



TOTEM TIMES

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19 Wing CFB Comox

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THURSDAY 23 NOVEMBER 2000

Comox Valley's Longest Running Newspaper

VOL. 42 NO. 19

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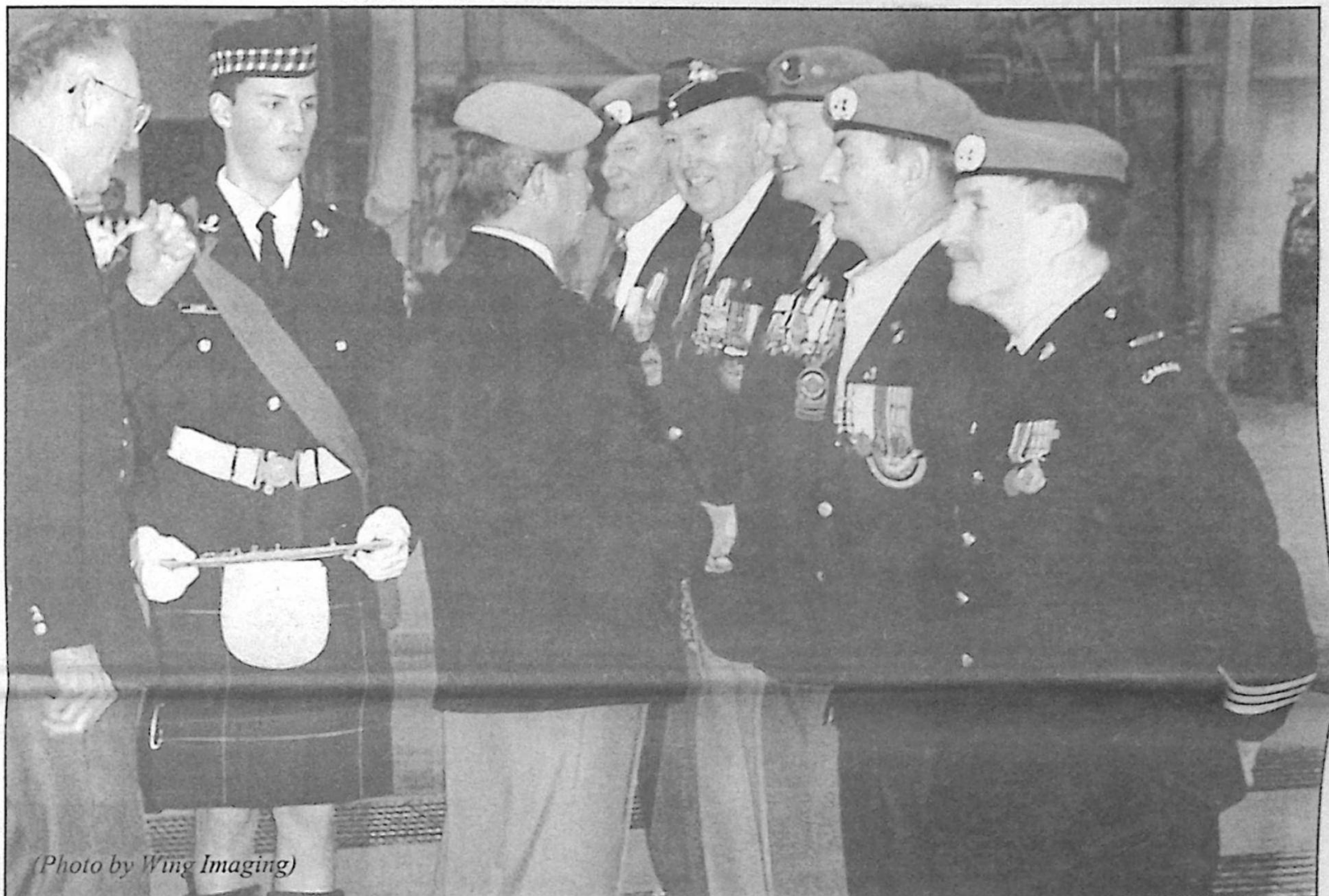
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Local Peacekeepers honoured



(Photo by Wing Imaging)

Hundreds of friends family and spectators were on hand at the Canadian Peacekeeping Service Medal parade Sunday 19 Nov at CFB Comox's Wash Hangar to see over 120 retired Regular Force, Reserve and RCMP peacekeepers from the Comox Valley and the northern part of Vancouver Island receive their medals. Currently serving members of the Regular Force shall receive their medals in a separate parade at a later date.

General (ret'd) Brian Vernon of Comox was the reviewing officer and Colonel (ret'd) John Frazer, who initiated the bill to create the Canadian Peacekeeping Service Medal, was the Guest of Honour. Approximately 70 school children from three local elementary schools sang. They were accom-

panied by the Naden Band of Maritime Forces Pacific.

In 1988, the prestigious Nobel Peace Prize was awarded to the United Nations Peacekeepers in recognition of their collective efforts in the cause of peace.

This inspired the creation of the Canadian Peacekeeping Service Medal to recognize all Canadians who contributed to peace on specific missions, including serving and former members of the Canadian Forces, members of the Royal Canadian Mounted Police and other police services, and Canadian civilians.

Local peacekeepers are just a few of the 125,000 Canadians who have served in peacekeeping missions over the past 53 years. Similar ceremonies have been con-

ducted across the country in recent months.

The Medal

The Medal's obverse features the three Canadian Peacekeeper figures that top the Peacekeeping Monument in Ottawa. One is an unarmed United Nations Military Observer, the second, a woman, shoulders a radio, and the third stands guard with a rifle. Above them flies the dove, the international symbol of peace. One side of the medal bears the inscription **PEACEKEEPING SERVICE DE LA PAIX**, together with two maple leaves. The reverse side has the cipher of Her Majesty the Queen on a maple leaf surrounded by two sprigs of laurel and the word **CANADA**.

The Ribbon

The Medal's ribbon consists of four colours: green, red, white, and United Nations blue. Green represents volunteerism; red and white are the colours of Canada's flag; white and blue represent the colour of the United Nations Flag, under whose auspices the majority of peacekeeping missions have taken place since 1947.

Red and white carry additional meaning: white is associated with purity and thus peacekeeping, which is one of humankind's highest ideals. Red is symbolic of the blood shed by Canada's 113 peacekeepers who have fallen in service to their country while on peacekeeping and observer missions.



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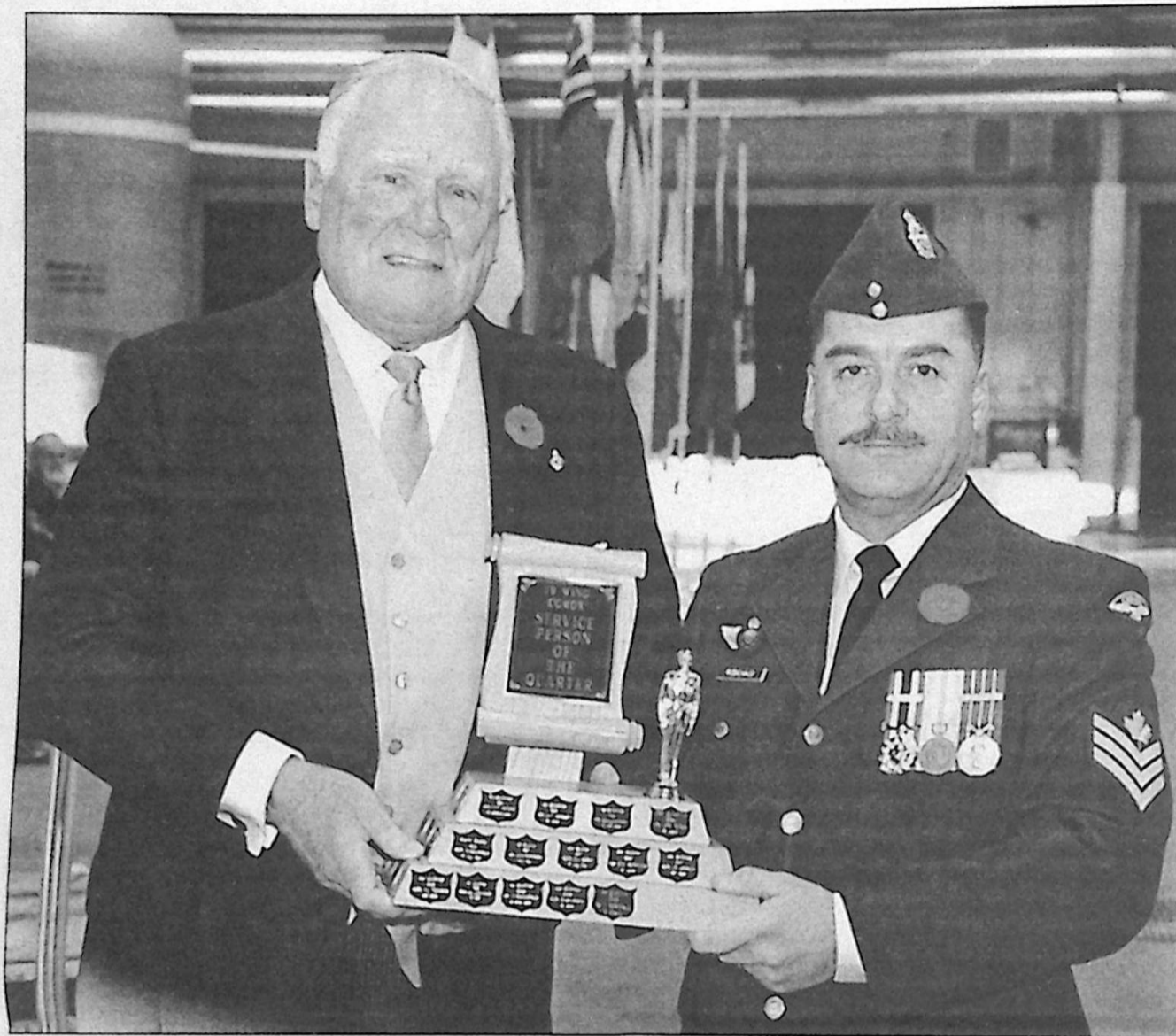
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19 Wing Awards Service Person of the Quarter

Those who know Sgt Tom Robichaud will swear he's been cloned. The Wing Chief's assistant and newest Service Person of the Quarter is in so many places at once, it's hard to believe there's only one of him. Whether it's helping coordinate the CDS visit, setting up the Battle of Britain parade, or assisting the RCMP with a last-minute memorial service for a deceased member, Sgt Robichaud is there.

"He's a tremendous asset for the Wing," says Wing Chief Warrant Officer Kurt Paulekat. "When we have an important event, he's the first one there setting up and the last one to go home. It would be hard to find a more dedicated service member."

When not running around organizing Wing events, Sgt Robichaud can be found supporting the local community as a member of the Knights of Columbus, or helping military families as the newly-appointed Deputy Mayor of Wallace Gardens. "Community-minded people like Tom are the backbone of this Wing."



Lt Governor Garde Gardom presents Service Person of the Quarter Award to Sgt Robichaud.

says 19 Wing Commander Col Bill Neumann. "This recognition is richly deserved."

His military bearing and parade-ground precision betray previous Army service. After joining the 3rd Battalion, Royal Canadian Regiment, in 1975, the New Brunswick native served in Baden, Germany and Ismailia, Egypt, before returning to Canada in 1977. Once back on home soil, Sgt Robichaud spent a year with the 2nd Airborne Commando in Petawawa, followed by four years with 2 RCR in Gagetown, before retraining to Air Defence Technician in 1981.

As an Air Defence Technician, Sgt Robichaud served in St. Margarets, N.B., and at NORAD Region Headquarters in North Bay, Ont., before coming to 19 Wing in 1996 and assuming his present appointment as Assistant to the Wing Chief. His trade was recently amalgamated into Aerospace Control Operator, his current occupation.

Sgt Robichaud is married to Debbie and has one son, Matthew.

Governor General's Commendation

Private David Talbot was presented a Governor General's Commendation by the Lieutenant Governor of British Columbia, Garde B. Gardom, in a ceremony at 19 Wing November 10. The commendation comes in light of Pte Talbot's actions early Christmas morning, 1996.

While walking in his hometown of Elliot Lake, Ontario, Pte Talbot was approached by a young boy who, fearing for his mother's safety, had run barefoot

into the minus 25 Celcius night to seek help. With little regard for his own safety, Pte Talbot picked the boy up and entered the residence, where he observed a man continuing to assault the boy's mother. Despite the fact the assailant had been drinking heavily and was belligerent and irrational, Pte Talbot was able to stop the assault and remove him from the residence, holding him there until police arrived.

The mother was taken to

hospital and underwent extensive surgery to repair her broken jaw. The assailant was charged and convicted of assault causing bodily harm and sentenced to one year in prison. Pte Talbot's actions to protect the boy and his mother prevented a potentially life-threatening situation from becoming even worse. The Governor General's commendation cites Pte Talbot's selfless and heroic actions in ending a serious domestic violence situation.



Pte David Talbot receives a Governor General's Commendation from Lt Governor Garde Gardom.

Guard Person of the Year

A valued and respected member of the 19 Wing Honour Guard, MCpl Tuohy has demonstrated outstanding enthusiasm and commitment in all facets of Honour Guard duties. He has professionally represented the Wing and the Canadian Forces in this capacity on many memorable occasions within our community. A dynamic individual with a positive demeanour, MCpl Tuohy has assumed a leadership role within the Guard by establishing a standard of excellence for fellow Guard members to emulate. His highly cooperative attitude and ethical conduct fully reflect the core values of the Canadian Forces. As such, MCpl Tuohy has distinguished himself as the 19 Wing Honour Guard Person of the Year 1999 - 2000.

Lt Governor Garde Gardom presents Honour Guard Person of the Year Trophy to MCpl Tuohy.



BEHOLD THE POWER OF WATER.

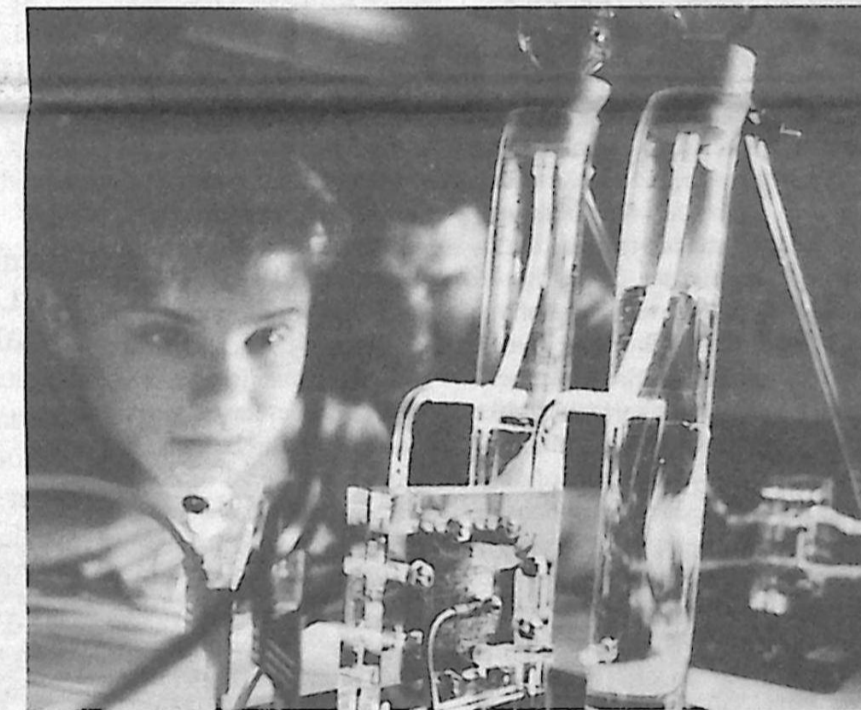
Imagine a vehicle powered by hydrogen, whose only exhaust is pure water instead of harmful emissions and greenhouse gases. This is what hydrogen technology will soon offer.

Of course, the true environmental impact of hydrogen vehicles depends on how the hydrogen is produced.

The cleanest method

is to separate water into hydrogen and oxygen using electricity generated from renewable resources. That's why BC Hydro

is working on strategies to produce hydrogen for zero emission vehicles.



there will be even greater demand for electricity to produce hydrogen. That's why we're now looking into clean, green, renewable



Zero emission hydrogen vehicles are now a reality.

sources of electricity, that include wind power, biomass and micro hydro turbines to meet BC's growing demand.

We're also researching the viability of distributed fuel cell generators to increase the reliability of electricity supply for homes and businesses.

As vehicles and generators fueled by hydrogen are more widely embraced,

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EDITORIAL



I have to admit I didn't really think anything would come of our plea for help with our archives and missing back issues. I didn't think anyone out there had kept copies of the base paper for all these years. Maybe if there was some family significance they would keep an article but not a whole issue.

But, lo and behold, somebody came into the office this week with an issue from the early 1960's in pristine condition. As best they could tell, someone took the paper into the attic with them during a smoke break and there it remained for these 30+ years. Why it was never discovered before now and destroyed, we'll never know.

I'm sorry now I didn't get the gentleman's name and unit. I haven't been doing this long enough to recognize a good story when it presents itself unexpectedly but he did mention that the folks at work got a good laugh at the prices in the advertisements back then. Regardless, to that gentleman, thank-you again for bringing that issue to us.

For skeptics like me, you never know what you can get accomplished when you ask for a little help from the greater community.

Bev Wolf



"CLOSED PATIOS" FIND OTHER USES!

CF will now pay to mount medals

By Buzz Bourdon

D-News. Members of the Canadian Forces can now have their medals court mounted at public expense. Court mounting means sewing medals onto a stiff backing, rather than letting them swing freely, or loose. Both methods are correct and appropriate.

The operational tempo of the past decade has resulted in CF members being awarded medals at an accelerated frequency, leading to significant personal expense when it comes time to have yet another medal mounted.

Effective the end of October, members can fill out a locally-produced proforma, named the CF Medal Entitlement Record, when they are awarded a new medal.

After approval by the member's commanding officer, the base supply unit will then arrange for the court mounting to be done locally.

Members also have the option of having the work done first, then submitting a claim to be reimbursed. The government will pay up to \$8 per medal.

"Provision of this funding is a minor but important quality of life gesture to recognize the service of CF members," said Joanna Calder, a communications advisor at DGPA.

However, the plan is not retroactive, which means that members can only apply for it when they are awarded a medal in the future. For miniature medal groups, people will still have to pay with their own money.

Over the next five years, the CF will spend about \$4,731,100 to pay for the plan.

For Corporal J.M. Charette, an operating room technician stationed in Ottawa, the plan is a good idea. He wears six medals, including the Canadian Forces Decoration awarded to him in February and the Medal of Bravery, given to him for his bravery in Somalia on February 17, 1993.

"People's medals need to be properly mounted and displayed and this will save us a lot of money," said Cpl Charette, who joined the CF in 1987. When he gets his Canadian Peacekeeping Service Medal sometime in the future, Cpl. Charette will have to get his medals court mounted all over again.

Joe Drouin, a retired chief warrant officer who served in the Royal Canadian Army Service Corps and the CF Logistics Branch from 1958-92, is one of the many entrepreneurs in Canada who mounts medals.

Based in Gatineau, Que., across the river from Ot-

tawa, Mr. Drouin said his company, Joe Drouin Enterprises Ltd., has mounted a few thousand medals since Drouin founded it in 1993.

"During my military career, I mounted medals as a hobby. [Now] my goal is to court mount people's medals to a high standard so that they are proud to wear them on parade," he said.

To court mount three or four medals takes about 30-45 minutes, according to Shirley Samson, one of Mr. Drouin's four employees. Her husband, supply technician Warrant Officer Mike Samson, works in Hull.

She takes a piece of cardboard, glues the ribbons of each medal to it in proper sequence and then attaches the medal. Nylon fishing line holds each medal tightly to the cardboard.

Mr. Drouin stocks the ribbons of just about every medal currently awarded by Canada, Belgium, NATO, France, Australia, the United Kingdom, the Netherlands and the United States, as well as medals no longer actively awarded. He also sells and mounts miniature medals.

A special order filled not long ago by Mr. Drouin was for Air Commodore Len Birchall of Kingston, Ont., popularly known as the Saviour of Ceylon since the

Second World War. Flying his Catalina flying boat on patrol, Mr. Birchall spotted a Japanese fleet steaming to attack Ceylon. He managed to get off a radio message warning of the invasion before being shot down and spending the rest of the war as a prisoner of the Japanese.

Mr. Birchall is also well known for holding five bars to his Canadian Forces Decoration, initially awarded for 12 years of good conduct. Each bar represents an additional ten years service, for 62 years in all for Mr. Birchall, who is honorary colonel of CFB Greenwood's 413 (Transport & Rescue) Squadron.

"For [Mr. Birchall's] ribbon set for his shirts, I had to get the rosettes specially made smaller to fit the ribbon," said Mr. Drouin proudly.

Mr. Drouin said he expects a lot of business from people awarded the new Canadian Peacekeeping Service Medal, first issued in October. About 125,000 will be awarded over the next four years.

"Canadians living in France, the United Kingdom and Europe are sending us their medal groups to get the CPSM added to [them]. It'll be a lot of groups."



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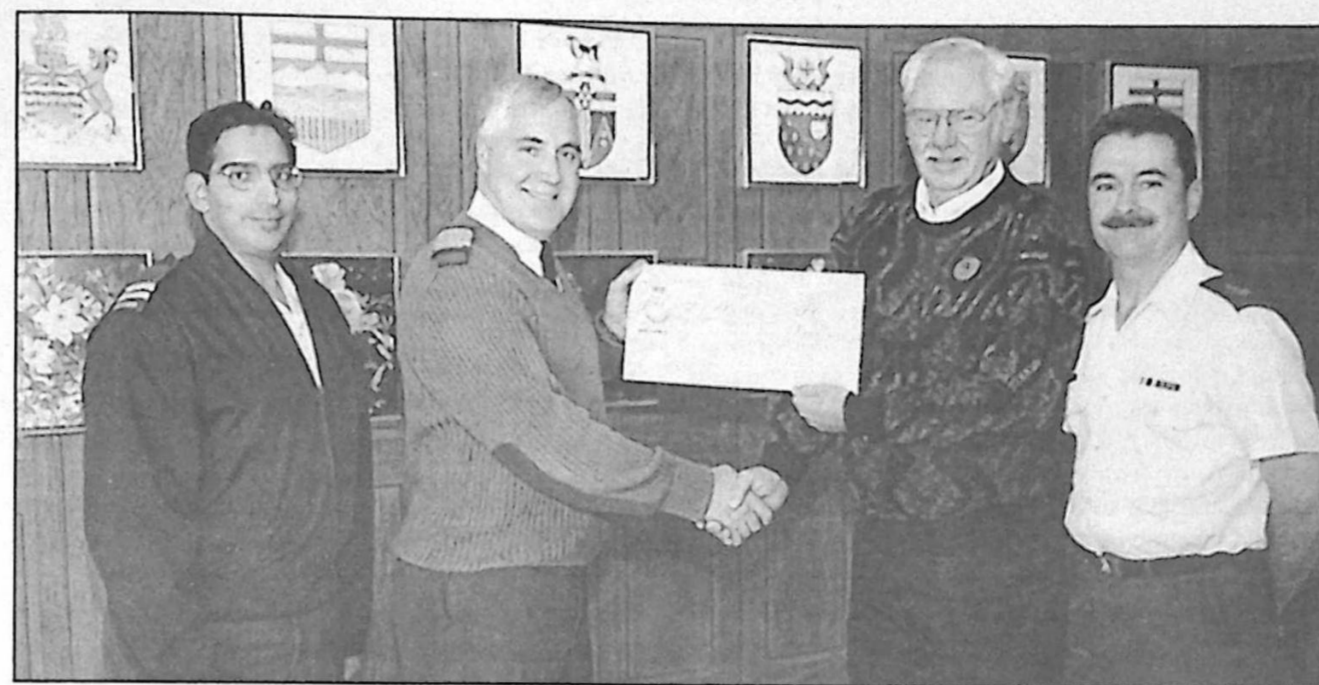
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19 Wing presents an impressive \$22,157 to United Way



Congratulations 19 Wing! Once again you have stepped forward to assist those less fortunate in our community. Through your generous contributions, the 19 Wing United Way Goal of \$18,500 was surpassed and I had the privilege of presenting a cheque for \$22,157 to the Comox Valley United Way President Don Jellie on your behalf. A special thanks to Capt Bhaiwala, MCpl Labreque, the section reps and all of you for your enthusiasm and generosity. Well Done!

Colonel W. J. Neumann

412 Sqn pilot becomes first woman Snowbird

By Capt Andy Coxhead, 8 Wing Public Affairs Officer

8 Wing Trenton (17 Nov): Captain Maryse Carmichael, a Challenger pilot with 412 Squadron in Ottawa, has been selected as one of the Snowbirds newest pilots and the first woman ever to perform on Canada's National Aerobatic Team.

"I think it's a great thing for the CF and Canada," said Capt Andy Cook,

Snowbirds Team Coordinator and No.11 Pilot. "We didn't select her because she is a female, we selected her because she is the best pilot for the job."

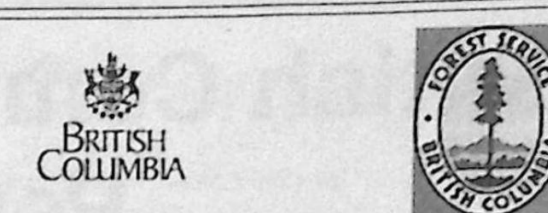
Carmichael was one of three pilots to try out for two positions on the team. Prerequisites for trying out included a minimum of 1000 hours jet time as well as be-

ing a volunteer. "Snowbird tryouts are extremely demanding. The try out phase focuses on two types of flying," said Cook. "Close formation and low level solo aerobatics."

According to Cook, the training is both physically and emotionally challenging. The emotional challenge is in the form of self-

imposed pressure to fulfill one's dream of being a Snowbird.

Carmichael has been assigned the position of No. 3 Pilot, Inner Left Wing. She has already commenced training for the 2001 show season and will continue to fly three times a day, five days a week, until the season commences next April.



Higher Level Plan To Be Established Within The Area Covered By The Vancouver Island Land Use Plan

Notice is hereby given that, pursuant to section 3 of the Forest Practices Code of British Columbia Act (Code), resource management zones and associated objectives are to be legally established within the area covered by the Vancouver Island Land Use Plan.

The Higher Level Plan order makes key objectives in the Vancouver Island Land Use Plan relating to forest practices binding under the Code. The order will take effect on December 1, 2000 and will become legally binding upon operational plans under the Code on April 1, 2001.

A copy of the proposed order was made available for public review and comment earlier this year. Copies of the final order, including maps showing the boundaries of the resource management zones, as well as a 'Summary of Revisions' documenting the changes made to the zones or objectives as a result of the public review and comment, are available at the following offices:

Vancouver Forest Region
 2100 Labieux Road, Nanaimo, BC, V9T 6E9
 (250) 751-7001

South Island Forest District
 4885 Cherry Creek Road, Port Alberni, BC, V9Y 8E9
 (250) 731-3000

BC Access Center
 5785 Duncan Street, Duncan, BC, V9L 5G2
 (250) 746-1400

Campbell River Forest District
 370 S. Dogwood Street, Campbell River, BC, V9W 6Y7
 (250) 286-9300

Port McNeill Forest Dist.
 2217 Mine Road, Port McNeill, BC V0N 2R0
 (250) 956-5000

Ministry of Forests Communications Branch
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For more information please visit the Ministry of Forests website at <http://www.gov.bc.ca/for/>

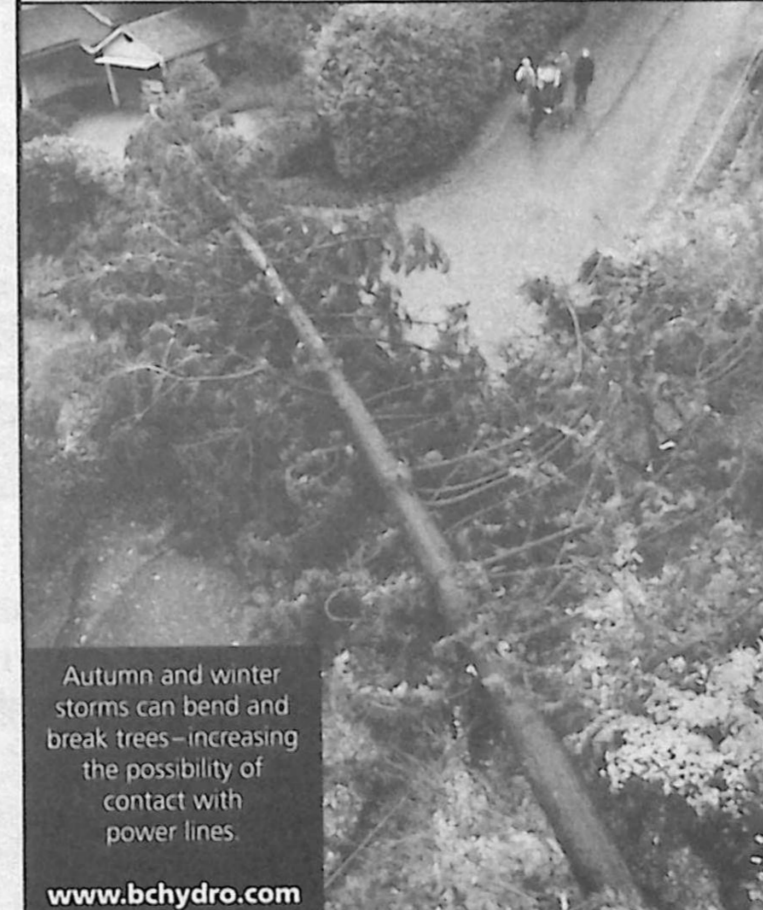
LETTERS TO THE EDITOR

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.

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British Commonwealth Air Training Plan Pennant Presentation

On Friday November 10, Lt Governor Garde presented a pennant to 19 Wing Comox in honour of its participation in the British Commonwealth Air Training Plan.

History of the BCATP

The eve of the Second World War found allied nations ill prepared to counter the might of the Third Reich. Governments had been slow to acknowledge the threat posed by Nazi Germany, and peacetime

forces had been allowed to languish. In 1939, the Royal Canadian Air Force consisted of a mere 4,000 officers and airmen. That year, they trained just 45 pilots.

On December 7, 1939, following a proposal by Vincent Massey, Canada's High Commissioner to Britain, and his Australian counterpart Stanley Bruce, Canada, Australia, New Zealand and the United Kingdom signed the British Commonwealth Air Training Plan, an ambitious plan

to turn Canada into an aircrew-training ground.

The government immediately pressed Canada's 17 civilian flying schools into service. They would provide elementary flying training, while a group of commercial and bush pilots would train observers.

Within the span of just four months, airfields were carved from forests, towns sprang up from frozen plains, and Canadians suddenly found themselves in a cosmopolitan blend as young men from Belgium,

Poland, New Zealand, France, Norway, Czechoslovakia, Australia and the UK flooded in.

At its peak, the BCATP graduated 3,000 students each month from across its 97 schools. When the plan ended in March 1945, it had produced nearly 50,000 pilots, 30,000 navigators, over 18,000 wireless operators, 15,000 bombardiers, 15,000 air gunners and nearly 2,000 flight engineers.

The production of 131,000 trained aircrew is

said to have been a major contributing factor to winning air superiority in Europe, and ranks as perhaps Canada's greatest contribution to victory, in the Second World War.

BCATP comes to Comox

Shortly after its formation from No.1 Torpedo Training School in August 1941, No.32 OTU (RAF) moved from Cheshire, England, to Patricia Bay, BC, part of the BCATP.

No.32 OTU initially

aimed to train torpedo bomber crews, but in December 1943 it began training transport crews.

Although the Dakota was the primary training aircraft, No.32 also flew Harvards, Ansons, Expeditors and Liberators.

Heavy traffic in the Pat Bay area required a new location and the unit came to Comox the next May. The unit became No.6 (RCAF) OTU in June 1944 and was disbanded in 1946 after training 542 crews.



As the representative in British Columbia of Her Majesty The Queen of Canada, I am most pleased to extend my congratulations to the 19 Wing CFB Comox upon being awarded the British Commonwealth Air Training Plan Pennant.

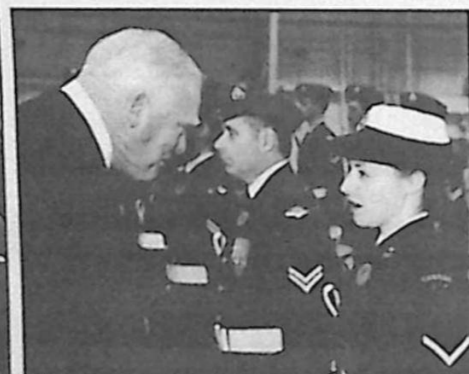
On May 1st 1943 RCAF Comox was formed to provide increased air support for our West Coast. The unit next joined, and is part of, the historic legacy of training some 131,000 aircrew - all instrumental in gaining air superiority in Europe during World War II.

This mark of distinction is granted to 19 Wing CFB Comox for its contribution to victory as part of the British Commonwealth Air Training Plan.

My congratulations and commendation to you upon these outstanding accomplishments. And, every good wish for the future.



Garde B. Gardom, Q.C. Lieutenant-Governor



Photos by Wing Imaging



386 (Komox) Sqn. RCAC Band under Band Director, Mrs. Joanne Politis, entertained Lieutenant-Governor and Mrs. Gardom on November 10.



Remembrance Day Ceremonies

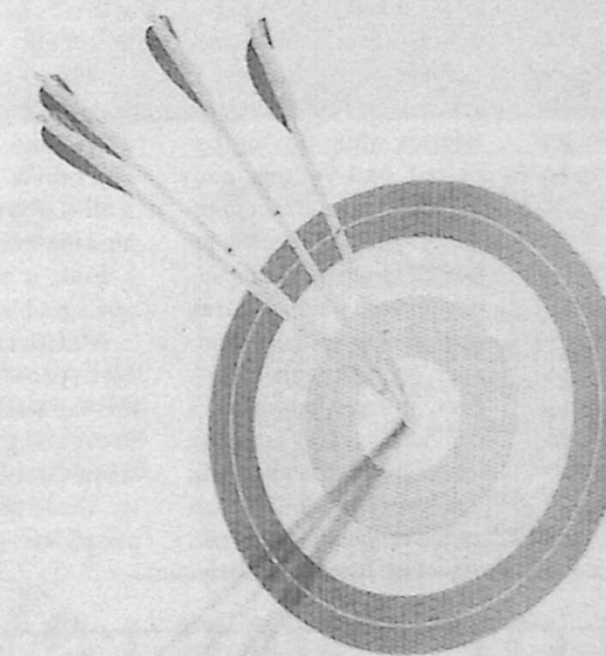
19 Wing members participated in ceremonies held at cenotaphs and cairns throughout the Comox Valley on November 11. British Columbia Lieutenant-Governor Garde Gardom and WComd Col W.J. Neumann laid wreaths at the cairn in front of Courtenay City Hall.



Photos by Wing Imaging

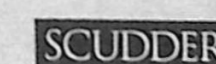
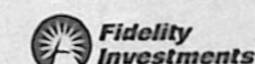
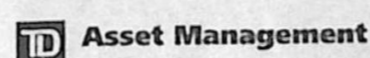
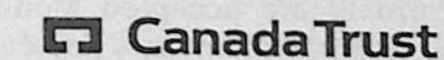
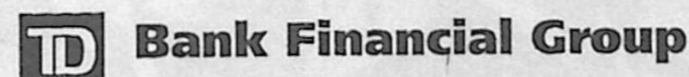


STRATEGIC deployment



As the official Canadian Forces group retirement plan, the Service Savings Plan has always been a smart investment strategy. And now we've made it even better, with over 80 investment options. You can select quality brand name mutual funds from recognized names like TD Asset Management, Fidelity, Guardian, Scudder, Mackenzie and Trimark. With the Service Savings Plan, you have all the flexibility you need to hit your financial targets.

This specially negotiated plan, available to regular and reserve members, has no commissions and low management fees which means more of your money will be working for you. Plus, you'll have secure Internet access to your account - buy, sell and transfer investments from anywhere in the world. For more information, visit the Service Savings Plan web site at www.canadatrust.com/serviceplan.html or call us at: 1-888-363-7526.



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MSE Safety

Safe Driving Week

Safe Driving Week is promoted Canada-wide during the week of 1-7 December by the Canada Safety Council, and it is sponsored by MSE Safety at 19 Wing Comox. Some of the activities planned for the week by MSE Safety include increased patrols of the Wing, setting up an information booth at the Canex, as well as handing out various prizes. There will be additional rewards at the conclusion of the week in recognition of those applying good driving habits and knowledge. A quiz will be at the Canex booth, which will relate to this year's theme. We will also be conducting a Defensive Driving Course for dependents. The course will be held in Building 22, Classroom 1 (ABATS) on December 5 and 6, from 18:00 to 21:00 hours. For more information, please contact us at loc 8983 or 8974.

Reality Check: Knowledge and Perceptions of Canada's Impaired Driving Law

This is the theme of Safe Driving Week 2000. While many Canadians know the limits and generally avoid driving while impaired, many do not know the penalties.

In June of 1999, Parliament ratified a change to the Criminal Code of Canada, allowing a maximum sentence of life imprisonment for impaired driving causing death. The minimum fine for first time offenders was increased from \$300 to \$600, with a one-year driving suspension, up from the previous three-month suspension. Impaired drivers with three or more convictions will find their licenses suspended indefinitely.

It is worth noting, along with these new sentences, that impaired driving has the highest conviction rate (75% of charges result in conviction). Once you have been convicted of an impaired driving or any related impaired charge, you get a criminal record that follows you the rest of your life. Not only do potential employers have access to criminal records, so do customs agents, insurance agents, and the general public (if your name is published in the paper).

So you have to ask yourself if the cost of a cab is

really that expensive. If you still think it is, please consider the following: along with the cost of the fine, there are other costs that make fines seem small by comparison. For example, entering a guilty plea will cost you from \$1,000 to \$10,000 or more, depending on the circumstances. While your license is suspended, you still have to make your way to work, and because you cannot drive you either have to take public transportation or find a ride. If your job requires you to drive, you may have to find a new job but, because you have been convicted, finding a job may not be so easy.

Once that has been straightened out and you are again driving and need to get insurance, you will see a rise in your premiums. If you received any damage or injuries while driving impaired, and you are convicted, your insurance company will not cover the related expenses. Your partner/spouse and children may also have their insurance premiums increased. Plus, in most provinces a conviction leaves you open to a negligence lawsuit, and the courts in Canada can award very high settlements to victims of impaired driv-

ers. To give you a little more perspective on the numbers of convictions, in 1996 there were 87,337 cases of impaired driving over the legal BAC (blood alcohol count), or 13% of all criminal charges. These charges resulted in 14,118 prison terms, of an average of 21 days.

If the financial threat is not enough to deter a person from drinking and driving, consider the following statistics. In 1998, 3382 drinking drivers were involved in serious injury crashes, 986 people were killed in crashes involving drunk drivers, 40% of all fatally injured drivers had some alcohol in their bloodstream, and almost 60% had a BAC close to twice the legal limit.

But the solution is simple...If you drink, don't drive, and if you drive, don't drink. The reality of it all is if someone gets behind the wheel after having a drink, it becomes everyone's problem.

MSE Safety urges you to act responsibly, not only by driving safely, but also by preventing family and friends from getting a reality check on the new impaired laws the hard way.



Cop's Corner

D.A.R.E. Program comes to Airport Schools

Hopefully, during the last few weeks, parents of Grade Six students at Airport Elementary and Ecole Airport Elementary Schools have been hearing about the D.A.R.E. program. It has just been introduced to the Airport Schools community through a partnership of the two schools and the 19 Wing Military Police.

D.A.R.E. (Drug Abuse Resistance Education) is a comprehensive prevention education program designed to equip elementary school children with skills to recognize and resist social pressures to experiment with tobacco, alcohol and other drugs. The Los Angeles Unified School District and the Los Angeles Police Department developed this program in partnership in

1983 to address their drug and gang problems. D.A.R.E. is now taught in over 53 countries worldwide.

The D.A.R.E. program sends specially trained law enforcement officers into a class each week for seven-teen weeks. The 19 Wing Comox/Lazo D.A.R.E. Officer is Cpl Tom Crispin. He completed an extensive D.A.R.E. training course in 1998 and has been excited to get this program introduced into our schools. Working together with the School Principals and teachers, Cpl Crispin comes into the class each week and gives an hour of instruction. The students are encouraged to participate by doing everything from asking and answering questions to act-

ing out scenes in front of the class.

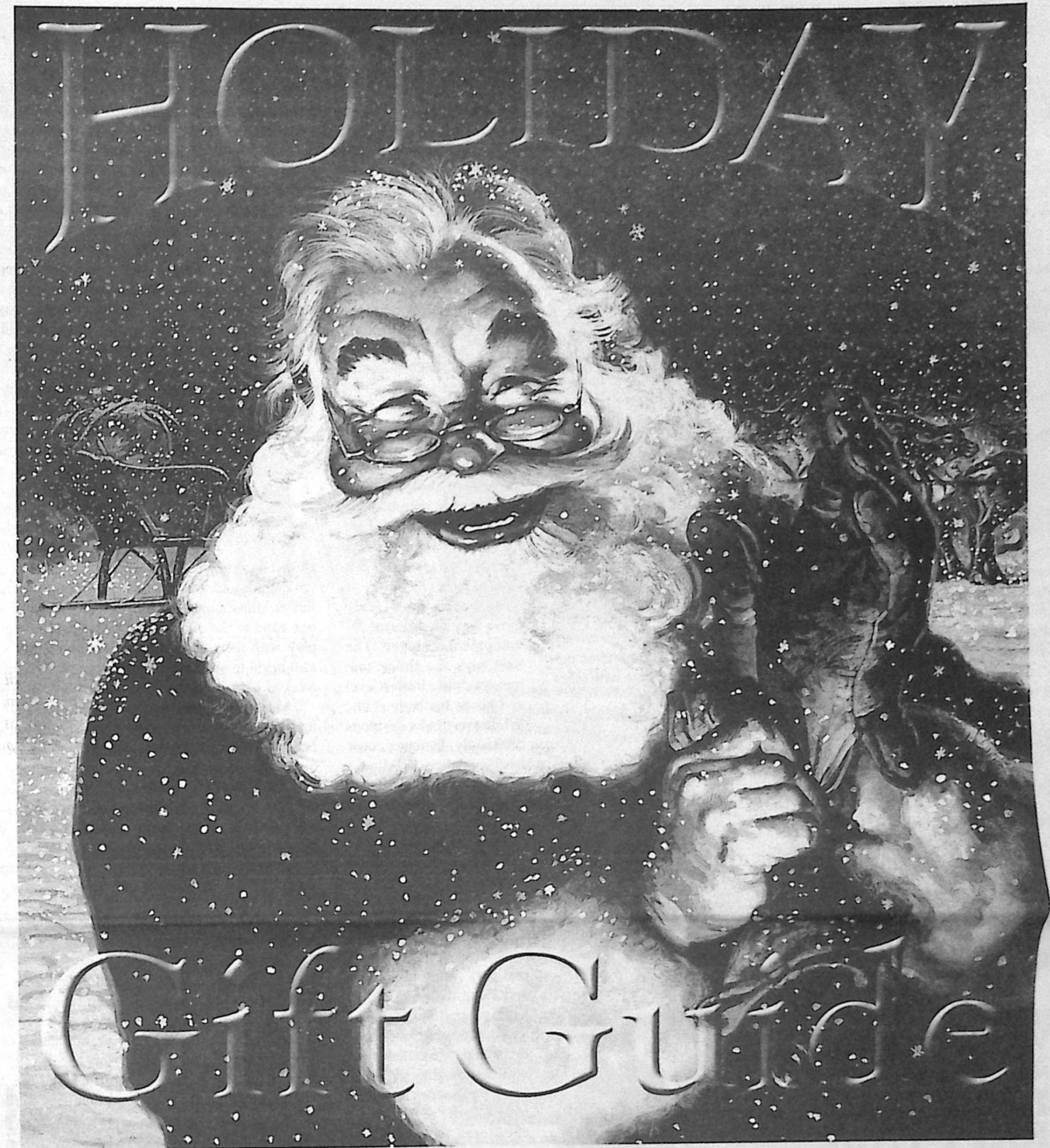
The classes cover such topics as: Understanding the Effects of Mind-Altering Drugs, Consequences (of our actions), Changing Beliefs about Drug Use, Learning Ways to Say No, Building Self-Esteem, Learning Assertiveness, Managing Stress without Drugs, Reducing Violence, and Combating Media Influences. These and many other subjects help give the students the information they need to make healthy choices.

If you have any questions about D.A.R.E., or any comments or concerns, please contact Cpl Tom Crispin, local 8237/8236.

Air Reserve Presentations



The Annual Western Area Flight Commander/Chief Clerks Conference was held at 19 Wing Comox on 16 and 17 October. LCol Astles, the A1 AR Coord for Western Area, presented a CD1 to Sgt Kathy Taylor of 19 AMS (above), and CD's to Cpl Linda Martin of WTIS (bottom right) and Cpl Louise Veilleux from WGSO section (bottom left). Congratulations to our Reservists.



Holiday Shopping Tips

from the Better Business Bureau

Whether you're planning to do a little or a lot of holiday shopping, chances are you'll soon be hitting the malls, flipping through catalogues, mail order, TV shopping networks, and online venues. The Better Business Bureau offers some advice for shoppers getting ready to enter the buying rush:

Plan ahead. Set a realistic budget and stick to it. Also make a list of the gifts you would like to give. This helps you to avoid buying impulse gifts that may be inappropriate or too expensive.

Compare prices and shop carefully. Holiday "sales" and "markdowns" sometimes aren't the bargains they appear to be.

Before making a purchase, ask the merchant about the store's refund and exchange policy. A store is not obligated to accept items for refund, exchange, or credit unless the item is

defective or misrepresented.

Be informed about your rights when placing orders through catalogues, mail order, TV shopping networks, and online venues. For cross-border shoppers, additional information on mail and telephone order shopping is available from the Federal Trade Commission (www.ftc.gov). Ask about delivery times, delivery costs, and how returns are handled. Check the company out with the Better Business Bureau.

If you're considering shopping on the Internet, exercise the same care and judgement that you would on Main Street. If you're not familiar with the online merchant or company, contact your BBB for a report. Know up-front the web site's privacy policy before you place an order. Visit the BBB site www.bbbonline.org for additional informa-

tion regarding online businesses. If you are shopping online and you're not comfortable entering your credit or charge card account number online, call it in to the company's 888 number or fax it.

Buy appropriate toys for children. Keep in mind the child's age and abilities. Use age guidelines on toy packages.

Be on your guard at all times when shopping. Never leave your wallet, credit card or purse on the counter. Don't get overloaded with packages or lose track of your children if they are accompanying you.

Give, but give wisely. If you're approached in person for a donation, don't give if you're pressured or if the solicitor is vague. Ask for written information to review. If the appeal is legitimate, your donation will be just as appreciated later.

Check with the BBB for additional holiday giving advice and information on charities meeting CCBBB ethical guidelines.

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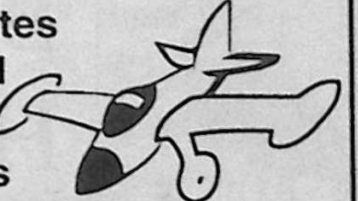


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QF Comox - 2275 Guthrie Road, (250)890-1005

The Joy of Giving: Share the Experience

The holidays are an opportunity to gather with family, friends and loved ones and share special moments while creating memories that last a lifetime. They represent a time to reflect upon the past, take joy in the present and renew hope for the future. To some, the holidays mean gathering around the table for a festive feast, while to children, the holidays mean, well, what else - gifts!

This season, share the joy of gift giving with your child by providing the tools to make gifts for others. Loved ones will appreciate that their gifts were made with them in mind, while children can take delight in knowing that they've accomplished a project of their own creation. Most importantly, the steps and time involved in making a gift for a loved one teaches a child that the best gifts of all - whether given or received - are those that come from the heart.

Following are some creative gift ideas to share with your child - they're sure to make any recipient proud.

*** Coupon book** - A child's homemade, self-illustrated book of coupons to be redeemed as household chores may be the perfect gift for mom or dad. For example, a child can design a coupon that's good towards one day of taking out the trash and another that's good towards cleaning up the living room.

*** Homemade picture frame** - There's nothing more touching than receiving a photograph from a child or grandchild. Help a young one make the experience unique by providing the materials to make a homemade picture frame. Marbles, popsicle sticks and beads all are items that easily can be glued in decorative patterns onto a picture frame to create a personalized, one-of-a-kind gift.

*** Drawings** - Help a child create a masterpiece

for grandma or grandpa by providing unique items which the child can use to create a collage. Scraps of fabric, yarn, buttons, cotton balls or any other household items can turn an ordinary crayon drawing into a three-dimensional work of art.

*** Homemade cookies** - Take a day to bake with your child. A young one can take pride in having baked his or her own gift batch of cookies, not to mention practicing measures and the importance of following directions.

*** Storybook** - Have a child write and illustrate his or her own story. For a truly memorable gift, once the child has added the final artistic touches to the story, take the book to the local copy center where the pages can be bound inexpensively into a booklet, or even duplicated to share with other family members.

*** Herb garden** - An herb garden is an inexpensive, exciting gift for a child to give when he or she is the one who has planted the seeds. Show the child how much water and light the seeds require, and watch the child take pride in raising the seeds into edible herbs.

A word to the wise: In the event that something should go wrong, it wouldn't hurt to have a backup gift just in case.

Make the Holidays Fun and Safe

The holidays are a time of giving, and nothing seems to bring out a person's generosity more than children. From parents and grandparents to aunts, uncles, cousins and friends, people are eager to buy gifts for the little ones in their lives. And why wouldn't they be? There are so many cute, colorful things to choose from. However, bright colors and flashing lights shouldn't be the main reason for buying a toy. According to "Consumer Reports Guide to Baby Products," by Sandy Jones and the editors of Consumer Reports (Consumers Union), people should consider if a toy is appropriate for a particular child's skill level and if it is safe for that child to play with.

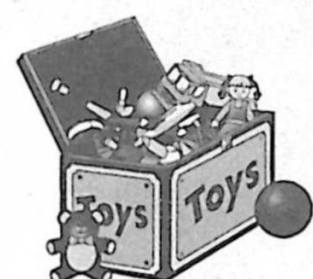
As babies grow, they move through different developmental stages. The best toys are those that match a child's interest level and his or her body skills. While every baby develops differently, there are some basic guidelines to follow.

*** Birth to three months:** At this stage, babies mainly want to be fed, held and rocked. They look at faces, lights and contrasting patterns, but can't reach for them early on. By the third month, they can watch faces, follow moving objects and smile at people and toys. They also open and close their hands and begin to grab things.

Appropriate gifts for children of this age include toys with contrasting patterns, like black-and-white pictures, bull's eyes or checkered designs. Crib

toys featuring toys with bright patterns and toys with mirrors that reflect light also are good choices. Since a baby's hearing is fully developed now, rattles make great gifts for a little one. However, because babies can grab things and put them in their mouths, toys should have smooth edges and no sharp sides.

*** Four to eight months:** At this stage, babies generally can roll over and



sit briefly. They can reach with one hand and grasp things, move objects from one hand to the other, and play with their feet. They also begin to search for the sources of sounds.

Floor gyms with hanging toys are a good gift for little ones at this stage of development. Soft, textured toys that are safe for babies to chew on and soft balls that make noise, as well as musical toys and rattles, are appropriate gifts. Chewable vinyl or cloth books and toys with flaps or lids that can be opened and closed also will keep these children entertained.

*** Eight to 23 months:** This is when babies learn to crawl. First, they sit by themselves. Then, they move themselves forward on their belly and learn to balance on their hands and knees. Finally, they begin to crawl. Shortly after that,

they can pull themselves up to a standing position and eventually start to walk. Shaking, banging and dropping toys is fun for them. They also like to search for hidden objects and poke at things.

This is a good time to buy stacking and building toys, which should have rounded edges. Bath toys, squeeze toys, soft dolls and puppets, as well as cars, lightweight balls, baby books and musical toys, are other good choices. These children also will enjoy toys that they can push and pull.

*** Two years:** By this time, children are walking on their own and pulling toys behind them as they go. They also are learning to run, kick a ball, climb stairs, and get on and off the furniture. They enjoy taking toys apart and putting them back together again. They also like to imitate people and play make-believe with their toy animals and dolls.

For children at this stage of development, people should consider buying cardboard books, nesting toys, sorting toys, buckets and shovels, dolls, and balls. Because children want to be like mommy and daddy, toy telephones and child keyboards also are good choices.

When buying toys this holiday season, loved ones and friends should go beyond looks and make sure that toys are right for a child's stage of development. Not only will these gifts help little ones to enhance their skills, but they also will keep them entertained - and bring smiles to their faces.

Gifts sure to please College Students

It is no easy task to be a college student these days. As tuition prices increase, so do the costs of most everything else related with getting a degree. Any student can attest that books, computers and other supplies can break the bank for those who only can manage a part-time job while studying. It is no surprise that most college students constantly complain about never having enough money.

When you begin making your holiday gift lists, keep in mind the particular gifts that would greatly help out students facing tight budgets. Try stuffing their stockings with fun, helpful items that, after their book and credit-card bills have come in, they may not be able to buy themselves.

*** Subscription to their favorite magazine** - perfect for reading during study breaks.

*** Gift certificate to the local pizza place** - great for use during an all-night cramming session.

*** Packages of pens, pencils and stationery** - to remind a favorite student to write to friends and family.

*** Walkman personal stereo** - perfect for listening to music when roommates are studying.

*** Laptop computer** - to keep up on assignments while away from the dorm or library.

*** Reference books** - a good dictionary and thesaurus are tools no young scholar should be without.

*** Bicycle** - many campuses don't allow freshmen to bring cars their first year; a bicycle can help them get around to the local hang-outs.

*** Pocket video game systems** - all work and no play makes for dull boys and girls!

*** A test-taking prep course** - to help keep those grades in top form.

*** Bus or plane tickets** - so your favorite student can visit even after the holidays are over.

*** Travel pack containing various body lotions, sprays and perfumes** - a wonderful way to revitalize spirits and dry skin in the winter.

*** Disposable one-time-use pocket camera** - a good way to record fun times with friends.

*** Calling cards** - so they

can call home without worrying about the telephone bills.

*** Folding umbrella** - fits easily into knapsacks and book bags.

*** Prepaid movie tickets** - the perfect escape from the "real world" of schoolwork and exams.

*** Electric razor** - complete

with extra batteries - for quick, easy shaving.

*** First-aid kit for the car** - comes in handy in case of trouble during car rides to and from school.

*** Pocket calculator** - a good aid for checking math homework.

*** T-shirts, underwear and socks** - because no

matter what lessons you've instilled, there never seems to be enough time to do laundry.

*** Small television** - to keep students up to date on their favorite college-based dramas.

*** Journal or diary** - to remember the sweet moments of the year.

St Nick's Picks



Give a little this holiday season.

You can help make the Christmas holiday merry and bright for those less fortunate with a donation to the charitable institution of your choice. By financially supporting a non-profit, community service organization, you can put Christmas dinner on the table of a needy family; you can ensure that one more child has a gift to open on Christmas morning; or you can give a homeless person shelter from the cold. Whether you're donating loose change or a check, you can help make a difference. And there's no better way to celebrate this special season of giving than by lending a helping hand.

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GIFTS THEY'LL LOVE

As you're checking off your holiday gift list this season, why not take a moment to consider the people who are part of your everyday life - the doorman, the hairdresser, the bus driver. Bring a little joy into their day this holiday season by surprising them with a thoughtful gift:

- Gift certificate for coffee or tea
- Engraved pen and pencil set
- Tickets to a movie or play
- Magazine subscription
- Thermos or drinking mug
- Tin of candy, nuts or popcorn
- Basket of homemade cookies
- Key chain



Greetings of the Season

Christmas carols are often the first harbingers of the holiday season. Department stores pipe cheerful holiday melodies to entice shoppers to make gift purchases as early as November. However, you can use these cheerful holiday tunes to bring good spirits to neighborhood residents. This year, resolve to form a caroling group that will travel through the neighborhood singing the words of good tidings. Pay special attention to the houses where elderly residents live. You'll be sure to brighten their days with joyful music.



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The Salvation Army
Christmas Hamper Registration
(MUST bring I.D. for EACH family member)
November 27 to December 1 ONLY
10:00 a.m. to 3:00 p.m.
1580 Fitzgerald Avenue, Courtenay
(The Salvation Army Church)

MILITARY SPECIAL
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Season Opening until December 24, 2000
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Lift Ticket purchased at Mt. Washington's Ticket Kiosk.
*Valid DND I.D. required at time of purchase.
Offer for DND employees and their immediate family with I.D.

MT. WASHINGTON ALPINE RESORT
MILITARY MONDAYS
Starting Monday, January 8, 2001
Every Monday, Lift Tickets at Mt. Washington are only **\$36***
Lift Ticket purchased at Mt. Washington's Ticket Kiosk
*Valid DND I.D. required at time of purchase.
Offer valid for DND employees only.
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Save \$8

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Holiday Shopping Survival Tips

For Moms

Retailers want their customers to have an enjoyable and safe shopping experience this holiday. To that end, Retail Council of Canada and its retail members across the country offer these tips to help Moms make the most of the season.

1. Make your gift list and stick to it.
2. Shopping with your spouse? Look for "husband-friendly" areas in stores and malls where he can sit comfortably, read a magazine and watch the passing parade of shoppers.
3. Never leave your purse unattended. Always make sure it is zipped or snapped shut.
4. When paying with a debit or credit card, never let it out of your sight. Make sure no one is looking over your shoulder when you enter your PIN.
5. Before making a purchase, ask about the store's return and exchange policies. Keep all of your receipts.
6. Never send cash in the mail. Use gift certificates in-

stead. And if you're sending packages out of town, check with Canada Post for mailing deadlines.

7. Shop comfortably. Leave parcels with a checkroom attendant or put them in a locker. Check heavy coats and winter boots.
8. Always lock your parcels and shopping bags in the trunk of your car. Don't leave them in the back seat where passers-by can spot them.
9. Shop for a break. Take a load off your feet, and plan where you want to shop next.
10. At the end of your shopping day, reward yourself with a treat. You've earned it!

For Families

Here are some tips to help families shopping together to have a safe and enjoyable shopping experience this season.

1. As soon as your family enters a mall or store, agree on a meeting area that's easy to find in case you get separated. Locate the store's customer service desk (or information

booth if you are in a mall), and agree to make it your spot to meet.

2. Some malls and stores have supervised daycare or play areas - a great sanity preserver for parents, and a fun thing for kids.

3. Let your kids make up their own lists. It's a fun way to teach them to be organized, to handle their coins and to learn about budgeting. It's also a great way to keep the kids busy and focused.

4. Put ID tags with a parent's name and phone number in young children's pockets in case they get lost. If you have a cell phone, use that number on the ID tag and keep the phone turned on so you can be reached easily.

5. If you think your purses and wallets are safe when stored in your child's stroller, think again! Keep valuables on you at all times - and if your parcels start accumulating, find a locker or a supervised checkroom to keep them safeguarded.

6. Harried mothers, who are often distracted because of the children, can

make the mistake of leaving their purses on sales counters when paying for merchandise. Never take your eye off your purse or wallet. Be equally vigilant with your credit and debit cards. Make sure no one is looking over your shoulder when you are entering your PIN.

7. Park near a landmark (or tie a ribbon to your aerial) so you can easily locate your car in a crowded lot. And if you are making trips from store to store, lock all your shopping bags and parcels in the trunk. Don't leave them in the back seat - that's too tempting for a thief!

8. Merchants know how stressful it can be for parents during the holiday season. Follow these tips, take breaks, and stick to your lists and budgets in order to make this year's shopping experience one you will truly enjoy

For Men

The Retail Council of Canada released the following tips on how men can make the most of the season.

1. Start shopping now so you don't have to rush at the last minute. (Yes, we know some guys think of last-minute shopping as a sport - but, really, December 23 is just a bit late to begin making your purchases!)

2. Now is also the time to check your holiday decorations for wear and tear. Replace any damaged or worn light chords, bulbs and ornaments.

3. Keep your wallets safely buttoned in your back pocket. Better yet, put it in a front pocket.

4. Save time and hassle by taking advantage of gift-wrapping services. (Not that we question your gift-wrapping abilities, but we've heard rumours!)

5. Before shopping for clothes for your spouse or girlfriend, check her wardrobe to determine her favourite colours, designers and styles. (And remember, size matters - get it right! If you're in a spot, err on the side of caution - buy a smaller size.)

6. Not sure what to get your mate? Your partner may be dropping hints. Listen

closely. (And if you have children, you may want to ask them: "Do you know what your Mother wants?")

7. Before you buy, ask about the store's return and exchange policies. Keep all receipts. (See point 5 above.)

8. Make your partner's gifts more special and memorable by including a romantic card.

9. Exercise caution when paying with credit and debit cards. Never let them out of your sight. Make sure no one is looking over your shoulder when you are entering your PIN.

10. At your wit's end? Gift certificates attached to a basket of goodies from a favourite store are appreciated. (Just don't make it look like you're giving a last-minute present - be original!)

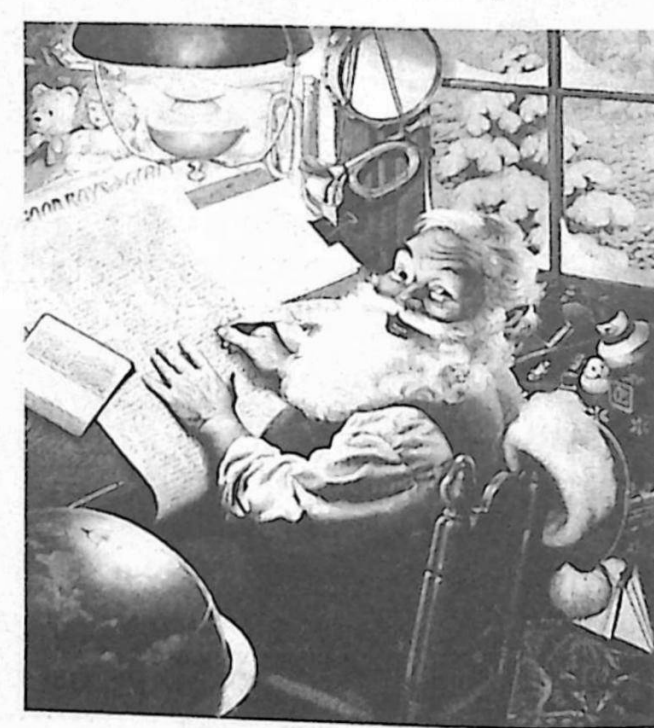


Santa brings out the child in all

To millions of children all over the world who celebrate Christmas, no other symbol of the holiday fills them with such joy as Santa Claus. This legendary figure, who supposedly flies the world in his sleigh filled with toys and drops down the chimney delivering gifts to good girls and boys, is a favorite of children, no matter what country they live in.

Santa Claus, a jolly, stout man with a twinkle in his eye, rosy-red cheeks and a cheerful laugh, is the American adaptation of the European legend of Saint Nicholas. He wears a bright red suit trimmed with white fur, a long red cap and shiny black boots. In England, he wears the very same outfit, but there he's called Father Christmas. In France, children refer to him as Pere Noel, which means Father Christmas. He wears a long red robe and white fur hat with wooden shoes. In Switzerland you see another variation on Santa. His name is Saint Nicholas, and he wears a long white robe and a tall pointed hat called a miter. There are numerous other counterparts of Santa Claus across the globe, including the German Kris Kringle, the Italian Befana, the Swedish Jultomten and Russia's Baboushka.

Though he may look a bit different and be called many names, to children of all countries his message is the same. They peek out the windows and hope to catch a glimpse of this special man as he flies through the sky, delivering gifts for boys and girls to enjoy on Christmas Day.



Central Registry

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



Sgt Dave Buckley-Jones harasses staff at HQ.



By Witch Gail Eggman



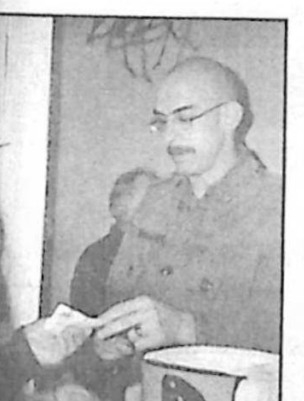
Lt Luce Gilbert makes a shivering geisha!



Maj Brian Newlove fights off the witches in CR with his mini dragon.



Caught in the act! Lt(N) Coppard didn't give a damn; he only wanted Scarlet's bonnet.



Cpl Mailloux was the first hungry customer and ordered two bowls!

est. You remember... the one that I showed little sympathy or compassion to after his ankle surgery. He could have gone for the throat but instead he cleaned, cooked, paid my bills and shopped for groceries. He must be waiting for the kill!

My oldest returned this weekend with his girlfriend wearing an engagement ring. (Of course, it was his!) They have dated for over two years and I approve. They were busy making wedding plans and deciding a date at the kitchen table with Dad in the background yelling "Run away and elope" and "It better not interfere with my fishing or hunting!" This could be a tricky manoeuvre since Steve is ALWAYS fishing, curling or hunting! As a matter of fact, as he was expressing his unwanted opinions to us, he was packing

What a tiring day we had on Hallowe'en! Dressing up and serving chilli and a bun was exhausting work. I'd never make it as a kitchen helper. I have enough trouble cooking and cleaning at home. Of course, we endured a few comments the next day about "still looking like witches" or "why do you still have your costumes on?"

The sick bug hit me finally and I was home for a couple of days, left to the tender mercy of my young-

for a week of mule deer hunting. The guys were kind enough to let moose live for another day on the last hunt.

Vicky's yapping about Mexico again. Why can't she let us enjoy Christmas before ticking us off about their fantastic hot holiday coming up! If I were a mean friend, I would wish that her child would return home to live like mine did.

Diane is putting up with our idiosyncrasies in CR. I must have the mailbags opening from left to right and the flaps must be in the closed position until putting in the mail! The desk that daily correspondence is sitting on should tell you what has been done with that mail so far. We also have very clear rules for allotting file numbers and OPis. "The file number is XXX, except when XXX is in the subject

and it goes to XXX but when it's about XXX, you send an extra copy to XXX." What's the problem? I think she enjoys escaping to the Duplicating Room in the afternoon where she can rule her kingdom as she wishes. Congratulations to Linda Janssen, next door in FMAS, who has become a grandma again! Get ready for the pictures! Linda and Lucy can start a photo gallery of grandkids. Better catch up soon Angie!

The HELPFUL HINT this week is "Remember CR at Christmas!" Last year we passed Xmas cards back and forth through the internal mail for all sections and noticed there was not one for CR! You wouldn't want to make the witches, I mean ladies, unhappy at Christmas time.



We think Diane won the witch contest!



Linda Sabiston's granddaughter gives you a smile, not a sting!



Christin from WTIS has the legs for Pippi Longstockings!



The HQ Chili Connoisseur (Col Neumann) bravely takes the first bite.

Personnel Support Services

The biggest battle at the moment in the PSS is not the paperwork but the flu bug. If you need to do business with them, hold your breath!

I was disappointed in them this past Hallowe'en; they all dressed up as soldiers. That's old, people, show a little more ingenuity next year. Most of the rest of the HQ building did their part to put a smile on our faces.

Janet Jenkins, WAdMO secretary, just came back from a visit to family in the Okanagan. From what I

hear, she should stick to navigating on water where she can hug the coastline, because her and her husband ended up in Osoyoos, one hour away from where they were supposed to be. If we ever have a car rally, don't get her to navigate!

LS Waugh was all smiles because her new pony, or is it gelding now, (anyway it's a nice looking horse) won some awards. I can't remember what for but they were island and provincial honours I believe.

MCpl Alma Ballington

did something to receive a beautiful bouquet of flowers and it wasn't from her husband!! Whoever gave them to her doesn't realize it was a wasted effort. She'll just set them out in the front yard of her house as dessert for our local deer. Vince and I are having a running telephone battle for the Mexican trip. Our dialling abilities are fairly close!

MWO Gauthier made her claim to fame in the local paper for helping her team win a recent hockey game. This past summer baseball

was a disappointment for her; but at least in hockey she can slam a few people around!

Since the PSS hasn't been providing me with much news, I will dedicate this column to the few people who acknowledged Hallowe'en and helped Central Registry support United Way. Check out the HQ staff who supported the Chilli and Bun United Way event and dressed up for the day!



(Left): Witches Diane Whynott, Gail Eggman, and Vicky Taylor presenting a cheque in amount of \$162 for United Way to MCpl Labrecque.

Nijmegen presentation

Remnants of the 19 Wing 000 Nijmegen Team were in hand at the COs and branch Heads on 2 November to present a "small" token of appreciation to the VComd, Col Neumann. On behalf of the team, Team leader Maj Bryski presented the Team Medal surrounded by a couple of photos that capture the Nijmegen

experience. The shadow-box frame was designed and built by Wing Imaging with a large part being done by Cpl Morin. The medal will be permanently displayed on the 19 Wing Achievements board located outside the WComd's office.

Dates for Nijmegen 2001 have been set for 24-27 July 2001, and the CANFORGEN

is expected in early January 2001. 19 Wing will find out if a team will participate in OP NM01 after Chief of Air Staff makes his selection in late February.

For more information, see the OP NM DIN site: http://cds.dwan.dnd.ca/din_locl/Nijmegen/index_e.htm.



(L-R): WO Benoit, Maj Bryski, Cpl Girardin, Cpl Burgher, Col Neumann, Cpl Maher. Missing: MWO Shields (6A crse), Sgt Mantha (12 Wing Shearwater), MCpl Gogan, Cpl Nielson, Cpl Woznow (parade practice), LS King. (Photo by Cpl Morin, Wing Imaging.)

Drinking and driving can destroy more than your holiday

Before you drink and drive this holiday season, consider the consequences: financial penalties, loss of your driver's license, destruction of your vehicle, injury, death or responsibility for the injury or death of another. It's a no-win situation. During the holiday season and throughout the new year, show appreciation and respect for the health and happiness of yourself and others - choose a designated driver when attending a party and, when hosting a party, be sure to supply non-alcoholic beverages for guests who are driving.

CANEX **DON'T PAY UNTIL MARCH 2001** **19 WING COMOX ONLY!**

ON THE CANEX "NO INTEREST CREDIT PLAN" **Countdown to Christmas**

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PURCHASE 56" PROJECTION TV! - MODEL P56940 - **\$1999**

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SERVING THOSE WHO SERVE

CANEX

Hunt on for cadet instructors

Megan Stobbe, Staff writer with the Lookout

Each year 55,000 teenagers across the country participate in the unique activities and adventures offered by the Cadet program.

A cadre of 6,000 commissioned military officers leads these young people, teaching them leadership and citizenship skills as well as military drill and adventure training.

Right now, more than 1,500 cadet instructors are needed across Canada. There are 200 vacancies in British Columbia and several in the Victoria area.

"Having a shortage means somebody is working harder in a squadron or corps," says LCdr Gerry Pash, public affairs officer for the Pacific Region Cadets. "Some activities will be limited or not available if there's a shortage of instructors. The opportunities and depth of instruction at the local training level are affected."

Many instructors are retired regular force members, RCMP officers, teachers or parents who have been commissioned into the re-

serve force in one of the three elements. Once commissioned, each instructor receives about 10 days of basic officer training that emphasizes the unique aspects of leading young people.

"We need people who are interested in working with teenagers and who can commit some time," says Cdr Barry Saladana, Regional Cadet Officer.

Because they are members of the reserves, cadet instructors are paid for their service. They get a maximum

of 25 days pay per year and extra pay for doing a summer camp or travelling on exchange.

"Like in any youth organization, the officers make a tremendous difference in the quality of the program's implementation," says Cdr Saladana, who's been involved with cadets for the past two years. "For me it's been a real learning exercise."

Cadet instructors typically spend at least one evening each week with their group of teenagers and

often have weekend and summer activities as well.

"It does require a commitment of time," says LCdr Pash, who's been involved with cadets since the 1960s. "But it is astoundingly rewarding to see a 12-year-old boy or girl grow through the cadet program to a point where in a few years they are leading others and have experienced adventures that many of their peers haven't."

LCdr Pash suggests that the Cadet Instructors Cadre offers a good opportunity

for any retired or retiring military members who have experience training young people.

"It's a marvellous program and a great opportunity for adults to be involved in something that's well supported and well funded," says LCdr Pash. "There are hundreds of thousands of boys and girls, I'm sure, who found self-worth and saw their own value more because of the cadet program."



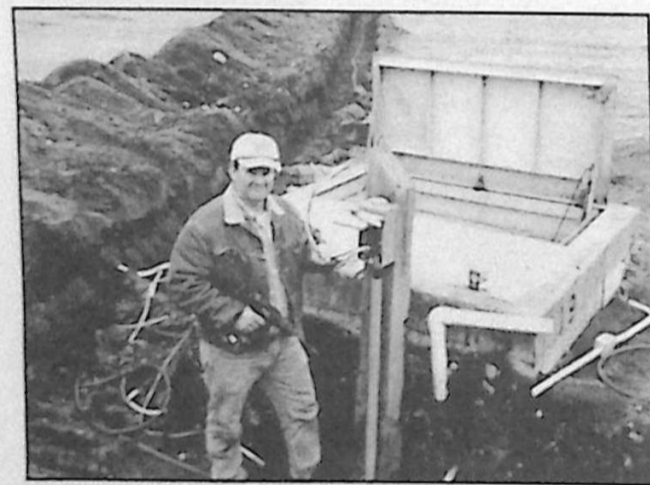
Finn Bits

Reconnecting

If demolishing B80 was the "fun" part, restoring the lot to acceptable conditions afterwards called for less destructive habits. The great crater left behind had to be filled in, services restored.

One such service required the assistance of CE electricians. With the power gone to the steam pit adjacent to the lot, no means existed of activating the sump pump, thus preventing water from filling the pit.

CE electricians James Muir (depicted) and Terry Egeli installed new cable in the 200-ft trench dug by a crew from Airfield & Works Team, finishing the job in less than a day.



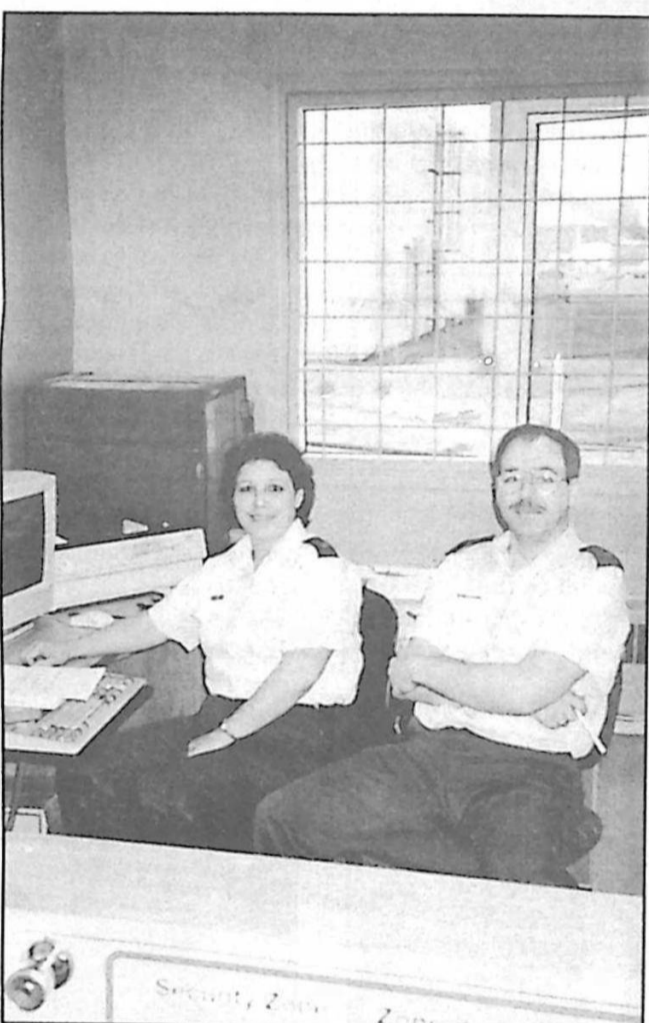
Cage cleaned



Cpl Fran Gaudet shows the room as it was, then, with Cpl Denis Campeau, takes 'ownership' of the restored Cage.

Despite a busy summer, during which CE brought several projects to completion, a crew of carpenters, painters, electricians and other trades people joined hands in renovating the Cashier's Cage at PSS, HQ building.

From its old grubby, ragged, second-hand look (the carpet had more tears than Jacob's torn coat) the cage has emerged almost gilded, or at least with very fresh coats of paint, and new desks and cabinets have replaced the old furnishings.



Harvard II Pilot Training in Full Swing

Moose Jaw, Sask. Training on the CT-156 Harvard II, as part of NATO Flying Training in Canada (NFTC), is back in full swing since its seven-week stoppage ended last month.

Training of new pilots had slowed to a crawl at 15 Wing after two instructor pilots conducted an emergency landing in a Harvard II in mid-August.

"We flew about 10 missions on the Harvard that first day back and now, combined with the Hawk trainer, there are about 60 missions scheduled for

take-off each day," said LCol Marcel Major, the Commandant of 2 Canadian Forces Flying Training School. "The energy has been tremendous. The sky is teeming with Harvards and [CT-155] Hawks and students are moving intently from ready rooms to the aircraft."

Students and instructor pilots had been limited to ground school and simulator reviews while flight safety investigators determined why the Harvard II turboprop trainer lost power in flight. The investigation concluded that the aircraft's

reduction gearbox, a system akin to a car transmission, had seized as a result of oil starvation. The engine had lost almost all of its oil within seconds.

Extensive flight testing and detailed engineering assessments revealed that higher than expected oil pressure in certain flight maneuvers, combined with a manufacturing defect, caused a rupture in the oil cooler. A new oil cooler, installed fleet-wide, can withstand over four times the pressures of the original component and at least

three times the peak pressures observed during flight tests. Since the aircraft remain under warranty, the cost of the investigation as well as the testing and installation of the replacement oil cooler was borne by the aircraft manufacturer.

"We followed the investigation from start to finish and we are very confident in the solution the aircraft manufacturer has provided," said Wing Commander Col. Bruce McQuade. "It's great to see the strong sense of purpose and mission accomplish-

ment in our people now that we have the pilot production 'machine' in motion again."

The first NFTC students resumed training on the Harvard on Oct 16 and a second group of 12 students began flying a week later.

A third group, plus a new batch of Harvard II instructors, will be ready to start flight operations by the first week of December after completion of ground school.

By Christmas, student pilots from Italy and Denmark will be among the 48

students training in Moose Jaw on the Harvard II. Instructors from Singapore, Italy, Denmark, and Germany are also undergoing qualification training on the Harvard II.

Student pilots will normally fly about 95 hours on the Harvard II before proceeding to advanced training on fighters, helicopters or multi-engine aircraft.

The first group of students should be graduating to advanced training by June 2001.



Glacier Greens Golf Shots

Mixed Winter Golf

By Barb Carter

November 5

The second Sunday of Winter Golf. The weather remained favourable: overcast again, but nobody got wet. Where was Lenny? Ah, Lenny, you're going to have to get your priorities together, but 37 turned out to have some fun.

1st Low Gross, with a plus 15, was Bob Marshall's team, with Bud Bryan, Jack Hawkins and Caryl Diewert. 1st Low Net went to John Herie, Nick Mykitiuk, Glen Caslake and Ron Sawyer.

They came in with a minus 9. Hal Fraser's team shot a plus 18, with Larry Sawyer, Janet Edwards, and Donna Scott helping out.

November 12

Again looking pretty dicey: overcast but just that, no rain - how lucky can we get? Twenty seven people showed up to have some fun. Some of the regulars were missing; guess they just got wimpy.

1st Low Gross was Bob Marshall, Rick Verbeek, Wayne Ogilvie and Gussy Pritchard. Plus 14 was their score. 1st Low Net, with a minus 9, was Phil Nakashima, Ron Carter, Ralph Class and Donna Scott. Donna was the hero of the day, shooting a 39 for her very first time. Her male mates were very impressed. Well done, Donna. Her

Ladies Club

The Christmas luncheon will be held on December 17, 1:00 p.m., but come early and chat with friends who have been missing since regular golf was over. The Lunch will be at the Clubhouse, featuring Steve's special Beef and Prawn stir fry, spring rolls, noodles and fried rice. The Salvation Army will be represented - more news later. An unwrapped gift or donation would be appreciated. Cost will be \$10.00. Please enter at the Pro Shop.

daddy, Roy Hagg, was heard to say, "I taught her everything she knows." Bah Humbug. 2nd Low Net, with a minus 8, was Dick Nex, John Herie, Jack Hawkins and Gord Pritchard.

KP on #12 was Gord Pritchard, the star for Dick's team. On #15 Glen Meeres made the shot with Norm Fellbaum and Bud Bryan looking on.

Wing Badminton Club

The club is currently playing at the Base gym on Sunday evenings from 18:30-21:00 hours. Anyone interested can drop in. For further info contact Ron Norwood loc 8773 or Alex Long loc 8456.

New Guest Sign-in Policy

Effective 8 November, Regular and Ordinary members of the Fitness Centre may sign in a maximum of two guests after 1630 hours on weekdays and during casual times on weekends. Rates for non-affiliate guests will be: \$10.00 for adults and \$4.00 for youth under 16 years of age.

Rec Centre News

By Jake Plante

Volleyball coaches clinic

19 Wing Comox will host an NCCP Level 1 Volleyball Coaches Clinic 8 and 9 Dec. Cost of the clinic is \$87. Register with Jake Plante at 339-8211 loc 8783. The minimum requirement is eight.

Noon Drop-in Basketball

Every Wednesday from 1145-1245 hours. Remember to sign the drop-in sheet then play some friendly hoops.

Pacific Region Sports Championships

Volunteers are required for the championships from 4-20 January. Please contact the Rec. Centre.

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2001 Pac Region hosting dates at Comox

Curling	4-6 Jan
Volleyball m/f	6-9 Jan
Basketball	6-9 Jan
Badminton	9-12 Jan
Bowling	9-12 Jan
Hockey (men)	14-20 Jan
OT hockey	14-20 Jan
Squash	1-3 Mar
Ball hockey	TBA Apr

Fri 1 Dec: 1130-1300 hours

Glacier Gardens Arena

Military Dependents/DND Employees:

Children \$1.00, Adults \$2.00

Military Members and Rec Pass holders: FREE

Non-affiliate guests

of Regular or Ordinary Members:

Children \$1.50, Adults \$3.00



Special Pro-D Day Casual Skate



Parent & Tot Swim

Is offered every Wednesday morning from 1030-1130 hours

This activity is open to all of the authorized users of the Fitness Centre. Children under 6 years of age are admitted FREE of charge BUT MUST ALWAYS BE IN ARMS LENGTH OF THE ACCOMPANYING PARENT/GUARDIAN.

Jake's Trivia Corner

- Which two NFL teams tied with the most Super Bowl wins?
- What is the world record for the pole vault and who holds it?
- Who had the most points in a playoff game?

(Answers on page 14)

"WING IT" HOCKEY CONTEST

No entry fee. One entry per person. Win "Wayne Gretzky items" prize package. Here's how to play: You pick who will win:

- Each of the respective 6 divisions (circle one team in each division);
- The Eastern Conference final;
- The Western Conference final; and
- The Stanley Cup!

(If no-one picks all 9 categories correctly, the next closest contestant will win and, in case of a tie, those names will be placed in a random draw to select the winner.)

Eastern Atlantic Division	
Pittsburgh	<input type="checkbox"/>
New Jersey	<input type="checkbox"/>
NY Rangers	<input type="checkbox"/>
NY Islanders	<input type="checkbox"/>
Philadelphia	<input type="checkbox"/>

Eastern Northeast Division	
Ottawa	<input type="checkbox"/>
Montreal	<input type="checkbox"/>
Toronto	<input type="checkbox"/>
Boston	<input type="checkbox"/>
Buffalo	<input type="checkbox"/>

Eastern Southeast Division	
Carolina	<input type="checkbox"/>
Washington	<input type="checkbox"/>
Tampa Bay	<input type="checkbox"/>
Florida	<input type="checkbox"/>
Atlanta	<input type="checkbox"/>

EASTERN CONFERENCE WINNER:.....

Western Central Division	
St. Louis	<input type="checkbox"/>
Nashville	<input type="checkbox"/>
Detroit	<input type="checkbox"/>
Chicago	<input type="checkbox"/>
Columbus	<input type="checkbox"/>

Western Northwest Division	
Colorado	<input type="checkbox"/>
Edmonton	<input type="checkbox"/>
Vancouver	<input type="checkbox"/>
Calgary	<input type="checkbox"/>
Minnesota	<input type="checkbox"/>

Western Pacific Division	
Dallas	<input type="checkbox"/>
Phoenix	<input type="checkbox"/>
Anaheim	<input type="checkbox"/>
San Jose	<input type="checkbox"/>
Los Angeles	<input type="checkbox"/>

WESTERN CONFERENCE WINNER:.....

MY PICK FOR STANLEY CUP CHAMPION:.....

NAME:..... PHONE #:.....

ADDRESS:.....

(Send your entry to: "Wing It" NHL Hockey Contest c/o Totem Times)

Comox Military Family Resource Centre

Centre de Ressources pour Les Familles Militaires de Comox

Phone: 339-8290



Brenda Ouellette, previously the CMFRC Office Manager, is now the Communications Coordinator. Brenda has taken on a number of communication responsibilities for the centre and workshop coordination for the Computer Learning Centre as well as Monday Mornings. She has also held on to some of her previous responsibilities including the Office Skills Certificate Program.

New Hats and Interesting Faces



Susan Murray (right) and Lucie Sannes (left) are the two friendly faces you will be seeing more of at the CMFRC reception area. Susan hangs out in the morning and Lucie can be found in the afternoon. Both Susan and Lucie bring a wealth of experience and new ideas. We are pleased to add such great new people to our team.

So What Exactly do you do Over There? ~ A frequently asked question at the CMFRC ~

The Comox Military Family Resource Centre (CMFRC) is a Non-Profit Society incorporated in British Columbia in 1993. It supports approximately 1,200 military members and their families in the 19 Wing geographical area here in the Comox Valley. A wide variety of programs and services are provided by a multi-disciplinary team of core staff, trained volunteers and partners in the local community. Retired military members are also supported on a space available basis.

core staff are part time (working less than five days per week), the Centre relies heavily on the contributions of volunteers. Currently we have approximately 80 volunteers that donate their time in all areas of programming.

CMFRC programs include Employment Assistance, Information and Referral, Francophone Programming, Deployment Support, Emergency Child Care, Children and Youth Programs and Counselling Services.

The CMFRC has a core staff of 12 and is located in the brand new 19 Wing Fitness and Community Centre in Lazo, British Columbia. As most of the

The CMFRC also operates two full-service provincially licensed Child Care Centres (the Kinnikinnik and Creative Kids Child Care Centres),

which together have an enrolment of approximately 200 children between the ages of six months and 12 years. The Child Care Centres provide much-needed child care to military families, and much-needed jobs to spouses. The Child Care Centres currently employ over 30 early Childhood Educators and assistants. It is operated on a financially break even basis and has a reputation for providing high quality child care in our community.

The CMFRC is a proven community leader providing much needed services and support to military members and their families. The majority of the programs are prevention

focused, with an underlying philosophy that encourages individuals and families to become empowered in their own lives and contribute to building a healthy community for all.

Military families, with their unique lifestyle and demands, can face many challenges and stresses. These challenges and stresses can come in the form of relocation, extended separation, spousal unemployment, deployment, youth isolation, limited opportunities and downsizing. The CMFRC is committed to helping military families deal with these stresses, and to also foster community development and growth.

Christmas Wreath Making

Start your Christmas season with the Christmas Wreath Making Workshop. All participants will learn how to create beautiful naturally scented wreaths with cedar bows, holly, twigs and more! After your wreath is finished, you can decorate it to your own pleasing. Lights, bows, bells, snow... whatever you desire. Come on out and join in on the Festive Season!

Date: December 4
Location: 19 Wing Recreation and Community Centre
Cost: \$5
Facilitator: Edith Picard
Supplies: Wreath supplies will be provided. Participants need to supply their own decorations.



Going Wild with Wreath Making

KIDS
KIDS
KIDS!



The best hiding spot! Parents and Tots

A Play group for Moms, Dads, grandparents, caregivers and children under five.
Wednesdays 1:00 - 2:30 p.m.
Location: Childminding Room at the Fitness and Community Centre
No drop-in charge!

Creative Kids Childminding

Take a break, run your errands or work out at the gym while we take care of your child(ren).
Ages: 18 months - 5 years
When: Monday, Wednesday and Friday
Time: 8:30 - 12:30 p.m.
Cost: \$3.00/hour
Location: Childminding Room, Fitness and Community Centre
Information: 339-8211, local 8755
No pre-registration necessary!

English Preschool

Limited spaces available!
Ages: 3 - 5 years
When: Tuesday and Thursday
Time: 8:30 - 11:00am
Cost: \$85 per month
Location: Childminding Room, Fitness and Community Centre
Information and Registration: 339-5051
Please note that the new phone number for the KCCC as of Nov 27 will be 339-8032

Junior Kindergarten

Full-time, part-time, drop-in spaces. Transportation to and from Airport Elementary. Swimming program and bilingual staff.
Ages: 4 - 5 years
Location: Kinnikinnik Child Care Centre, 1405 Little River Road
Information and Registration: 339-5051
Please note that the new phone number for the KCCC as of Nov 27 will be 339-8032

Wallace Gardens Community Association News



FAMILY BINGO

Sunday, 3 December
12:30 - 2:30 p.m.
LMPR
Cost: One non-perishable item/2 cards or
.25¢/card members, \$1.25/1st card non-members
.25¢/ each additional card
All donations will go to the Food Bank.
For more info, call Rhonda @ 890-7535
or Debbi @ 339-6317

TEEN VIDEO

Saturday, December 2
7:00 - 11:00 p.m.
FCC Teen Centre
For more info call Jim/
Heather @ 339-6148

PICTURES WITH SANTA

From 2 to 20 December Santa Claus will be coming to the CANEX Mall every Wednesday evening from 5:30-8:30 p.m. and on Saturday afternoons from 1:00-4:00 p.m. For a small charge of \$1.50, you will receive a Polaroid picture of your child with Santa. (Fifty cents from each picture will go to support WGCA programs.)
Wednesday evenings you are invited to bring your pet as well. Santa will be happy to have his picture taken with his furry friends!

All pets must be on a leash

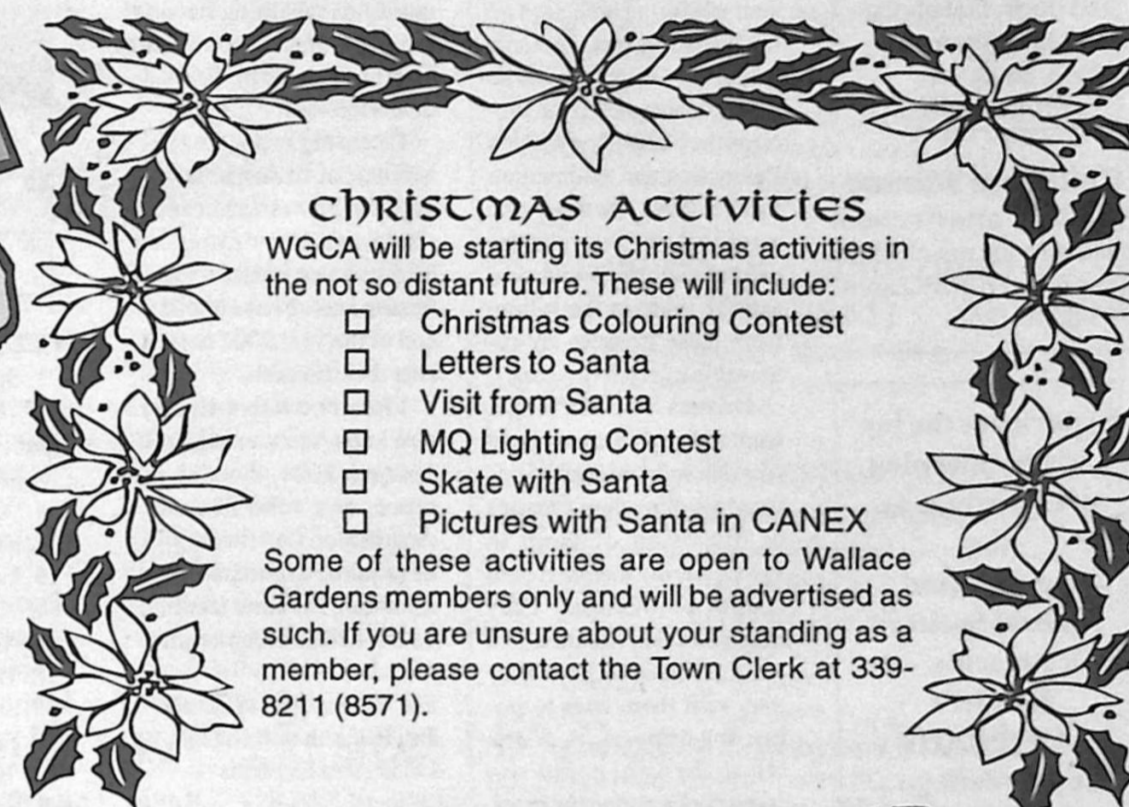


CHRISTMAS ACTIVITIES

WGCA will be starting its Christmas activities in the not so distant future. These will include:

- Christmas Colouring Contest
- Letters to Santa
- Visit from Santa
- MQ Lighting Contest
- Skate with Santa
- Pictures with Santa in CANEX

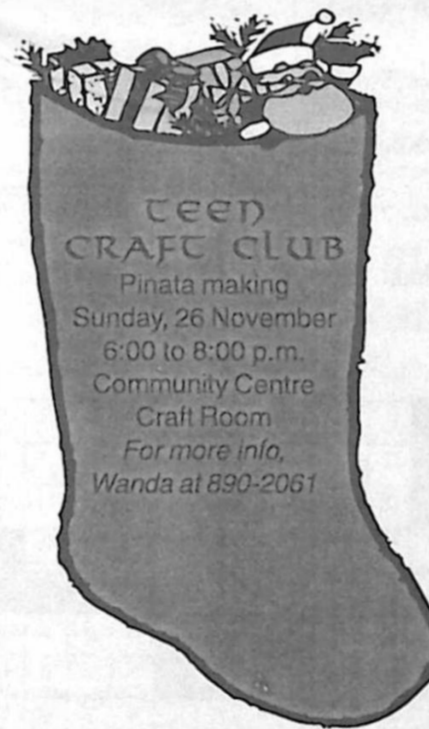
Some of these activities are open to Wallace Gardens members only and will be advertised as such. If you are unsure about your standing as a member, please contact the Town Clerk at 339-8211 (8571).



CHRISTMAS SOCK HOP

Saturday, December 9
6:00 - 8:00 p.m.
Fitness & Community Centre LMPR
Dress: Wear your "Best"
Cost: One non-perishable food item

*The Gentleman in Red will be dropping by to fill his bag with all of your donated goodies to pass on to families in need.
For more info, please call Carla @ 890-0672 or Helen @ 339-5125



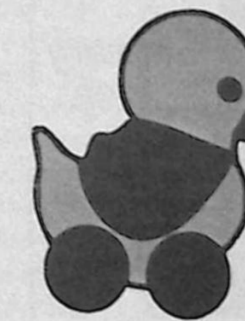
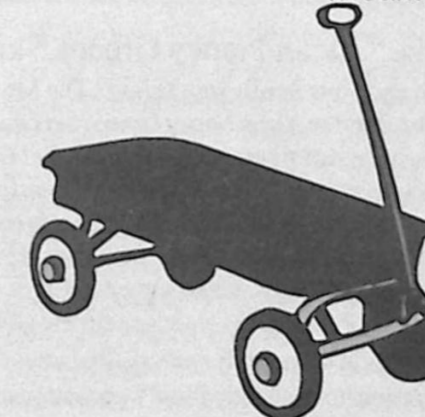
TEEN CRAFT CLUB
Pinata making
Sunday, 26 November
6:00 to 8:00 p.m.
Community Centre
Craft Room
For more info,
Wanda at 890-2061



CHRISTMAS TOY DRIVE

Starting at 1:00 p.m. on Sunday, 3 December, Fire Fighters from 19 Wing Comox will be picking up new and good used toys from the Wallace Gardens community. Those who wish to donate toys are asked to place them at the end of their driveway on that day. Please have them protected from rain or snow (if necessary), by using clear plastic bags (or labelled if in an unidentified bag). These toys will be delivered to Santa's Workshop and distributed to needy children.

Any questions, please contact
Cpl Blaney @ 339-8250 (Firehall).



Ward Representatives Required

The Wallace Gardens Community Association consists of volunteers who organize and promote projects and services to enhance the quality of life in our community. All residents 18 years of age or over, are eligible to become members of the association. Our community is presently divided into nine wards, each ward having one representative on the community council. The ward representative acts as a liaison between their respective ward and the WGCA on all matters pertaining to their ward. A ward representative is required for the following wards:

- Ward 1: Blocks A & B and Houses 1 to 11 & 101/101A
- Ward 2: Blocks C, D, E, F and Houses 12 to 17A
- Ward 6: Houses 84 to 100A

Please note that the representative does not have to be a military member; significant others are encouraged to volunteer! A ward representative is required for each ward, and if no one volunteers for the position, one will be appointed.

If you live in any of the above wards and are interested in becoming a ward representative or if you would like more information, please call the Town Clerk at 339-8211 (8571).

Please do your part to help make your community a little better!



For Sale

CKC reg'd German Shepherd puppies from German working lines. Pedigree includes: Search & Rescue, Police Services, Schutzhund titled dogs, first shots, tattoos, written guarantee. \$600. Ph: 923-0233

Childcare Wanted

Needed, after school childcare for my children ages 6 and 8 in MQ area. 890-0246 <2/2>

Experience the joy and true meaning of Christmas as the North Island Choral Society presents Handel's MESSIAH Dec 2 at 7:30 p.m. and Dec 3 at 1:30 p.m. Tickets \$15, (Students \$12) Theatre box office 338-2420 For more info: 339-6632

Disposal of Unwanted Firearms

19 Wing Comox and Capt V. Ethier, WSAMPO, would like to remind all firearms owners that they must take action now to either obtain a firearms licence or dispose of their firearms. Surveys indicate that a vast number of owners, 43% or 800,000 people across Canada rarely or never use their firearms. Many of them may choose to dispose of their firearms rather than obtain a licence.

Under the Firearms Act all owners must have a licence before the end of this year (2000). There are two licences: a Possession Only Licence (POL) for those who simply want to keep the firearms they already own or a Possession and Acquisition Licence (PAL) for those who want to keep the firearms they already own and also acquire more in the future. Both these licences are renewable every five years.

Owners who no longer want to keep firearms must take action by the end of this year by selling their firearms or disposing of them to avoid placing themselves in illegal possession. They may sell their firearms to a valid licence holder or they may turn them over to police for disposal. A phone call to the local police station will determine the procedure.

ess to follow should the owner wish to dispose of a firearm.

The Military Police will not accept firearms for disposal. All persons wishing to dispose of their unwanted firearms must contact the Courtenay Detachment of the RCMP at 338-1321 to make arrangements.

Licence applications are available from the Post Office, from the Canadian firearms Centre web site (www.cfc.gc.ca) or by phoning 1-800-731-4000. All questions regarding licensing and registration of firearms should also be directed to this number.

Licensing is not the registration of firearms. It is a personal possession licence similar to a driver's licence. Firearm owners with a valid firearm licence have until the end of the year 2002 to register their firearms.

Firearm owners should also know that starting on 1 January 2001, a valid licence, or a valid Firearms Acquisition Certificate will be required to purchase ammunition. No other identification will be accepted after that date.

For more information call: Jim Hogarth or Ken Doll, Local Area Firearms Officers.

Jake's Trivia Answers

- 1. Dallas Cowboys, San Francisco, 5. 2. 20 feet 1-3/4 inches, Sergie Bubka. 3. Mario Lemieux, 8. (5 goals, 3 asst.)

Calling all 2 Air Movements Sqn (2AMS) alumni.

Circle March 28, 2001 on your calendars. That's the date of the squadron's 50th anniversary celebration, and the don't-miss festivities being hosted by 8 Wing/CFB Trenton. Watch for further details.

Employee Assistance Program

(for both military and civilian personnel)

Do you have a problem that affects your work performance, or threatens to do so? Can think of nowhere to turn?

If you feel motivated towards a change for the better, call any one of the 19 Wing Referral Agents (RAs)

Call EAP at 7035 or

Tim 8595

Finn 8379

Eileen 8528

Stéphanie 8296



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

\$1 CAR WASH

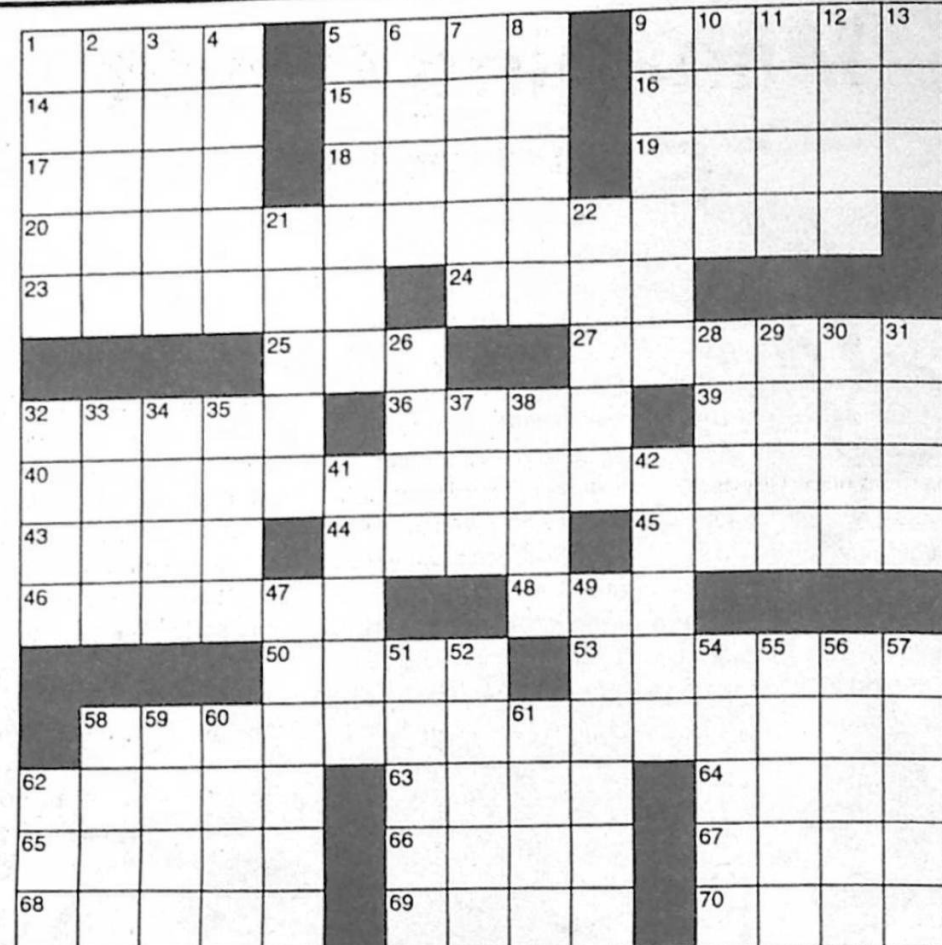
A 24-hour carwash is available to all base personnel. The Auto Club carwash is located next to Clothing Stores. Hot soap, hot wax and a cold rinse - all supplied for a loonie.

Join the "Alcan/Nancy Greene Ski League"

Are you and your family into skiing? The Mt. Washington Ski Club offers the Alcan Nancy Greene Ski League program. This might be just what you are looking for! Our programs encourage skiing participation, interaction and the development of technical skiing skills in a safe environment. The kids are grouped by ability with consideration to age. Our various programs are designed for kids between the ages of 6 to 17 years. The younger athletes learn the basic skills of racing without the pressure of intense competition and according to each individual's aspirations. It could lead them to World Cup calibre. For more info: contact Normand Leduc @ loc 8063 or at home 339-0596.

Craft & Bake Sale

The Association francophone is holding a Craft & Bake Sale on Saturday November 25 from 10:00 a.m. to 5:00 p.m. at the Driftwood Mall. Stock up on holiday baked goods such as French meat pies (tourtières), sugar pies (tartes au sucre), cookies, cakes, squares, homemade Christmas cards, etc. If you wish to donate some baked goods or would like further information, please call the Association francophone at 334-8884.



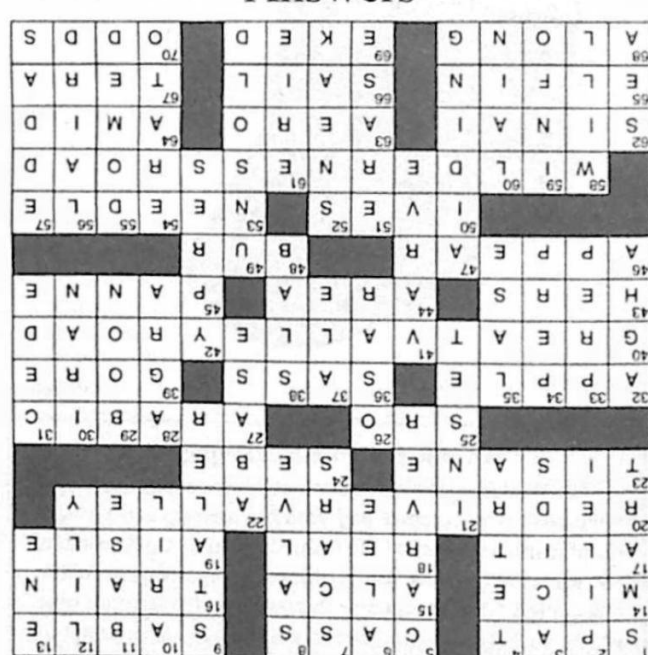
CLUES ACROSS

- 1. Spit (past tense) 5. Mama ____, rock singer 9. Siberian fur 14. "Of ____ and Men" 15. Bird genus 16. Long cloth on bridal gown 17. Alight (var.) 18. True 19. Supermarket lane 20. Famous folk song 23. Infusion of dried or fresh flowers 24. Southeast by east 25. No seats available (abbr.) 27. Language of Arabs 32. Eve's temptation 36. To talk boldly 39. Clinton's vice president 40. Frontier route westward 43. His and ____ 44. ____ code, for phone numbers 45. Velvet 46. Become reality 48. A sticky seed vessel 50. Charles ____, atonal composer 53. Sewing instrument 58. Frontier route westward 62. Mountain where Moses stood 63. About aviation 64. Surrounded by 65. Small and delicately made 66. Large canvas, usually on boats 67. Biu-Mandara 68. It's been ____ time coming (two words) 69. Got by 70. ____ and ends

CLUES DOWN

- 1. Brainy 2. Plant parts 3. Amino ____ (plural) 4. Means four or a brightly colored fish 5. This G.W. studied peanuts 6. Away from wind 7. Results of bad health 8. Healing ointment 9. More than not fresh 10. Plant part 11. First or second in baseball 12. ____ of the valley 13. East-northeast 21. Put within 22. To humble 26. Narrow ridges (Swedish) 28. North-central Indian city 29. ____ docks, rural place 30. Home of Tehran 31. Surrender 32. Turkish title 33. Prepare (abbr.) 34. ____ etual, constant 35. Emit coherent radiation 37. Brew 38. A block or to cover 41. Sediment 42. Belgian city 47. Assisting 49. Still available 51. Remove, usually with pencil 52. Make off in a sly manner 54. The Muse of lyric and love poetry 55. Rounded 56. Land proprietor 57. Icelandic poems 58. "____ and Grace," TV show 59. Message (abbr.) 60. Past participle of lie 61. Lake ____, one of the Great 62. The Mediterranean is one

Answers



Managing Credit Card Debt



Almost everyone has at least one credit card. Credit cards can be great - they are a good source of emergency funds. Used properly, they can be a source of interest free money. However, they must be used carefully or they can get you into financial difficulties very quickly. Here are some tips to get the most mileage out of your credit cards and some common pitfalls to avoid.

1. Know your card's grace period: this can vary between 10 and 30 days, but most are 20 days. This is the time frame you have in which to pay your balance in full and avoid paying any interest charges. If you pay off your entire balance every month within the grace period, you're using the credit card's money for free!

2. Avoid taking cash advances: interest is charged from the moment the money pops out of the cash machine. There is no grace period. Sometimes you're charged an additional transaction fee of up to 3% per advance. You're better off to make purchases with the card, rather than take an advance. That way you can take advantage of the interest free "grace period" after you receive your statement.

3. Ask Visa, Mastercard or American Express for a reduced interest rate: look

at your credit card statement. If you're being charged more than 12.9%, you are paying too much. Call the 800 phone number listed on your statement for customer enquiries and ask them to give you a lower rate. Most bank and credit union cards will give you a lower rate. You can forget negotiating with department store and gas cards like Sears, Esso, etc. They have a set rate - usually around 29% - and won't budge. If you use one of those cards, pay it off as soon as you get your statement - even if you have to use another card to do so.

4. Keep track of the expiry date for "interest free" offers: if you take advantage of a "Don't pay until 2001" or "no interest for six months" type of offer, calculate the up-front administration fee and see if it still makes the offer worthwhile. If it works out to be a good deal, make sure you save up enough to pay off the full amount when the interest free period is over. Check the fine print of the offer. If you don't pay off the amount in full when the interest free period is over, often you must pay the entire back interest.

If you haven't saved up enough, try to get a personal loan or CFPAP self-improvement loan to cover

the amount. 5. Be wary of mail solicitations for low interest cards: read the fine print. If you're offered 6.9% for 6 months, but 18.9% after that, it's not as good a deal as a card offering 12.9% if you know you'll be carrying a balance for the year. Also, some of the cards that survive via mail solicitations are much more difficult to deal with if you do get into financial difficulty and try to negotiate lower payments with them. They might also charge excessive fees for various services.

6. Be aware of all the possible fees you can be charged and avoid them at all costs: these can include annual fees, late payment fees, fees for returned cheques, fees for duplicate invoices or statements and even fees for accessing your balance or payment information over the phone.

8. Pay more than the minimum payment: the minimum payment is usually around 2% of your balance or \$10 or \$15, whichever is greater. If you only pay the minimum payment every month, you will end up paying for what you bought many times over due to interest charges and it will take you an incredible amount of time to pay off the debt.

Here's an example from the book "The Complete

Idiot's Guide to Beating Debt for Canadians:" if you owe \$7000 on a credit card with a 17% interest rate, the interest charge alone is \$104. Your minimum payment is 2% of \$7104 (the balance plus the interest), which is \$142. Your balance the following month will be \$6962, so you actually only pay \$38 off your original balance. The minimum payment is lowered every month, since your balance is minimally lower every month. At this rate, it would take you 40 YEARS to pay off this debt! You would end up paying \$14,000 to pay back \$7000! If you maintain your payments at the original minimum payment of \$142 instead, your debt will be paid off in just over five years. In this example, if you paid \$242 per month instead of \$142, your card would be paid off in about three years. So pay as much as you can each month, but always more than the minimum.

Janet Scotland, SISIP Financial Counsellor, CANEX Mall Building, Box 400, Lazo, B.C. V0R 2K0. Phone: 339-5942 Fax: 339-6597 janet.scotland@sisisip.com or Scotland J@comox

Office Hours Mon & Wed 0800-1400 Tues & Thur 1100-1700 Friday 0930-1500 or by appointment

Stocky Edwards supports local Federal Retirees

Here in the Comox Valley, we have one of Canada's top living World War Two fighter pilots, Wing Commander James F. (Stocky) Edwards who has written a book entitled Kittyhawk Pilot (Turner Warwick Publications, ISBN 0-919899-10-2), describing his experiences during the air campaign that took place in the western African desert between 1942 and 1944. The book has recently become available through the Comox Air Force Museum at 19 Wing, Comox.

WComd Edwards is an active member of the Federal Superannuates National Association (FSNA). This is a national organization of retired federal, military, and RCMP employees. The FSNA's purpose is to voice concerns about pension and other retirement benefits on behalf of its members. Locally, there are more than 900 members of FSNA in a local branch that meets quarterly and provides required action on issues as they arise.

At a recent FSNA meeting, Stocky was on hand to

autograph several copies of his book that were awarded to FSNA members. The group expressed its thanks to Stocky for this gesture. Branch President Al Dawber recommended the book to the entire membership as a reading experience to be enjoyed. It provides the reader with more than 300 pages of history, engagingly written, surrounding one of the major operational theatres of World War Two, one that distinguished the Royal Canadian Air Force and its 260 Squadron of Kittyhawk aircraft.

FSNA has expanded its membership significantly over the past few years as federal retirees realize the need for strong united national action to safeguard benefits they've earned during their careers as public servants.

The doors are always open to new members. Retirees are encouraged to contact the group and to find out about it. The Membership Director, Tom Dandeno, can be contacted at 339-3849.

Portraits!

It's FREE Portrait Time again, just in time for Xmas. Professional photographer Peg Sandirsen will be on hand at Overwaitea to capture that special moment on Friday, November 24 & Saturday November 25 from 11 a.m. to 5 p.m. both days. Donations to the Child Development Centre gratefully accepted.



888 Wingnotes

By Norm Blondel

It is a busy time of the year for this scribe, preparing the December edition of "Contrails," the 888 Wing quarterly magazine. Guest editorials, good stories, reports from our various committee members and photographs of events in our recent past - much like the Totem Times, but a good deal smaller, Contrails is one of the benefits available to members of the Wing. There

are a lot of other benefits too; drop in and check us out when you have the time. 888 Wing had a big turnout of members on Remembrance Day in Comox, the only off note was in having to wait behind all the commercial presenters before we could lay our wreath. In my view, we are the equal of all other ex-service organizations, and should have been treated with a little more respect.

An enjoyable feature of the celebrations which followed in the Wing building, was the attendance of Garde Gardom, Lieutenant-Governor of B.C. A very witty and charming man, he was presented with an enormous cigar by the Base Commander, Col. Bill Neumann. The Lt Governor presented two Air Force Association of Canada awards while visiting: a Meritorious Service Award to our past (and

twice) President K.D. Macdonald and to Cec Donovan, who runs the "Ident-a-Kid" programme, an Award of Merit for his ongoing and very important work with very young children and their parents. Members are advised that the final General Meeting of the year 2000 will take place in the Wing on December 6, and please check Contrails for upcoming events. Per Ardua ad Astra.



Royal Canadian Legion

Branch 17 Courtenay (334-4322)

Dance: every Friday evening, 8:00 p.m. Nov 24 Double Play Dec 1 Gord Kruger & Friends Dec 8 Alley Cats Dec 15 Switchback Dec 22 Country Cousins Dec 29 Moon Shadow

Special Events: Nov 25 L.A. Bazaar Dec 10 Christmas Draw 1:00 p.m. Dec 31 New Years Dance (\$15.00 per ticket)

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)

Friday Night Dances 8-12 p.m.

Nov 24 Moon Shadow Dec 1 Country Cousins Dec 8 Gord & Friends Dec 15 Alley Cats Dec 22 Fat Man Dec 29 NO BAND

Special Event - New Years Ball Dec 31

\$20 per person. Doors open 6:00 p.m. Buffet 7:00-8:00 p.m. Band (Double Play) 9:00 p.m.-2:00 a.m.

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.

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!

Sat 25 Nov Pot Luck Decorating Party, free 6:00 p.m. 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.)

Posthumous reward for canine hero

By Buzz Bourdon

A regimental mascot who sacrificed his life at the battle of Hong Kong on December 1941 to save the lives of seven Canadian soldiers has finally been decorated for his heroism.

Gander, a black Newfoundland dog adopted by Québec City's Royal Rifles of Canada a few months before they were sent with the Winnipeg Grenadiers to defend the British colony, was decorated with the Dickin Medal in Ottawa on October 27 in front of 23 bemedalled Hong Kong veterans.

Gander's handler during the war, Royal Rifles veteran Fred Kelly, accepted the medal from General Sir Roland Guy of the United Kingdom-based People's Dispensary for Sick Animals (PDSA).

Often called the "animal's Victoria Cross," the Dickin Medal was established in 1943 by PDSA founder Maria Dickin to honour acts of conspicuous gallantry and devotion to duty. Gander's award, the first since 1949, is also the first to a Canadian animal. In all, 32 pigeons, 19 dogs, 3 horses and a cat have received the medal.

With another Newfoundland dog named Rimshot standing in

for Gander, Mr. Kelly said it was the greatest day of his life. "Seeing this beautiful Newfoundland dog, exactly the same colour as Gander, brought back memories from sixty years ago."

Mr. Kelly, who lives in Campbellton, N.B., remembers Gander's playful and affectionate nature. Kelly was responsible for feeding the huge dog once a day and washing him, which was accomplished by sitting Gander in the shower and turning on the cold water. Gander also liked his beer, Mr. Kelly recounted fondly.

On the night of December 19, 1941, during the battle of Lye Mun on Hong Kong Island, Gander picked up a Japanese grenade that had landed in the middle of a group of Royal Rifles soldiers. Running away with the grenade in his mouth, Gander was instantly killed when it exploded.

It was the third time that Gander had helped his human comrades fight the overwhelming Japanese attack on Hong Kong. Both Canadian battalions - under-trained and under-equipped - were decimated. The survivors spent almost four years in Japanese pris-

oner of war camps coping with inhuman treatment.

Gander's Dickin Medal is now on permanent display in the Hong Kong section of the Canadian War Museum in Ottawa.



Gander's former handler, Fred Kelly, crouches with Rimshot, the Newfoundland dog that accepted the Dickin Medal on Gander's behalf.

CF inspires new stamps

By Aline Dubois

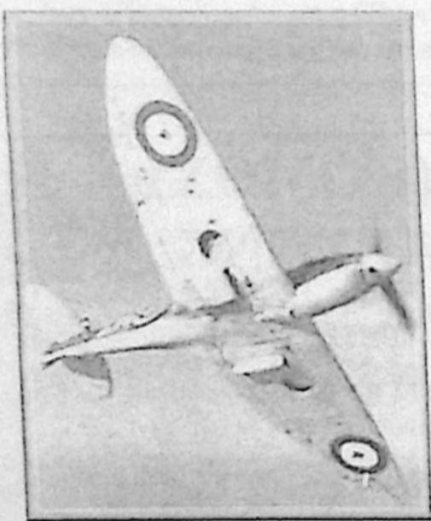
D-News. Canada Post has issued two new stamps honouring two of Canada's most celebrated regiments: the Lord Strathcona's Horse (Royal Canadians) and Les Voltigeurs de Québec.

"Canada Post wanted to mark Remembrance Day by paying tribute to the two celebrated Canadian regiments. It must also be remembered that this year marks the one-hundred anniversary of the Lord Strathcona's Horse," said Tim McGurrin, communications director at Canada Post.

The unveiling of the stamp honouring the Lord Strathcona's Horse (Royal Canadians) took place in Edmonton, Alta. The stamp portrays a monochrome image of Sam Steele, the regiment's first commanding officer. The unit was formed in 1900 to serve in the South African (Boer) War.

Les Voltigeurs de Québec was formed in 1862 when six existing independent rifle companies were combined as the 9th Battalion Volunteer Militia Rifles. Les Voltigeurs were called into service during the Fenian Raids of 1864, and in the Northwest Rebellion of 1885. "O Canada" was publicly played for the first time by the Les Voltigeurs de Québec's band on June 24, 1880. The stamp shows a drummer from Les Voltigeurs de Québec in modern-day dress uniform. The Royal Canadian Mint unveiled a five-cent coin bearing the Colours of the Regiment on the same day.

The stamps, with an initial issue of 3 200 000, are 46 cents each and are sold in packages of 16. They are available at participating postal outlets or by mail order from the National Philatelic Centre.



Comox Air Force Museum

Christmas Gift Ideas

Spotter cards

Spitfire hats

Coasters

Key chains

Aircraft prints

Coffee mugs

Aeronautical & historical memorabilia

Gift Shop open Thursday—Sunday 10:00 a.m. — 4:00 p.m.
Closed Xmas Day & Boxing Day

