



TOTEM TIMES

FREE

19 Wing CFB Comox

FREE

THURSDAY 12 OCTOBER 2000

Comox Valley's Longest Running Newspaper

VOL. 42 NO. 16

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Give Where You Live

This is the slogan of the United Way Campaign. The 19 Wing United Way Campaign officially got underway on Monday, 2 October. 19 Wing Comox has set a goal of \$18,500 for this year. The campaign, which runs from 2 October to 3 November, is organised by approximately 30 dedicated volunteers. As in the past, participation is the KEY to success. Without everyone's support, it will be very difficult to reach our goal. Designated canvassers will approach all military members and DND civilian employees on the Wing. While there is no obligation, everyone is encouraged to contribute either by pay deduction, cash or cheque. Any amount, no matter how big or small, is most welcome. By giving a little you will be helping a large number of people who rely on the various agencies supported by United Way.

The Comox Valley United Way plays an important part in raising

(Continued on Page 2)



W Comd Col Bill Neumann, accompanied by Ms. Pamela Royer of CV United Way, officially kicked off the 19 Wing United Way Campaign on 2 October. Also present were (L to R): Capt Aziz Bhaiwala, CWO Gil Marseille, Ms. Karrie Lee of CV United Way, MCpl Luc Labrecque and Sgt Tom Robichaud. (Photo by W Imaging.)

Armed Forces Day and Airshow

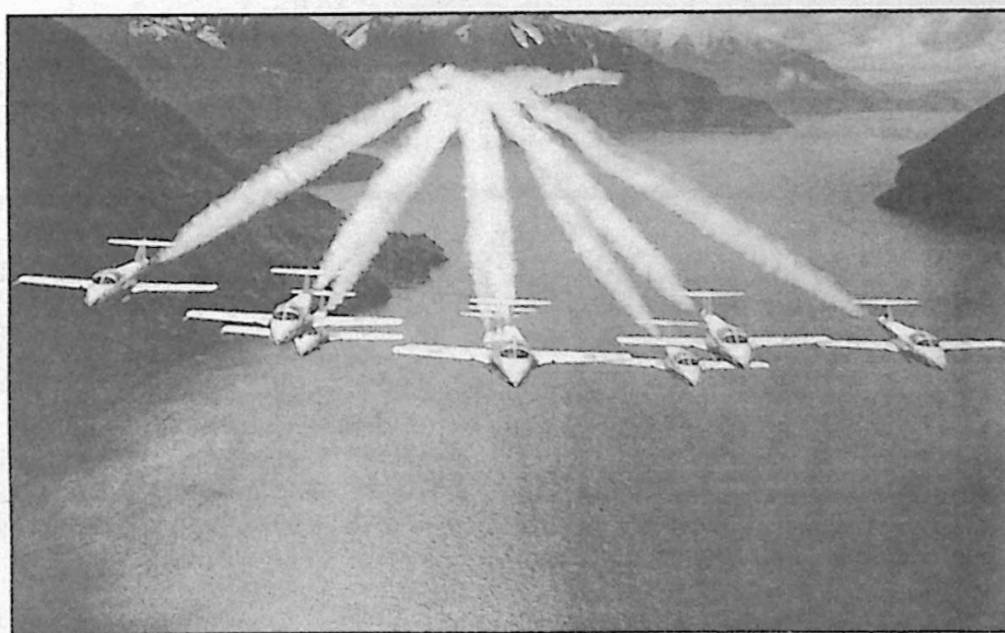
It's finally official. The first Comox Armed Forces Day and Airshow of the new millennium is cleared for take off Sunday, 29 July 2001.

The event, which normally takes place every two years, drew an estimated 20,000 people last year and featured the internationally renowned Snowbirds aerobatic team. Next year is expected to be no exception.

"We've been waiting for confirmation that the Snowbirds can attend," said Armed Forces Day Co-ordinator and Airshow organizer LCol Mike Spooner. "Now that they're booked we can go out to the aviation community and see who else is coming."

While details such as entrance fees, the schedule of events, and who will be performing have yet to be confirmed, Spooner says the purpose of the event will be to showcase 19 Wing and other members of the Canadian Forces to the BC public.

"It's a chance to open the gates and show the community what we do," said Spooner, adding that prices will be kept low to attract families.



(DND photo)



Randy Willis
339-0809



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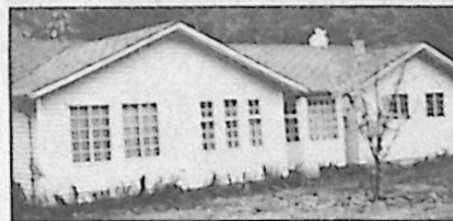
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Tom McNee
334-2865

19 Wing shoulders deployment strain

His expected deployment to Bosnia is still seven months away, but Cpl. Vince Nelson is already busy packing – not clothes, but time, as much of it with his family as he can manage.

It's something the Medical Assistant stationed at CFB Comox's hospital learned from his two previous deployments to the Former Republic of Yugoslavia, the most recent ending just 18 months ago. "Last time we ran around so much trying to see everybody that we didn't leave any time for each other," says the father of three. "This year we're going to spend a lot more family time together."

Separation from family, long a fact of military life, has been particularly well understood recently at 19 Wing, as the demand for Canadian Forces peacekeepers has continued to climb. Since January 1999, Comox has deployed nearly 200 members – one sixth of its uniformed population.

International missions in Kosovo, Bosnia and the Golan Heights have drawn nearly half of those deployed. In addition to medical staff like Nelson, the Wing has provided construction engineers, truck drivers, clerks, firefighters and military police.

The remainder went to various locations through-

out Canada. Many were part of the Year 2000 contingency plan, known in the military as Operation ABACUS. A proportion were also posted for six-month tours to Alert, NWT, the world's most northerly permanently inhabited outpost.

In all, 19 Wing members spent more than 15,600 days away from home.

LCol Manfred Arndt, 19 Wing Operations Officer, says that while the deployment pace remains high, in recent months its effect on the Wing has actually eased a little.

"The total number of deployed personnel from the Wing is down a bit, and operations are a little slower than last year," says Arndt. "It's good news for those selected for deployment, because they'll get more time to prepare."

Those slated to go have a strong support structure backing them up at the Wing, says Arndt. The Wing Social Worker screens each candidate both before and after a deployment, aiming to reduce the impact of potential sources of stress. The Military Family Resource Centre is also ready to support the member's family, in either official language.

Among its many services, the Centre operates a support network for spouses, provides counsel-

ling and day care, hosts pizza nights for the kids and can even arrange for such things as having the member's lawn mowed.

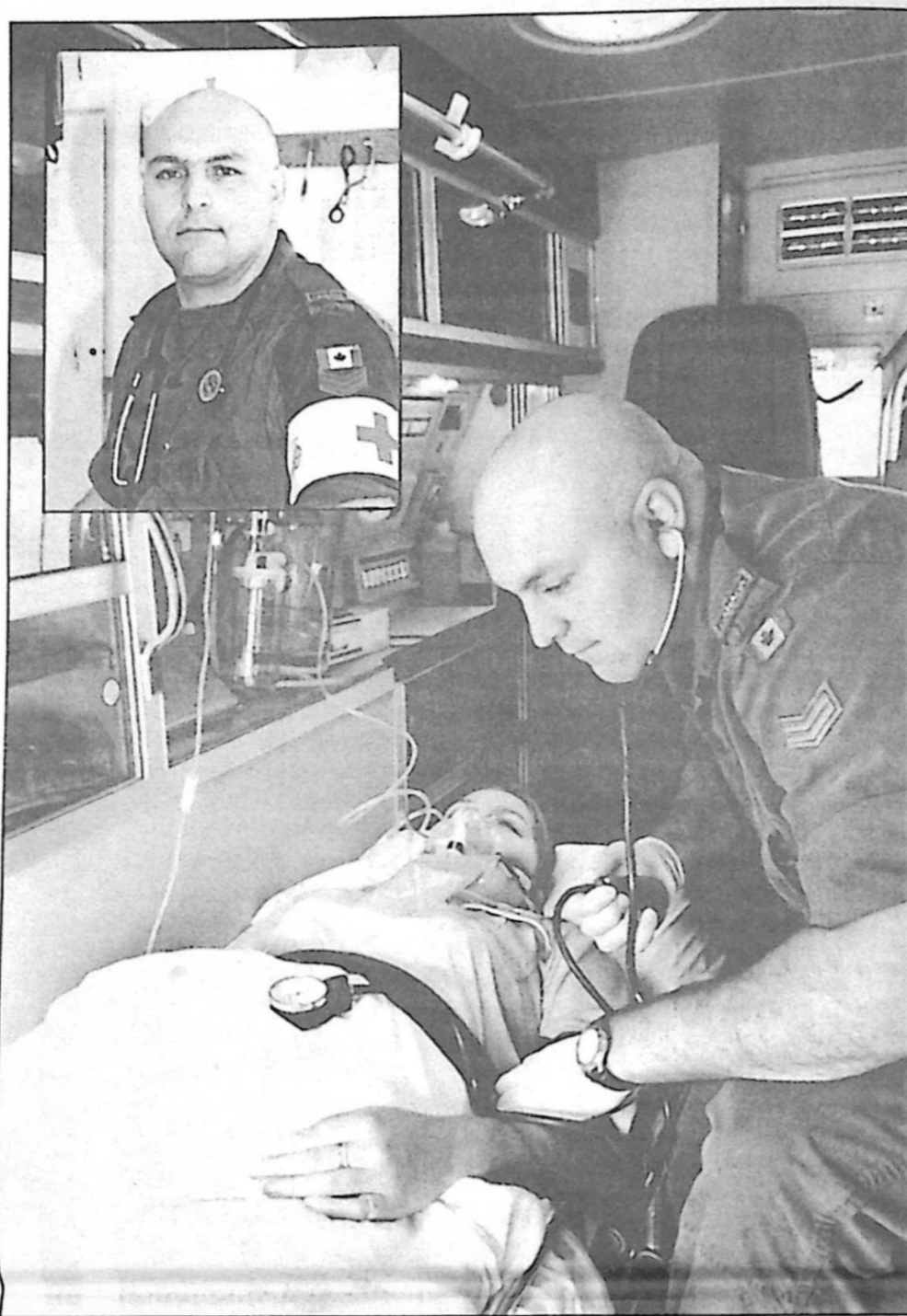
"When a member is deployed, the whole Wing comes together to send them on their way," says Arndt. "We've learned that their performance and morale skyrocket when members know things are being taken care of at home."

Nelson has first-hand experience of a military system that has greatly improved over the years. In his first tour he says he was allowed just 20 minutes of phone-time per week, most of it when he was too busy to use it. During his last tour his unit had a dedicated line that was always available.

"If you got up early enough you could beat everybody to the phone," he recalls. "With the time difference you could catch your children just before they went to bed. It was a great way to start the day."

Nelson says he still finds the prospect of another deployment exciting, and credits the support of his wife for his positive outlook. But going away is still hard.

"Everybody misses you," he says. "It's not the overall impact of you being gone, it's the little things that count, like when it's your turn to cook and you're not there."



Cpl Nelson prepares for deployment.

United Way Campaign (cont'd from Page 1)

funds for non-profit community organizations in the valley and this year they will be distributing the funds amongst 28 agencies. All funds raised at the Wing will be distributed within the

Comox Valley. In this way, all of our donations will be helping members of our community. The B.C. Children's Hospital, the B.C. Paraplegic Association Vancouver Island, the

Canadian National Institute for the Blind, the Comox Valley Branch St. John Ambulance and the Comox Valley Ground Search and Rescue Society, are five of the 28 agencies that will

benefit from your donation. Check out the United Way web page on the Wing BBS for the latest info on the special events being organized by 19 Wing units. For more information, con-

tact the Wing Coordinators: MCpl Luc Labrecque at local 8384 or Capt Aziz Bhaiwala at local 8111.

Remember, the contributions you make have an enormous impact and effect

on those who live in the Comox Valley. This is our opportunity to help our community. TOGETHER, we can accomplish our goal. Your support WILL make a difference!

United Way events

Date	Event	Location
2 Oct-3 Nov	VCR Cleaning	19AMS AVS Labs, 7 Hgr, top floor
16 Oct-3 Nov	Raffle	Available from Unit reps. Terrific prizes!
20 Oct	Pancake Breakfast	Combined Mess, hosted by W Food
23-27 Oct	Headlight Alignment	0800-1400 hrs, Bldg 101, WEME Wkshop
31 Oct	Pancake Breakfast	7 Hgr, 19 AMS
2 Nov	Mt. Washington March	Contact MCpl Crawford, 8717



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

National Safety Director visits

The Department of National Defence's top safety man dropped by 19 Wing on 22 September as part of a national tour, the first such visit to the Wing in over six years. Michael Brahm, Director Safety General, met with members of various Wing Safety Committees, the Wing Safety Council and several Unit General Safety Officers, and briefed senior staff on current issues within DND's national safety program. He also handed out a variety of safety awards at the Officers' Mess and viewed a confined space rescue demonstration in the Wing's new control tower.

"It's good for senior staff to see the issues we face at the coal face, and good for us to hear about some of the national issues and priorities," said Wing General Safety Officer Ken Ilitski.

Many of the national is-

ssues briefed by Brahm centred around recent changes to the Canada Labour Code, Part II placing additional responsibilities on the federal government in its dealings with non-employees, such as local contractors, in the workplace. Specifically, the change, incorporated in paragraph 125(y) of the code, requires the government to "ensure that the activities of every person granted access to the workplace do not endanger the health and safety of employees".

"It means we're going to have to be more pro-active with contractors on safety issues, particularly to protect our own people" said Ilitski, adding that a new DND Contractor Safety Guide is expected to be on the street in October. "The guide's going to be a simple 'one stop' overview of a variety of safety considera-

tions for the department when dealing with contractors. It's needed, especially with the government contracting more and more services to the private sector."

Lately, 19 Wing has been a beehive of construction, expending approximately \$20 million on the new Fitness and Community Centre, Control Tower, and Cadet Glider Hangar alone. As is typical with large-scale projects, approximately half of that amount was filtered into the local economy through contracts and sub-contracts. The construction of the new Cormorant Hangar, costing approximately \$13 million, is adding significantly to that amount. Local and BC-based companies such as Bird Construction of Richmond have so far received most of 19 Wing's business.



(L-R) Back row: LCol G. Reaume, Capt C. Fowler, Sgt B. Buttner, Sgt J. May, Capt K. Brooks. Front row: Maj A. Kettenacker, MWO L. Goble, Sgt J. Naugler, Sgt R. Saunders and Cpl E. Everest. Cpl Everest: 1st place – Safety Poster, WCE AEF: 1st place – Safety Notice Board, 442 Sqn: 1st place – Respiratory Protection, 19 AMS: 1st place General Safety and 407 Sqn: 2nd place – General Safety. All recipients were awarded a plaque and a certificate.



LCol Reaume (AWComd), on behalf of 19 Wing Comox, presents Mr. Mike Brahm (D Safe G) with NAOSH Week 2000 Montage. The activities depicted in the montage reflect that 19 Wing Comox once again met the 'Challenge 2000' and placed first in the Federally Regulated Agencies Category.



For his outstanding contribution to General Safety, Sgt B. Buttner received a Commendation.



Wing Fire Chief, Capt K Brooks, received a Commendation on behalf of his men for their prompt action in preventing catastrophic consequences at the Fuel Tank Farm fire.

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Canada

Oktoberfest

21 October

All Ranks Paaaaarty

at
WO & Sgts' and JR Mess

Live music by Mr. Hanky & DJ by Night Moves

Prizes!!! Prizes!!! Prizes!!!

German Fare, Buffet Sit-down Dinner, Complimentary Beer Mug & First Beer

Tickets:	\$15.00 ea Members	Buffet Dinner	1830-2100 hrs
	\$17.50 ea Associates	Band & DJ	2100-0100 hrs
	\$20.00 ea Guests		
	at respective Messes (cut-off 16 Oct.)		

Courtesy Vehicles Provided

My last editorial



I trust that you all had a great Thanksgiving weekend and have recovered from the inevitable "stuffing" that usually takes place. Fall is here and it is time to turn our thoughts to the future. Change is inevitable and the Totem Times is no exception.

The way the "fish wrapper" looks has already changed (six columns, always Air Force blue) and now we are looking to increase our staff by hiring a production clerk. Yes, it is a paid position. As the Armed Forces Day 2001/Airshow Co-ordinator, I'm scooping up most of the voluntary labour on the Wing for the next ten months. (More volunteers for this huge undertaking are required so, if you are interested, "Come on down!") We're combining the Editor-in-Chief and Managing Editor positions and having one "Editor." Major Bev Wolf will assume those duties and take over the writing of this illustrious column. Content is always an issue and there will be changes there as well. The Wing Commander plans to contribute an article regularly. Look for a summary of the recent Town Halls in the next edition.

As this is my last editorial, I must comment on the recent readership survey. While the number of returns was minimal, responses to the occasional error make us believe there are more readers than there are survey takers.

In closing, the Totem Times is changing to serve you better. Let's all do our part by reading it, discussing it and contributing to it. Enjoy!

M.R. Spooner, LCol



Notice to MQ occupants

Due to the ongoing construction activity in the MQ area to upgrade the municipal services, there has been, and will continue to be, a number of unavoidable water disruptions as lines are repaired and/or replaced. Where possible, advance notification will be distributed to residents and the school, however the service lines are old and breakages due to the nature of the construction activity are unavoidable. As a result of these water outages, residents may have noticed some discoloration of the water being supplied to their homes, this is a normal residual from the existing line and causes no danger or health hazard. As a matter of routine, the water in the MQ area (and elsewhere on Base) is tested on a regular basis. During the construction activity this testing will be increased to ensure our MQ residents are protected, any risk to health will be immediately dealt with and residents notified. Notices informing residents of these water disruptions and providing instructions on what to do in the event of a disruption will be distributed by CFHA in the near future. Construction activity is anticipated to continue until March 2001.

Reserves Uniform Day

The Hon Art Eggleton, Minister of National Defence, has designated October 18 as Reserve Force Uniform Day. This event will foster public awareness of Canada's Reserve Force by authorizing and encouraging reservists to wear their uniforms to their place of study or civilian work, wherever possible and appropriate.

Many student reservists are taking the opportunity of Reserve Force Uniform

Day to tell people about their service and the personal meaning it has in their lives. Many reserve units will be hosting open houses and job displays during the week of October 18.

Reserve Force Uniform Day is an annual event. This is a transition year as the day changes from May to the third Wednesday in October, allowing reservists who are students to wear their uniforms to their education institutions.

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.

ROYAL MILITARY COLLEGE (RMC) CONTINUING STUDIES INFORMATION SESSION - 13 OCTOBER 2000

LCol Robert Charest, Coordinator of RMC's Office of Continuing Studies, and Ms Janet Rintjema, an academic counselor, will be conducting a briefing at Comox on 13 Oct 00. The briefing will be held in the AR Flt Theatre, beginning at 0900 hrs, and will last for about 45 minutes. The briefing will provide information on both undergraduate and graduate programs, admissions requirements, application procedures, academic equivalency credits and on other related areas of audience interest. Military personnel, their spouses and civilian employees of DND are all eligible for RMC programs. If you are a student with RMC, are enrolled at another university, or are considering university level studies, you are most welcome to attend.

HELP!

We are in the process of cataloguing our newspaper archives. Much to our dismay, we find that some copies have been "Swiss cheese" in order to provide people with photos and articles. Worse, some copies are missing altogether. If you should be clearing out trunks, attics, etc., anytime and come across old copies of the Totem Times we would be delighted to receive them. We are particularly looking for a copy of our first issue, which was produced in March of 1960, as well as issues up to and including 1967 where we seem to have the most gaps.

September

Weather

The month of September overall was warmer than average. Only 11 days with 0.2mm or more rainfall were recorded, putting us far below average for total monthly precipitation. Unfortunately, we were also below average on the amount of total hours of bright sunshine.

Highest monthly temperature	23.0°C on 14th
Lowest monthly temperature	3.9°C on 23rd
Total monthly rainfall	20.0 mm
No. of days with 0.2 mm or more rainfall	11
Total hours of bright sunshine	205.1

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

Next Deadline

Advertising: 18 Oct.
Articles: 20 Oct. noon

RCAF Station Comox

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407 Demon Doins

It sure has been a busy summer for the Demons. We wait in anticipation to see what the second half of the year brings. Certainly 407 have maintained a busy flying schedule with CAST trips and yearly crew checks. There is much to write about:

Family day was a success this year. We had over 250 passengers flying on the Sleek Greyhound of Death! Thanks to the Head Shed for cookin' up those flapjacks! On behalf of the 407 Sqn Family, we acknowledge the efforts of Ray Girardi and JP 'Peter North' Tremblay in making this annual event a success. By the way, rumour has it that JP lent his entire collection to Ray for helping him out.

Crew checks this year were not only challenging for the crews, but for the standards personnel in

choosing a winning crew to represent 407 Sqn in Greenwood for the O'Brien ASW competition. All crews demonstrated superior flying skills, and it had never been so difficult to choose a top crew. In the end, the Dawgs of Crew 3 got the nod and will be off to the Ditch to vie for a trip to New Zealand. To prepare for O'Brien, the Dawgs and an outstanding ground crew team have to 'endure' the hardship of travelling to Kinloss, Scotland for a few weeks to participate in a JMC exercise. Congrats to the Dawgs and to all the crews in demonstrating excellence and enthusiasm. To celebrate the victory, Barney Maeland has invited the squadron over to his place for drinks and a hot tub party. A reminder to all to bring bubble bath for the hot tub!

Thanks to Lt Boyd and

Maj Bullis for making our annual Officers' Mess dinner a success. As the squadron shouted insults at an unusually quiet Bill Shipley (who had been living in Armpit for the past few weeks), we all enjoyed swordfish, roasted buffalo and chicken. For those who haven't figured this one out, those animals are squadron mascots for our East Coast ASW cohorts in 415, 404 and 405 Sqn respectively. Actually, the 405 Sqn mascot is an eagle, but Maj Loring was too busy cutting trees to clear a path on his last hunting trip so he couldn't bring back his usual bag of bald eagles to share with the squadron! It would be interesting to see if any of the squadrons back east could try in their mess dinners to whip up a plate of D e m o n ! ! ! !

Muhahahaha.....

The squadron has been honing ASW skills locally at Nanoose range flying against the world's newest submarine, the Collins class SSK. The HMAS Collins is certainly a challenging target due to the little noise that is transmitted into the water. Crews have also been able to drop exercise weapons on the Collins, an essential element in our training that cannot be done often enough.

As for other announcements, congrats to Paul 'Spud' MacMillan on his engagement to fiancée Joyce. Spud, although having not told Joyce, admits that children are only a matter of time now. Little does he know that Joyce has had



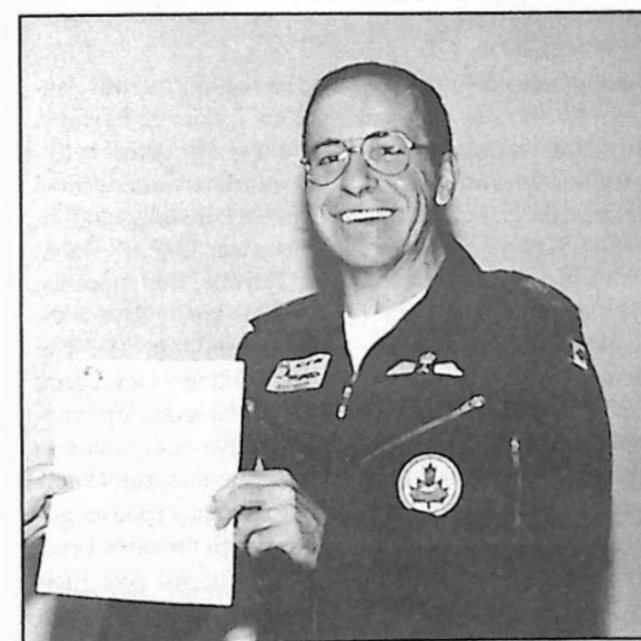
CO 407 presents Cpl Sarginson with his new rank.

to contend with one already. Congrats also to Neil Boyes on becoming an AESOP. We have high hopes for Neil because he has cool stuff. We're gonna put those fireworks to good use! Now that he'll soon be coming to the dark side as an aircrew member we think that he can be corrupted in no time flat. It is rumoured that the crews

have been shooting some of his Roman candles out the GP chutes. Gilles Gagnon is shifting gears in his career as well. Congrats on being accepted as a Flight Engineer. Now someone will actually talk to Mike Cook on those long bus trips with the old timers! Until the next time, CYA!



Brand new members of 407 recently received their squadron crests. Welcome to Comox all!



MWO John Simard, 407 (MP) Sqn receives his Gold Seal for Aerobic Excellence from 407 CO. Well done, John.

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Western Area Air Reserve Happenings

By Capt John Lalonde

The future bodes well for the Air Reserves and for Western Area. The A1 Air Reserve Coordinator office, located at 19 Wing Comox, has just inherited 188 more Air Reservists! On 30 September, it was directed that a change of designated areas would take place.

What this meant was aligning ourselves with units geographically rather than functionally. As a result, we gave up Air Reserve Flight Bagotville to Central Area and gained four units from A1 AR Coord (Training Wings). The four units we gained are: 1 CAD HQ AR Flt, 17 Wing AR Flt Winnipeg, 15 Wing AR Flt Moose Jaw

and 402 Sqn Winnipeg.

The strength of the Air Reserve units we supported prior to the change was 318 personnel in total and those numbers have grown as a result of the geographical re-alignment to 506.

This change of designated areas does make good sense geographically; however, it will make getting our yearly supply of maple syrup from Quebec more difficult!

The Western Area office will be hosting our second annual Western Area Flight Commanders and Chief Clerks meetings on 16, 17 October here at 19 Wing. We welcome this opportunity to meet and get to know

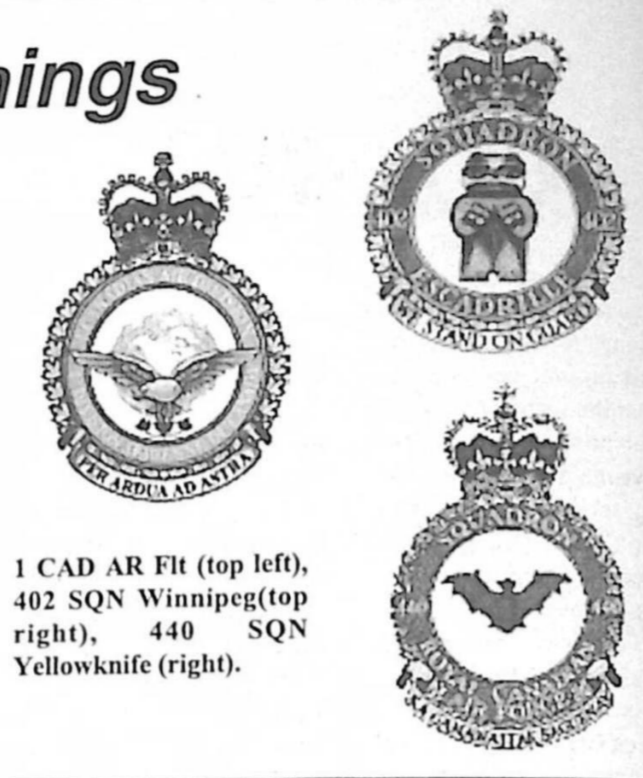
our new unit reps better and for them to get to know personnel from the other units already part of Western Area.

The Air Reserves have a pleasant surprise planned for 19 Wing personnel. We are planning a mini-golf tournament in December during the "Walk About" Day, with the entry fee being either a non-perishable food item or a Toonie which will be turned over to the Comox Valley Food Bank. The course will be erected by Air Reservists throughout the offices and theatre in Bldg 11 (Air Museum Bldg by the main gate). Putters, balls, etc. will be provided and a BBQ with

burgers, smokies, pop and chips will be available at bargain prices!

In the New Year, we start things off with a bang by hosting the annual A1 Reserve meetings from 23-25 Jan 01. During the same period, the local Air Reserve Flight Commander, Maj Weed, has consented to hold their annual Air Reserve Mess Dinner which will ensure the head table is filled with a good deal of high priced help! Col Brennan, A1 Reserves, will be the guest speaker at the dinner.

Pictured are the crests and names of the seven units that now fall under Western Area.



1 CAD AR Flt (top left), 402 Sqn Winnipeg (top right), 440 Sqn Yellowknife (right).



19 Wing Comox



4 Wing Cold Lake



15 Wing Moose Jaw



17 Wing Winnipeg



Cops Corner Use of Force Course

In a continuing effort to maintain their professional expertise and to offer the best service possible, 19 Wing MPs have begun their annual qualification to upgrade and refresh their skills. At the same time, MPs are also in the process of switching to a new duty firearm.

You might have noticed that the Military Police have begun wearing new duty gear - a black nylon belt system vice the old leather duty gear. This system is the most up-to-date and of the standard required by all police forces in Canada. With the new duty gear comes a new pistol. The Military Police are in the process of switching to the SIG Sauer 9mm, a pistol that meets modern police standards.

LS Claude Hebert, a recent graduate of the Military Police Use of Force course in CFB Borden, has begun instructing his fellow MPs on the new procedures required to carry and use the SIG Sauer 9mm pistol. At the same time he is refreshing our skills with our other duty equipment.

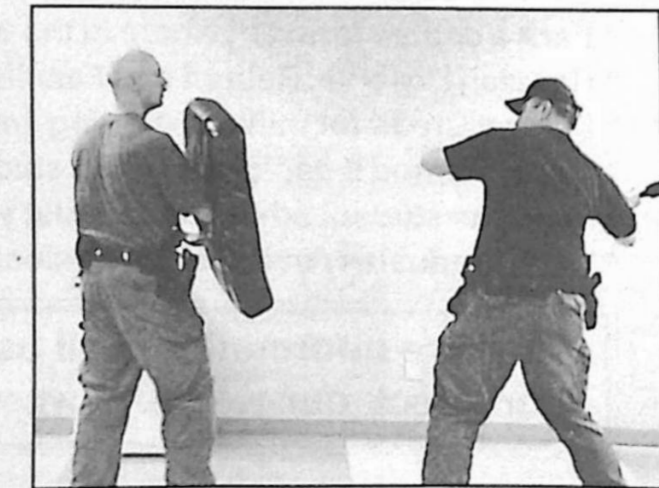
At times, MPs are called upon to use force to prevent or stop an offence, or to protect life. When they do, they have to be as proficient as possible in order to prevent injury to themselves and to minimize the injury to the person they are dealing with. It is our duty to stay current with both the techniques and law in use of force issues, thus preventing unnecessary injuries when we are doing our job.

A great deal of time and sweat has been expended by the Military Police to ensure that they meet the standards

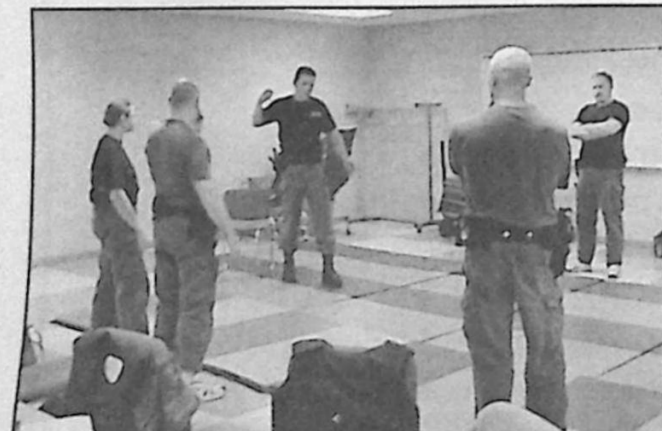
set by the community and perform their duties in the safest and most proficient way possible.



MCpl Eric Nielaes and Cpl McBeigh practice their techniques.



ASP Baton techniques being practiced by LS Grosspietsch and Cpl Ed Everest.



LS Claude Hebert instructs an MP class on Use of Force issues.

WEME Promotion



On 22 September, Capt Brinkman (left) presented Cpl Hebron (centre) with his new rank in the presence of the ETQMS MWO Ron Huybers. Cpl Hebron was accelerated promoted to his new rank effective 23 Jun 00. He graduated "Top Student" from his five-month QLS Vehicle Technicians course, conducted in CFSEME Borden, Ontario. Cpl Hebron is employed in the Light Vehicle Repair section at WEME. Well done, Chris.

Central Registry

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

By Gail Eggman

Happy belated Birthday wishes to Vicky, CR Supervisor. Her birthday was September 24 and she is getting closer and closer to that Old Age pension. It wasn't a significant number so we didn't plaster any terrible pictures of her all over Headquarters this time.

Diane is very busy these days. On top of CR work and duplicating, she is helping out with typing for the Release section. She's babysitting her in-laws' dogs for a few weeks. She can hear the pitter patter of little feet...28 feet if you count her iguana as well. (The math whizzes can figure that out.)

I have been kept busy looking after my youngest son who recently had ankle surgery. He is not good with pain, crutches or the curtailment of his freedom and missing soccer and university, and I am not filled with tender nursing feelings. If he thumped his crutch on the floor for serv-

ice once more, he was dangerously close to having a third leg! My oldest is living with us temporarily (and I stress temporarily) until he finds a teaching job. Tank, the Terrible, was supposed to fill my lonely days without my children. Ha! I'm also a hunting widow again. The "testosterone trip" consists of five guys with five moose tags this year. I know there are many spouses going through the same experience, but we five girls have a great two weeks!

The Helpful Hint for this week is a reminder that the WAdminO budget is not funded to pay postage for non-official correspondence. This includes packages and letters to members on deployment. Christmas cards, with the exception of the WComd and the WCWO, fall into the unofficial category as well. Sections should be prepared to buy stamps from Canada Post if they send Christmas cards to other units.

Personnel Support Section

By Gail Eggman

The construction is now complete in the Releases office and the Cashier cage. I was hoping the painters were coming back at a later date. Surely that purple colour was an undercoat for something else! I know some of the painters at CE and I thought they might be pulling their usual practical jokes, but supposedly not. Maybe Sgt Spence selected the colour hoping it would keep personnel away from the Release office!

Has anyone seen our new WPA dmO? I don't believe there is such a person as Capt Laird! If there is, he's really quiet.

The WAdmin Adventure Training was a success. It was called Expedition Millennium. I chickened out prior to the trip and so did some others after some "in-

was the next morning, because he didn't show up for the second day? Cpl Suzie Landry quickly caught on to my motivating techniques as I kept telling her only three kilometres left. Too bad we really had seven left! Sgt Donna Melville was the "walking girl," her long legs carried her too quickly for the rest of the group but if they asked her to slow down she would try to impale them with her walking stick. She isn't really quiet; that is all a front!

"The weather co-operated and we had a beautiful view from the Canyon while we enjoyed our lunch. Mount Becher was conquered on Wednesday, 14 September with seven participants (remember we lost a few from the first day). Right at the onset we

tainly one of those impressive sights to imprint on your mind for the future.

"Mount Albert Edward was the destination for an overnight adventure on Thursday and Friday. We started at the beginning of Paradise Loop with our heavy packs by 0920 hrs and climbed for eight kilometres to reach Kwai Lake. We saw a sign that said "400m Kwai Lake" and we thought we were done. Too easy. All of a sudden that last 400 metres became a steep incline in a rock-bedded dried out creek. What a hill! The joke of "only 400m - too easy" almost killed us. The group set up the tents and then we ate a quick lunch at the site. We left by 1130 hrs as we needed to get up Mount Albert Edward, a 20-km return trip, prior to nightfall. With an amazing amount of effort we climbed the steep incline to the top and arrive by 1500 hrs. Sgt Donna Melville only tried to impale a few of us. The view was amazing and, of course, we called on the cell phone to inform our counterparts left behind of our success. The trail down was easy in comparison and we were back at our camp by 1700hrs. Sgt Brian Clayton seemed to enjoy his IMP dinner and Sgt Melville, Cpl Rob O'Connor and I decided just to eat it all, as we didn't want to carry it back out. The night went well until the rain came. The next morning we hiked out and were met by the nice duty driver with coffee and treats.

"Thank you very much to the PSS staff for arranging such a wonderful treat, as we were wet and cold by this time. A great time was had by all. The expedition was a tremendous success. Next year - The Glacier will be conquered!"

Well it sounds like they had a great time. Denis Campeau must have given PO1 Larocque a training session about mountain climbing. They both seem to believe that sucking in smoke gives them super energy! Donna (the other



(L-R): MWO Harrington, PO2 Rowsell, Cpl O'Connor (nice shorts, Rob), LS Fowler, Sgt Clayton and Sgt Melville. (Photo by Sgt Spence.)

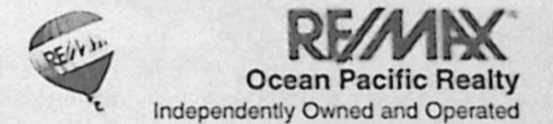
twins) couldn't have done too much damage with her walking stick. The usual parade of clerks to the water fountain outside CR has not displayed any water spurting from their bodies. As for the change of direction made necessary because of the bear sighting...for me it would have been straight back in the direction I came from, as fast as possible. No prodding from Sgt Melville

would be necessary. The statement made by Sgt Spence that "The night went well until the rain came" leaves a lot to the imagination. I think we need more info! Anyway, everyone returned safe and sound and happy. While they conquer the Glacier next year, the rest can hike to somewhere closer; still beautiful, surrounded by trees, a view of the mountains, and the sounds and


sights of fluid running and gurgling, white froth. We could conquer The Griffin! MCpl Alma Ballington is confused. Most of us buy our topsoil and make our garden beds in April or May, but I believe she was deceived by our late summer weather. She now has a huge pile of topsoil and fertilizer to shovel as our October weather arrived overnight!

Discovery Channel's Flight Path

Discovery Channel's Flight Path series will be airing a program entitled "Korea to Kosovo" on 1 November at 8 PM (CT) and will be replayed 2 November at 1 AM (CT) and 8 November at 2 PM (CT). This episode brings together fighter pilots from both the Korean and Kosovo wars to compare their experiences and examine the changes that have occurred in air combat technology from the F-86 Sabre to the CF-18 fighter jet.



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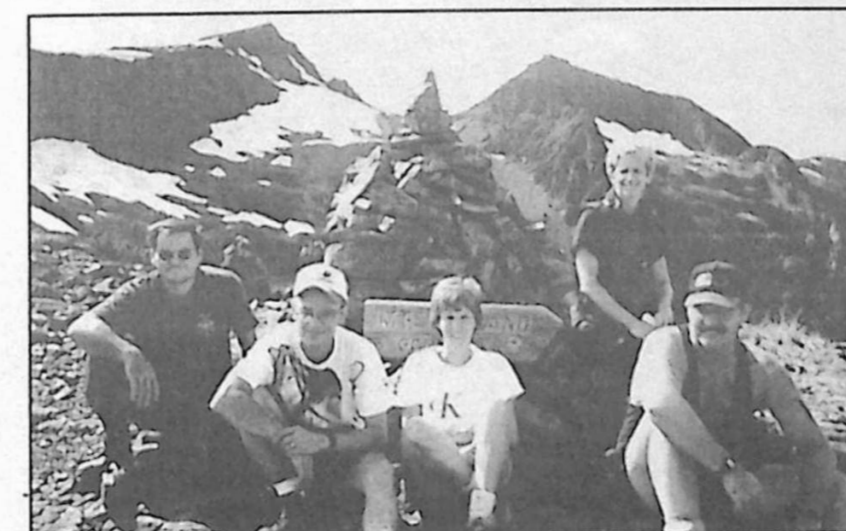


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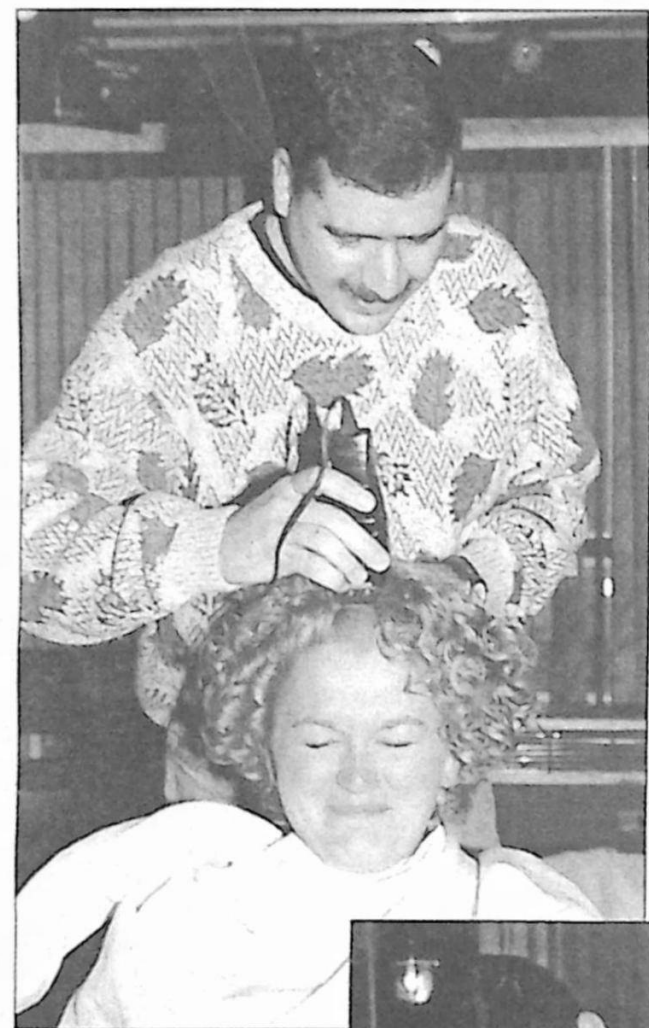
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Smiles on Mt. Becher. (L-R): PO2 Rollin, Cpl O'Connor, Sgt Spence, Sgt Melville and LS Hughes. (Photo by Sgt Clayton)

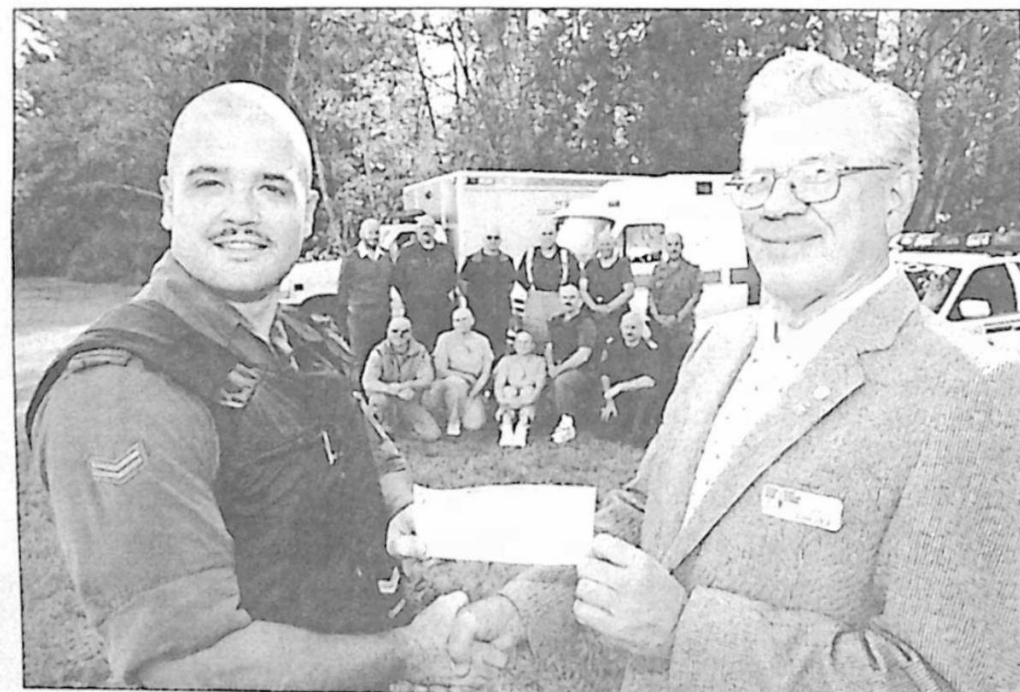


On 29 September, 20 volunteers from the Wing got their heads shaved to raise money for the Cops for Cancer appeal. The volunteers sold tickets and 'Tour de Rock' shirts and ball caps to raise funds for the cause. Three of the volunteers, two from Wing Dental and the Health Care Administrator Lt. Julie Guillemette, decided to color their hair green for the event. Dental Assistant Cpl. Lisa Sheppard said the idea came from her husband. "He said 'Why don't you guys color your hair some

Cops

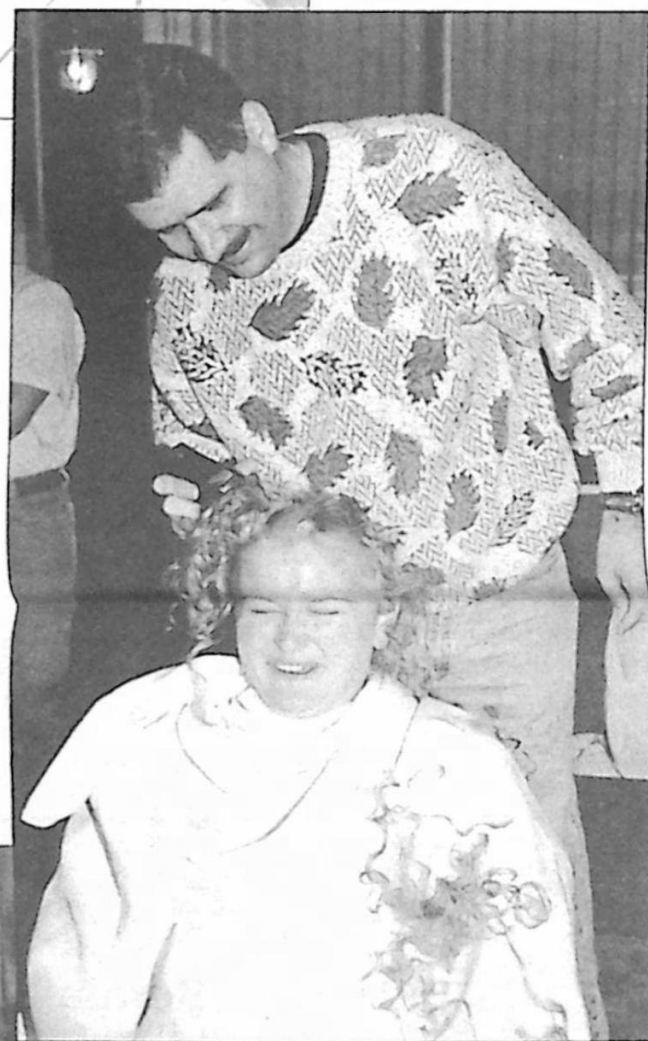


Before

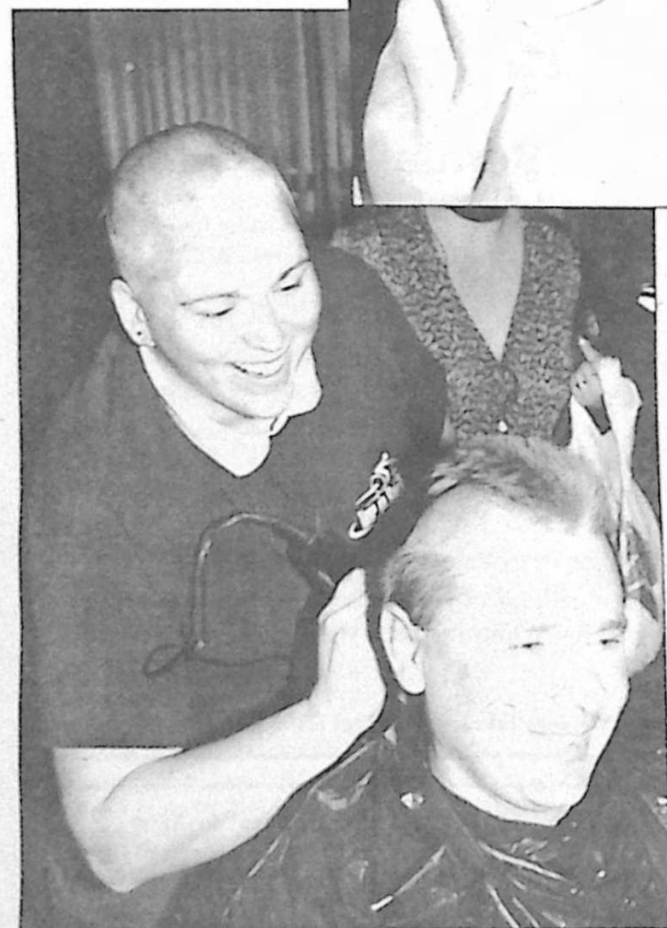


Photos by Wing Imaging

Cpl Lisa Sheppard didn't want to open her eyes!



Below, Debi Stahn gives Derek Amos a new look.



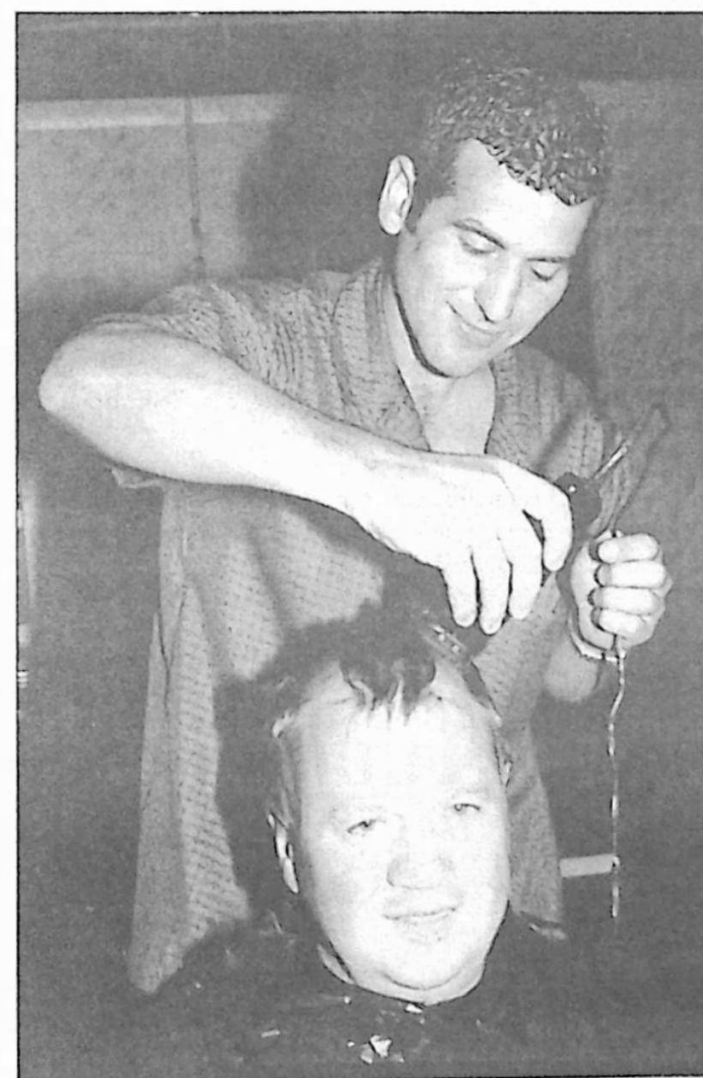
for Cancer



and after



Note the pile of hair!

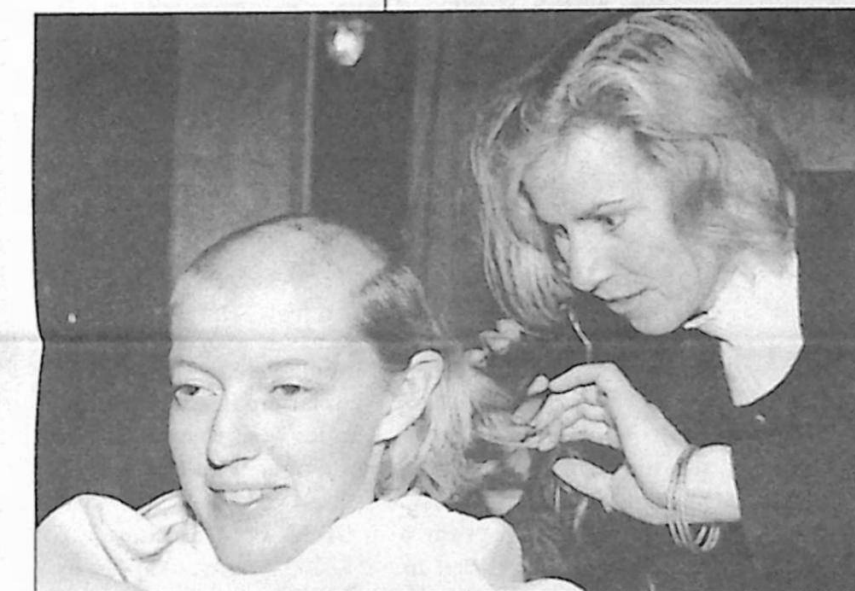


funky color?' Deb (Dental Assistant Debi Stahn) and I looked at each other and said, hey, let's go out with a bang!"

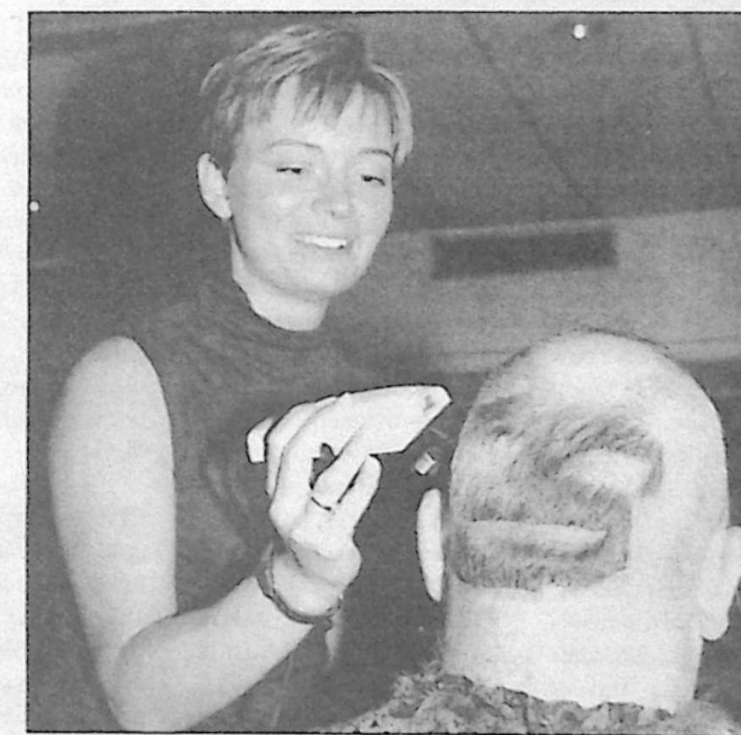
Organizer MCpl Eric Niclaes of the Military Police Section reported that the event raised \$1785.64.

Cops for Cancer and Tour de Rock are partnerships between various police forces across the country to raise money for the Canadian Cancer Society.

Julie Guillemette had her eyes wide open the whole time!



Some people got fancy with their cutting.



Tom Kennedy cheerfully clips Eric Niclaes.

HOME & WORK DELIVERIES/OCTOBER LUNCH SPECIALS

MONDAY

Pot Roast Sandwich
Chicken Noodle Soup

TUESDAY

Chicken Salad Sandwich
Beef Noodle/Barley Soup

WEDNESDAY

Roast Beef Sandwich
Pea & Ham Soup

THURSDAY

Chicken Salad Sandwich
Chicken Noodle Soup

FRIDAY

Single Club Sandwich
Beef Noodle/Barley Soup

SATURDAY

Corned Beef Sandwich
Mystery Soup

\$5.00
+ GST

Includes Soup (or Salad),
Sandwich, Desert of the Day
and Pop

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clothing is \$1.00 and all children's clothing is 25¢.

CANEX News

Looks like fall is finally here. The only clue to that is all the leaves turning. Since we have been having spring-like weather, one wonders if it is really fall. Soon the little ghost and goblins will be upon us as the month nears the end.

Many are taking vacation time in the fall here. Carol is off to Townsend for three weeks to visit her mother. I am sure that she is going to miss the nice weather we've been having as we hear the weather in Ontario's been quite cold lately. Gabriela will be in the same boat as she is off to Trenton for a week.

Joe and Pauline are taking a few days to be with family and recuperate from his retirement dinner. Trish is off for a well-deserved week of R&R. Manon is sad as her parents just left after being here for a month. They are returning to North Bay with some wonderful memories as it was their first time out here in God's country. Diane is also busy with her boys returning to Judo for the season, meaning many trips to Campbell River for lessons. Manon is glad that she only has to drive to Courtenay for her children's karate lessons. Julie is back

to driving her son to very early morning swimming lessons.

As for the rest of us at CANEX, not much in the way of happenings, as it is back to the old grind with children going to school, sports lessons, etc...we come to work each day with a smile.

Now, to get everyone thinking, do you realise that there are only 74 shopping days left until Christmas? What a scary thought! Rest assured, CANEX is well stocked for all your Christmas shopping needs. Remember, our deferred payment plan is in effect. Drop in and have a chat with the staff.



Thank you to everyone who participated in our events and contests during the Birthday Bash Sale. The CANEX staff Car Wash raised a total of \$123.40 for the MP's Blind Fund. \$272.00 was also raised for the Wallace Gardens Community Association from the BBQ and Dunk Tank events.

For those curious about the Trivia answers and winners of all our contests, they were:

Q: Where do CANEX profits go? A: Base/Wing Fund/PSP activities. Winner: Clint Halfkenny - 5pk movies and carpenter pen.

Q: How many outlets does CANEX operate in Canada, including concessions? A: 250. Winner: Ron Gaudet - Christie bag, Coke T-shirt & bag.

Q: How many people are employed by CANEX, Canada Wide? A: 864. Winner: Katrina Rodgers - SISIP sport bag & Ironman watch.

Q: Guess the age of the staff. A: 720. Winner: Yvonne Melancon - 9" ACDCTV.

\$50.00 receipt draw winner: Daniel Carroll - Patio set. Video draw winner for four new release rentals - Barb Weed.

Coca Cola draw winner: Kim Keith - cooler. Pie Eating contest winner: Jerry Jomphe (407 Servicing) - 19" TV/VCR.

Colouring contest first place winners: Jazmin, Adam C, Prescilla Fortier, Kathryn McClure (SIO CANEX gift certificates).

Other winners were: Aziz Bhaiwala (speakers); Tracy Honke (coffee table & ends); Cathy Brydon (Touch Tone lamps); Devon Gaudet (Scooter); Sam Tremblay (Energizer sport bag); Thomas Caitling (SISIP sport bag); Valerie Trainor (Kodak sport bag); Steven McQueen (Triaminic Bear); David Caitling (Kodak cooker); Mrs. McQueen (Coke T-shirt).

As you can see, it was an extremely busy time and a lot of fun! Many thanks to our suppliers for their generous prize donations.

Businesses wishing to capture the attention of the military market should contact our new advertising rep Angelika Guerin. She will be happy to provide advertising rates and discuss your ideas.



SISIP/RARM Financial Services

By Janet Scotland

As mentioned in my last article, one of my duties as financial counsellor for 19 Wing Comox is to provide access to CFPAF loans and grants.

CFPAF (Canadian Forces Personnel Assistance Fund) provides a variety of loans and grants available to serving and former members of the CF personnel, their dependents and for specific loan programs, qualifying members of the reserves. The loans most members are aware of are called Self Improvement Loans, but there are also Education Loans, Distress Loans, Distress Grants and Minor Disbursement Grants.

19 Wing Comox CF members can access these funds through the new SISIP Financial Services office in the CANEX Mall, just across the hall from the Barber Shop. Previously, members needed to see the Wing or Unit Financial Counsellor. Now, Financial Counsellors for most CF Bases/Wings/Units are civilians, like me, working for SISIP. Members can either call ahead for an appointment or drop by the office. If I don't have another appointment, we can discuss your situation immediately, or set a more convenient time to talk. The spouse or a dependent of a member can initiate a loan application (for example, if the member is on temporary duty outside his or her regular location). Former members of the CF can access these funds through Veterans Affairs Canada or the local Legion office.

The most common type of loan I process is Self Improvement Loans. Years ago, these loans were called "Preventative Loans" and were earmarked for preventing a member's financial distress. The funds are still prioritized to deal with preventing financial distress, however the program's mandate has expanded to include quality of life issues or self improvement needs. As more members access financial counsellors for general budgeting information, demand due to financial distress should decline, allowing the bulk of loans in this category to be dispersed for quality of life issues. This change of focus is reflected in the name change to Self Improvement Loans (SILs). Self improvement needs can include education and retraining, computers and retraining devices, hobby advancement tools, minor household improvements and assistance to start a home-based business. There are some limitations as to what is considered 'self improvement.' Call me if you're not sure if your need fits the criteria.

SILs are available to serving regular members of the CF who have completed at least one year of satisfactory service, and Class "C" Reservists with at least 12 months remaining in their contract. A loan can be processed for specific amounts between \$500 and \$4000 and must be paid off in 12, 18 or 24 months, depending on the amount of the loan. The current interest rate charged for SILs is 5.5%. SILs are secured by

the member's CF Superannuation contributions (CFSA). A member may not receive a SIL for more than his or her total CFSA contributions, except in exceptional circumstances. For example, if you are a newer member who has served three years and your total CFSA contributions are \$2000, you would only be eligible for amounts between \$500 and \$2000. If you're a long time member, your total contributions will be more than \$4000, so you would qualify for the maximum amount. Loans are paid back via payroll allocations but may also be paid in full at any time without penalty. If you'd like to pay off an existing SIL, call me and I'll obtain your exact payout figure and arrange for repayment.

I'll be discussing other CFPAF loans in my next column. In the meantime, if you have any questions about any CFPAF loan or the types of financial services I provide, if you'd like to apply for a CFPAF loan or grant, or if you're not sure if you're eligible, call me and we'll discuss your situation. Who knows, I just might have the coffee on! Et si vous préférez parler en français, c'est bon, parce que j'ai besoin de pratiquer mon français!!

Office Hours: Monday and Wednesday 0800-1400, Tuesday and Thursday 1100-1700, Friday 0930-1500 or by appointment. Phone: 339-5942 (24-hour voice mail). Fax: 339-6597. E-mail: janet.scotland@sisisip.com

Sounds like a Good Book!

Just about anyone who enjoys a good story, (and who doesn't?) can enjoy the experience of listening to a good book with audiobooks. Audiobooks are a great way to "multitask," giving people an opportunity to "read" when they are doing something else, or if they just can't squeeze adequate reading time into a busy schedule. By far the most popular place to listen is in the car, whether that's during a daily commute to work, long distance travel, or just ferrying family members to and from school or activities but that's not the only time. You can enjoy a book while exercising, walking the dog, doing routine chores such as cooking and cleaning, or

while relaxing at the end of the day, or on a rainy weekend. A wonderful alternative to TV or computer games, both adults and children are discovering the joy of listening to a good story. Audio books make fabulous gifts for anyone on your list. They're easy to wrap, easy and inexpensive to ship, and are guaranteed to be the right size, colour and fit. A perfect gift for that someone who has everything!

A WESOME AUDIOBOOK store owner, Linda Rutherford says, "Some people think Audiobooks are for people with vision difficulties, but they provide an entertaining, educational or inspirational alternative for everyone!" Rutherford has

turned her enthusiasm for audio books into a full time business offering a rapidly growing selection of fiction and non-fiction titles for sale and rent on cassette and CD.

A WESOME AUDIOBOOKS offers a flexible rental schedule ranging from three to 30 days for as low as \$3.99, depending on the size of the book and length of the rental. They also have a catalogue of children's French audio and video products that can be ordered in, usually within 10-14 days.

You will find their store at 420 Fitzgerald Avenue, at the corner of 4th Street in Courtenay; open Monday thru Saturday 9:00 to 5:00, or call at 897-1159.

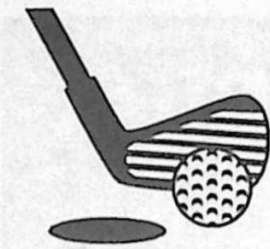
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Third Round Shootout

The final round of the Shootout took place on October 3.

The 3-round event started on September 17 with Anne Blake and Irene Marshall winning the scramble. On September 26, Pat Belanger and Lorraine Courtemanche won the alternate shot. October 3 was best ball, with Janet Edwards and Duane Miles winning.

Congratulations to Pat Belanger and Lorraine Courtemanche, the overall winners with a low net of 185. Sue Powers and Kathy Branch won gross with a 240. Other net winners were: 2nd Anne Blake/Irene Marshall 186, 3rd Anne Gibson/Leslie Mann 188, 4th Janet Edwards/Duane Miles 193, 5th Marguerite Fournier/Sharon Warne 195, 6th Gilliam Iddiols/Jesse Trto 198.

KP winners #4 and #7 Inge McArthur, #12 Marg Rushton, #15 Bev Buchan and #17 Ellie Nicholas. Jean English won the long drive on #5 and Sue Powers won on #13. Duane Miles won second shot closest to the

pin on #18. Diane Bainbridge won the 50/50 draw.

Special thanks to the following sponsors from the prize committee for making our third Shootout a success: Great Pacific Management (for the weekly net prizes), Panagopoulos Pizza, Scott Fraser Pro Shop, Plates Eatery, The Leeward, The Flower Pot - Comox, The Black Fin, Bella Nails, Nevada Bob's, Lorne Hotel, Quality Foods, Super Save Gas - Comox, Overwaitea, Bellini Hair Studio, M&M Meats, Art Knapps, Toscaro's Trattoria, Monte Cristo on the River and Safeway. Also, our thanks to Sunnydale, Storey Creek, Morning Star, Mulligan's, Arrowsmith, Fairwinds, Gold River and Glacier Greens for donating golf passes.

A great job done by our Prize Committee of Verle Lafferty and Lori Cameron.

Ladies Club

It was closing day on October 3 for the ladies of Glacier Greens. We were treated to a superb dinner served by Chef Steve Dodd and staff. This was followed by awards and election of the new executive for the year 2001.

Award winners were - Ringer Board: 0-24 h/c Carmel Horochuk, 25+ h/c Marguerite Fournier; Birdies: Carmel Horochuk; Chip-ins: Lorraine Courtemanche; Putting: First - Pat Verchere, tied for second - Duane Miles and Jesse Trto. Best putting round - Lorraine Courtemanche. CLGA Pin - Charlene Wadelius, runner-up Verle Lafferty. Club Champion Net Pin - Judy Fellbaum. Hole-in-one Trophies - Joan Forget #4; Alice Marriott #7; Marlene Hall, Jesse Trto Sharon Warne #12; Kathy Branch, Kay Banks #15. Congratulations to all.

The new executive is as follows:

Club Captain Fran Hume; Vice-captain Ann Johnston; Secretary Marguerite Fournier; Treasurer Sharon Warne; Tournament Chair Trudy Lamothe/Judy Fellbaum; Inter-clubs Helen Williams/Peggy Clark; Prizes Kathy Branch/Augusta Prichard; Publicity Leslie Mann; Housekeeping Mary Kelly; Boards Liz van Boeschoten; Food Barb Carter and Monday Nite Ladies Alice Marriott.

That's it for this season.

Monday Nite Ladies

Our wind-up dinner and awards took place October 2. We were served a lovely dinner by Chef Steve Dodd and staff.

The scores were averaged out by the number of games played over the season. Best gross was Janet Edwards with 49, while best net went to Jean English with 36. Other scores were Carmel Horochuk 36.4, Joyce Merrill 36.5, Rose McCleish 37.7, Marie Israel 38, Caryll Diewert 39.7, Pat Belanger 40.5, Jasmin Murrough 40.6, Heather Ferraby 41, Martha Campbell 41.6, Augusta Prichard 42, Betty Pearsall 42.3, Terri Healey 42.5, Evelyn Viklund 42.8 and Alice Marriott 44. Most improved player award went to Betty Pearsall. All received a prize from the table.

Special thanks to the following people and sponsors for their support: Rexall Drugs, Courtenay, In Comox - Heidi from Cream of the Crop; Ron, the Leeward Club; The Edgewater Grill; The Lorne Pub; Terry Drever our teaching pro and the Pro Shop at Glacier Greens.

Finally, to our coordinator, August Prichard, thanks for a job well done.

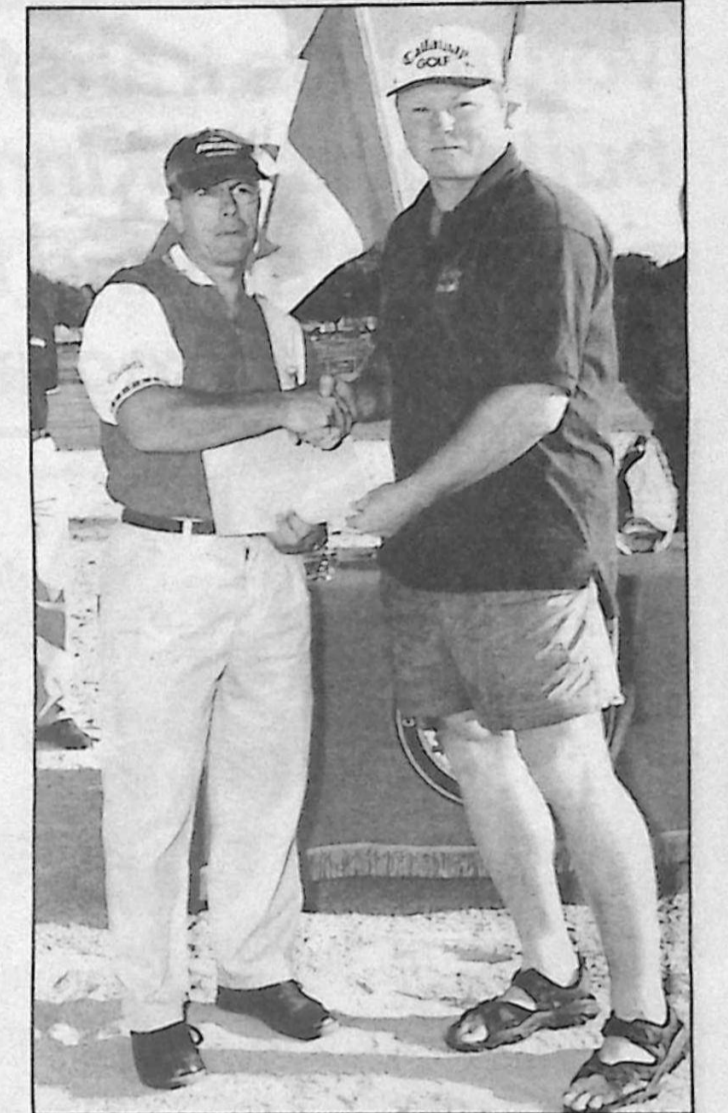
Rec Centre News

By Jake Plante

Volleyball:

We will be hosting an NCCP Level 1 Volleyball Coaches Clinic on 8 and 9 December. Cost will be \$80.00. The minimum enrollment requirement is eight.

Register with Jake Plante at 339-8211 local 8783.



Cpl Riek Patterson accepting the MVP Award at the CF National Softball Championship. The Nationals were held at CFB Borden 8-13 September. Cpl Patterson and the Totems finished fourth.

Due to stock check SPORTS STORES will be CLOSED

for any Administration or Long Term Sign-out of equipment from

0900-1530 hours through 26 October. SERVICE WILL STILL BE AVAILABLE FOR DAILY ISSUE EQUIPMENT ONLY.

*Personnel with outstanding issued equipment, please return it ASAP to assist with this stock check.

Thank you for your cooperation and understanding. FS&R Director

Fitness Centre Hours of Operation

Effective 16 October

Monday:	0730-2300 hrs
Tues-Fri:	0730-2100 hrs
Saturday:	0830-1700 hrs
Sunday:	0900-2100 hrs
Holiday weekends:	1300-1700 hrs

YOGA

18 Oct - 13 Dec
every Wednesday 0930-1100
Open to Military, DND employees and Rec Pass holders.

Instructor: Traci Skuce
Cost: \$30.00 full session, \$4.00 daily pass
Pre-register before 16 October at Sports Stores or call local 8946, 7015 or 7016.
For further info: Andy Moorhead, loc 8946

Celebrate Success Achieved Through Leadership

From the front lines of the digital world to the political battlefields, the individuals who make the headlines are true leaders possessing the skills to motivate and inspire others. Their accomplishments are often remembered and celebrated on a grand scale.

One of the most notable leaders in history was Elizabeth I, whose story continues to spark interest in today's society. Now, Alan Axelrod, author of the bestseller, "Patton on Leadership," puts a contemporary business spin on her story in "Elizabeth I, CEO: Strategic Lessons from the Leader Who Built an Empire." (Prentice Hall Press). In the book, Axelrod turns to one of history's greatest rulers, and greatest women for a fresh look at how to lead people to extraordinary achievement.

Because some lessons stand the test of time, Axelrod's look at the lead-



- Manipulating others - subtly and ethically;
- Knowing and anticipating the "enemy";
- Setting clear goals and motivating others to work to achieve them.

The career of Elizabeth I is an example of vision, of creating vision, of communicating vision, and of realizing vision. Not only did she create loyalty among her subjects, she met headlong an array of the most daunting challenges any leader has ever faced - including war, sexism and ruling a land at such a young age - and successfully handled them without the aid of cell phones and e-mail!

Utilizing some of Elizabeth's strategies may help you to become a better leader and more in tune with the needs of people around you. In turn, your success in such areas will give you greater cause to celebrate your newfound achievements in life.

Evening Aerobics

6 Nov - 1 Dec: Mon, Wed, Thurs 1630-1730 hrs

Open to Military, full time DND and Rec Pass holders

Instructor: Karen Beamish. Cost: \$25.00 full session pass, \$3.00 daily pass
Pre-register before 30 Oct at Sports Stores or call local 8946, 7015 or 7016.
Contact Andy Moorhead, Fitness Coordinator, loc 8946 for more information



Comox Military Family Resource Centre

Centre de Ressources pour Les Familles Militaires de Comox

Phone: 339-8290

Volunteers transform office building 119 Kinnikinnik into a child's play land for CMFRC Out Of School Program



CMFRC Volunteers Pat McNeil, Helen Macdonald, and Sherry Krystia, enjoying the fruits of their labour!

Proactive parenting workshops

Positive discipline

This workshop will have participants focusing on the positive aspects of their child's unique personality. Participants will have opportunities to practice encouraging their child to feel good about their efforts and gifts.

Facilitator:
Vi Robertson
Dates: Oct. 16, 23, 30
Time: 6:30 - 8:30pm

Fee: \$10 per person and \$15 per couple for military families; \$15 per person and \$25 per couple for non-military families. *A childcare subsidy is available for military families attending this workshop. Please call Mara at 339-8290 for more information.*

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

Handling the storm

-Conflict skills for parents and teens -

Living together through the teen years brings lots of surprises, upsetting moments and conflicts for both teen and parents. Learn skills to reliably resolve conflict in your family which will carry over to life in general (ie: school and work). Have fun learning to handle yourself in conflict situations and look forward to positive results. This will be a practical workshop open to parents and teens.

Facilitators: Dorrie Woodward and Anne de Cosson
Dates: Oct. 25, Nov. 1, 8, 15
Time: 6:30-8:30pm
Fee: 10 per person & \$15 per family for military families; \$15 per person & \$25 per family for non-military families
Registration: Call 339-8290
Location: 19 Wing Fitness & Community Centre

Self employment workshop series

Changes, Choices and Opportunities

When you find yourself constantly starting over in a new place, how do you create an income that you can take with you to your next posting? Do you have a passion? Is it something you could use to develop a business you would love? Find out what skills you have which can be used for a lot of

different work. What resources are available in the Comox Valley to help you explore your ideas further? Break out of the employment box you feel you are in. Build confidence in your strengths and find out how to be creative in your search for meaningful work in today's economic environment.

Facilitator: Mardy Body-Atkins
Date: Fri Oct. 13
Time: 9:00am- 12:00pm

Develop Dynamic and Successful Customer Service Skills

What is Customer Service? Why do we care, and what does a customer want? Join us and learn the

fundamental elements of customer service and gain an understanding of its relevance to the success of any business operation.

Facilitator: Gayle Bates
Date: Fri Oct. 20
Time: 9:00am- 2:00pm

Underpaid and over taxed! I want my money back! Start a home-based

business and save on your income taxes

Every nine seconds a Home Based Business opens in North America. Why? Because by starting a Home-based business you can save thousands of dollars each and every year on your taxes while enjoying the freedoms and fulfillment of creating your own

exciting business venture. If you have ever considered having a home Based Business or currently own one, you will benefit enormously from this seminar! You can learn about the many amazing advantages and expand your ideas while audit proofing your taxes. Give yourself a raise!
Facilitator: Holly King
Date: Fri Oct. 27
Time: 9:00am- 2:00pm

Programme en Français

Club de dictée

Animatrice: Françoise Casset
Date: les jeudis 19 oct., 2 et 16 nov. et 14 déc.
Heure: 19 à 20:30hrs
Coût: \$10.00 pour la saison d'automne
Endroit: Salle de cours # 1

Marché du travail

Cet atelier vous informera sur la réalité du marché de l'emploi en Colombie-Britannique, vous donnera de l'information de base sur les secteurs de travail ainsi que des stratégies de recherche d'emploi.

Animatrices: Michelle O'Neill et Danielle Bernier
Date: Jeudi 19 Octobre
Heure: 19:00 à 21:00hrs
Coût: \$10.00
Endroit: Salle de cours # 1

Groupe Franco Femmes

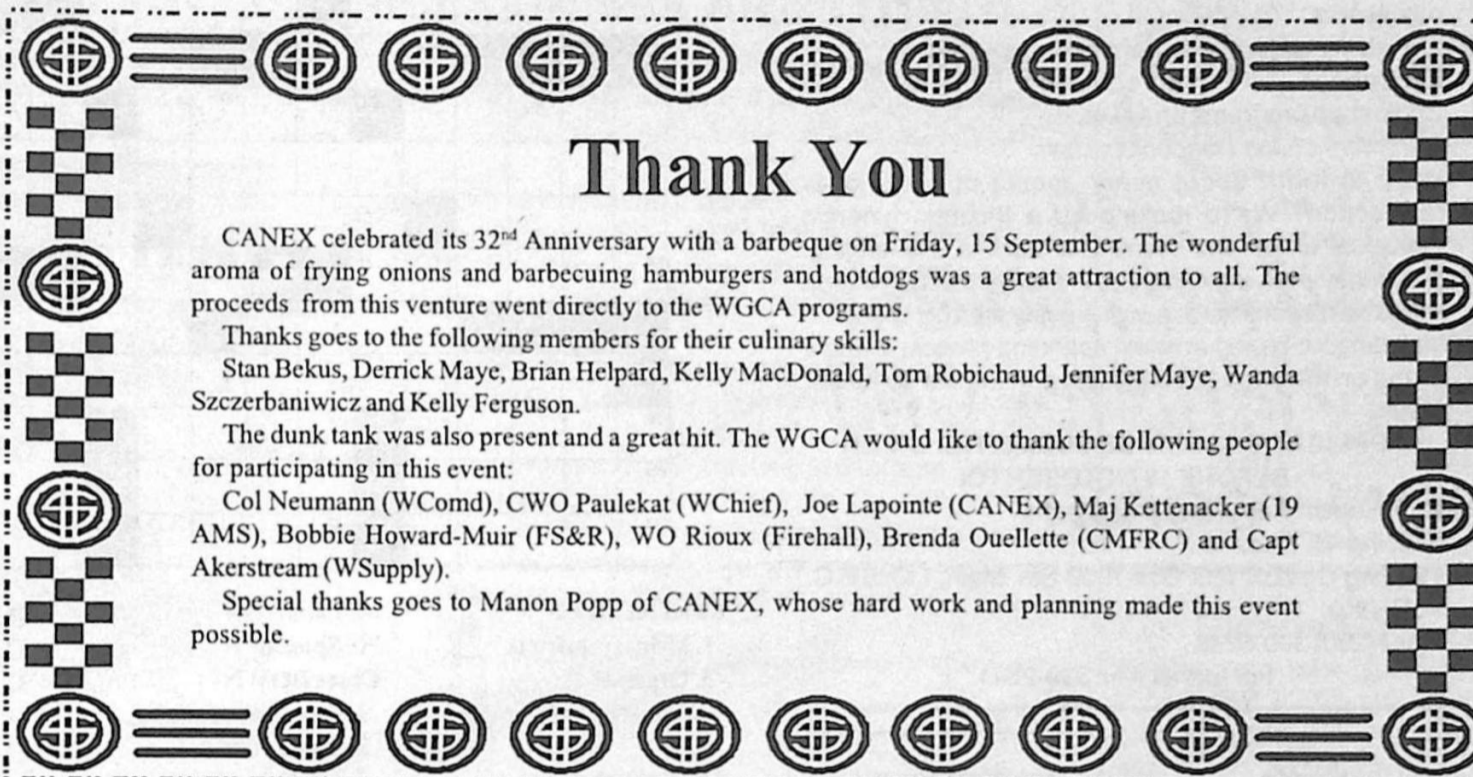
Date prévue: Jeudi 26 octobre (besoin d'idées de sorties)

Cardiovasculaire et salle de poids

(connaître le fonctionnement des machines)
Ça vous arrive à vous aussi d'aller vous entraîner sur des machines cardiovasculaires ou lever des poids et que vous ne savez pas comment elles fonctionnent ou ce que vous devez faire! Et bien cet atelier est pour vous. Un atelier de deux heures sur le fonctionnement des machines.

Animateur: Stéphane Rainville
Dates: Vendredi 27 octobre
Heure: 9:00 à 11:00hrs
Coût: \$5.00
Gardiennage: Gratuit pour celles qui utiliseront le service de gardiennes du Centre.
Endroit: Rencontre au CRFMC
Inscrivez-vous dès maintenant **maximum de 5 personnes.**

Wallace Gardens Community Association News



Thank You

CANEX celebrated its 32nd Anniversary with a barbeque on Friday, 15 September. The wonderful aroma of frying onions and barbecuing hamburgers and hotdogs was a great attraction to all. The proceeds from this venture went directly to the WGCA programs.

Thanks goes to the following members for their culinary skills:
Stan Bekus, Derrick Maye, Brian Helpard, Kelly MacDonald, Tom Robichaud, Jennifer Maye, Wanda Szczerbaniwicz and Kelly Ferguson.

The dunk tank was also present and a great hit. The WGCA would like to thank the following people for participating in this event:

Col Neumann (WComd), CWO Paulekat (WChief), Joe Lapointe (CANEX), Maj Kettenacker (19 AMS), Bobbie Howard-Muir (FS&R), WO Rioux (Firehall), Brenda Ouellette (CMFRC) and Capt Akerstream (WSupply).

Special thanks goes to Manon Popp of CANEX, whose hard work and planning made this event possible.



Halloween Colouring Contest

We are holding our annual Halloween Colouring Contest, open to all members up to 12 yrs of age. Picture entries may be picked up in the Wallace Gardens office starting Monday, 2 October and finished entries must be returned to the office by Wednesday, 25 October. First, second and third prizes will be awarded in the four age categories (0-3, 4-6, 7-9, 10-12). Winners will be announced at the Halloween Party Saturday, 28 October.

Halloween Monster Sock Hop

All you little Ghouls and Goblins are invited to attend the Monster Bash
Saturday, October 14
from 6:00 - 8:00 p.m.
in the LMPR.

Prizes for "Best" & "Worst" costumes!
Cost: .50¢/Member,
\$1.50/Non-Member
For more information, call
Carla @ 890-0672 or
Helen @ 339-5125



Teen Crafts

Sunday, 22 October
6:00 - 8:00 p.m.
Craft Room, Community Centre
Pumpkin Painting
WGCA Members - No charge,
Non-Members - \$2.00 drop in fee
Everyone must bring their own pumpkin (must be washed)
For more info, call Wanda @ 890-2061



October's Teen Dance

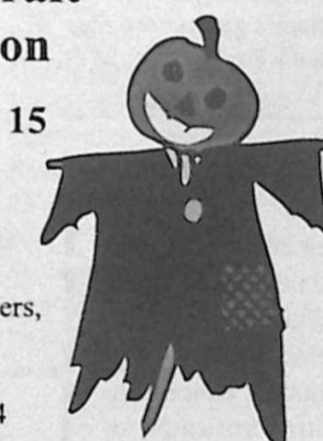
Saturday, October 21
7:00 - 11:00 p.m.
Community Centre LMPR
WGCA Members - \$1.00
Non-Members - \$4.00
For more info, call Jim/Heather @ 339-6148



Family Craft Afternoon

Sunday, October 15

Time: 1:00 - 3:00 p.m.
Place: Community Centre
Craft Room 19
Cost: .50¢/WGCA members,
\$1.50/Non-members
For more info call
Suzanne @ 338-2584



WGCA Members 12 & under are invited to attend the annual Halloween party on Saturday 28 October from 1:00 - 3:00 p.m. in the Community Centre LMPR. Activities include a "Haunted House," "Costume Parade," "Games" & "Treats." Come on out and enjoy the fun! Volunteers are required! Please contact the Town Clerk @ 339-8211 (8571).

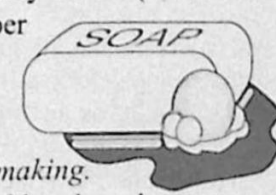
Note: Membership will be checked at the door - if you are unsure whether you are a member of the WGCA, please contact the WGCA Office Mon-Fri 0730-1200 hrs.



WGCA Ladies Craft Club

19 Wing Fitness & Community Centre (Craft Room)
Sunday Evening - 15 October
7:00 - 9:00 p.m.
Beginner's Soap Making Class
Learn the basics of soap making.
Melt and pour a variety of hand-made custom soaps.

These make great gifts for the holiday season!
***Note: You must pre-register for this class in order to attend. Call Jennifer @ 339-7183.



Household Paper Recycling

The recycle bin marked "Newspaper/Magazines" located in front of the CANEX is for newspapers and magazines only! Any household paper (i.e. envelopes/computer paper, etc.) put into this bin will contaminate the newsprint recycling. All household papers may be taken to the facility on Cumberland Road.

Thank you for your cooperation.

Fire and Safety Visitations

The 19 Wing Fire Department will be conducting Fire and Safety Visitations throughout Wallace Gardens commencing October 16. Each MQ occupant will receive notification of their scheduled visitation during Fire Prevention Week, October 8-14. All occupants are reminded that DND and CFHA Policy states that MQ occupants will receive Fire and Safety Visitations a minimum of once every four years.



Help Wanted

Production Clerk - Totem Times
3 days per issue (20 issues a year)

Qualifications:
Excellent typing and keyboarding skills.
Good working knowledge of text formatting and word processing.
The ability to learn new computer applications.
Experience with photo scanning, Pagemaker and Photoshop programs an asset.

Summary of Job Responsibilities:
Want to learn about every aspect of newspaper production? We're looking for a flexible dynamic individual to join our team.

APPLICATIONS MAY BE SUBMITTED OR BEFORE 18 OCTOBER TO:
NPF Human Resources Coordinator
Building 45, Room 5
19 Wing Comox, P.O. Box 1000 Stn. Main, Lazo, B.C. V0R 2K0
Fax: #(250) 339-8238

For further info: 339-2541

Miscellaneous for sale

Brooks Dry Suit, brand new, Sequest Regulator (Depth pressure console with compass). Complete set of diving gear. 339-0831. <1/2>

1988 Nissan King Cab with cap. New brakes/tires/exhaust. 156,000km. Very clean. 4cyl-5-speed. Very economical. Asking \$5,000. Call Rick at Loc 8849 or 337-8866. <1/2>

Older upright piano, needs tune-up. Has nice sound. \$300.00 obo. Brenda 338-1956. <1/2>

Wanted

Coleman camp stove in good condition, Loveseat clean and undamaged - either item reasonably priced. Call 338-4706 or loc. 8379. <1/2>

Cancer Society

Monthly meeting of C-V Cancer Society, 2:00 p.m. October 18 at Courtenay United Church.

Jake's Trivia Answers

- 1. Tiger Woods.
2. Ben Jones - 6.
3. Eric Heiden - 5.

COURTENAY FLIGHT CENTER YOUR FLIGHT TRAINING SPECIALIST! 338-9814

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

NI Rhodo Society Next meeting 17 October, 7:30 p.m. at Comox United Church on Comox Avenue at Beach Drive. Speaker will be Ken Gibson, Tofino rhodo fancier, talking about his tour of Scottish gardens last summer. Everyone is welcome. Gardeners willing to have their homes included in next summer's garden tour may contact Paul Wurz, 287-4301.

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

Legion Poetry, Essay & Poster Contest

The Royal Canadian Legions in the valley are holding their annual Remembrance Contest. This contest is done through local schools and Legion Branches. There are three levels: Junior, Intermediate and Senior. There are first and second place winners in each category at Branch level. These are then passed to the next level of Legion and may, if they are good enough, proceed to Dominion Command level. There are monetary awards plus certificates for each category at all levels. The contest is in conjunction with the time frames of Remembrance Day on November 11. Students wishing more information should contact a local branch of the Royal Canadian Legion or their art teacher.

COMOX VALLEY AIR FORCE MUSEUM ASSOCIATION ANNUAL GENERAL MEETING THURSDAY, 19 OCTOBER 2000

1900 HOURS in

BUILDING 11 (MUSEUM) THEATRE

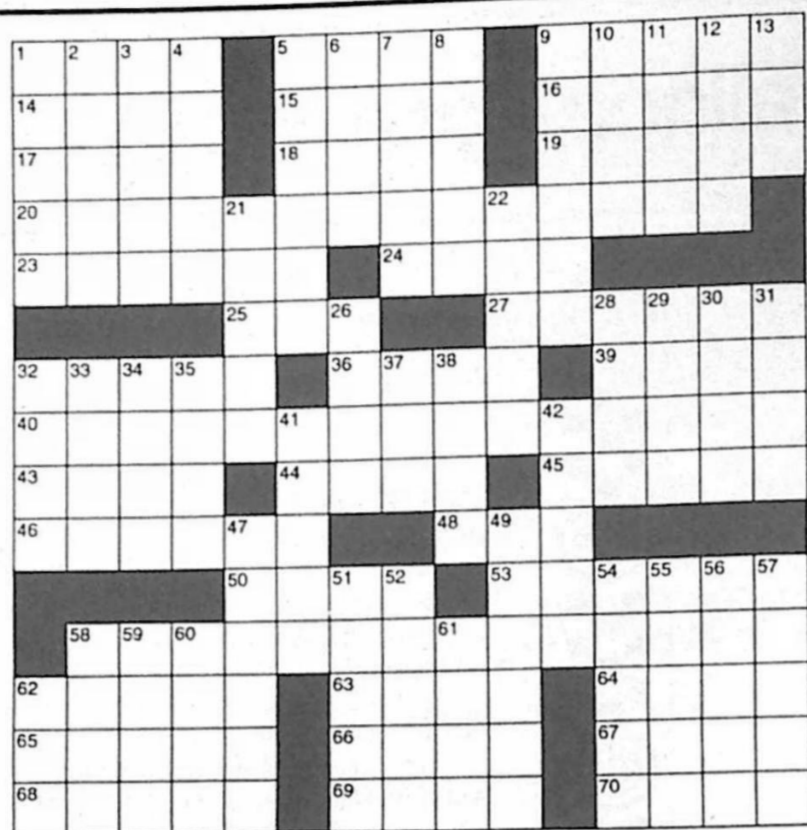
*ELECT BOARD OF DIRECTORS

*CONSIDER TWO RESOLUTIONS (DETAILS AT MUSEUM)

*RECEIVE ANNUAL DIRECTORS' REPORT

For further information, contact the Comox Air Force Museum at

(250)-339-8162

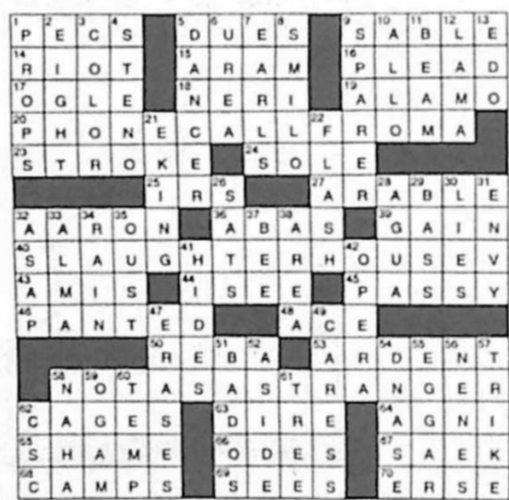


Clues ACROSS

- 1. Military quarters
5. Organist
9. The intrigue
14. "___ and out!"
15. Mollusk genus
16. ___ Walker, "The Color Purple"
17. ___ schino cherry
18. Entranceway
19. Move sideways
20. Spartan sch.
23. Chemical compound
24. Push forcefully
25. Old World, new
27. Winged fruit
32. Capital of Bangladesh
36. Wood sorrels
39. Old Irish alphabet
40. Clinton school
43. Friends (French)
44. A domed or vaulted recess
45. Green regions of desert
46. A long, noosed rope trap
48. Sino-Soviet block (abbr.)
50. Mailman's cereal brand?
53. Containerful
58. New Haven's college
62. Alan ___, U.S. folklorist
63. Spirited self-assurance
64. Small integers
65. Past (archaic)
66. Passage
67. A unit of area
68. Baked goods

Clues DOWN

- 1. Punctuation mark
2. To be of help
3. Doctors' manual
4. Prague (var.)
5. Australian parakeet
6. Buffalo
7. Descendants
8. Thicket (archaic)
9. Melon with a yellowish rind
10. Alight (var.)
11. To wait
12. Liberal rights organization
13. Filmed "Malcolm X"
21. Refers to end of small intestine
22. Torquato ___, Italian poet 1544-1595
26. Chicken's home
28. Sunfish
29. Grow older
30. Anger
31. Research labs
32. Reg. gram
33. Biblical Hamath
34. Ruler
35. Northeast China city
37. Nervous system (abbr.)
38. Expert flyers
41. Armadillo
42. About lobe
47. Celestial points
49. Smells
51. Samuel Jackson ___, U.S. golfer
52. Diacritical mark
54. Muscle
55. Ranch (Spanish)
56. Many wombs
57. Caused cell destruction
58. A Hindu exercise
59. Amuck (var.)
60. Lovers' street?
61. Futile
62. ___tose, a sugar in milk



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.

- Public Service Exam French Course 2 nights per week, 3 hours per night. Jan 8 for 19 weeks till April 6. Exact evenings to be announced.
d. 13 Nov - 15 Dec 5 week block course 0730-1530 daily (Level 1);
e. 8 Jan - 9 Feb 5 week block course 0730-1530 daily (Level 3);
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.

Chocolate Everything
Last Chance to enter our Cooking Quiz Trivia

Enter to win one of the six great new Company's Coming cook books that we have as prizes. Submit your entries to the Totem Times office. Cut-off date for entries is 19 October. All correct entries will be entered in a draw. Winners will be announced in our 26 October edition.



1. What is Velvet Lush?

- a) Elvis in a jump suit back in the seventies.
b) The honeymoon suite at a popular Las Vegas hotel.
c) A scrumptious mousse-like dessert with a cakey bottom layer.

2. How do you "curl" chocolate?

- a) Use the low setting on your curling iron.
b) Throw it down the ice, and holler, "Sweep, Sweep!"
c) Pour it on a smooth surface, let it set, then push with a scraper to form curls.

3. The recipe "Deadly Chocolate Trifle" is:

- a) So good, you may get a life sentence just for serving it!
b) What James Bond serves when he has unwanted guests.
c) A decadent brownie and chocolate mousse dessert that's great for a crowd!

4. Fat-free Chocolate Cake is:

- a) Being developed by NASA at this very moment.
b) What pigs eat when they fly through snow in July.
c) A guilt-free treat! Find it on page 46 of Chocolate Everything!

5. Ice-Cream Bombé can be remembered as:

- a) One of the battles that ended the famous banana split wars.
b) The dessert that didn't go over well at your last dinner party.
c) A picturesque dessert featuring strawberry and chocolate ice cream.

6. Who originally discovered chocolate?

- a) The Easter Bunny.
b) The Aztecs and Mayo Indians of Mexico who made a drink from cocoa beans.
c) The Choc-o-Gram delivery company, founded in 1912.

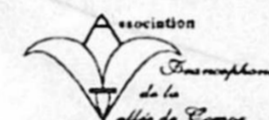
7. What is Chocolate Date Cake?

- a) The very best way to charm your sweetheart.
b) A cake recognized by its sugared nut and chocolate chip topping.
c) An aphrodisiac that puts you in the mood after one bite.

8. Which of these chocolate types really isn't chocolate at all?

- a) Bittersweet chocolate.
b) White chocolate.
c) Milk chocolate.

Name:
Address:
Phone #:



Francophone Association

Activité pour octobre

5 octobre, Club jeunesse Tutorat, devoir et lecture en français pour les 3e - 6e années.
Endroit: Association francophone
10 ateliers @ 35 = \$30.
Tous les jeudis 15h15-16h30

6 & 27 octobre, Club de dictée.
Endroit: Association francophone
105 pour 4 sessions, 19h.
11 & 25 octobre Mini Franco-Fun (bébé à 8 ans)
Endroit: Association

francophone 35 membre/3.50\$ non-membre 2 ans et moins: 25 Mercredi 15h15-16h30.
16 octobre Réseau-femmes Women's Network.
Association francophone (no cost), 10h.
26 octobre Café-rencontre - Invitée: Lise Maltais, docture en médecine naturopathique.
A l'Association - Entrée: Don. Vendredi 19h.

21 octobre, 4 & 25 nov. Ateliers de danse folklorique pour enfants offerts cet automne les samedis.
Salle polyvalente du Centre récréatif du parc Lewis. 55\$ membre/75\$ non-membre.
Samedi 10h30-14h30
26 octobre Bingo: Nous avons besoin de bénévoles pour travailler de 14h30 a 18h30.
Valley Bingo Palace Jeudi 14h30-18h30.



888 Wingnotes By Norm Blondel

Alan Scott wins again

RECOGNIZE THE SIGNS OF STROKE WHEN YOU SEE THEM.

- WEAKNESS Sudden weakness, numbness and/or tingling in the face, arm or leg.
VISION PROBLEMS Sudden loss of vision, particularly in one eye or double vision.
TROUBLE SPEAKING Temporary loss of speech or trouble understanding speech.
HEADACHES Sudden, severe and unusual headaches.
DIZZINESS Unsteadiness or sudden falls, especially with any of the above signs.

If you have any of these symptoms, call 911 or your medical emergency number immediately.

Alan Scott, our former Contrails composer and Membership Director, received a pair of nice retirement gifts last week. First, he learned that Contrails, the Wing quarterly, had received the Air Force Association of Canada's award for Best Association Bulletin of the Year for the third time in a row, and to cap many years of dedicated service to 888 Wing in many capacities, including the Wing's second Presidency, the AFA has awarded Alan its Award of Merit. With Alan ill at home, Joan Scott received the award on his behalf at the Wing General Meeting on October 4.

Another presentation - a painting by famed aviation artist John Rutherford, in memory of our recently deceased first President W/C "Irish" Ireland, DFC, was unveiled by his widow Pauline at the meeting. It was presented to 888 Wing Jim Lucas by Irish's lifelong friend and fellow Spitfire pilot in WWII, "Stocky" Edwards. Witness to the unveiling were former Spitfire pilots Duke Warren, John Mallandaine, John Pomietlarz and Bob Harmer, and President of the Western Region Fighter Pilots Association of Canada, Bill Vincent. Bill had an extra Merlin engine; he flew Mos-

quitos in the war. John Rutherford painted a Spitfire with D-Day stripes, in a European setting, for his old friend "Irish" and donated it to the Wing, a very generous gesture on the part of this former Comox aviation artist. After the presentation, Duke Warren cracked: "Get a good look at these guys; we're an endangered species!" Duke, who has been unofficial Padre to 888 Wing since the beginning, was officially appointed to the position at the meeting. Charivari: There's a Diner Cabaret coming up, featuring Wing talent. Auditions will be held November 5, at the Wing (see Contrails



Royal Canadian Legion

Branch 17 Courtenay (334-4322)

Dance: every Friday evening, 8:00 p.m.
Oct 13 Switchback
Oct 20 Alley Cats
Oct 27 Double Play

Special Events:
15 Oct Oktoberfest
22 Oct Vets' Luncheon
27 Oct Halloween Dance

Branch 28 Cumberland (336-2361)

Every Tuesday, Bingo 7:00 p.m.

(Hall rental: non-members \$75, members \$50, kitchen use \$25.)

Garage Sale - 15 October

An indoor garage sale is planned from 10:00 a.m.-2:00 p.m. at the Legion Hall, 2770 Dunsmuir Avenue, Cumberland. Come and enjoy the afternoon with us. Find many bargains. Lounge will be open for refreshments. All proceeds towards supporting our Legion.

If you have any items to donate, please drop them off at the Legion 2:00-7:00 p.m. Wednesday and Friday and 12:30 p.m. to closing on Saturday.

For more info phone 336-2361

Branch 160 Comox (339-2022)

Mondays...Ladies Auxiliary Drop-in Bingo (Upper Hall doors open 6:30 p.m., Bingo 7:00 p.m.)
2nd Thurs each month LA General Meeting 7:30 p.m.
3rd Thurs each month LA Soup & Sandwich \$5.00 11:30 a.m. - 1:30 p.m.

Friday Night Dances 8-12 p.m.

Oct 13 Oktoberfest Dinner & Dance Upper Hall, \$5.00 per person. Band - Gord & Friends
Oct 20 Island Country
Oct 27 Moon Shadow

NOTE: General Meeting Thurs 19 Oct, 7:30 p.m. For more info, call Branch office Mon-Fri at 339-2202

888 (KOMOX) RCAF WING



Air Force Association of Canada Calendar of Events

Friday Night PUB GRUB! \$4.00 each. 5:30-6:30 p.m.
Menu & entertainment changes weekly!

Special Events
Sunday 15 Oct Birthday Bash, 3 p.m. Free
Saturday 21 Oct Oktoberfest, 6 for 7 p.m. \$12.50
REGULAR FORCE MEMBERS ALWAYS WELCOME!!!

Bar Hours:
Sun 1200-1800
Mon *Closed, except on holiday Mondays when open 1200-1800
Tues & Weds 1200-1800
Thurs, Fri & Sat 1200-0100
(Bar could be closed at 9:00 p.m. if no customers.)

for more details). Now, who is it that can recite "Sam, Sam, pick up thy musket!" Maybe Bert Linder will plink his ukulele. Al Hampshire, who excels at a lot of things, is our new Bingo Chairman. This is the charity side of 888 Wing operations, where we raise money for 386 RCAC (Air Cadets) and a number of other good causes. "Mo" Morrison, who has run the Bingos for more years than I can remember, is taking a well-deserved holiday down south. Mo is a former Wing President. He received an accolade from the members at the meeting. Betty Graham is our new Membership Director,

taking over from Alan Scott. Betty reported Wing membership at 531, down a few from last year. There have been transfers, but it's not too late for people to renew their memberships. We're open to regular and reserve force personnel too. Now we're open on Tuesdays, we offer a nice place to meet your friends in an atmosphere of conviviality six days out of seven. Darts, cribbage, a good library and free video loans to members are but a few of the good things on offer at 888 Wing. Look us over... We're on-line now-give us your e-mail address in the book on the information desk.



Finn Bits

Four down, one to go

Come end of October, a fourth unit currently nearing completion by CE will be ready to receive single staffers at the new motel-type complex by the Arena. If practice makes perfect, the new unit, though in outward appearance identical to the others, will be of superior quality. Due to funding constraints, the construction of a fifth and final unit is unlikely to commence until next fiscal year.

"Size of crew have of necessity varied," explains carpenter Dave Gallagher, Project Foreman when the first couple of units went up, "but, on average, it has consisted of four civilians and two or three members of the Airfield Engineering Flight (AEF). Things have gone pretty smoothly. We are on schedule."



CE carpenter Dave Gallagher.



CE painter Ken MacKenzie worked up too much of a sweat.

CE-built Quality Shelters

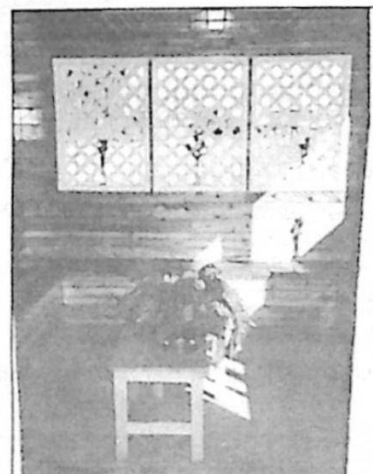


Officers' Mess environmental shelter exterior...

Provided by the Quality of Life funds, environmental shelters – or air annexes – now in the process of being completed by CE, visibly qualify as quality structures. Eminently suited to their purpose, the one completed at the Officers' Mess has had its interior enhanced by artificial flowers in trellised window, while greenery on a small table lends atmosphere to a room already made rustically cozy by the use of varnished cedar.

Currently under construction are the shelters at either end of Combined Mess, the one at the Sr NCOs awaiting reinforcements of the decks, the one by Jr Ranks in the process of having cedar put on the walls.

CE staffers who have worked, or are still working on the project include, among others from the Structural Team, Charles Turner,



...and interior.

Jan Christensen, Lance Callera, Steve Darvault, Mike Power and Louis Smith. The latter, using exterior Marine varnish, gave a gloss to the finished product.

"It'll last forever," Louis Smith says. Quality!



Almost completed single quarters unit, fourth of a planned five.

Safety Honours

The recent visit to 19 Wing by Michael Braham, Director Safe General (D Saf G), NDHQ Ottawa, saw honours bestowed on CE's UGSO, Glen Hendry, and Sgt Jim May, AEF, for their continued efforts towards the AEF Safety Board, earning once again first place in NAOSH week awards.

D Safe G Braham told the gathering that he had come expressly to thank the Safety teams for extremely competent work. He had been most impressed by the NAOSH week activities, and thought 19 Wing's safety programs first-class.



Flanked by W Adm O, LCol Gary Reaume, and Michael Braham, D Saf G, NDHQ, Sgt May holds the AEF plaque while Glen Hendry shows the certificate accompanying the safety award.

Mural decorates CE

Had Ian Murray lived a few centuries earlier, and in Rome, Michelangelo might have found himself unemployed. Michelangelo's good fortune is equally CE's, for Ian – working part-time for the SAR people – in co-operation with Bev Buchan, of CE, has wrought a mural of intricate pattern incorporating symbols for two of CE's elements, WFH (a crash truck) and AEF (centrally placed BEAVER). Also included are many of the tools and much of the equipment used by the third element of WCE Flight, CE Ops – from Design's callipers to Electrical Team's pliers and Structural's hammer and saw; from the lawn mowers of Airfield & Works Team to the 'Gates of Plumbing & Heating (and just about any other shop or team).

The mural, located at B109, CE's main building, was completed after-hours by Ian Murray and Bev Buchan over a period of two weeks.



CE's Bev Buchan admires the mural.



Comox Air Force Museum

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