADULTS</p> <p>COME UNCOVER GREAT PRIZES SUPPORTED BY CANEX AND OUR CONCESSIONS! 1800 - 1900 HRS</p>	<p>19 SEP</p> <p>DRAW</p> <p>FOR 4 NEW RELEASE VIDEO RENTALS</p>	<p>20 SEP</p> <p>PIE EATING CONTEST!</p> <p>INTERSECTION COMPETITION. 1300 HRS. PRIZES FOR ALL PARTICIPANTS. GRAND PRIZE OF A TV!</p>	<p>21 SEP</p> <p>32¢ VIDEO RENTALS</p>	<p>22 SEP</p> <p>RECEIPT DRAW DAY!</p> <p>ENTER WITH EACH PURCHASE OF OVER \$50 AT CANEX 13-22 SEP. GRAND PRIZE - PATIO SET!</p>
<p>23 SEP</p> <p>ASK US ABOUT GUARANTEED LOWEST PRICES</p>	<p>23 SEP</p> <p>ASK ABOUT OUR NO INTEREST CREDIT PLAN</p> <p>AUTHORIZED PATRONS ONLY 13 - 24 SEP 2000</p>	<p>23 SEP</p> <p>ASK US ABOUT ADVANTAGE PRICING</p>	<p>23 SEP</p> <p>INVISIBLE BOARD FOR KIDS</p> <p>COME UNCOVER GREAT PRIZES SUPPORTED BY CANEX AND OUR CONCESSIONS! 1000 - 1100 HRS</p>	<p>24 SEP</p> <p>SECTION DISPLAYS FOR ALL AGES!</p> <p>FIRE TRUCK, T-BIRD, ETC. WILL BE ON HAND FOR YOUR ENJOYMENT! 1300 - 1500 HRS</p>

YOU COULD WIN!

1st PRIZE SUZUKI GRAND VITARA 4X4
2nd PRIZE SUZUKI QUAD RUNNER 500 ATV OR MAURADER 800 MOTORCYCLE
3rd PRIZE SONY PLAYSTATION
ASK US FOR DETAILS

It's in the mail.

The Government of Canada Service Guide is coming your way. It contains important information on over 130 services, including:

- Keeping your children safe
- Reducing home energy use
- Planning your retirement
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- Living a healthy lifestyle
- Filing a complaint about air travel

For more information: 1 800 O-Canada (1 800 622-6232), TTY/TDD: 1 800 465-7735, www.canada.gc.ca or visit the Service Canada Access Centre nearest you.





FINN BITS

Big bash

When push comes to shove, the bigger contestant usually wins. Not so when a front end loader took on Barracks Bldg 80, twenty times its size. Slated for demolition, the old single quarters – dating back at least forty years – held out for a few days before succumbing to the battering and tearing of the unrelenting machinery. The end was never in doubt.

For CE personnel, not even nostalgia weighed heavily in favour. The building had become a nuisance.

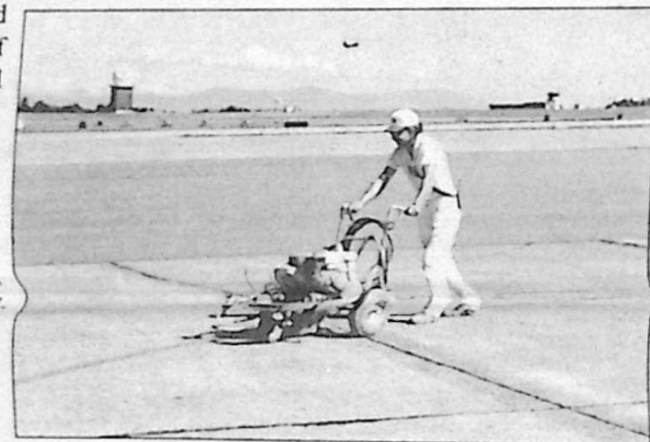
Says Jack Bath of CE's Plumbing and Heating Team, "It became a struggle to keep the place going. Far too much time was spent on maintenance. There was no end to it."

Adds Team Leader Steve Eggiman "The pipes had pin holes in them throughout. The main water line had deteriorated to the point beyond repairs. There were leaks everywhere. Am I happy to see the building gone? You bet!"

No new structure is planned for the site.

Patient painter

A helicopter hovers in the background as CE painter Glen Hendry gets on with the lengthy and sometimes tedious job of painting stripes, lines and circles on the vast expanse of the runways.



"Takes me at least two days per runway," Glen explains. "Figure 140 gallons of paint per runway, which is a fair quantity. Fortunately the machine I use, called Line Laser, is capable of spraying three gallons per minute."

The runway markings get redrawn every second year.

CE painter Glen Hendry marking with red the circle denoting hot point refuelling area.



Gen Baril took a look at the smart new singles quarters.



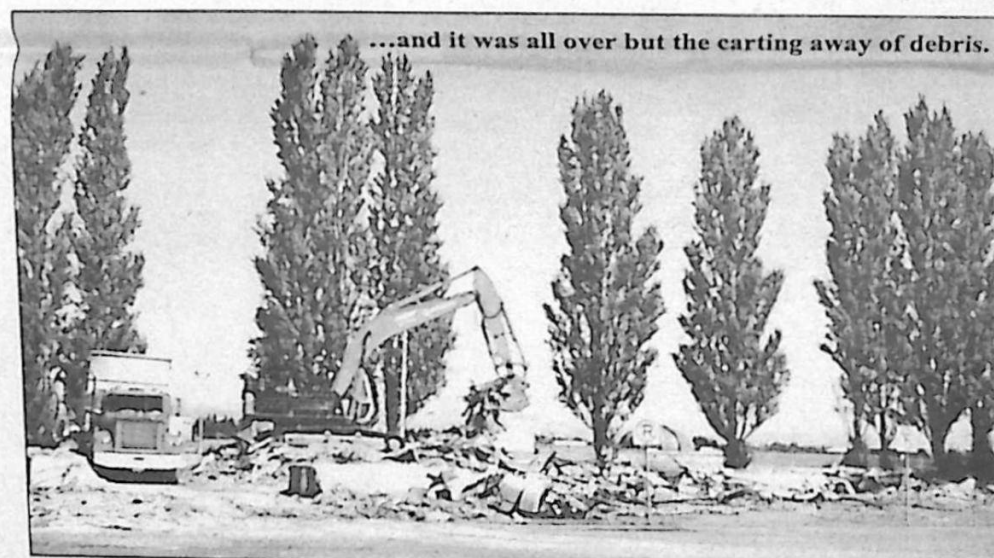
WO Yves Carignan receives his CDS Commendation from General Baril.



Half way through the demolition.



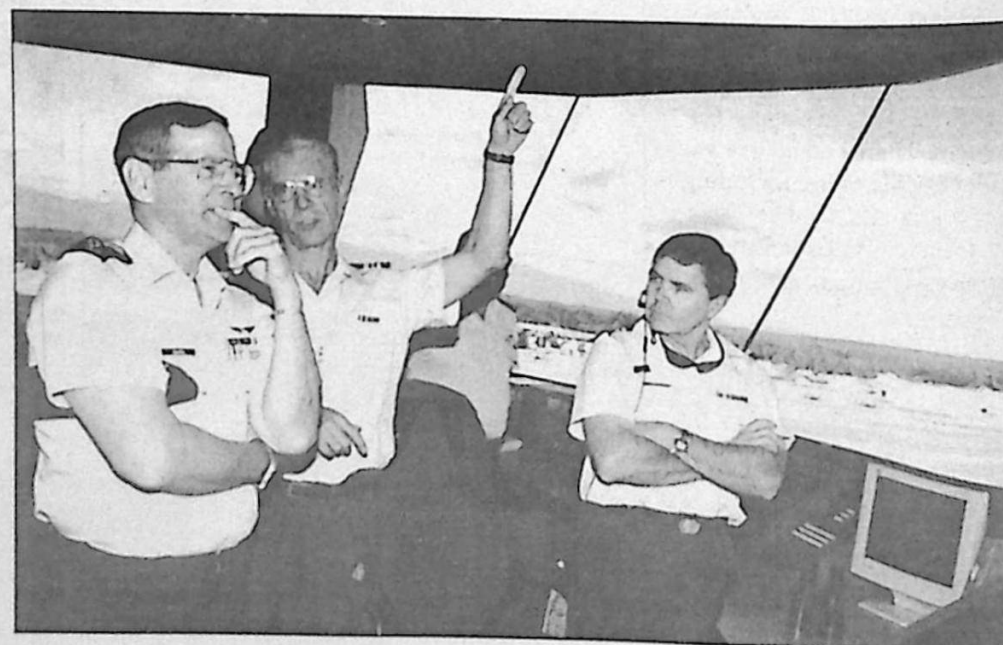
One last push...



...and it was all over but the carting away of debris.

CDS visit

(Photos by Wing Imaging)



Checking out the view from the control tower.

Cadet flying training Grad

Photos by W Imaging

By Major Rob Wilson, RGS(P) PAO

Thirty nine Glider Pilot and thirty Power Pilot trainees received their wings and Transport Canada pilot licenses at the graduation parade on August 18.

This year's Reviewing Officer, WComd Col Bill Neumann, expressed his admiration for all the flying graduates and the 43 Introduction to Aviation Course students for a job well done. He also had praise for RGS CO LCol Tom Byrne and his staff for a summer of accident-free flying.

Col Neumann seemed very happy when it came time to present certificates of achievement to the ITAC students and pin Wings on the Power Scholarship graduates. RGS DCO and Chief Flying Instructor LCol Gord Hatch pinned Wings on all the Glider graduates in honour of his retirement from his DCO and DRCAirOpsO jobs. However, the 37-year Air Force veteran won't vanish from the cadet flying program as he says he will continue to fly with RGS as long as they want him.

LCol Byrne presented awards to two Top Glider Pilots. Sgt Alex Brissard of Chetwyn, BC earned Top Pilot for Pacific Regions while F/Sgt Krysia Zurakowski of Ottawa earned Top Anglophone Pilot for Eastern Region. Cadet Zurakowski is the granddaughter of Canadian Aviation Hall of Famer, Januz Surakowski. He was the chief test pilot for the Avro Arrow project in the late 1950s. Both Brissard and Zurakowski won 10 days of advanced glider training at the Schweizer Glider factory at Elmira, New York.



Top Glider Pilot RGS Pacific Region, Sgt Alex Brissard of Chetwyn, BC presented with the CO Award by LCol Tom Byrne, RCAirOpsO.



Top Glider Pilot RGS Eastern Region, F/Sgt Krysia Zurakowski of Ottawa, ON presented with the CO Award by LCol Byrne.



Col Neumann presented Comox Air Cadet, F/Sgt Thomas Kisuk with his Power Wings.



Comox Air Cadet, Sgt Ryan McCormick was presented with Glider Wings by his father, RCMP Cpl McCormick, who is now with the Sidney detachment.



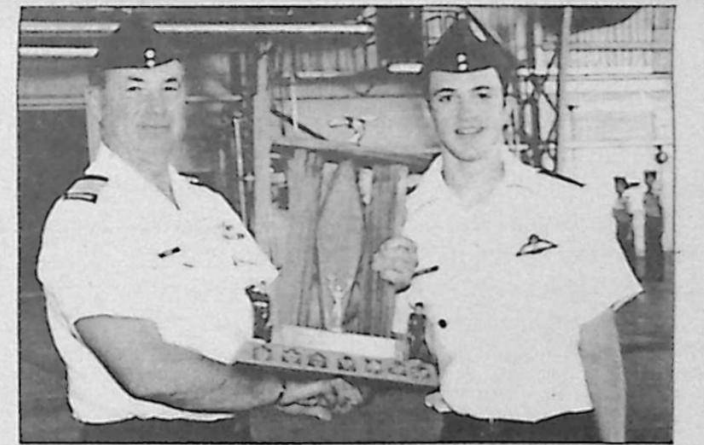
Comox Air Cadet, F/Sgt James Everett received Power Wings from WComd, Col Neumann.



Top Power Pilot RGS Pacific Region, WO2 Michael-Paul Szostak of Abbotsford, BC receives LCol E. Doherty Trophy from WComd, Col Bill Neumann.



LCol Gord Hatch, RGS Chief Flying Instructor, presented Comox Air Cadet F/Sgt Ryan Gauthier with his Glider Wings.



Top All Round Power Pilot on course, WO2 Danny Vanderbyl of Duncan, BC receives the Jonathan Livingston Seagull Trophy from LCol Byrne.

Youth employed at Wing

The DND hired a total of 41 high school and post-secondary students this summer at CFB Comox, down slightly from last year when a record 49 students found jobs at the base. The students, aged 15 and up, were employed under the Federal Student Work Experience Program and the University and College Co-op program. They worked in a variety of base sections, including roads and grounds, food services, supply, telecommunication and information services and administration.

"We try to hire as many students as possible," said Base Human Resources Project Coordinator Dianna Caswell, who has overseen the program for the past nine years. "They can make between three and four thousand dollars over the summer, and learn some useful skills. A lot of them come back year after year."

As well as giving young people much-needed work experience, the program provides valuable benefits to the base itself. "When our people go on leave during the summer it's tough to replace them," said Neumann. "The students' hard work and enthusiasm are a big help."



In addition to the 41 students employed during the summer, DND provided training and employment to over 100 Air Cadets and staff at the Regional Gliding School (Pacific), and over 1,000 Sea Cadets and staff at HMCS Quadra. Corporate contractors supporting cadet operations also hired large numbers of students. One such contractor, CVC Remote Camp Services, a division of Cara, hired over 50 students for its food services operations at the Sea Cadet camp.



SISIP/RARM Financial Services

By Janet Scotland

I would like to introduce myself - I am the new SISIP Financial Counsellor for 19 Wing Comox.

When CF members think of SISIP (Service Income Security Insurance Plan), they usually think of insurance services, but our mandate has been expanded to include financial counselling services. Previously, personal financial counselling services and administration of CFPAF (Canadian Forces Personnel Assistance Funds) loans and grants were handled by CF base, wing or unit personnel.

phased in across Canada by 2002. The Comox office is the ninth and newest of five. SISIP financial counsellors are civilians whose chain of command comes from SISIP in Ottawa, rather than CF personnel. General statistical reports are provided to the Wing Commander and COs but specific details regarding any client are kept strictly confidential.

My office, located in the CANEX Mall, is open on Mondays and Wednesdays from 0800 to 1400, Tuesdays and Thursdays from 1100 to 1700 and Fridays from 0930 to 1500. Please feel free to call any time if you have any questions or would like to know more about any program or service. The office phone number is 339-5942 and there is 24 hour voice mail available. You can also send me an e-mail at janet.scotland@sisip.com.

ture columns will give more details on each of these duties and programs.

Services are available at no cost to all Canadian Forces personnel and their spouses. Either the member or the member's spouse can initiate a request for services. All information obtained through the financial counselling process is strictly confidential.

My office, located in the CANEX Mall, is open on Mondays and Wednesdays from 0800 to 1400, Tuesdays and Thursdays from 1100 to 1700 and Fridays from 0930 to 1500. Please feel free to call any time if you have any questions or would like to know more about any program or service. The office phone number is 339-5942 and there is 24 hour voice mail available. You can also send me an e-mail at janet.scotland@sisip.com.

Central Registry

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

By Gail Eggiman

Vicky is back from her trip to Ottawa with Sue, Diane, and Ruth. She won't use the Sue Power Travel Service anymore, however. On the way down, they were to sit in row 38 but the plane only had 35 rows. Everyone got her luggage, except Sue. The previously ordered rental car was non-existent and when they finally got to their hotel, there was no room at the inn for Sue or Ruth. And get this, Vicky lived in Ottawa at one time for a couple of years, but she actually paid money to go on a bus tour of the capital! I think the only thing that could make Vicky go back there would be the cheap cigarettes. Instead, she is busy planning her next trip to Mexico.

Diane is still busy learning the ropes of CR and Duplicating. She keeps

thanking me for being a patient teacher! Wait for it, Diane.

My husband, in name only lately, returned from another fishing weekend. A bunch of volunteer fire fighters from Comox and friends get together every year for a derby and Steve was the winner this year with 32 lbs. Even our dog, Tank, is PO'd about his absences so he takes it out on a plant a day in the yard! Last week the five-foot-honeysuckle bush was left draped across the back steps for me to find.

The mail is starting to slow down a bit now that the air and sea cadets have headed home. The young men and women who have been picking up the mail from us are terrific representatives of their units. They are very polite and

friendly and we enjoyed talking with them throughout the summer.

We have heard from Marina Dozois, our former co-worker. The "nice" house that Rick bought is now torn apart - ceilings, walls, and carpets! She has started work at the Brigade Headquarters in Edmonton and informs us that everything there is still hard paper copy, no computers! Rick is busy with the RCMP and Marina has to get used to the crazy shifts.

HELPFUL HINT for this week:

We would like to let all personnel know that there is no such thing anymore as "CF Mail" or "service mail" at 19 Wing. Many, many years ago we had big white aeroplanes known as Boeings flying regularly to and from Comox three times a week! Really, I'm not lying! Official military mail was bagged in CR for transport to bases along the cross-Canada route. Now, all official military mail is sent via Canada Post with applicable postage.

Cooking #1 cause of home fires

Cooking oil and grease fires are the major cause of residential fires in Canada.

Kitchen fires, due to cooking oil or grease catching fire, cause the fastest-spreading destruction of any kind of residential fire.

When cooking with grease or oil it is extremely important that you plan ahead so that you will know to React Fast to Fire.

Common sense rules when preparing food will ensure your safety in the kitchen, and always Know When to Go: React Fast to Fire.

DEEP FRYING
The safest way to deep fry foods such as chicken or fries is to use a thermostatically - controlled electric skillet or a deep fat fryer.

PAN FRYING
• Keep a pan lid or cookie sheet handy in case the grease or oil catches fire. The lid or pan can be slid over the top of the pan to smother the fire.
• Never attempt to move the pot or pan away from the stove. The movement can fan the flames and spread the fire and the pan will likely be very hot causing you to drop it. In both cases you are placing yourself at



great risk. Your immediate actions should be to smother the fire by sliding a lid or flat cookie sheet over the pan. Then turn off the heat and exhaust fan and allow the pan to cool. Most importantly you must **KNOW WHEN TO GO AND REACT FAST** to this type of fire because grease fires spread very quickly.

OVEN COOKING
• Keep oven clean, grease and food splatters and they can ignite at high temperatures.
• Additionally, you must ensure that you wear oven mitts when removing cooking containers to avoid serious burns.

• Follow the oven cooking instructions for the recipe or product you are using.
• Broiling is a popular method of cooking. When you use your broiler, place the rack 5 to 8 cm (two to three inches) from the broiler element. Always

place a drip pan beneath the broiler rack to catch the fat drippings. Never use aluminum foil for this purpose - the fat gathered in the foil could catch fire.

MICROWAVE
Microwave ovens are a marvellous time-saving tool, and there are three characteristics of microwave cooking you should remember:
• the heat is reflected by the metal interior;
• the heat can pass through glass, plastic and other materials;
• the heat is absorbed by the food.

Foods, like those with high fat or sugar content, may heat very rapidly but feel cool to touch. Pastry fillings can be very hot but the crust cooler. Milk in baby bottles could be boiling but the bottle not hot to touch. Do not use tin foil or any other metal substance in the microwave. If a fire occurs, keep the door closed and unplug the unit. Call a qualified maintenance person to ensure it is in proper working order before using the microwave again.

CANEX News

There are parents all around the globe shouting for glee now that the children are back in school. Time for mothers to relax after the gruelling time of getting these young scholars ready to go back. Many of us here in the store are grateful that our children go back but to Julie going back to school means that swimming starts again and she will be living in the car again. This also means Diane will start driving kids to school every day. Gabriela's long wait has finally arrived now that both of her boys are going to school. Been a long wait, hasn't it?

Trish is now back to work full-time and has made a full recovery from her surgery. She is glad to be back in the swing of things and I am sure everyone is happy to have her back. Joe and Pauline are also back from holidays after visiting the newest addition to the family - a grandson. They had a wonderful time and they also fit in a family reunion

during their busy schedule. Manon P is happy that she is now on two weeks leave to spend time with her parents who flew out from Ontario. This is the first time they have been here and have a lot of sightseeing to do. Hopefully a month is more than adequate to get it all done. She also got to celebrate a birthday during this month - on the first day of school! Can you believe it? What a wonderful present for a mother!

Sue will be getting ready soon for a trip to Las Vegas in October with her sister. This is much-needed time off for her as her daughter Laura is now going back to college for another year in Alberta. Hope you win a bundle and come back to share all your fortunes. Can you pack us in your suitcase, Sue?

Carol is also planning a trip in October to visit her mother in Ontario. Ralph is not going, he is going to stay home with his feet up on the coffee table, but we are glad he will be here to keep the warehouse running smoothly.
Manon G will finally be back on schedule with us here after being on leave for

the summer. We are sure she is anxious to get back into the groove and maybe take a break from her little ones. She has had an exhausting summer and maybe it is time for her to interact with adults versus kids all the time. Sometimes one just needs a little intelligent conversation to keep you fresh. We are happy that she is back as she was also missed.

Donna just enjoyed having all her children home for a visit, but was saddened when her son Josh left for college in Fort Smith, Northwest Territories. He is studying to be a radio controller. Best wishes to him. You know Donna, after being home for 22 years, isn't it time that he left the nest? I am sure AI will be grateful that there will now be food in the house!

Lisa is relieved that her son's birthday party is finally over. Sheila and John are busy renovating their yard - better hurry up before the rain starts. Although we have all been busy, nothing seems to get in the way of our coming to work with smiles on our faces. This is thanks to you, our customers. Come see us soon at CANEX.

BUTT OUT

Smoking Cessation Program

Are interested in a healthier lifestyle? Would you like to stop smoking? If so, come to the 19 Wing Butt Out information session at Bldg 22, Rm 233 (Upper east wing) on Monday 2 October from 1300-1600 hours. Open to 19 Wing military, DND & NPF employees, and/or their spouses/significant others. For more info: Sgt Brian Buttner @ 339-8211, local 8789. Note: to participate in the Butt Out Program, you must attend the info session.

CF Photo Contest Last Call

Photos must be in to Wing Imaging by Friday 15 September.

Junior Ranks' Mess September Calendar

15 Sep: Bosses Night, food & DJ
22 Sep: Golf Fun Day, food & dance
29 Sep: Cuts for Cancer, darts & DJ

Hope to see you at the Junior Ranks'



Glacier Greens Golf Shots

Monday Nite Ladies

By Joyce Merrill

It was 'bring a friend' night on August 28. Most brought their friendly spouses. Eleven teams of two were formed for a Texas Scramble. The format was enjoyed by everyone and August, our coordinator, promised future events.

Please note start time change now that nights are getting dark earlier - sign-up 4:30 for 5:00 p.m.

Ladies Club

We were playing for an extra Pin Day on September 5. Congratulations to Verle Lafferty who won the pin with a low net of 64. Low gross went to Marg

Rushton with 87. Marg also won KP on #4 and was rewarded with a Boston Pizza. Second low net was Liz van Boeschoten with 66 and Trudy Lamothe had third net with 67. Leslie Mann had just 29 putts. Barb Myatt won the 50/50 draw. Golf was followed by wine tasting and Tammy Large from Andres Wine Company was the gracious host. Steve Dodd Catering provided a delicious chicken barbecue with all the extras. This was followed by a draw for several lovely prizes donated by Andres Wine Company for those who stayed. Thanks to Tammy, Steve and the staff for a most enjoyable day.

Note: the new dates for the 3rd Annual Shootout are now September 19, 26 and October 3.

Brundige and Shaw retain title

By Len Doyle, Pro Shop

On August 24 clear skies greeted the 28 participants in the 2000 Glacier Greens Staff Tournament. Maintenance, Pro-Shop, Social Centre and Executive were represented.

The format was two-member teams, six holes Scramble, six holes Best Ball and then six holes of the dreaded Alternate Shot. When the last putt had dropped, it was the Maintenance team of Dan Brundige and Ron Shaw winning for the second year in a row with a score of 69. In second place at 70 were Justin Lafortune (Social Centre) and Vic Crisp (Executive). Third place on a countback at 71 went to pre-tournament favourites Doug Slauen-

white (Maintenance) and Len Doyle (Pro Shop). Following the tournament all players were treated to a superb meal presented by Steve Dodd Catering and entertained by the Social Centre's own Rob Hacking.

All participants would like to thank the following sponsors who made the tournament possible: Scott Fraser Golf Shop, Steve Dodd Catering, Panagopoulos Pizza, Coast West-erly, C&N Motors, Leeward Beer & Wine, Aero Art, Hartmans Auto, Comox Builders, Worrall Supply, Michaels off Main, as well as Glacier Greens Ladies, Mens and Seniors Clubs. To Dan and Ron - "Keep your head up next year."



19 WING BOWLING CENTRE

The 2000/2001 Bowling season has already started! All interested individuals, couples or teams interested in league bowling please contact the people listed below. Space is limited so don't dally!

LEAGUE TIMES		CONTACTS	
Tuesday ladies	6:45 - 9:00 PM	Moe Eisan	338-7569
Wednesday ladies	12:30 - 3:15 PM	Nancy Potvin	339-1782
Wednesday mixed	6:30 - 9:00 PM	Vince Hopkins	338-4559
Thursday mixed	6:30 - 9:00 PM	Vince Hopkins	338-4559

CASUAL BOWLING
Fridays 6:00 - 9:00 PM
Sundays 1:00 - 4:00 PM

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

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

Please Note: Bowling Centre will continue to operate in the old Rec Centre. Rec passes are not required to use the Bowling Centre.

Rec Centre News

Nationals Running Championship

A reminder to all runners who ran races in the local area this year and had qualifying times for the Marathon, Half Marathon, 10k and 5k. Contact Jake Plante by e-mail NLT 18 September if your times meet the qualifying times - you may be eligible for the CF National Championship at CFB Borden on 15 October.

Evening Aerobics

25 Sept - 20 Oct Mon, Wed, Thurs 1630-1730 hours

Open to: Military, full-time DND and Rec Pass holders
Instructor: Karen Beamish
Cost \$25.00 full session, \$3.00 daily pass
For further info: Andy Moorhead, Fitness Coordinator, local 8946.

Yoga

20 Sept - 11 Oct Every Wednesday 0930-1100

Open to: Military, DND employees and Rec Pass holders.
Instructor: Traci Skuce
Cost: \$15.00 full session, \$4.00 daily pass

For further info: Andy Moorhead, Fitness Coordinator, local 8946

AQUAFIT

Back by popular demand. Classes will resume 25 September

PACKAGE #1 Mon, Wed, Fri 25 Sep - 22 Dec 1600 - 1645 Hours Cost \$60.00 + GST	PACKAGE #2 Tuesday/Thursday 26 Sep - 21 Dec 1030 - 1115 hours Cost \$34.00 + GST
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Contact the Fitness Dept for more info or to register. AQUAFIT CLASSES HELD ON TUESDAYS AND THURSDAYS ARE FREE FOR ALL MILITARY AND DND EMPLOYEES!

Jake's Trivia Corner

1. Which pitcher has retired the most consecutive batters in World Series play?
 2. Which two sluggers share the most runs by an individual in World Series Play?
 3. Who has the most total bases in World Series play? (Four game series.)
- (Answers on page 14.)

Base Broomball Team

Once again we will attempt to start a Broomball team. If you are interested in playing contact the Sports Coordinator, Jake Plante by e-mail by 29 September.

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
0700							
0730	1/2 gym	Full gym	1/2 gym	Full gym	1/2 gym		
0800	SAH 1/2 gym PT	Full gym PT	SAH 1/2 gym PT	Full gym PT	SAH 1/2 gym PT		
0900							
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2230							

**NOTE: SWIMMING POOL CLOSED - 11-18 SEP 00

20th Annual Terry Fox Marathon of Hope

Date: 15 September
Registration: Noon at Rec Centre outdoor basketball court
Start: 1235 hours
Cost: Pledge sheet (available at the Sports Stores counter)
Distance: 4 km and 8 km routes
COME AND KEEP THE DREAM ALIVE

HOUSE of KENPO KARATE SCHOOL

SELF DEFENCE EXPERTS

Special Family Rates
First Member Pays other family members study FREE!

Benefits of our program are...

- Self Defence Skills
- Increased Self-Confidence
- Improved Health & Fitness Levels
- Improved Concentration
- Stress Reduction
- Increased Flexibility
- Increased Self Esteem

What We Offer You...

- Free Trial Private Lesson
- Group Lessons
- Private Lessons
- Instruction for Men Women & Children
- Affordable Programs
- Flexible Schedules
- Complete Martial Art Supplies Available

Open
Monday to Friday
9am to 9pm
Saturdays
10am to 4pm

Call Now!!!! (250)339-5992

1747-A Comox Ave., Comox (Located behind Smitty's)

Comox Military Family Resource Centre

Centre de Ressources pour Les Familles Militaires de Comox

Phone: 339-8290

Fall happenings

Facilitator's training

Do you facilitate workshops or deliver training sessions for adults? Do you wonder where you should start with your planning, or how you are going to organize your material so the participants get the most out of the course? Facilitator's training will help you structure your course if you are just starting or will help you to revise a course you have been teaching for years. You will take away the tools to deliver a dynamic, effective training session and will have an opportunity to practice what you learn.

Course I

Facilitators: Mara Pungente and Coreen Cherry

Dates: Sept. 19 and Sept. 26

Time: 8:30am - 12:00pm

Fee: No fee for military families; \$10 per person for non-military families

Registration: Call 339-8290

Location: 19 Wing Fitness and Community Centre

Course II

Facilitators: Mara Pungente and Coreen Cherry

Dates: Dec. 5 and Dec 12

Time: 8:30am - 12:00pm

Fee: No fee for military families; \$10 per person for non-military families

Registration: Call 339-8290

Location: 19 Wing Fitness and Community Centre

Educational Seminar

Join us for a great morning featuring College programs and courses offered in the Comox Valley. Representatives from *Excel Career College, North Island College, and the Canadian Forces Community College Network* will be present to provide comprehensive information and answer your questions. Free daycare will be provided for military families. A refundable deposit of \$10 is required at registration.

Date: Fri. Sept. 22

Time: 8:30 - 11:30am

Employment Agencies Seminar

Human Resource Development Canada provides the Comox Valley with a rich resource of employment, career, and educational programs for unemployed and EI eligible individuals. Come out and benefit from presentations by a dynamic group of consultants and client advisors from the following three main agencies:

- Creative Employment Access Centre/The Job Shop
- Opportunities Career Services
- North Island Employment

Foundations Society (NIEFS - for EI eligible clients)

Date: Fri. Sept. 29

Time: 8:30 - 11:30am

Free daycare will be provided for military families. A refundable deposit of \$10 is required at registration.

Creating calm

This workshop will explore the causes of stress in your life and provide you with the opportunity to effectively manage your stress and make it work for you.

Facilitator: Mara Pungente

Dates: Oct. 3, 10, 17, 24

Time: 6:30-8:30pm

Fee: \$10 per person for military families; \$15 per person for non-military families

Registration: Call 339-8290

Location: 19 Wing Fitness and Community Centre

"First Things First" Job Seekers Program

"First Things First" is designed for spouses who are seeking employment, or just thinking about getting started. The focus is to provide an opportunity for participants to meet weekly to exchange and learn from others' job search experiences and to develop skills based on a broad range of workshop topics such as:

- Building self-awareness and exploring self-interests
- Labour market information
- Skill assessment and exploring career options
- Creating dynamic and self-promoting resumes, cover letters, career portfolios
- Developing self-promotion skills and effective interview strategies
- Creating a comprehensive action plan

These workshops are interactive, group-oriented, and provide support and assistance to participants. This is a ten-week program and participants are expected to attend each session. The Employment Program Coordinator will meet with each participant prior to the starting date to discuss program goals and objectives in more detail. Free daycare is provided, however, a deposit of \$10 per child is required. This deposit will be refunded at the end of the program (daycare policies are applicable at registration).

Date: Every Wed morning from, October 4 to December 6

Time: 8:30am - 12:00pm

Genealogy for beginners

This workshop is a basic start. Genealogy for Beginners is for those who don't know where or how to start their journey into the past. Participants will start with the basics (pencil and paper) and then touch on how to use the Internet for researching genealogy. The Internet is an excellent tool for researching your family's footsteps and you never know someone may have already done the research for you!

Facilitator: Don Catling

Date: Oct. 4

Time: 6:30-8:30pm

Fee: \$5.00

Registration: Call 339-8290

Location: 19 Wing Fitness and Community Centre

CMFRC French and English Second Language Training

- Fall session will start end of September (dates are approximate)
- Winter session will start end of January
- Courses are for military spouses
- 60 hrs of instruction per session. Day or evening classes
- Courses offered will be French & English (beginner and intermediate level)
- The registration fee is \$50.00 which will be reimbursed at the end of the session if the student attends at least 85% of the course
- Deadline for withdraw with full reimbursement of registration fees must be done 5 working days before the commencement of the course
- Assessment for the level of knowledge prior to taking classes.

A minimum of 5 and a maximum of 10 people of the same level is required to run the class

- The Childcare costs required during a second language course may receive a subsidy if required
- The CMFRC reserve the right to cancel any course prior to the starting date due to lack of minimum participation enrolment
- The priority is given to:

(1.) Spouses who are posted or will be posted to a location where their mother tongue is not the language of the surrounding community

(2.) The participant does not have the same mother tongue as their partner.

(3.) The participant children studied in the language other than the participants mother tongue.

(4.) Other participants

Fall Schedule

French language night course

Nights: Mondays and Wednesdays

Tuesdays and Thursdays

Time: 6:15 to 8:45pm

English language night course

Nights: Mondays and Wednesdays

Time: 6:15 to 8:45pm

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

Fall registration deadline: Friday, Sept. 15

Wallace Gardens Community Association News

FALL Yard Sale

We regret to announce that the Fall Yard Sale scheduled for Saturday, 16 September

HAS BEEN CANCELLED!

Access to and from our neighbourhood has been vastly restricted due to the municipal infrastructure construction. This work will continue on Saturdays. An influx of extra vehicles will add to the existing problem (i.e. road access & parking). Therefore, the Mayor has decided to cancel the fall yard sale. The next yard sale will take place in the Spring of 2001. We apologize for this inconvenience.

Family Bingo



When: Sunday, 1 October from 12:30 - 2:30 p.m.

Where: 19 Wing Fitness & Community Centre LMPR

Cost: 25¢/card members
\$1.25/1st card non-members;
25¢/additional cards.

Come on out and see if you can be a lucky winner!

For more information, call Rhonda @ 890-7535 or Debbi @ 339-6317

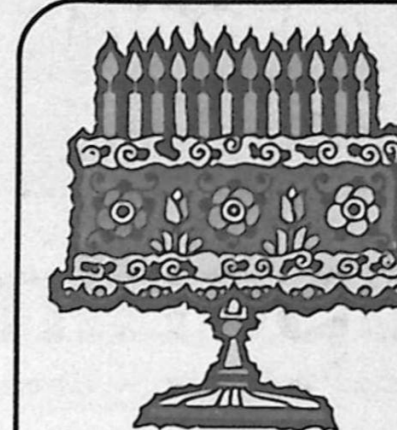
Wallace Gardens Community Association will hold its first meeting for the 2000/2001 activity season on Wednesday, September 13, at 1830 hours in the Community Centre Conference Room.

All are welcome!

Teen Coordinator

We are urgently seeking a volunteer(s) to coordinate the teen program. The program consists of, but is not limited to, a video evening the first Saturday of each month and a dance the third Saturday of each month. The volunteer(s) should be open-minded and innovative; able to get along well with teens. If the WGCA is unable to find a volunteer(s) for this position, it will be our teens that lose as we will regrettably have to drop the teen program. If you are interested in this position or would like more information, please call the town clerk @ 339-8211 loc.8571.

Yard Sale



Happy Birthday CANEX!

Come to CANEX on Friday, 15 September from 11:00 a.m. to 2:00 p.m. and purchase a hotdog, chips & drink for \$1.00, or a hamburger, chips & drink for \$1.50. All proceeds will go to WGCA programs.

Once again, the dunk tank will be in full swing - dunk your favorite person!! Drop into the CANEX and take advantage of the many sales to be found. Door crasher sales every day!

HELP CANEX CELEBRATE ITS 32nd BIRTHDAY

Craft Afternoons

This year we will be holding a craft afternoon instead of a video afternoon for all those children 12 years and under (6 years and under must be accompanied by an adult). The first craft afternoon will be held Sunday, 17 September from 1:00 - 4:00 p.m. in the Community Centre Craft Room. Cost will be 50¢ for WGCA members and \$1.50/non-members.

We will be doing all sorts of crafts using very inexpensive materials. There will be several choices of projects each week to choose from that should cover the interests of children from 3-12 years of age. The crafts will be based on themes relevant to the season. We will provide all craft materials, although donations would be very much appreciated. Some of the items we are looking for are:



pinecones, shoe boxes, construction paper, cardboard, ribbon, sparkles, wood pieces, felt pieces, garbage bags, twist ties, buttons, paper roll tubes, popsicle sticks, yarn, paper bags, material ends, clean tin cans, clothes pins.

For more info call Suzanne @ 338-2584

Adult Craft Club



Just a friendly reminder that the craft club will soon be holding its WELCOME NIGHT on Sunday, 17 September, from 7:00 - 9:00 p.m. in the craft room of the Community Centre. Craft for the evening will be a Kitchen Harvest Wreath. A materials list is available in the WGCA office.

Refreshments will be served!

We will be offering a variety of craft projects again this year and hope to see a few new friendly faces. We are always looking for new ideas and crafting skills.

For more info, please call Jennifer @ 339-7183

Teen Crafts

All teens ages 12-15 years who are interested in getting together to learn different crafting skills/techniques, please notify the Town Clerk @ 339-8211 loc.8571. This group will meet the second Sunday of each month from 6:00 - 8:00 p.m. Some crafts being considered are: Beeswax Candle Making, Tie-dyeing, Scribble Painted Sneakers, Pony Bead Key Chains, Sponging/Stencilling Placemats, Javex Bottle Santa Faces, Pop Bottle Snowman/Penguin Doorstop - or other crafting projects submitted by you, the teens!

For more information, please call 339-8211 loc.8571.

WE NEED YOU!!!

Last year WGCA held a Winter Sports Program Saturday evenings from 5-7 p.m. (with the exception of Sock Hop Saturday), in the base gym for youths ages 9-13. This was followed by an hour of fun and relaxation in the Teen Room from 7-8 p.m. Volleyball, basketball, floor hockey and badminton were just a few of the sports played. Due to the recent postings, we have lost our coordinator for this program and are in need of someone to fill the vacancy. If you would like to volunteer a few hours of your time to keep this program going, please call the Town Clerk @ 339-8211 loc.8571.

Free!!! Teen Video at Teen Centre Saturday, 7 October 7:00 - 11:00 p.m. Free!!!

Teen Dance

Saturday, 16 September from 7:00 to 11:00 p.m. Wallace Gardens' Teen Coordinator, Mona Baird, would like to take this opportunity to welcome all new residents to the community and to invite teens, new and old, to attend the first Teen Dance of the 2000/01 program year.

Cost: \$1.00/member, \$4.00/non-member

To be held in Community Centre Large Multi-Purpose Rooms A & B

For more info please call Mona @ 339-4627



Pet Registration 2000-01

By now, all pets in the MQ area should be registered with the Wallace Gardens Community Association according to Wing Standing Orders 2-07, para 4 which states:

"The owner of every pet shall each year pay a licence fee in accordance with the following schedule:

- for each male and female dog or cat - \$20.00
- for each neutered male and spayed female dog or cat - \$10.00
- all other pets - \$5.00 (excluding any animal - birds, mice, fish, gerbils, hamsters, reptiles, etc.) kept in a cage within the dwelling of the owner."

Please note: If any or all pets have not been registered or registered by the 15th day of September 2000, the owner will be subject to an additional administration fee of \$25.00



Miscellaneous for sale

Chinese Sharpei puppies. Pure bred registered. Two months old. \$599.00. 339-6907 after 4 p.m. <2/2>

1995 Sea-doo GTX 3 seater with trailer. One owner. Never been in salt water. 80 H.P. \$5,500 Suzuki ATV 4-wheeler, 80 cc 2-stroke, \$2,300 Used compact disk CDs music \$8.00 each. Call 339-1924, pager 897-7787. <2/2>

-Air Force female mess kit, size 4. -Pine bunk bed (can be set up as 2 separate beds \$250. With mattresses & linen \$325. -Hockey equipment: elbow pads size Jr. Lrg. \$15, skates size 8-1/2 Tack 650 \$60, skates Tack 352 size 6 \$45, CCM Supra Pants Sr Sm \$30. Call 339-9792 <1/2>

End of Lease for Sale

1997 Dodge Caravan. Under 70,000 K. Buy at my cost - \$16,000 firm, taxes included. 334-0079 <2/2>

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

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.

Jake's Trivia Answers 1. Don Larsen, New York Yankees, 27. 2. Babe Ruth 9, 1928 & Lou Gehrig 9, 1932. 3. Babe Ruth 22, 1928.

Canadian Cancer Society 20 September: Monthly meeting of C-V Cancer Society 2.00 p.m. in Courtenay United Church

Job Opportunity

Secretary/Manager required by service club for 15 October, 2000. Applicant must be bondable, self-starter, computer literate and a competent typist. Accounting knowledge and good written and oral communications skills are mandatory. This is a full-time (35 hour week) position which includes staff supervision, banking and general office routine. Competitive salary offered after completion of compulsory probationary period.

Written applications must reach the President, Comox Branch 160, The Royal Canadian Legion, 1825 Comox Avenue, Comox, BC V9M 3M3 prior to end of business on 22 September 2000.

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 p.m. Mon-Fri. 233 Aitken Street, Comox

Navy League of Canada - Cadet Alumni formed

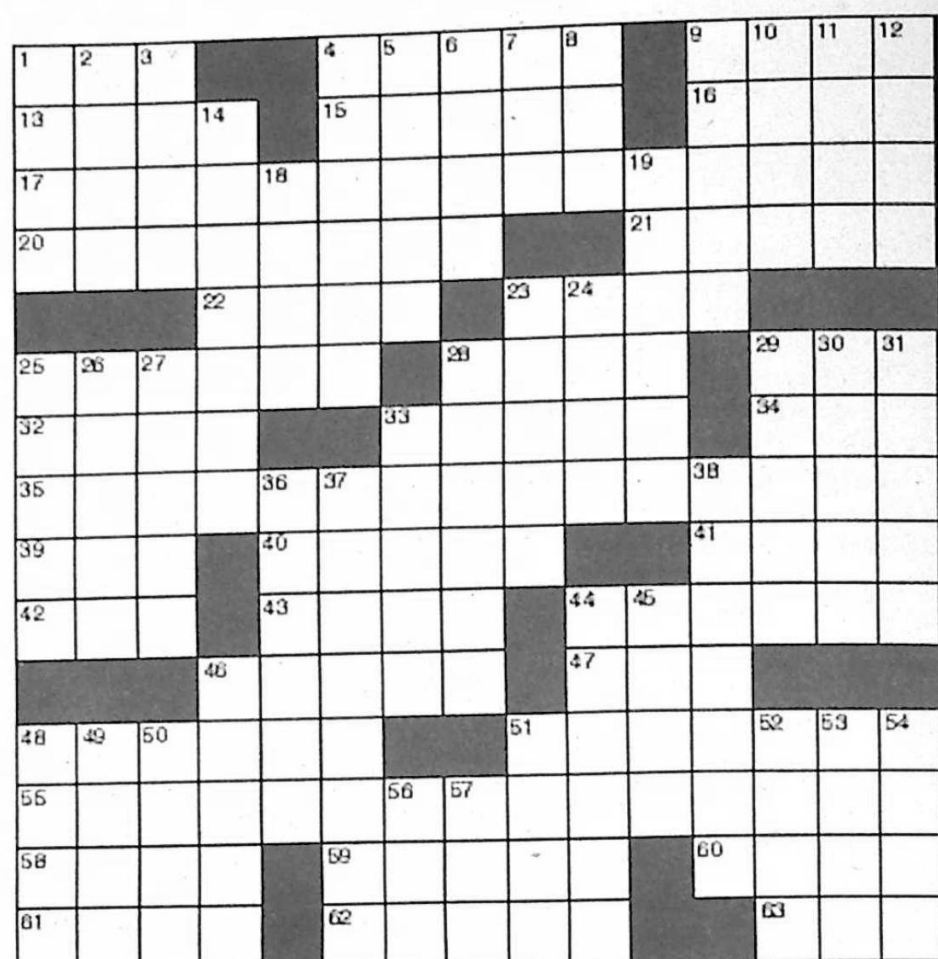
Are you a former Cadet, Wrenette, Officer or Civilian Instructor from the following Nanaimo Cadet Corps: Royal Canadian Sea Cadet Corps Amphion, Navy League Cadet Corps J.P. Bell, Navy League Cadet Corps Rear Admiral Finch-Noyes, or Navy League Wrenette Corps Jennie Bell?

A group of former Cadets and Officers is going to re-live fond memories of their times in Cadets through an Alumni Association which is hosting a Meet & Greet on 22 October, 2000 at 1:30 p.m. at the Navy League Hall, 750 Fifth Street, Nanaimo. All former Cadets and Officers are encouraged to attend. Call (250)753-6154 for more information.

Ex-Airwomen's Pot Luck Super Sunday, 22 October 2:30 - 6:00 p.m. Comox Legion (upstairs) Donation at door Info: Pat 339-5829 or Jean 338-6872

Obituary

IRELANDE E.G. 'Irish' Col (ret'd) D.F.C., C.D., born Jan 12, 1921, passed away peacefully in his home in Comox, BC on August 26, 2000. Predeceased by his first wife 'Nonie', his parents Isaac and Velda, brothers Verne and Donald and his sister Patricia. He will be greatly missed by his wife Pauline, sons Robert (Pamela) and Tom (Sigi), daughters Colleen, Kelly (Mark), and Suzanne (Eric), stepsons John (Dorothy) and stepdaughter Jane, grandchildren Samantha, Jessica (Joe), Emily, Sonya, Aidan, David, Amelia, Graham, stepgrandchildren Sonja (Vince), Tasha, and David and his great grandson Avery, sisters Kay, Leonore, and Diane and many other loving relatives and friends. Irish was the charter president of 888 Komox Wing of the Airforce Association and a long-standing member. He belonged to the Royal Canadian Legion and enjoyed hunting, fishing and gardening. As per Irish's request, the service for his "celebration of life" will be held at 888 Komox Wing of the Airforce Association on September 16 at 1:00 p.m. Refreshments to follow. All friends and family welcome. Donations in Irish Ireland's memory can be made to the Red Cross or a charity of your choice.



Clues ACROSS

- 1. WB's cartoon "devil"
4. Soft-finned fishes
9. The back of the neck
13. Australian ostrich
15. ___ Castell, maker of pens
16. Toward the mouth
17. Where teams line up for a new play
20. With as little pain as possible
21. ___ Bucket, trophy of Purdue-IU football game
22. To refuse
23. To check an ID
25. Beyond the sea
28. A savory Spanish snack
29. Mayan language
32. Inclined
33. Wasting of the body during a chronic disease
34. ___-Wan Kenobi, Jedi master
35. ___ of the Apocalypse
39. Holds
40. Eskimo
41. Raised spot on skin
42. A mined mineral
43. An Irish ___ or light tune
44. Spoke
46. Garlic mayonnaise

- 47. ___ Howard, formerly Opie
48. Rouse from sleep
51. Maker of Japanese electronics
55. Where the true fans sit
58. Loony-___
59. Coils of worsted yarn
60. Opposite of west
61. Of sound mind
62. A piece of candy or a gift
63. "Mr. Rob ___," song by rock band Styx

Clues DOWN

- 1. ___husa, sought a different site for Apollo's temple
2. One not accounted for, ___ (abbr.)
3. Pueblo dweller of New Mexico
4. To insult
5. Frederick ___ French statesman
6. Basics
7. Of she
8. ___ Lanka, island off of India
9. Wanderer
10. Arrack (var.)
11. A gofer
12. Adam and Eve's place
14. Going-away party
18. Evergreens with oily, one-seeded fruits
19. Mire
23. Henry ___ Lodge, American politician
24. One who mimics
25. Even though (slang spelling)
26. Indian province
27. Harold ___ Brooklyn Dodger
28. South Pacific island
29. Tropical American bluejaylike bird
30. White aspen
31. Dug for
33. Strumpet
36. More fatty or greasy
37. Union member
38. To come from
44. The Far East
45. College army
46. One-seeded fruit
48. The divisions in a play
49. Stops a horse!
50. Eon (var.)
51. First Chinese dynasty
52. Italian goodbye
53. One who throws the party
54. Interested in or involved with
56. Norway (abbr.)
57. "___ whiz!"

FRENCH LANGUAGE TRAINING

The time to start French language training has arrived. Our tentative training periods are planned as follows: Note: The 5-week course to prepare for the Public Service Exam (PSE) requires students to have or have had a profile of BBB or better or 3322 or better.

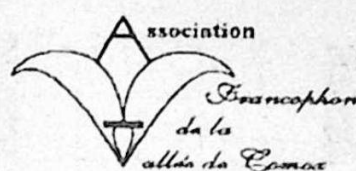
- c. 9 Oct - 10 Nov 5 week course to prepare for PSE 0730 - 1130 daily;
d. 13 Nov - 15 Dec 5 week block course 0730-1530 daily (Level TBA);
e. 8 Jan - 9 Feb 5 week block course 0730-1530 daily (Level TBA);
f. 12 Feb - 16 Mar 5 week block course 0730-1530 daily (Level TBA);
g. 2 Apr - 8 Jun 10 week course afternoons 1230 - 1530 daily (Level TBA)
h. 2 Apr - 4 May 5 week course to prepare for PSE 0730 - 1130 daily; and
i. 7 May - 8 Jun 5 week course to prepare for PSE 0730 - 1130 daily.

As usual, all Progress Levels (PL) will be available, including specific skills, refresher and GO/Col courses, however, the specific levels offered will depend upon the applications received, with a minimum of 6 students of the same level required to launch a course. Budget permitting, additional courses may be launched in the event that demand surpasses our planned schedule. Interested personnel should apply using the application on the P drive at P:\ALLUSERS\LANGUAGE COURSE REGISTRATION.DOC. Please indicate preference for 5 week block, 10 week course or part-time training, and availability (work mornings vs work afternoons, and evenings). DND military and civilian personnel and their dependents are eligible for the courses.

Les Cornouillers

L'Association francophone de la vallée de Comox invite les francophones et les anglophones à s'inscrire aux ateliers de danses folkloriques qu'elle offrira cet automne. Ces ateliers auront lieu les samedis de 10h à 14h à toutes les trois semaines. Sandy et Severin Gaudet, chorégraphes de la troupe de danse Les Cornouillers dirigeront ces ateliers. En passant, cette troupe de danse est reconnue comme l'une des meilleures troupes de danse traditionnelle de l'ouest canadien.

Que vous soyez amateur, étudiant en danse ou danseur professionnel, ces ateliers sont pour vous! Nous invitons les membres et le grand public à être de la partie. Chaque participant recevra l'enseignement de façon à optimiser ses talents de danseur au son d'une musique exubérante. Venez rire et faire un peu d'exercice en même temps. Afin d'assurer une meilleure compréhension, le nombre de participants est limité. Alors, faites vite et composez le 250-334-8884 pour vous inscrire ou passez au bureau de l'Association entre 11h et 16h, au 1491 McPhee, porte No 2 pour de plus amples renseignements.



Francophone Association

Les Voix de l'Île

L'Association francophone de la vallée de Comox vous invite cordialement à rejoindre la chorale francophone Les Voix de l'Île. Vous aimez la musique? Vous avez une voix juste? Cette chorale est pour vous. Le répertoire est varié et nous chantons en plusieurs langues. Vos talents de chanteurs sauront sûrement enrichir cette jeune et dynamique chorale.

La chorale reprend sa cinquième saison et a

particulièrement besoin de voix d'hommes: basses et ténors. Les répétitions commencent le mercredi 13 septembre et se poursuivent jusqu'en décembre. En effet, en collaboration avec plusieurs talents locaux, Les Voix de l'Île présenteront un concert de Noël, le dimanche 17 décembre au Old Church Theatre. Cette chorale est devenue l'ambassadrice de l'Association francophone: à plusieurs reprises déjà, elle a donné de petits spectacles au Moonlight Madness, à la

Fête du Canada et à la Soirée du Multiculturalisme. Venez chanter en français, faire de nouveaux amis et avoir du plaisir dans une ambiance détendue. Composez le 334-8884 ou le 338-2193 pour des renseignements ou une audition ou passez au 1491 ave. McPhee, porte No2, à Courtenay. Le mandat de l'Association est de promouvoir la langue française et la culture francophone dans la vallée de Comox.

Classes d'Espagnol

Le coût est de 68\$ pour les membres et 85\$ pour les non-membres. Espagnol Débutant 1 débute le lundi 25 septembre à 18h30 Espagnol Débutant 2/Moyen 2 débute le jeudi 28 septembre à 18h30

French & Spanish classes

We are offering night and day classes at a cost of \$68 for members and \$85 for non-members.

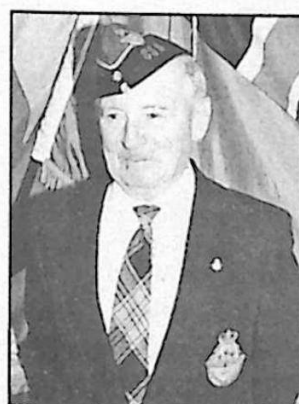
French Classes Beginner 2 French: Starts Thurs, 28 Sept at 4:30 p.m. Beginner 2/Intermediate 2 French: Starts Tues, 26 Sept at 6:30. French Conversation: Starts Tues, 26 Sept at 10:00 a.m. Spanish Classes Spanish Beginner 1: Starts Mon, Sept 25 at 6:30 p.m. Spanish Beginner 2/Intermediate 2: Starts Thurs, 28 Sept at 6:30 p.m. Please register at the Francophone Association office - 1491 McPhee, Unit 2, Mon-Fri 11:00 a.m.-4:00 p.m. Phone 334-8884.

New recruit

On 30 August, 19 Air Reserve Flight Comox enrolled Mrs. Maureen Kettneracker. This is the first recruit enrolment in many years.

At a short ceremony in the Air Reserve theatre, OCdt Kettneracker was sworn in by the Flight Commander, Maj Weed. She will be departing on 16 September for the first phase of her training (the 13-week Basic Officer Training Course).

Congratulations Maureen and good luck in your chosen military career.



Group Captain Irish Ireland, D.F.C., C.D.

888 Wingnotes

By Norm Blondel

September 16, commencing at 1300 hours. Wing members attending are requested to wear Wing dress, with medals. Service personnel are requested to wear uniform with medals. Those attending the memorial service can pay a personal tribute to Irish Ireland by placing a poppy on the traditional poppy cushion. These will be provided at the Wing.

Group Captain Ireland had a distinguished career in World War II as a Spitfire pilot and, in the years following, in all-weather fighter



squadrons in Europe and Canada. A former 409 Sqn Commander flying CF101 Voodoos, he served three years as Station Commander at Comox. After a subsequent 10 years in NORAD positions in Canada and the U.S.A., he retired in Comox in 1975. In 1948, in an outstanding contribution to Canadian Military Aviation, Irish, together with fellow Spitfire pilot "Stucky" Edwards, was instrumental in converting wartime RCAF pilots to jet flying on DH Vampires using Harvard trainers in a

unique method of landing. In 1948 there were no flight simulators, and dual-control Vampires were not available. Irish Ireland was one of a small group of retired CF members who got together in 1978 to form 888 (Komox) Wing RCAF. The Wing Charter was awarded in 1978 and these Wing founders were henceforth known as Charter Members. After serving as our first Wing President, Irish continued until his passing, as Honorary Chairman of 888 Wing, helping to guide the Wing along its successful path. As a mentor and friend to the members, Irish Ireland had no equal and he will be sadly missed. The heartfelt condolences of all Wing members go out to Pauline and her family.

Royal Canadian Legion logo and name.

Branch 17 Courtenay (334-4322)

Dance: every Friday evening, 8:00 p.m. Sep 15 TBA Sep 22 Gord Kruger & Friends Sep 29 Moon Shadow Special Events: 16 Sep Volunteer Dinner, 6:00 pm start 17 Sep Vegetable/Variety Fall Fair, 1:00 p.m. 24 Sep Crib Tournament, registration noon 28 Sep Ladies Auxiliary Fashion Show, 2:00-4:00 p.m. Entry fee \$5.00 Fall Auction. Viewing 11:00 a.m. Auction starts 1:00 p.m. General Meeting: 26 Sep at 7:30 p.m.

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. Sep 15 Alley Cats Sep 22 Switch Back Sep 29 Country Cousins General Meeting - September 21, 7:30 p.m. Call Branch office Mon - Fri at 339-2022 for more info.

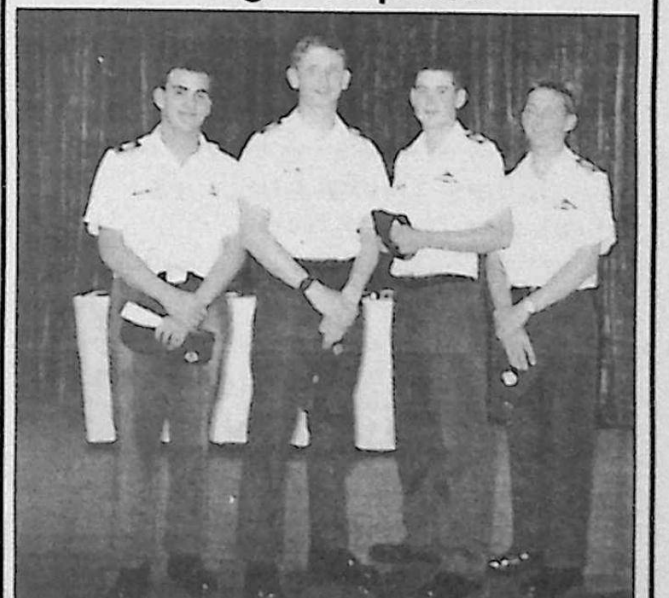
888 (KOMOX) RCAF WING logo.

Air Force Association of Canada Calendar of Events

Pub Grub Fridays - Horse Racing, Darts, Cards. Saturday Night BBQ tickets are \$8.00 each and go on sale each Sunday at noon. For all other events, tickets are on sale two weeks prior, Sunday, noon at the bar. Fri Sept 15 6:00 pm Pub Grub/Dart Tournament, \$4.00 Sat Sept 16 6:00 pm Pot Luck Dinner, cost - nil Fri Sept 22 5:30 pm Pub Grub/Bean Bag Toss, \$3.50 Fri Sept 29 5:30 pm Pub Grub/Jam Session, \$4.00 Sat Sept 30 6 for 7 pm Candlelight Dinner, \$15.00

Regular Force Members Welcome! 888 Wing hours: Monday - closed* Tues, noon - 6 p.m. (Sep 5) 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.

386 (Komox) Sqn RCAC Wings recipients



(L-R): F/Sgt Ryan Gauthier (Glider), F/Sgt James Everett (Power), Sgt Ryan McCormick (Glider) and F/Sgt Thomas Kizuk (Power).

Heritage Happenings



By Joel Clarkston

609 Squadron, Biggin Hill, England, August 1940.
 (L-R): Keith Ogilvie of Ottawa; Tom Rigler and Ken Laing of B.C.
 (From the book "Spitfire The Canadians" by Robert Bracken.)

Battle of Britain Commemorative Service
 On Sunday, 17 September, 19 Wing Comox will conduct an Ecumenical Remembrance Service and Static Parade to commemorate the 60th Anniversary of the Battle of Britain. The service and parade will be held at 19 Wing Comox Heritage Aircraft Park (located next to the Comox Valley Airport on Little River Road). In the event of inclement weather, the ceremony will be held at St. Michael & All Angels Protestant Chapel across the road. Spectators are requested to be seated by 1115 hours with the service commencing at 1130 hours.

The Few

By Edward Shanks

I PRELUDE

Now is this last stronghold, defended only
 By a frail handful of thistledown machines,
 And now depends on these strange, unknown young men
 Our inmost life.

But surely we have known them,
 Our sons, our nephews, friends or our sons and daughters,
 Gay and amusing, welcome in our houses—
 We knew them when the stronghold was their playground,
 Young men to whom their land had given her plenty
 ... Tea on the air-field lawn, the light bird-chatter
 Of young girls dressed like flowers, the casual flip,
 Taking a dozen counties in its span,
 The sports-car back to town, the cocktail bar,
 Dinner, a show, the dancing and the laughter ...

Till Cinderella's midnight, when the gong
 Called for a change of lights, the flower-hues faded,
 The bird-chatter was stilled, and they stood out,
 Changed to our eyes in the livid glare of danger,
 Separate in their blue, strange and unknown.

II

THE FIGHTER-PILOT SPEAKS

(but not aloud)

I am not gone so far away
 That, even in my battle-place,
 Through rifted cloud I cannot see
 Spread dim below me England's face.

The woods that look like clustered weeds,
 The chessboard fields, the pin-point spires,
 Sun on familiar window, even
 Faint smoke of autumn garden-fires.

Since this I ride is English air,
 I have not gone so far away:
 From this new world I still can see
 The world I knew but yesterday.

And I can see beneath my feet
 The paths where not so long ago,
 Before the summons came to me,
 Your feet and mine were wont to go.

O new-wed wife, I am not far!
 Even from the garden that we knew
 You yet may see my frozen trail
 Looped white across the blue.

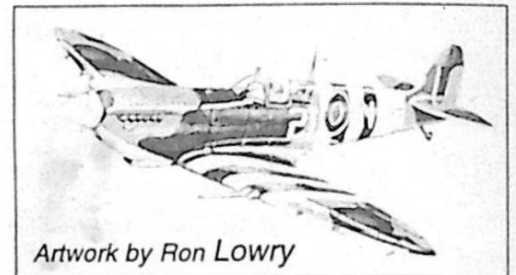
1st Annual & Charity Auction

CFB Comox, Officer's Mess
 Doors open 6:pm
 Formal dinner commences at 7:00pm
 \$50/plate



Come honour the men and celebrate the machines
 that won the air war in WWII

All proceeds go to fund the
 Y2 O K Spitfire Restoration Project



Artwork by Ron Lowry

III BATTLE

The time will come when Ocean shall resume
 His ancient sovranity upon this isle,
 When all our glories shall deep-plunged be
 Under a lonely sea,
 And wide across this many-peopled room
 The waves will roll again, mile on blue mile.

Then, not till then, the tale shall go untold
 Of how the cloudy battlements were manned,
 How when the gathering thunders rolled
 And all the world else stood apart,
 We waited, trusting in a little band,
 We waited, taut and breathing close,
 Till, when those vultures came to peck our heart,
 Proud as a flight of swans the fighters rose.

IV

TRIUMPHANT THRENODY

This was their kingdom, the air, and they bore them like kings,
 And they were the shield for us all who dwelt under their wings.
 Brief had their lives been until then, nor much longer endured,
 But just for so long as the need, till the end was assured,
 This they gave up as a ransom, that we might go free,
 Richness of days not yet lived, all the fullness to be,
 The joy of life's long slow achievement, the race and the prize,
 The peace of the ultimate evening, before the light dies—
 All this they burnt up in a moment, the young men, the kings,
 Who guarded this land in that hour by the might of their wings.
 No gift have we now we may give them that weighs what they gave,
 But the clouds of our skies shall entwine them the wreath for their grave.



Comox Air Force Museum

Dedicated to the preservation of West Coast aviation heritage and history

Looking for some great Xmas gift ideas? Check out our Gift Shop.

Located at the entrance to CFB Comox
 Open Sat. Sun. & holidays, 10:00 a.m. till 4:00 p.m.

