



# TOTEM TIMES

FREE

19 Wing CFB Comox

FREE

THURSDAY 7 DECEMBER 2000

Comox Valley's Longest Running Newspaper

VOL. 42 NO. 20

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## Christmas Tree of Light



**HELP US LIGHT OUR CHRISTMAS TREE  
IN SUPPORT OF THE MILITARY POLICE  
• FUND FOR BLIND CHILDREN •**

**DONATIONS FOR LIGHTS**

**AT: MILITARY  
POLICE**

*Special thanks to...*

JESSICA VETS-IND UNIT 39  
407 S-DIVISION/DC SECTION 3 5011

On Friday, December 1, 19 Wing hosted two events in support of the Military Police Fund for Blind Children.

A ceremony marking the start of the annual "Christmas Tree of Light" fundraising campaign was conducted just inside the CFB Comox main gate with WComd Col Bill Neumann presiding. Mr. Bill Patterson presented Cpl Ed Everest of the Military Police Flight with a cheque for \$500 from the Korea Veteran's Association to start off the campaign. Then three special guests, visually impaired children, assisted the Wing Commander in lighting the tree to mark the start of the campaign. As the event continues and more donations are received, more lights will be illuminated. It's a magnificent tree and it will be made even more magnificent by the illumination of hundreds of lights through your donations.

The fund was established in 1957 by Col Riley Stone, DSO, MC, CD (Provost Marshall, Canadian Army 1954-1959) after his 8 year old daughter died of cancer. It started with the members of the Provost Corps donating spare change. The idea was quickly embraced by the Corps and fundraising actively began. After the integration of the Canadian Forces, the fund was renamed the Military Police Fund for Blind Children (MPFBC). Since its inception the fund has contributed over \$2 million towards blind schools, special equipment, guide dogs and medical supplies. In December 1999, the fund purchased a Special Needs Computer for Jessica, now nine years old, and one of the children who assisted in the tree illumination. The computer speaks words from text generated by scanning books or by input with the Braille keyboard. Where there is

no support from another agency, the MPFBC can make funds available for this type of purchase. 19 Wing Comox and the Military Police Flight are proud to be the sponsors of Jessica and two other blind children residing in the Comox Valley.

In a separate event, Santa was handing out Special Millennium

Christmas Box Lunches in front of the Military Police Office from 0700 to 0730 hrs to Wing personnel who made a donation in support of the MPFBC. Close to a thousand dollars was raised, and the Military Police would like to thank the following sponsors: Quality Foods, Super Value, Coca Cola, Zellers, Tim Hortons and McDonalds.



Santa giving a box lunch to a good boy.



**Lisa  
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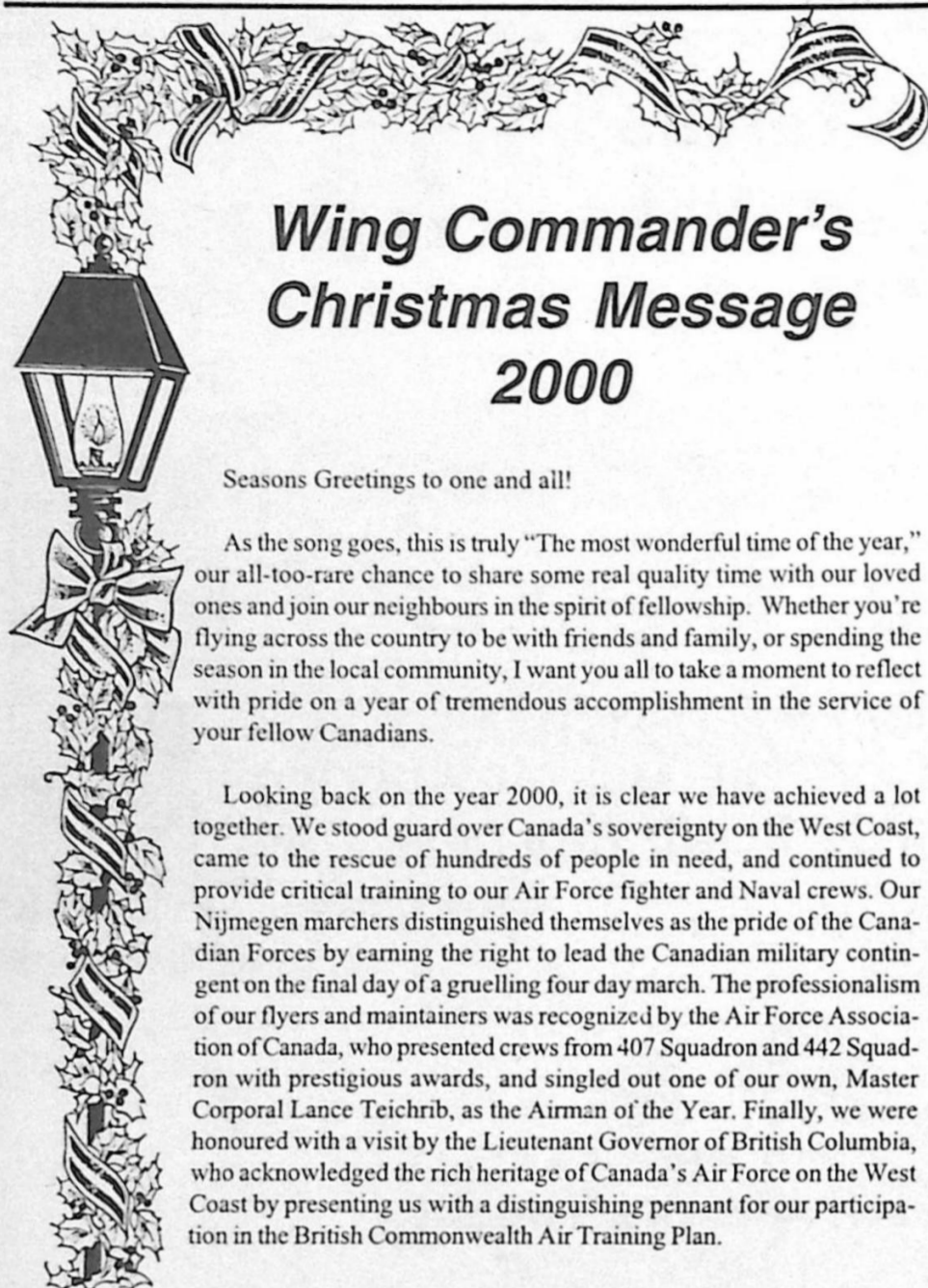
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**PANORAMIC MOUNTAIN VIEWS** from this 4-plus bedroom split level Comox home. Recent updates mean you can move right in.

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**Arlene  
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## Wing Commander's Christmas Message 2000

Seasons Greetings to one and all!

As the song goes, this is truly "The most wonderful time of the year," our all-too-rare chance to share some real quality time with our loved ones and join our neighbours in the spirit of fellowship. Whether you're flying across the country to be with friends and family, or spending the season in the local community, I want you all to take a moment to reflect with pride on a year of tremendous accomplishment in the service of your fellow Canadians.

Looking back on the year 2000, it is clear we have achieved a lot together. We stood guard over Canada's sovereignty on the West Coast, came to the rescue of hundreds of people in need, and continued to provide critical training to our Air Force fighter and Naval crews. Our Nijmegen marchers distinguished themselves as the pride of the Canadian Forces by earning the right to lead the Canadian military contingent on the final day of a gruelling four day march. The professionalism of our flyers and maintainers was recognized by the Air Force Association of Canada, who presented crews from 407 Squadron and 442 Squadron with prestigious awards, and singled out one of our own, Master Corporal Lance Teichrib, as the Airman of the Year. Finally, we were honoured with a visit by the Lieutenant Governor of British Columbia, who acknowledged the rich heritage of Canada's Air Force on the West Coast by presenting us with a distinguishing pennant for our participation in the British Commonwealth Air Training Plan.

Whether you received a "pat on the back" or not, each and every one of you has something to be proud of. Our technicians can stand tall knowing that they have kept our crews safe and effective in some of the oldest aircraft in the forces, flying under some of the most challenging conditions. Our engineers can look upon the major projects undertaken by the Wing and know they have spearheaded a 50 year leap in infrastructure quality. And our many other support people can take pride in weathering the challenges of downsizing and budget constraints to continue to provide support that is second-to-none to the pointy-end of our Wing. Well done to all!

Finally, I cannot close without congratulating the Wing for exhibiting what is probably the most important virtue during the holiday season, charity. Your generosity during the United Way campaign surpassed all expectations when you raised over \$22,000 for 28 local organizations. There are many needy and deserving people in our community who can thank your generosity for making their lives a little happier. I urge you all to continue to show that spirit of goodwill over the holiday season, not only financially but also by reaching out to those who cannot be with friends and family. Sometimes the most wonderful time of the year can also be the loneliest.

Once again, happy holidays, Merry Christmas, and a prosperous New Year from my family to yours. I look forward to seeing you all back safe, sound and well-rested in 2001. You deserve it!

## MINI-GOLF FOR CHARITY WIN A CRUISE FOR TWO TO MEXICO

A Toonie or Non-Perishable Food Item will get you 9 holes of mini-golf and a chance to win a fabulous Cruise for 2 to Mexico (4 dys & 5 nghts) donated by *Courtesy Chrysler Leep*

- Open to all military & civilian personnel at 19 Wing Comox
- Hosted by the Air Reserves
- All equipment will be provided
- 9 a.m. to 12 noon, Thursday, 21 December.  
(WComd's foursome will putt-off @ 0845hrs).
- Building # 11 (where the Air Museum & Air Reserve Flight are located)  
Enter from inside the main gate, far left door of the building.
- If you can't make it but want to enter the draw, you can drop-off a Toonie or non-perishable food item during normal working hours to the Air Reserve Flight Orderly Room.
- Draw will take place at noon, 21 December.
- Come out, have fun and support a worthy cause and you could be.....

Cruisin' to Mexico...Ole!



(Photo by Eileen Redding.)

## Message de Noël du commandant de l'Escadre pour 2000

Mes meilleurs vœux à tous et à toutes!

Comme le dit la chanson, Noël est vraiment «la plus belle nuit du monde» et le temps des fêtes constitue une de nos rares occasions de passer de précieuses journées auprès de notre famille et de renouer des liens fraternels avec nos voisins. Que vous traversiez le pays pour aller retrouver vos amis et votre famille ou que passiez le temps des fêtes dans notre collectivité, je veux que vous preniez tous un moment pour penser avec fierté aux formidables réalisations que vous avez accomplies au service de vos compatriotes canadiens.

Lorsqu'on revient sur l'année 2000, il est clair que nous avons réalisé beaucoup de choses ensemble. Nous avons protégé la souveraineté du Canada sur la côte Ouest, nous sommes portés au secours de centaines de gens en péril et avons continué à fournir une formation essentielle à nos équipages d'avion de chasse dans la Force aérienne et à ceux de la Marine. Nos marcheurs se sont distingués et ont été la fierté des Forces canadiennes à Nimègue; en effet, ils ont gagné le droit de mener le contingent militaire canadien pendant la dernière journée d'une marche exténuante de quatre jours. Le professionnalisme de nos aviateurs et de nos spécialistes de la maintenance a été reconnu par l'Association de la Force aérienne du Canada: cette dernière a en effet décerné des prix prestigieux à des militaires du 407<sup>e</sup> Escadron et du 442<sup>e</sup> Escadron et a choisi un des nôtres, le caporal-chef Lance Teichrib, comme Aviateur de l'année. Finalement, nous avons été honorés d'une visite par le lieutenant-gouverneur de la Colombie-Britannique, qui a souligné le riche héritage de la Force aérienne du Canada sur la côte Ouest en nous présentant un fanion distinctif pour notre participation au Programme d'entraînement aérien du Commonwealth.

Que vous ayez reçu ou non des félicitations, chacune et chacun d'entre vous peut être fier de quelque chose. Nos techniciens peuvent marcher la tête haute, sachant qu'ils ont réussi à garantir la sécurité et l'efficacité de nos équipages dans certains des plus vieux aéronefs des Forces, qui volaient de surcroît dans certaines des conditions les plus difficiles. Nos ingénieurs peuvent considérer les principaux projets entrepris par l'Escadre en sachant qu'ils lui ont fait faire un bond de 50 ans dans le domaine de la qualité de son infrastructure. Et nos nombreux autres employés de soutien peuvent être fiers d'avoir relevé avec succès les défis de la rationalisation et des contraintes budgétaires pour continuer à fournir à la fine pointe de notre Escadre un appui qui est de qualité supérieure. Bravo à tous et à toutes!

Finalement, je ne peux pas conclure sans féliciter l'Escadre pour avoir fait preuve de ce qui est probablement la vertu la plus importante pendant le temps des fêtes: la charité. Votre générosité pendant la campagne de Centraide a dépassé toutes nos prévisions: en effet, vous avez recueilli plus de 22000\$ pour 28 organismes locaux. Il y a beaucoup de gens indigents et méritants dans notre collectivité qui seront un peu plus heureux grâce à votre générosité. Je vous encourage tous à continuer à manifester cet esprit de bienveillance au cours du temps des fêtes, non seulement financièrement mais aussi en aidant ceux et celles qui ne peuvent pas être auprès de leurs amis et de leur famille. Parfois, la plus belle nuit du monde peut aussi être celle où on se sent le plus seul.

Encore une fois, bonnes vacances, joyeux Noël et tous nos vœux de prospérité pour la nouvelle année, de la part de ma famille et de moi-même. J'ai hâte de vous revoir tous en forme et bien reposés en 2001. Vous le méritez!

### 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.



## Santa's Work



Once again, the 19 Wing's Elves, Sgt Tom Robichaud, Asst/WCWO, Cpl Margi Fischer and LS Jeannie Waugh from PSS, sent 16 care packages to our 19 Wing personnel who are presently serving abroad on UN Peacekeeping missions. These individuals are not going to be home for Christmas. Each package contained enough Comox Valley Christmas cheer to hopefully last them until their safe return.

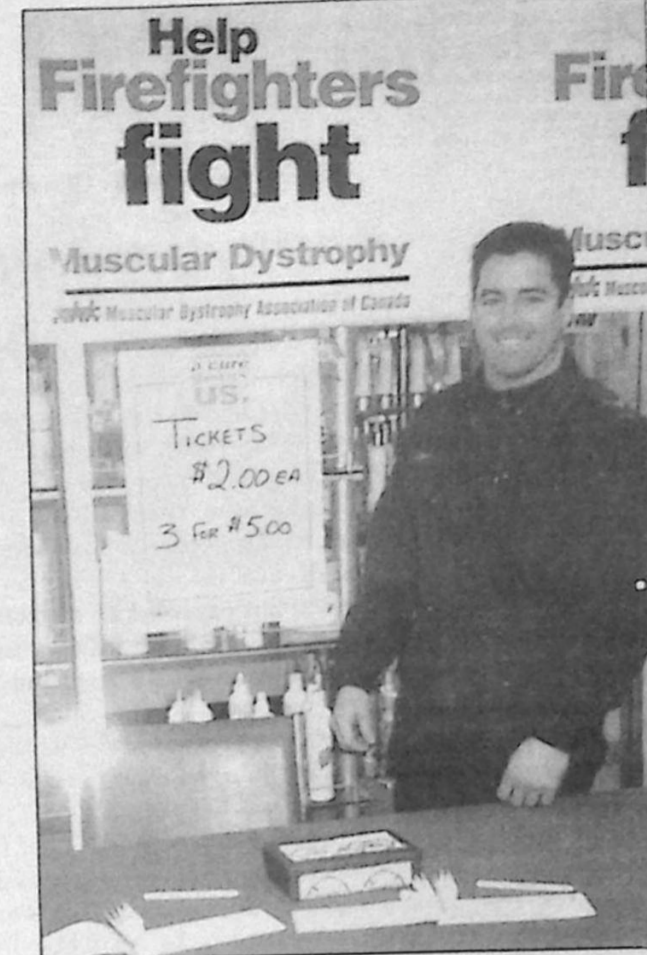
## Fire Dept raises \$378 in annual raffle

By Jerry Snook, MD Chairman

On Saturday, November 18, members of the 19 Wing Fire Dept raised \$378 for the Muscular Dystrophy Association of Canada (MDAC). Firefighters sold tickets for six hours at the Base Canex.

It was a great day. We're proud that the community supported us and grateful that Canex let us sell tickets in their facility.

Since 1954, firefighters across Canada have raised over \$40 million towards the search for a cure for diseases that waste away tissue. MDAC also provides services to thousands of Canadians affected by over 40 neuromuscular disorders. The association offers hope through research, creates awareness and understanding through education, and provides personnel support programs.



SOON, THE POWER OF WIND MAY BENEFIT THE SAME PEOPLE IT ENTERTAINS TODAY.

In British Columbia, our need for electricity continues to grow. That's why BC Hydro is looking into emerging technologies—such as wind power—as new sources of clean, green, renewable energy in the near future.

Given the right

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in helping to satisfy our

province's ever-increasing

electricity needs, without creating a



hydrogen technologies that will change the way

we fuel our vehicles;

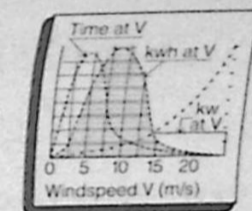
and

biomass

generation

that uses waste materials to power factories, mills and other businesses.

At BC Hydro, we're working now to create



What do we see in the wind? Research will soon tell.

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**EDITORIAL**

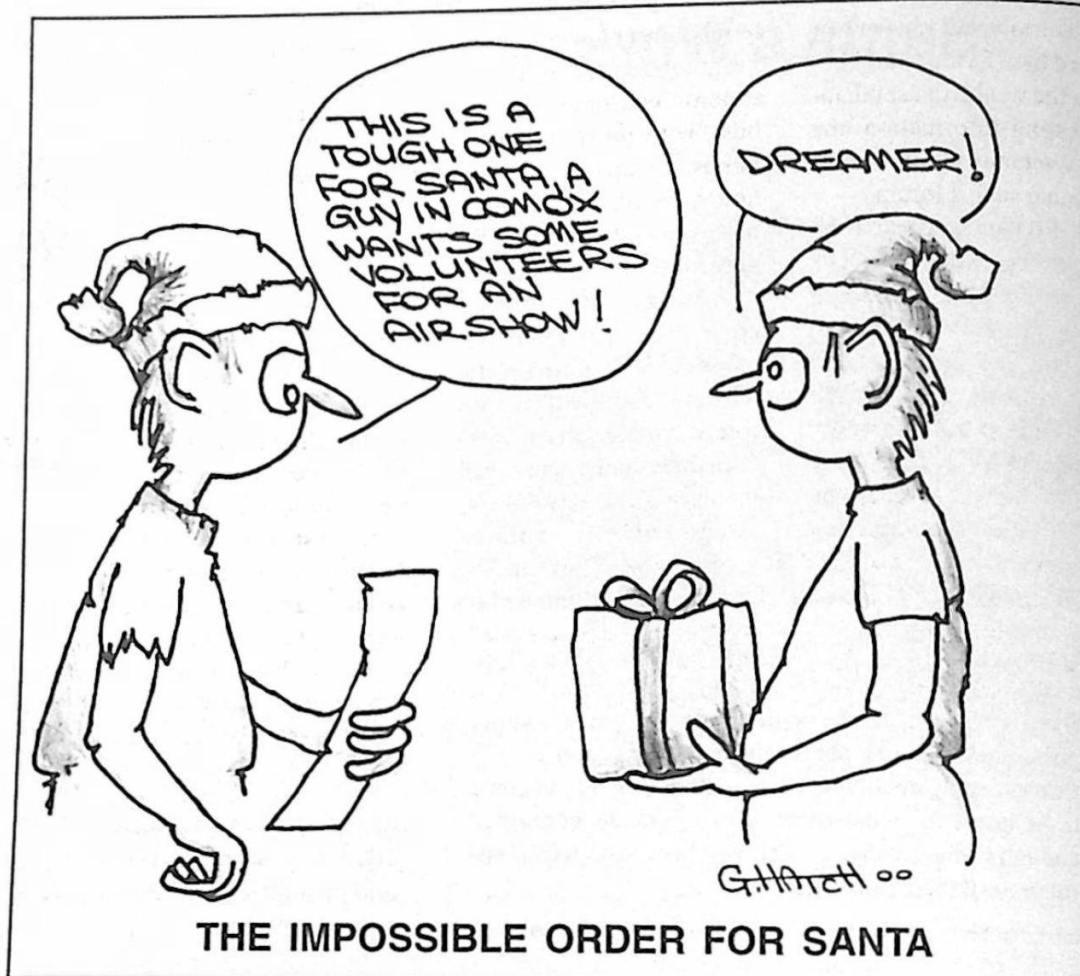
As the song says, "It's beginning to look a lot like Christmas..." Our printing schedule was set in January of last year and this is our last paper in 2000. It is customary at this time to reflect on the year past and look ahead to the year to come.

In looking back, I have to admit I had no idea what I was getting myself into when I started as managing editor. To use an old analogy, it was like trying to get a drink from a firehose. But, I've had lots of help and I want to take a moment to thank a few people. First, I have to thank Jenny, Brenda, and our latest addition Robert. Their "corporate" knowledge was and is invaluable. I couldn't ask for a better production team. Thanks also to Angelica, our guardian angel in advertising. Special thanks go out to Wing Imaging. A picture truly is worth a thousand words and, the way I write, the more pictures the better. In case you didn't know, this paper has no reporters and without the continued support of all the unit and section contributors, there simply wouldn't be anything to produce, so many, many thanks to each and everyone of you.

Although this could go on and on, my proof reader tells me it's already too long and possibly too boring so I'll just take one more line to thank you, the readers.

I did say it was customary to look ahead as well, so, in looking ahead, we're starting our 41st year and, with your continued support, we aim to make it the best year yet.

Bev Wolf



*Make your holidays slow with happiness*

Thanks for the pleasure of your patronage. You've helped make 2000 a very successful year for us, and we hope that all good things come back to you during this special season.



**November**

**Weather**

November was a very dry month, having received about half of the average monthly precipitation. Temperatures were on par with the monthly average and the number of days with winds greater than 16 knots were below the monthly average of 17 days.

Highest monthly temperature	13.5°C on 4th
Lowest monthly temperature	-2.1°C on 11th
Total monthly rainfall	91.2 mm
No. of days with 0.2mm or more rainfall	15
Total hours of bright sunshine	62.0

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

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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.

**CHRISTMAS IN THE CHAPELS**

**OUR LADY OF THE SACRED HEART RC CHAPEL**

24 December  
Fourth Sunday of Advent  
24 December  
Christmas Evening - Mass at 1930 hrs  
25 December  
Christmas Day - Mass at 1000 hrs  
31 December  
Feast of the Holy Family  
1 January 2001  
New Year - Mass at 1000 hrs

**ST MICHAEL AND ALL ANGELS PROTESTANT CHAPEL**

17 December 1000 hrs  
Church Christmas Pageant and White Gift Dedication followed by a Congregation Potluck lunch  
24 December 1000 hrs  
Fourth Sunday of Advent (Divine Worship & Holy Communion)  
24 December 1900 hrs  
Candlelight Service of Lessons and Carols



**RCAF Station Comox**  
*TOTEM TIMES*

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Open during production periods only:  
dates are posted on front door.

**EAP at year's end**

The inherent yawner of a word like 'Symposium' belies the wealth of useful, interesting information one may actually glean from attending such a forum.

CFB Comox became the beneficiary when three of its four Employee Assistance Program (EAP) Referral Agents recently attended such a symposium at the NavCan Centre in Cornwall. While RA MCpl Tim Wacey stayed behind to mind the EAP shop (for which his colleagues thank him), RAs Stephany Gray, Sgt Eileen Redding, and Finn Schultz-Lorentzen spent three days soaking up information dispensed at seminars and workshops, or by networking with some of the approximately 225 other DND RAs assembled from throughout the land, plus a representative few from Parks Canada, Corrections Canada, and the RCMP.

The number of people who use RAs every year - whether to seek actual re-

ferred or just blow off some steam - more than justify the expense and time of staff busy with other, primary duties. Estimates of man hours saved, and human misery avoided, run high, very high.

RAs themselves can become burned out, a fate that often befalls caregivers whatever their field. Therefore, a symposium enables. It enables, in the sense that the occasion keeps RAs in touch with one another, gives renewed impetus to creative thought, and makes it possible to compare one's efforts and results with those of others.

The Employee Assistance Program, a sub-organ of the Labour-Management Relations Committee (LMRC), in the case of CFB Comox enjoys the strong support of its WadmO 'custodial parent', LCol Garry Reaume. When RAs exchange experiences, psychological and financial support on the home front al-

ways looms large, especially where given ungrudgingly, and with understanding for the special hurdles RAs often must overcome.

RAs not only volunteer their efforts on Base, they volunteer hours after work-hours spent attending evening seminars or weekend workshops in subjects relating to their duties under the Employee Assistance Program. For example, every Wednesday evening for the past year, one of the RAs has met with Comox Valley Toastmasters for the purpose of becoming more accomplished in giving presentations. Another RA recently spent an evening learning more about natural remedies with which to combat depression. Yet another does counseling for the John Howard Society.

During the past year, the number of RAs doubled from two to four. More than 30 clients, some of them requiring several meetings, were helped. Members of UNDE Local 1007 were briefed, as were Branch Heads and COs. Awareness sessions were held both for supervisors/managers and for staff. A busy EAP Week proved a success. One 'Brown-bagger' was held at the ARF theatre, and only a lack of time prevented more from being scheduled. A display booth was maintained at the Officers Mess during NAOSH Week.

Meetings, held on a more localized basis, included a



**407 (MP) SQN**



CO 407 (MP) Sqn presents Sgt Thane MacNeill with his promotion. Congratulations Sgt MacNeill.



MCpl John Edgett received his new rank. Well done, John.



MCpl Ron Gaudet received his new rank. Well done, Ron.



Merry Christmas! from your EAP Referral Agents.

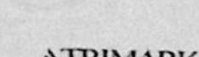
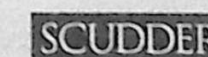
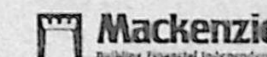
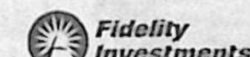
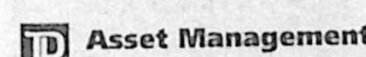
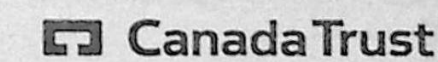
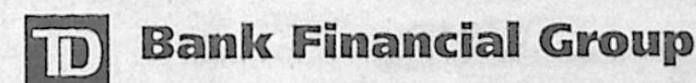
get-acquainted session with the new Wing Social Worker, Capt Kelly Gough. EAP posters were distributed throughout the Base with names, pictures and phone numbers of the RAs. Finally, a reminder: not everyone looks forward to

Christmas with joy and anticipation. For many, it is a time of stress, of feeling lonely, perhaps of memories that sear. Christmas may cause excruciating depression and a sense of hopelessness.

There is help. There is help. THERE IS HELP. Call 7035, or any one of the RAs. Or a social worker. Life is too short for all not to enjoy its many blessings. In that spirit, to all: Best wishes for a Merry Christmas and a Happy New Year!

**STRATEGIC deployment**

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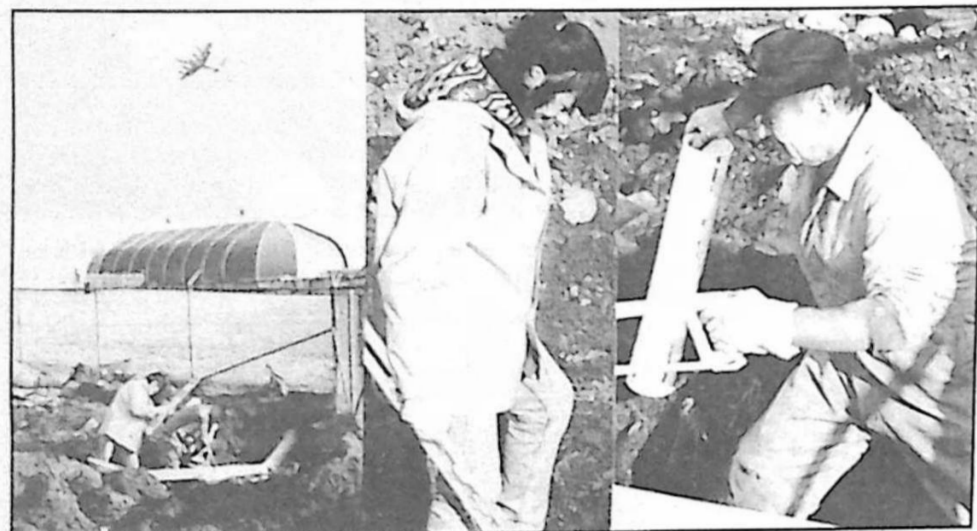


Manual fund are sold by prospectus only, please obtain a copy and read it before investing. Unit values and returns will fluctuate.

# Finn Bits



## With quiet competence



With several of the berms by the old Armament area now gone, flattened by the Heavy Equipment Section of WTN, remedial work was required to supply services either cut by the machinery or rerouted during the demolitions.

Robyn Speck and Pat Burch of Airfield & Works Team, an integral part of CE Ops, formed into a duo to replace the pipe for waste water running from the "new" (renovated) AEF quarters (B121) and CE's Plumbing and Heating Shop into the main culvert. The work was heavy, dirty and draining (no pun intended), but completed in relatively short time after a backhoe dug out the necessary trench.

The task exemplifies the work most often done by the A&W Team, and for that matter the other teams of labourers and tradesmen who make up CE Ops: carried out labouriously, without fanfare and regardless of the weather, attracting attention sometimes, but with success always taken for granted. In A&W's case, this work involves digging, hauling, repairing, erecting, demolishing, lifting, and cutting, while operating machinery from lawn mowers to front end loaders.

Such tasks as clearing snow, removing fallen trees, and cleaning out culverts may be dull-sounding and unassuming, and they certainly garner little glory; however, the competence with which these tasks are tackled makes this, and other CE teams, shine.

## To you and your kin

Yes, it was a matter of great regret to me when sudden cutbacks forced us to not extend a number of capable Terms, all with valuable experience. But that hazard has always been part of construction. People are hired for the duration of a specific project, and though it hurts to see good people depart, in this time of fiscal restraint there really was no choice.

Though exceptionally capable military members left us during the posting season, we were lucky to receive equally valuable replacements this summer: Capt Steve Forrest as CE OpsO, Capt Rick Chartrand as FDO, WO Owen Blake, a returnee, as

Ops Plan, and WO Dave Dunnington as AEF WO and currently A/AF CO. At WFH, WO Paul Rioux took over as leader of Green Platoon, while MCpl Wayne Shirran, Cpl Marc Binney and Ptes Kevis Daigle and Rod Ferguson joined the AEF. This list is by no means complete as others joined the team earlier in the year.

During this Christmas season, we'll think of those away from family and friends: MWO Wayne Shields and MCpl Dale Bachmier at Alert, Cpl James Carew on Op Danaca, Sgt Paul Vienot in Ethiopia, and Cpls Pat Norwood and Wally Saigeon in the Maritimes on



courses. Wherever they are, I and everyone in WCE wish them as much joy and peace as possible.

To everyone at 19 Wing Comox, and especially to all staff within the Wing Construction Engineering Section, a very Merry Christmas and a Happy New Year. May year 2001 prove one of prosperity, compassion and peace!

## WCE Flight - Peacekeepers Extraordinaire

November 29 saw an informal coffee break to celebrate the new Airfield Engineering Flight (AEF) home and to have the Wing Logistics Officer distribute the peacekeeping ribbon to the members of the three elements of The Wing Construction Engineering (WCE) Flight. Presentation of the medals will be done at a later date (when they arrive at 19 Wing), in a more formal setting. Judging from our numbers within WCE, it will be a long parade!

Of the approximately 75 military within WCE, almost all were awarded the new peacekeeping medal - an indication of the increased operational tempo these days, and a sign of the value of CE trades and firefighter skills to the CF. There can be no doubt of the widespread deployment experience resident at 19 Wing. A quick survey of qualifying operational experience within WCE Flight includes deployments to Golan Heights (Op Danaca), Cyprus, Aviano Italy (Op Echo), Kosovo, Haiti, Yugoslavia, Bosnia, Guyana, Macedonia (Op Guarantor), not to mention the "non-qualifying" deployments, including Alert, Op Assistance (Manitoba floods), Op Recuperation (Ice Storm), Op Abacus, Eureka, Holberg, Jarvis Lake, various US deployments and a host of other minor taskings. The engineer motto, "UBIQUE," meaning "everywhere," really holds true!

At any time, we have at least 10-20% of our flight off on deployment. Current taskings include some of those mentioned above, courses, and even a new tasking where a firefighter is off to join the force deploying to Ethiopia/Eritrea. As part of the CCap, members of the 191 AEF and the 192 CFR (Crash Fire Rescue flight) focus daily on maintaining and honing essential deployment skills. Whether undergoing CCap training, tradeskills courses, other training, or carrying out construction projects, each activity is done with the aim of being the best deployable asset the airforce can have. In just about every operation thus far, the construction and firefighter trades have been "first in, last out" - true engineers, always in demand.



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## Steady and ready

A vivid image of a firefighter on duty is that of wailing sirens, flashing lights, and an engine's growl revving into a deep-throated roar.

Equally valid, and far more often the case for 19 Wing Firehalls's Crash, Fire and Rescue Flight, are images of the routine daily tasks necessary to maintain a constant state of readiness. These include the rigorous, non-glamorous aspects of training, the never-ceasing maintenance of equipment and vehicles, preventive inspections of Base premises, ELUs, alarm panels, safe storage, and all the rest. At the same time, it is rare indeed to run into a firefighter who is not friendly, ready to accommodate, and quick to assist by the means of demonstrations and advice.

A third image incorporates the essence of a firefighter's positive attitude and broad range of skills: this is the firefighter's combination of brawn, bravery



Cpl Chad Hildebrandt ensures extinguishers are ready for use.

and soft-hearted benevolence - getting that cat down from the pole.

Under the leadership of WFC Capt Ken Brooks and D/WFC Marty Watson, W Firehall has evolved response times the quickness of which has saved many a situation from blossoming

into a full-fledged emergency. But the quickness comes from the daily, steady routine of practice and testing, as well as the hours spent in the weight room, and the welding together of individuals into an efficient team. Readiness saves.



MCpl Ernie Payne gives First Aid refresher to former Comox colleagues MCpl Dan Swainsbury and Cpl Darren Datchko, up from Esquimalt for the course.



Filling a tank on pumper are Cpls Steven Rose (foreground) and Edward Blaney.

## Truly a Christmas tree with local roots!

This year's Base Christmas tree is not only alive and well, it has for many years had its roots firmly planted in the soil of its native home - which happens to be CFB Comox.

The cost of obtaining a cut tree - sending a crew out, hauling it to Base, getting it up - has inexorably mounted over the years. WCEO Maj Carrie Fortier thought up the idea of using a tree already growing on the Base. With WLogO support and WComd approval, the tree by CE's R&M Shop/Design building was selected. It is probably a fir in as good if not better shape than those brought in over the previous years.

"Using that tree will save us thousands of dollars," says Brain deVries, Airfield & Works Team Leader.

"Remember last Christmas? A storm came up, blowing the tree over. Cost us a pile getting it back up and the lights once more made ready."

The location of the new tree is of course different. In previous years the tree was placed by the main gate. "No problem whatever," says Brain deVries. "From the top of Ryan Hill, I can see our tree as clear as anything. And that tree isn't going anywhere!"



When it came to the trimming of the tree, Norm Maximick of A&W rose to the occasion.



CE electricians Dave Burke and Ron Maximick appear charged with joy as the strings are made ready to light.

CFB Comox Local 1007 of Union of National Defence Employees (UNDE) held an annual election of officers that saw little in the way of upheaval. The major difference to the Executive came with the retirement of long-time Union Treasurer Mary McAvany, who was replaced by Chief Steward Genevieve Robinson. Since the two positions cannot be filled by the same person - the Chief Steward also being a member of the Executive - a later election will take place for Local 1007 Chief Steward.

## Election of Union Executive



Swearing-in of new Local 1007 (UNDE) Executive, conducted by Alternate Regional Vice President Doug Brown, UNDE, Victoria. (L-R): Genevieve Robinson, Comb Mess, Treasurer; Tina Meagher, Wing Accommodation, Second Vice President; Dennis Kennelly, CE ELT Team, President; Sue Gibbs, WLogO, Secretary; Terry Egeli, CE ELT Team Health & Safety; and Randy Stevens, CE Design, Vice President.

## MESSAGE TO ALL FIREARM OWNERS

# 1

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Due to heavy demand, the \$10 fee for a Possession-Only Licence will remain in effect until December 31, 2000.

Only the \$60 Possession and Acquisition Licence will be available after this year. (You must pass the Canadian Firearms Safety Course or equivalent to get this licence.)

For more information, assistance or forms: call 1 800 731-4000 or visit our Web site at [www.cfc.gc.ca](http://www.cfc.gc.ca)

Application forms are also available at Canada Post outlets and Service Canada Access Centres.

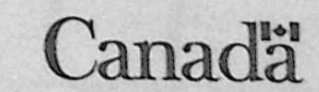
# 2

### If you DON'T PLAN TO GET A LICENCE by January 1, 2001, these are your options:

- A** You can sell or give your firearm to a properly licensed person or business OR
- B** You can turn it in to your local police station (Call first.) OR
- C** You can have it properly deactivated.

IT IS NOT A LEGAL OPTION to have a firearm without a licence.

To find out about the legal requirements for any of these options, call 1 800 731-4000 or visit our Web site at [www.cfc.gc.ca](http://www.cfc.gc.ca)



### Central Registry

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

By Gail Eggiman

Christmas is coming too fast! The first of the many cards from all the bases will be arriving soon. There is a bonus to working in Central Registry; we get to see all the nice cards! Sgt Tom Robichaud, in the WCWO's office, has been busy with his elves putting together Xmas packages for those personnel on deployment away from their families. It lets them know that 19 Wing is still thinking about them! We did tell Tom, however, that next year we wanted to do the shopping. There is nothing the girls in CR would rather do than go shopping with someone else's money!

The latest on my home front is that hubby came back from mule deer hunting in the interior with friends. The furnace in the camper suddenly didn't work so it was a might chilly for them. I wonder why they call him Plumbing and Heating Team Leader? (I'm going to hear it about this one). At least they came back with some meat this time but no lives were taken by my guy. The story is that he was waiting for a better shot! I am beginning to believe that this is a play so that I will feel

sorry for him and tell him to go out again! He is going again, but this time he's taking son #2 with him, probably to corroborate any stories he comes back with. Son #2 and I had a "nice" trip to the mainland for his doctor appointment. We were on the road from 1030 hrs to 2030 hrs. All for a 15 minute appointment! Has anyone else noticed that you can't find a quiet place on the ferry to sleep or read in peace anymore? People can't talk in a normal voice as well; they have to ensure everyone on the opposite side of the ferry hears their conversation!

I think we are going to have to make an eye appointment for Vicky ourselves and just tell her when to go! Yesterday she showed me some U.S. money and asked if the picture was President Jefferson. Despite having spawned two sons as history buffs, I didn't know who was on the bill but I could READ the name "Jackson" under the picture! I'll bet the U.S. money was another way of saying, "I'm going on holiday soon!" It should be considered a form of harassment.

Diane is kept busy track-

ing down the thieves and borrowers of her equipment from the Duplicating Room. She is also a "curling widow" for the season. I know about that too. Vicky is the only fortunate or unfortunate one (depending on how you view it) to drag around after work and on weekends.

I want to take the time to tell our mail drivers from Transport how much we appreciate their speedy service. It's not a fun job to drag around about 30 mailbags to all the sections and hangars (especially if we cram them full) and deal with our grumbling if they get behind in time. We kibitz with them, but then in return we have to put up with one particular driver's jokes. Most of her jokes are real groaners!

Our Helpful Hint is to have your mailbag ready for the driver! Most of the time they show up at a regular time unless the driver is new and isn't sure of the route. The driver shouldn't have to wait while someone sorts his or her mail. If they get behind they have to deal with the grumpy witches in CR who are waiting for the mail!

### COP'S CORNER

#### Preventing Home Invasions - B & Es

The following valuable information is reproduced from *Your Personal Guide To Prevent Home Invasion* produced by the Vancouver City Police Department and is presented for your assistance. If you have any questions on this topic or any other topic covered in these articles please don't hesitate to contact Cpl T.A. Crispin, Criminal Investigations Section loc 8237 or Cpl Phil Grant, Physical Security Section at loc 8751.

#### How you can prevent a Home Invasion:

- \*Keep your home visible and free of barriers caused by hedges or shrubbery, particularly around basement windows.
  - \*Entrances should be well lit at night.
  - \*Make doors secure with reinforced frames and deadbolt lock-sets.
  - \*Research the investment of an alarm and make sure your security decals are visible.
  - \*Add the deterrent of a large dog dish or a "Beware of Dog" sign.
  - \*Windows near doors should be treated glass or break-resistant acrylic.
  - \*Consider motion detectors and timing switches on lights.
- Do you know your neighbours?**
- \*They have the same concerns as you, so have their phone numbers handy.
  - \*Report any suspicious activity at their homes and ask that they do the same for you.
  - \*Do seniors live on your block? Check on them.
- When there's a knock on the door:**
- \*Keep the door locked, even when you're at home.
  - \*Get a vantage point, like a one-way viewer. It allows you to see visitors without opening the door.
  - \*Don't open the door to people you don't know.
  - \*Carry a cordless phone with you.
- If you need it, call 911**
- \*No call is too small.
  - \*Stay calm and keep the line open, so that police can respond even if you are unable or afraid to speak.
- If all else fails and you become a victim:**
- \*Remain calm.
  - \*Cooperate with the suspects, but be observant and make a mental note of anything unique including visible scars or tattoos.
  - \*Trust your instincts.



#### 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.

#### Return To Work Program Promotion



Shown are the first graduates, including K.J. Ilitski (WGSO), of the department's Return to Work Program Advisor Course held at NAV CAN in late October. The one week course was designed to provide students with knowledge and management tools to enable them to administer their local Return To Work Programs. In the Return To Work Program, which is a component of the DND/CF General Safety Program, workers injured or ill are encouraged to return to the workplace earlier than might otherwise be possible to undertake modified work schedules and/or duties that are consistent with their reduced capability. This new program is now in the process of being initiated throughout the department.

## Celebrate The Season!

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(Photo by Wing Imaging)



### A SEASON OF GIVING

From our families to yours, sincere wishes for a blessed and happy holiday.



### JOY

May the holiday season bring music to your ears and happiness to your heart.

### Personnel Services Section

By Gail Eggiman

MWO Louise Gauthier has been away for a couple of weeks in Borden on her Conversion course for the 836 trade. Maybe she'll appreciate BC's weather now. PJ and Jenny have been under the weather resulting in loss of voice. (Hmm. I won't go there at all!) PJ is another lucky one off to Mexico next week! What a nice break from this rain. Sgt Donna Melville has chosen the cool holiday of skiing at Silver Star, if the snow co-operates. That leaves Alma in charge (I won't go there either).

A little bird told me that

Rob O'Connor has a birthday coming up. My guess is that he is between 20 and 40! Jeannie, Margi and Penny are attending the Jr. Ranks Christmas lunch on 5 December. I hope they don't get them to sign! LS Waugh is all smiles and giggles because she gets to go to Texas in February to represent the Quarter Horse Association at a conference.

Staff from Ottawa were here for an audit, even though they called it an "inspection," and it went well. CWO Paul Saulnier (one of the inspectors) and I chatted over old times. He was

a Cpl stationed at Comox in the Orderly Room back in 1971. He is another one of "those" people that come out of your past and remind you of how many years have passed by.

I am trying to get someone from PSS to write their articles now. They just clam up when I'm around and it's hard to pry out any info. I know they can read and write and I have a sucker, I mean a prospective candidate, in mind. Besides, it's very draining for me to malign my co-workers in CR and then try to be nice about the PSS staff.

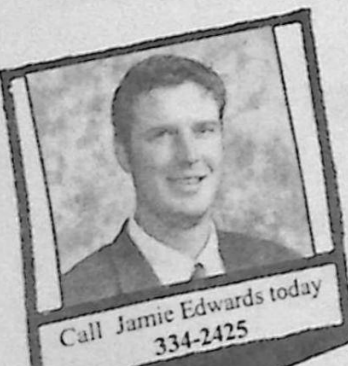
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# 'Tis the Week Before Christmas

By Gail Keenan

'Tis the week before Christmas  
And throughout our house  
There's the sweet smell of baking  
Cooked up by my spouse.

The cookie jars filled  
To please any kid,  
Even the old jar  
With a crack in the lid,

Christmas cake in the freezer,  
Apple pies in the oven -  
When they come out,  
In go the muffins.

The tree in the corner,  
Decorations galore,  
An evergreen wreath  
Hangs over the door.

The mailman's been twice  
With parcels in brown  
From grandma and grandpa,  
Who live out of town.

Brightly wrapped presents  
Placed under the tree:

There's a couple for you  
And a couple for me.

Strangers all smile,  
The kids have been nice,  
But the bad ones they know  
They're skating thin ice.

We've built a big snowman,  
By the front porch he stands,  
To welcome our guests  
With a broom in his hands.

The neighbourhood's lit  
With zillions of lights.  
Even the cold wind  
Is forgotten tonight.

As I sit by the fire  
In my comfortable chair,  
I count all my blessings  
For there's love in the air.

From our house to your house,  
In the spirit of things,  
The best of the season  
And good wishes this brings.



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Wishing you all the best for the Holiday Season  
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## Poinsettias 2000

By Ellen Presley, Anderton Nursery

Poinsettias are the flower of Christmas. Although you will see them growing like weeds, often as large as huge trees, along the roadside in various tropical environments such as South East Asia, Mexico, the South Pacific, etc., here in North America we grow them in greenhouses and value their uniqueness. Poinsettias are as much a part of Christmas decor as ivy and mistletoe. And though most people think that poinsettias are only red, these showy plants come in a variety of colours, from white to various shades of yellow, peach, pink and red. With all these different varieties, it is sometimes difficult to choose which colour to pick, but once you have decided make sure the plant is healthy.

**Choosing a poinsettia**  
It is very easy to tell if a poinsettia is healthy as it will have nice perky leaves. If it is drooping or you suspect that the sleeve of the plant has been left on for more than two days, don't buy it. The likelihood of the plant surviving more than a few days is slim. However, if you buy the poinsettia from somewhere that knows how to care for the plant, then there is no reason that you can't have a healthy poinsettia until you plant it out in your garden in the summer.

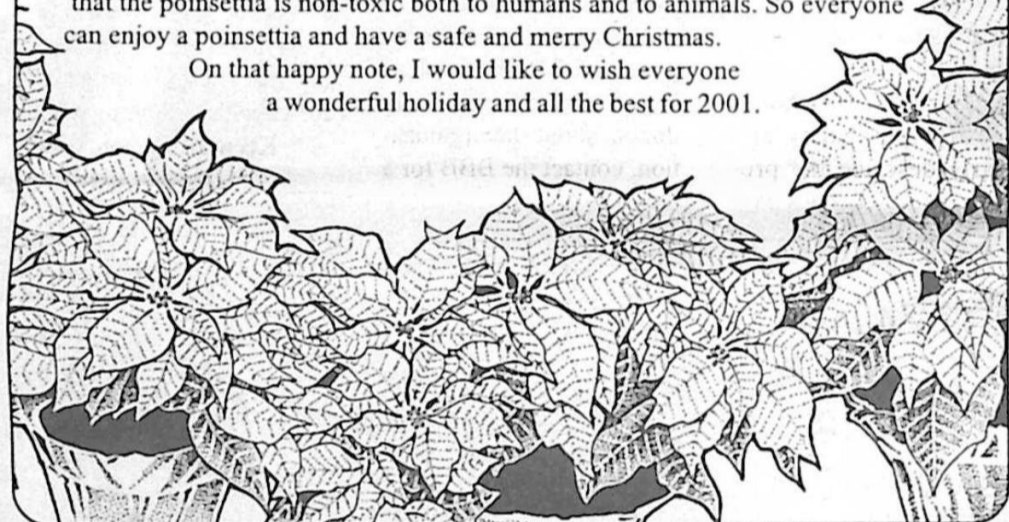
**Caring for your poinsettia**  
Poinsettias like to be in a moderately warm house (65-75 degrees F) with no drafts. They do not like to be near a furnace or fireplace. Many people like to stick their plant in a cold window to get the brightest light, but remember that the window pane is cold and the poinsettia will not like the chill. If the plant is subjected to chill, you will notice the leaves droop. The plant will be happy near a well-lighted spot at least six inches from the window pane. Be sure to draw the drapes in the evening between the plant and the pane.

Poinsettias will let you know if they are unhappy. They will droop if they are over-watered, or wilt if under-watered. Water the plant when the surface of the soil is dry. It is best to place the pot in the sink and fill the pot to the rim with water then let the excess water drain through the pot. Never leave the plant sitting in a pool of water as the roots will rot and the plant will collapse. But on the other hand, don't let the plant dry out to the point of wilting. Check the soil every two or three days.

When you purchase your plant for the Christmas season, it will most likely not need fertilizer or repotting during the holidays. All you have to do is remember to water it when it needs it.

The poinsettia is not, I repeat, not poisonous. This myth started around 1919 when one child is reported to have gotten sick eating a plant, and then the folklore developed. There has never been a scientific study or medical case to support the claim. Further, the Ohio State University did an extensive study on the toxicity of the plants, proving that the poinsettia is non-toxic both to humans and to animals. So everyone can enjoy a poinsettia and have a safe and merry Christmas.

On that happy note, I would like to wish everyone a wonderful holiday and all the best for 2001.



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## 'Tis the Season to be giving

from the Better Business Bureau

The holiday season is a time for giving, and many charities step up their appeals at this time of year. Make certain your donations go to charities worthy of your support.

When an unfamiliar organization asks you to make a donation, don't be too quick to make a decision. Instead, plan your giving and always demand accountability of the charities receiving your gift. If you are in doubt, check out the organization with the Better Business Bureau (BBB) at (604) 682-2711 or [www.bbbvan.org](http://www.bbbvan.org).

Most solicitations take place over the telephone, through the mail, door-to-door, over the Internet, or on the street. You have time to think when you receive a charitable appeal by mail, but there usually isn't time to think when the doorbell or telephone rings, or when the street solicitor holds out the hat.

Whether on the phone, at the front door, or on the street, ask for the charity's full name and address. Get full identification from the solicitor. Give the identification more than a passing glance. Appeals should identify the charity and clearly describe the programs. Make cheques pay-

able to the name of the charitable organization and not to an individual.

Don't be pressured into giving on the spot. Charities want your money today - and tomorrow. If the solicitor uses high-pressure tactics, such as intimidation, or harassing phone calls or visits, contact your BBB to file a complaint or call your local police department.

Statements such as "all proceeds will go to charity" can be misleading. What is left after expenses - the proceeds - may be just pennies. Ask how much of your gift will fund the charity's programs. If the sale of candy, magazines, books, etc. is involved, make sure you find out the exact amount the charity will receive.

With mail appeals, keep in mind that it is against the law to demand payment for unordered merchandise. If the charity sends you merchandise, you are not obligated to return or pay for it.


In the case of large gifts, it is always best to request a copy of the organization's annual report, list of board members, and the latest financial statement of the organization before contributing. And if you have any doubts about the organization, contact the BBB for a report.



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## Christmas Tree Safety

The family Christmas tree is a wonderful focal point for holiday decorations. Dressed with twinkling lights, strands of silver and gold garland and dozens of ornaments, your tree can be a fine addition to your home ... it can also be a fire hazard.

Before you haul out the tree stand and ornaments, try to pick the tree sap from your hair and unknot the last strand of lights, read up on how to avoid potentially dangerous situations with your Christmas tree, courtesy of the Kennett Fire Company [www.firestation24.com](http://www.firestation24.com).

\* Select a location - When selecting a location to set up your tree, attempt to locate one in a cool area. Avoid placing it in an area close to heating appliances or the fireplace. Hot areas can dry out the tree prematurely and also increase the chance of accidental ignition. Secure the tree so that it cannot be knocked over by pets or a small child.

\* Make sure the tree has water - Your tree needs plenty of water. Be sure to fill the stand with water every day. This will not only prevent your tree from drying out, but will also make for a healthier looking tree.

\* Keep an eye on your decorations - The decorations you use can be poisonous to children and pets. Be sure to keep all tinsel, garland and greenery out of the reach of your small children or pets.

\* Be careful with lights - Before using lights on the tree, make sure that they are UL listed. Never use more than three strings on one circuit. Check all light strings to ensure that the wires are in good condition. Look for signs of wearing, frayed wires or blackened wires. If any of these appear, or if you're not sure if the wire is safe, throw out the strand immediately. Never use candles to illuminate your tree.

\* While you're out - Never leave the lights on when leaving the house or when going to bed. Be able to turn off the lights without having to crawl under the tree.

\* After the holiday - Remove all decorations and remove the Christmas tree from your home as soon as you can. A dry tree can be very dangerous. It is also a good idea to inspect any lights or wires as you take them off as well.

\* Unsuitable firewood - Never burn a tree in a fireplace. Dry evergreen trees burn very hot and extremely quickly. The fire may rapidly

leave the fireplace and move into your room. Also, a Christmas tree is very oily and may damage your fireplace.

decorations - The decorations you use can be poisonous to children and pets. Be sure to keep all tinsel, garland and greenery out of the reach of your small children or pets.

Be careful with lights - Before using lights on the tree, make sure that they are UL listed. Never use more than three strings on one circuit. Check all light strings to ensure that the wires are in good condition. Look for signs of wearing, frayed wires or blackened wires. If any of these appear, or if you're not sure if the wire is safe, throw out the strand immediately. Never use candles to illuminate your tree.

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## MILITARY SPECIAL

Check out Vancouver Island's Snow Zone  
**MT. WASHINGTON ALPINE RESORT**  
Season Opening until December 24, 2000  
**\$19 Lift Ticket** (Regular Rate \$44 Adult)  
Lift Ticket purchased at Mt. Washington's Ticket Kiosk.  
\*Valid DND I.D. required at time of purchase. Offer for DND employees and their spouses and children skiing with them.

## MT. WASHINGTON ALPINE RESORT WISHES EVERYONE A Merry Christmas and a Happy New Year



**MILITARY MONDAYS**  
Starting Monday, January 8, 2001  
Every Monday, Lift Tickets at Mt. Washington are only \$36\*  
\*Valid DND I.D. required at time of purchase. Offer valid for DND employees only. Tax and road levy included.

### Ski resort gingerbread village

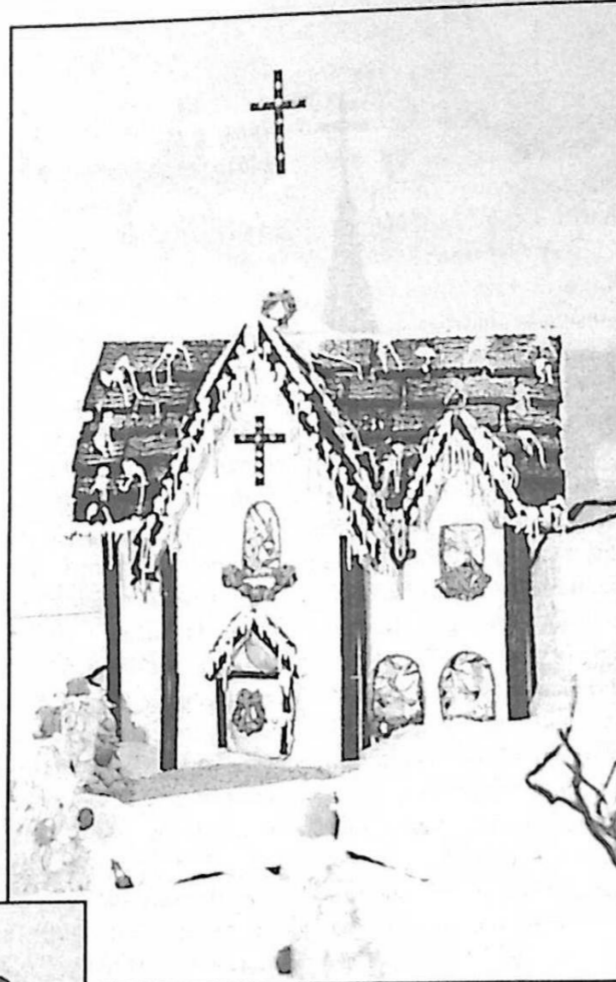
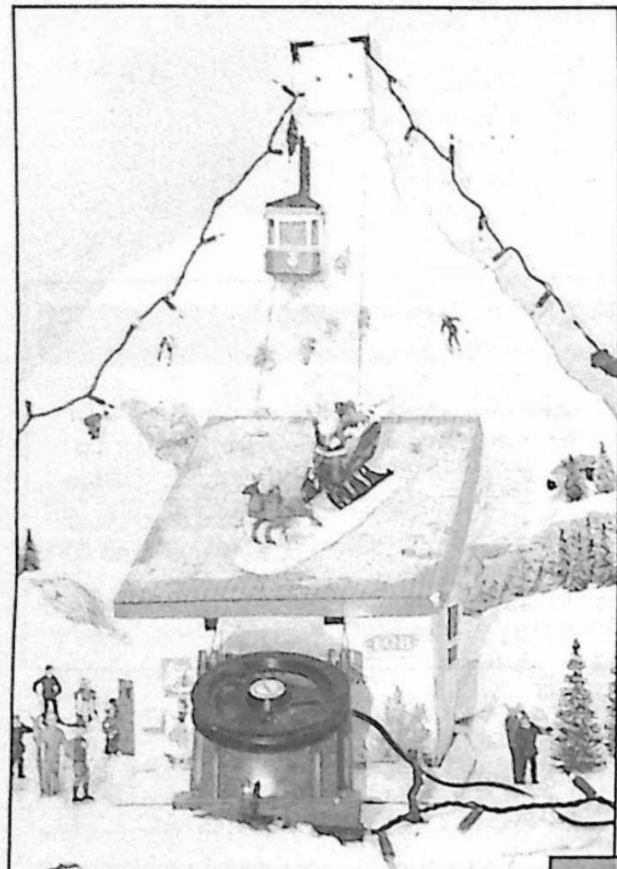
A gingerbread village display, with a "Ski Resort" theme was created by the Food Service personnel of 19 Wing Comox, demonstrating the many talents of each individual through the expression of their artistic culinary skills. This also added to the decoration of the dining room during this festive season.

For several weeks, about 12 people dedicated countless time and effort to produce a unique and personal piece, which once put together, formed this colorful, animated and enjoyable display. The village has a hotel castle ski resort, a ski hill with a cable car and a train\* in operation, two train stations, a garage, a church, a post office, a nativity scene and even a carousel made out of gum paste, to name a few items.

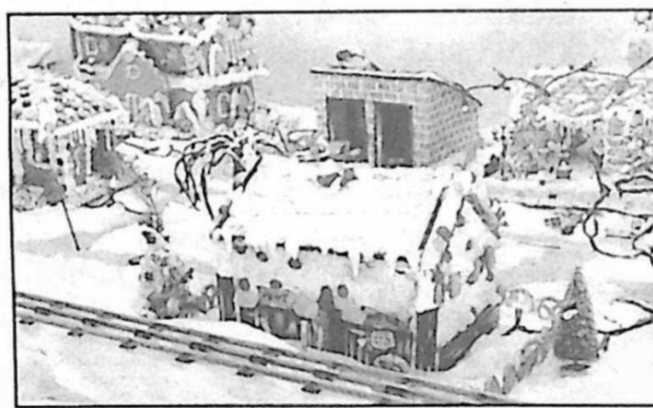
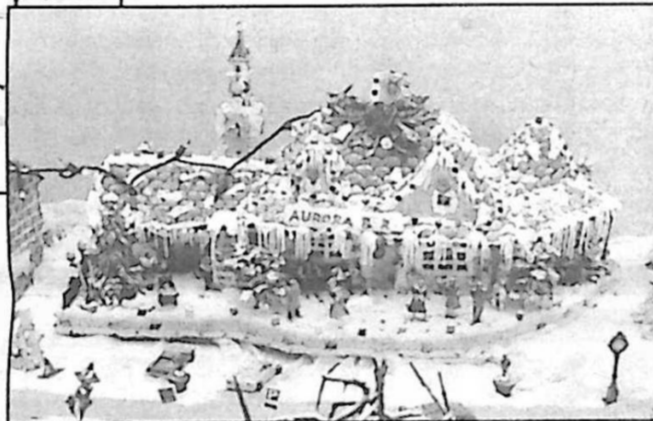
The general public of 19 Wing Comox community and friends are invited to view the display at the all rank dining room (bldg. 105) at 19 Wing Comox during open hours.

Some key players in this adventure were Cpl Mathieaiapanam, Mrs. Kavita Wakisan, AB Kit Buick, MS Mark Shiplack (with the help of his children), MS Al Rose, MS Dean Easton, Cpl Cliff Moors, Pte Ryan Benoit, Mrs. Heather Smith, Mrs. Pauline Tremblay, Mrs. Susan Mainville and WO Guy Robitaille.

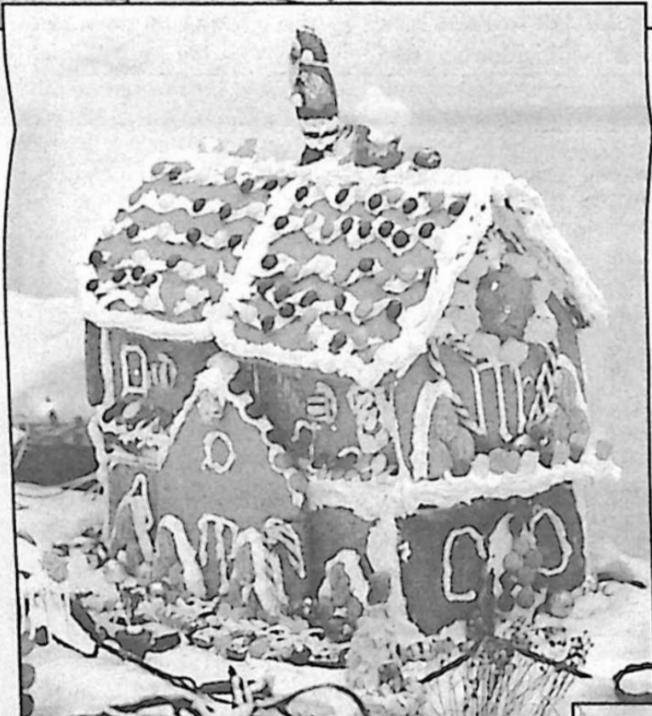
\*Charlie's Choo Choo's, 1496 Ryan Road, Courtenay graciously provided the "Lionel" train.



Note: Recipe for gingerbread on next page.



Photos by Wing Imaging



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Fax: (250) 338-2113  
E-mail: nathalie.corneau@investorsgroup.com

Nathalie Corneau  
Representative

### Total Force team earns "For Pro" recommendation

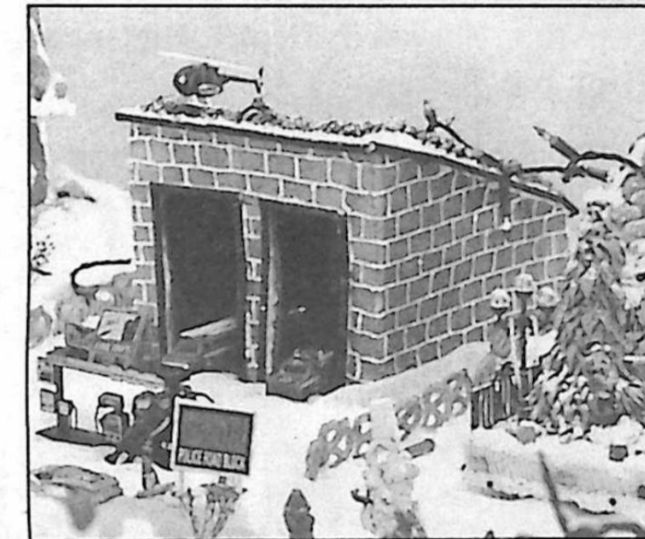
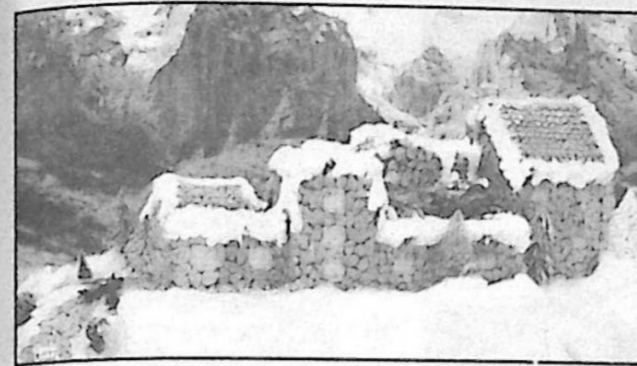
A vigilant sweeper crew, a tenacious reservist and a determined technician have earned a Flight Safety "For Professionalism" recommendation after discovering a missing part from a Buffalo aircraft. The part, a metal locking ring, had fallen from the nose landing gear of a Buffalo, which subsequently took off on a local training flight. Technicians considered the part so vital they directed the aircraft to return and make a precautionary landing.

we headed to 442." After questioning several squadron technicians, Jefford showed Cpl Marty Underwood the ring. A glance was enough to send him rifling through the Buffalo's technical orders. Suddenly he stopped turning pages and looked up at Jefford and said "Yeah, it's very important."

Technicians were soon crawling over the five aircraft on the ground, but found each had the part installed. "That's when I suggested alerting the pilot of the airborne Buff," said Jefford, "as we suspected it could be from his aircraft."

"The locking ring is the only device that secures the nose gear steering to the nose gear oleo," said Wing Flight Safety Officer Maj Mike Gibbs. "Without it the steering mechanism could have come undone and the aircrew would have been faced with a very difficult and dangerous situation."

Prepared for possible nose-wheel problems, the pilots carried out an uneventful landing. A quick investigation revealed the aircraft was indeed missing the ring. Gibbs said the four deserve recognition for giving this story a happy ending. "Their actions were clearly above and beyond," said Gibbs. "There should be no doubt they went the extra mile." Jefford said the incident should remind everyone about the need for vigilance on the line. "Flight Safety is everyone's business," said Jefford. "When you find something unusual out there make sure it gets to the right people. In the long run it, could save a life."



**JR. RANKS' MESS  
REAL MILLENNIUM BASH  
NEW YEARS PARTY**

Cocktails at 18:00, Dinner 19:00-20:30

Band: Mr. Hanky from 21:00  
DJ between sets

LOTS OF PRIZES

CHAMPAGNE at MIDNIGHT

- SHRIMP CHEF SALAD
- SEAFOOD VOL-AU-VENT
- CHICKEN PARADISE
- ROAST STRIPLIN WITH PEPPERCORN SAUCE,
- OVEN ROAST POTATOES, MIXED VEGGIES & DINNER ROLLS
- DESERT & PARTY FAVOURS

Advance tickets on sale only for Meal & Dance till 21 December.  
Members (Reg and Reserve) \$20 - acquittance roll at bar, or cash at Mess Manager's office.  
Associates \$25, Guests \$30 - cash at Mess Manager's office.  
Dance only tickets \$15.  
Duty driver

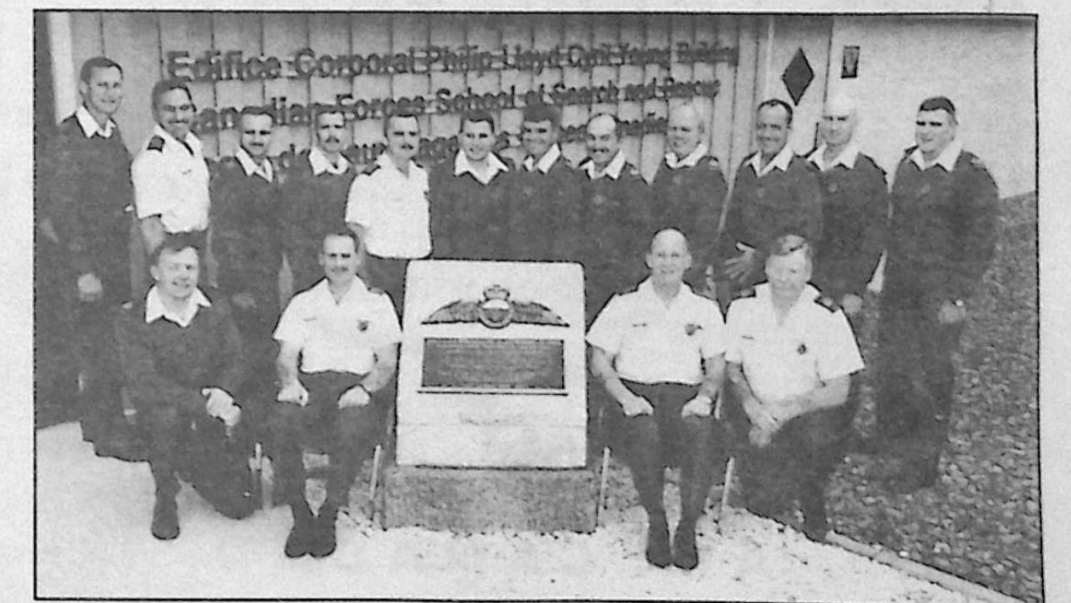
### From parachutes to pens

By Sgt Ron O'Reilly

Recently, several senior Sergeants and one acting/lacking Warrant Officer attended the SAR Tech 6B Course. What is a 6B course, inquisitive minds might ask? Well, it's designed to prepare our future SAR Tech Leaders for the finer points of paperwork. Although SAR Techs live and breathe SAR missions, these events cannot happen without the right equipment and procedures, and, sad to say, this requires paperwork.

With the help of subject matter experts, the course participants were introduced to an array of forms and administrative procedures; sorry, no parachuting. Here are some of the topics taught: SAR Tech's, MR's, UER's, UCR's, AER/ECP, PDR's, PER's, CFPAS, CISD, TOS & Promotions, ADP Security, Messages & Memos, VW, RW, and C&P. If you don't know all of these acronyms, you will after the 6B.

Armed with these tools, we now have the answers to any questions our subordinates may ask. Well, we can at least point them in the right direction. At this time we would like to thank some of the following base personnel for their knowledge: Maj Benninger, Maj Gibbs, Maj Foulds, Capt Akerstream, MWO Gauthier, WO Bristol, WO Denninger, Sgt Poudrier, and Cpl Grant.



(L-R) Back: Sgt Holleman, Sgt Elliot, Sgt Oakes, WO Carignan, WO Vauttheuer, Sgt O'Reilly, Sgt Taylor, Sgt Michaud, Sgt Shepard, Sgt Brown, Sgt Curtis, Sgt Andrews. Front: Sgt Burton, MWO Burke, CWO Ritchie, Sgt Maidment.

# 19 AMS

At a recent parade on November 9, CO of 19 AMS Maj A. Kettenacker had the pleasure of presenting numerous well-deserved and hard-earned promotions, certificates and ribbons.

Maj Kettenacker and all 19 AMS personnel take this opportunity to extend heartfelt congratulations to all the recipients.



MCpl Mike Long, Certificate of Service. Mike will be retiring to a life of leisure at IMP after 20 years of distinguished service.

**Recipients of ribbons for the Canadian Peacekeeping Service Medal:**  
**Back row (L-R):** MWO L.S. Goble; WO R.K. Spragg; MWO I.W. Donovan; WO J.L. Bristol; Sgt W.B. Einarson; Sgt S.P. Nicholls.  
**Front row (L-R):** Cpl K.W. Palmer; Cpl D.E. Thompson; (newly promoted) MCpl R.A. Norwood; Mcpl T. Hietenan; MCpl T.J. Wacey.



Cpl Ron Norwood, promoted to MCpl.



Pte Leslie Obbagy, first chevron.



Cpl Brian Hocquard, Certificate of Service. Brian has served his country with dedication for 21 years, and has also joined the IMP vacation team.



Pte Ian Slater, accelerated promotion to Cpl.



## Glacier Greens Golf Shots Mixed Winter Golf

By Barb Carter

### November 26

Twenty-six people were ready to play. It was sunny and nice. But as they got halfway through the first hole, the rain came down in torrents. It was bouncing off the patio. However, 23 of the 26 hung in and finished. The three who quit were the smart ones. The scores started to look good, but went downhill with a crash.

First LG, with a plus 22, was Dick Nex, Vic Crisp, Ron Peacock and Ron Sawyer. First LN, at minus 5, on a countback, was Roy Hagg, Jim Trask, Ken Doll and Lee Johnson. Second LN, on countback, with minus 5, was the team of Duke Dutrisac, Wayne Ogilvie and Steve Shaw. They all wanted to quit, but no one was willing to admit it.

KP on #12: Phil Nakashima, Ron Carter, Russ Englemeyer and Bernie Golding, but Carter came out of his slump and stuck it close. KP on #15 was Ken Doll, making the shot for Roy Hagg's team.

### Ladies Club

Remember gals, the Christmas luncheon is on December 7 at 1:00 p.m. Len Virtue and guest will be joining us from the Salvation Army. An unwrapped gift or donation will be appreciated. The valley has many needy families at this time

of year, so anything would be great. The menu is beef and prawn stir, spring rolls, noodles, and all the good stuff. Come early and have a cup of tea, or whatever.

It was an early birthday gift for Helen Williams. As she approached the dreaded #12, she dug out her xxxd out dirty old ball, picked up the 8-iron, and got her Ace - first timer for her. She was playing with Linda Lott, Marlena Hall and Verle Lafferty. Well done Helen - now, you do know that you have to buy your partners a cup of coffee or something stronger.

### Jake's Trivia Corner

1. In what year was the Centre Line introduced to the NHL?
2. To date, which NBA player has played the most seasons?
3. Which football player has the most consecutive games catching the pigskin?

(Answers on page 18)

## Wing Rec

Swim Lessons registration: 13 January from 12 noon - 1500 hours. Swim lessons will run 20 Jan-31 March on Saturday mornings.

For questions or inquiries, contact Chris Floor, Rec Co-ordinator at loc 8989.

Note: There will be no classes on 17 March due to Spring Break.

## Comox Rec

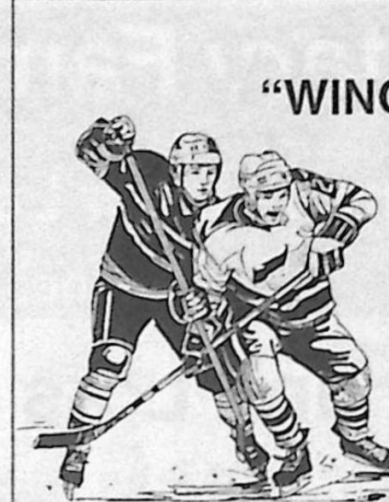
Join friends at Comox Rec for a One Night Affair - Scrapbooking 101 on Tuesday, 12 December from 7:00-9:00 p.m. For more information and registration call 339-2255.

The Rec Centre has Christmas Camps galore to keep your youngster busy over the holidays. Whether you need all-day child-minding, or just for a few hours, we will have something for you. Registration begins 8 December.

Tickets are now on sale for "A Touch of Irish" New Year's Eve Ball. Meal by Country Catering and singing with Irish comedian/singer Gordy-Van. Dancing till the wee hours. Tickets \$55.00 each (\$50 when purchasing eight or more).

## Courtenay Rec

Children 9 years and under, with their parents, are invited to attend our annual Children's Christmas Party on Saturday, December 9 at 3:00 p.m. "Fizzlepup" the clown and magician will be entertaining. Admission is FREE with a donation to the Food Bank. Phone 338-5371 for further details.



## "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:

1. Each of the respective 6 divisions (circle one team in each division);
  2. The Eastern Conference final;
  3. The Western Conference final; and
  4. 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	Eastern Northeast Division	Eastern Southeast Division
Pittsburgh	Ottawa	Carolina
New Jersey	Montreal	Washington
NY Rangers	Toronto	Tampa Bay
NY Islanders	Boston	Florida
Philadelphia	Buffalo	Atlanta

### EASTERN CONFERENCE WINNER:

Western Central Division	Western Northwest Division	Western Pacific Division
St. Louis	Colorado	Dallas
Nashville	Edmonton	Phoenix
Detroit	Vancouver	Anaheim
Chicago	Calgary	San Jose
Columbus	Minnesota	Los Angeles

### 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) Contest closes 15 March 2001

### 19 Wing Volleyball Coaches Clinic

We will host an NCCP Level I Volleyball Coaches Clinic on 8 & 9 December. Cost is \$87.00. Register with Jake Plante at local 8783. Minimum requirement is 8.

# AVIS AUX PROPRIÉTAIRES D'ARMES À FEU

# 1

## Le permis d'armes à feu est OBLIGATOIRE dès le 1<sup>er</sup> janvier 2001.

En raison du grand nombre de demandes pour le permis de possession, les frais seront maintenus à 10 \$ jusqu'au 31 décembre 2000.

Après le 31 décembre 2000, vous ne pourrez vous procurer que le permis de possession et d'acquisition au coût de 60 \$. (Pour obtenir ce permis, vous devrez réussir le Cours canadien de sécurité dans le maniement des armes à feu ou l'équivalent.)

Pour plus de renseignements, un formulaire ou de l'aide à le remplir, composez le **1 800 731-4000** ou visitez notre site Web au [www.ccaf.gc.ca](http://www.ccaf.gc.ca)

Les formulaires pour l'obtention d'un permis d'armes à feu sont également disponibles aux comptoirs postaux et dans les Centres d'accès Service Canada.

# 2

## Vous ne désirez pas obtenir un permis d'armes à feu avant le 1<sup>er</sup> janvier 2001? Trois possibilités s'offrent à vous :

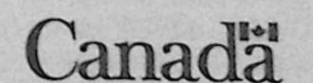
**A** Vous pouvez vendre ou donner votre arme à feu à une personne ou à une entreprise titulaire d'un permis d'armes à feu valide.

**B** Vous pouvez la remettre à un service de police. (Veuillez téléphoner avant de vous présenter.)

**C** Vous pouvez faire neutraliser votre arme à feu, selon les normes.

Sans permis, ON NE PEUT LÉGALEMENT posséder une arme à feu.

Pour connaître vos obligations légales en fonction des possibilités ci-dessus, composez le **1 800 731-4000** ou visitez notre site Web au [www.ccaf.gc.ca](http://www.ccaf.gc.ca)



## BECOME A MEMBER OF THE AIR CANADA FAMILY

"A future with promise" is offered to professionals dedicated to quality work, the highest standards of safety and an innovative approach to business. Canadian Airlines' Vancouver Maintenance Operation, a member of the Air Canada team, has anticipated positions for the following...



**AIR CANADA**

At Air Canada, we want to fly higher when it comes to employment equity. We therefore encourage applicants from Aboriginal peoples, women, members of a visible minority and persons with a disability.

### STRUCTURES MECHANICS - #00-1620M

You must have a minimum of 4 years' experience working on aircraft in Sheet Metal and/or Composite work. Your responsibilities will include aircraft structural repairs and modifications, and completion of work related to service bulletins. This work will be carried out with the aid of engineering specifications, manuals or drawings. Possession of a Transport Canada (MOT) "S" license is desired.

### AIRCRAFT MECHANICS - #00-1680M

You will be responsible for Airframe Maintenance. You must have completed a recognized apprenticeship program, and/or have at least 4 years' industry related experience. Possession of a Transport Canada (MOT) AME "M2" license is desired.

### AVIONICS MECHANICS - #00-0325M

You will be responsible for scheduled maintenance, defect rectification and troubleshooting Company and customer aircraft. You must have completed a recognized apprenticeship program and/or have at least 4 years' industry related work experience. Possession of a Transport Canada AME license is desirable.

Submit a resume including copies of relevant licenses and quoting the appropriate competition number by December 30, 2000, to: Canadian Airlines International Ltd., Employment Services, 6001 Grant McConachie Way, Richmond, BC, V7B 1K3. Fax: (604) 276-3607. E-mail: [employment@cdnair.ca](mailto:employment@cdnair.ca)

YOUR RESUME MUST BE LASER PRINT QUALITY, STANDARD FONT SIZE 12 OR GREATER, NO BULLETS, BOLD TEXT OR BORDERS. APPLICANTS WHO HAVE APPLIED IN THE PAST 6 MONTHS NEED NOT REAPPLY AS WE MAINTAIN RESUMES ON FILE.



**Canadian Airlines**

Canadian Airlines is an indirect wholly-owned subsidiary of Air Canada.

Only applicants under consideration will be contacted. No phone calls please.

# Comox Military Family Resource Centre

Centre de Ressources pour Les Familles Militaires de Comox

Phone: 339-8290

## Glitz, Glamour and Lots of Fun!

On November 6 the CMFRC held its first ever Fashion Show at the Officers Mess. It was an unqualified success with over 150 people in attendance. It was very professionally choreographed by Carol McKee and Carla Calmes. Lively background music was provided by Baxter McKee. More than 20 volunteer models showed off the latest fall fashions from the leading retailers here in the Comox Valley. Everyone had a fun time and over \$1,000 was raised to help defray the costs of operating the CMFRC, including our 15-passenger van. Many thanks go out to everyone involved, from the construction gang, to the models, and kitchen staff.



Jacques (The Ham) Calmes escorting the lovely Annabelle Sproule.



Carla Calmes - the woman who made it all happen.



Aaron Dyke - too cool for words!



All in a day's work.



Gail Bolduc livening up the runway.

## Over \$1000 Raised Keeps the Wheels Rolling

### Youth of the Millennium

As a follow up to the National Youth Summit in 1999, The CFPSA developed a youth volunteer program called The Youth Volunteer Millennium Project. Military youths across Canada between the ages of 13 - 18 were invited to participate in this project and work towards local and ultimately national recognition for their volunteer efforts. Over a dozen youths in the Comox Valley Military community launched into this project, overwhelming the level of participation in much larger military communities.

At the CMFRC Teen Centre, there are over 30 dedicated youths that consistently volunteer on a regular basis. They deserve honor-

able mention and many warm thanks for their continued efforts. The dedicated teens that did choose to apply for recognition for their volunteer work through the millennium include the following:  
Nina Christensen,  
Matt Gilmore,  
Dan Szczerbanwicz  
Sarah Harper  
Tina English  
Marc Doucet  
Ryan Menzyk  
Krista Sheppard  
Ginny Bolduc  
Pat McKernan

The time that these young adults have put in is invaluable to the military community. Their efforts include two beautiful murals, development of a training program for adult vol-

unteers at the Teen Centre, International 30 hour famine project, on-going development of the Teen Centre entertainment and computer stations, organizing and running Teen Centre events, Family Fun Day, Rexspo 2000, community beautification projects, as well as countless other tasks to improve the health and well-being of youth in the community.

Congratulations to Marc Doucet and Ginny Bolduc for being chosen by their peers as the local award winners! Both Ginny and Marc have spent countless hours seeking out ways to develop programs for youth at the Centre. They are a solid driving force behind the Teen Council at the Centre

and are highly respected by their peers for their achievements. The CMFRC is pleased to announce that Ginny Bolduc has been selected as one of five youths from across Canada to attend the National Youth Volunteer Millennium Award Celebration which will be held in Ottawa in the New Year. For the past several years, Ginny has devoted a large portion of her time to developing programs for youth in her community. Congratulations to all the youths who participated in the Millennium Project, and especially to Ginny Bolduc who we are proud to have as a representative of youth from 19 Wing Comox.

### Deployment Support Christmas Party

**Saturday 9<sup>th</sup> Dec. 2001, from 12:00-15:00 hours.** Adults and children alike are extended a warm invitation to join us for a Christmas Party just for families of deployed and extended TD personnel. There will be something for everyone and every age group, including parents. Some of the activities we have planned are:

- Photos and a visit with Santa
- Gifts for children from Santa (call for details please)
- Children's games, crafts, and fun activities
- Pizza, drinks and other goodies
- Adult games and activities

This is a great opportunity for all to mingle, laugh, play, and talk to others in the same situation, and a chance to spend time together as a family. For more information and/or to register for the party please call by **Weds. 6<sup>th</sup> Dec** at 339-8290 or 339-8211 (ext.8310). Note: parents bringing children need to call for more information about the gift from Santa.

### Job Opportunity

**The Comox Military Family Resource Centre is looking for a French Second Language Instructor** for classes beginning end of January 2001.

- Availability days and evenings
  - 60 hours of instruction, planning time is to be negotiated
  - \$19.00 per hour
- The ideal candidate will have:
- Diploma in Second Language Training or equivalent
  - Experience in teaching French as a second language or equivalent
  - Excellent organizational skills
- Understanding of the military community is an asset. Send resume by Wednesday, December 13, to the attention of:  
Danielle Bernier  
Volunteer & French Program Manager,  
CMFRC  
P.O.Box 310, Lazo, BC, V0R 2K0  
Fax: 339-8199  
Only people short listed will be contacted

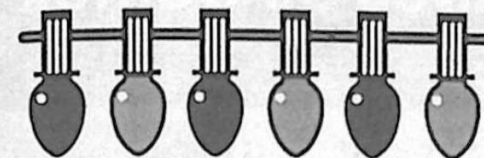
### Offre d'emploi

**Le Centre de Ressources pour les Familles Militaires de Comox est à la recherche de professeurs de Français langue seconde pour la session hiver débutant à la fin janvier.**

- Diponible le jour et ou le soir
  - 60 heures d'enseignement et le temps de préparation reste à négocier
  - \$19.00 de l'heure
- Le candidat idéal aura:
- Diplôme en enseignement des langues secondes ou équivalence
  - Experience en enseignement de langue s secondes ou l'équivalence
  - Excellente habiletés organisationnelle

Connaissances de la communauté militaire un atout  
Faire parvenir votre curriculum vitae avant le mercredi 13 décembre à:  
Danielle Bernier  
Gestionnaire des Bénévoles et du Programme en Français,  
CRFMC, Boîte postale 310, Lazo, CB, V0R 2K0  
Télécopieur: 339-8199  
Seulement les personnes choisis pour une entrevue seront contactés.

# Wallace Gardens Community Association News



### LIGHTING CONTEST

Once again, Wallace Gardens is holding its annual Christmas lighting contest. Prizes will be awarded for:

- Best Overall
- Best Traditional
- Best Creative

Displays must be ready for judging by Wednesday, 20 December. Winners will be contacted Thursday, 21 December.

*This event is open to Wallace Gardens members only.*



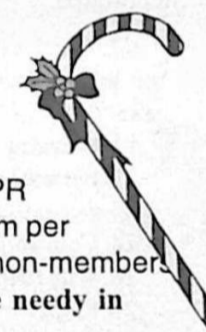
### Letters to Santa

Christmas is just around the corner and Santa is getting busier every day! But he still has some time set aside for those of you who would like to write him a letter. Just drop your letter into his mailbox, located in the CANEX mall, before Friday, December 15 and Santa will reply as soon as he can. Remember to put your first and last name and your MQ number in your letter to remind Santa where you live!

For more information call the Town Clerk @ 339-8211 (8571).  
**This event is open to Wallace Gardens members only.**

### Teen Dance

Saturday, 16 December  
7:00-11:00 p.m.  
Fitness & Community Centre LMPR  
Cost: One non-perishable food item per person or \$1.00/members, \$4.00/non-member.  
Donations will be used to help the needy in our community.  
For more information, please call Jim/Heather @ 339-6148



### \*\*Please note date change\*\* CHRISTMAS SOCK HOP will now be on

Saturday, December 23  
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.

### Pet Corner

The Christmas season is fast approaching and with all the hustle and bustle of the holidays, don't forget your furry friends! The Christmas trees will soon be up and sparkling. Some dangers lurk for our pets behind all of the splendour. One thing you can do to minimize problems is to properly secure the tree so as it won't tumble over when a curious kitty or playful pup decides it's a play zone. Make sure if you use breakable ornaments, that they are placed well out of the pet's reach and secured. Tinsel can be very dangerous if ingested, by a pet, sometimes deadly. If you use tinsel, ensure your pet stays well away from it and adorn the higher areas of the tree only. Some pets love to chew and the light cords are all too inviting. There are commercial remedies that can be purchased to deter chewing as well as homemade remedies available off the Internet or from your Vet.

Antifreeze is very attractive to pets. Ensure the lids are secure on the containers and clean up any spills as soon as they happen.

Although we don't get as cold here as in other parts of the country, the cold weather can still harm our furry friends. Provide your pet with a clean and dry outdoor shelter. Avoid prolonged exposure to the cold and rain. When your pet comes in from outside, wipe off their feet to avoid accidental ingesting of road salts and such.



Bringing a new pet into the house during the holidays can cause undue stress on the critter and they tend to be forgotten during the multitude of festivities. If you want to give a pet as a gift, ensure it is first wanted and then a good idea is to provide the recipient with a gift certificate from the local shelter or pet store. The pet can then be brought into the household when the hustle n' bustle has died down. This allows for a better bonding arena for the pet and his new family.

Last, but not least, don't forget Fido or Fluffy when you are putting presents under the tree. I'd like to take this opportunity to wish everyone and their pets a safe and happy holiday season!  
Kelly Ferguson, WGCA ACO, Pager 703-9009.



### 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 Colouring Contest

Wallace Gardens members, aged 0-12 years, are once again invited to enter a Christmas Colouring Contest. Entries may now be picked up at the Wallace Gardens office and must be returned to the office no later than Wednesday, 20 December. Winners will be contacted Thursday, 21 December. There will be 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place prizes for each age category (0-3, 4-6, 7-0, 10-12).



### WGCA invites you to Skate with Santa

Thursday, 21 December from 6:00 - 7:30 p.m. at the Base Arena

Hot chocolate & cookies will be served!

This event is FREE and open to all Military members/DND employees of 19 Wing Comox and their families

Note: Arena policy states that only those persons wearing skates will be allowed on the ice. Any persons wishing to be on the ice, whether on skates or otherwise, do so at their own risk. Neither the Crown, nor Wallace Gardens Community Association, can be held responsible for any injuries incurred.



The last Community Council meeting for the year 2000 will be held in the FCC Conference Room on Weds, 13 December at 6:30 p.m. All are welcome!

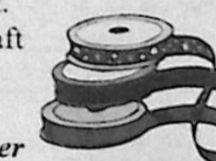


### Craft Afternoon

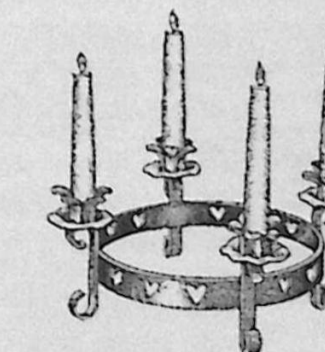
Make "Pasta Angels," "Christmas Crackers" & "Pinecone Art." Sunday, 17 December from 1:00-3:00 p.m. in the FCC Craft Room

Cost: 50¢/members, \$1.50/non-members

\*\*\*Parents must come into the craft room and sign a waiver for their child's participation in this program as hot glue guns will be used.



### ADULT CRAFT CLUB POTLUCK DINNER



You are invited to attend our annual Christmas Potluck Dinner & Craft Evening on Sunday, 17 December, from 6:00-10:00 p.m. in the FCC Craft room. We will be making Beeswax Candles. There will be a \$2.00 fee to members and a \$5.00 fee to non-members (to help offset the cost of the turkey). We look forward to seeing you there!  
A list of materials required can be found in the WGCA office Mon-Fri 0730-1200. Anyone wishing to attend this class must pre-register by contacting the Town Clerk @ 339-8211 (8571) prior to Friday, 15 December. Payment must be received upon registration!



C-V Women's Newcomers' Club

Will hold its monthly meeting on Monday, December 11, at 7:00 p.m. in the Florence Filberg Centre, 411 Arderton, Courtenay. New members are always welcome. Members are asked to bring non-perishable food items for donation to the Food Bank. FMI call Gaye at 339-9649 or Kathleen at 338-9658.

Jake's Trivia Answers

- 1. 1943
2. Larry Parish
3. Art Monk - 183.



19 Wing Christmas Food Bank Drive

WOULD YOU BE A SUCCESS IN REAL ESTATE?

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Call Gregg Hart - (250) 334-3124

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INDUSTRIAL ENGINEERS INDUSTRIAL ENGINEERING/MECHANICAL TECHNOLOGISTS PRODUCTION SCHEDULERS

In these positions you will be part of a team providing support for the repair and overhaul of Aurora and Sea King aircraft and components.

To be considered you will have completed formal training in a related discipline. Familiarity with scheduling systems and related software would be of particular benefit. Previous experience is an asset, but is not essential.

IMP offers a comprehensive benefit program, and compensation that reflects the required qualifications and experience.

Qualified applicants are invited to submit a resume in confidence to: Human Resources, I.M.P. Group Limited, Aerospace Division, P.O. Box 970, Enfield, Nova Scotia, B2T 1L5. E-mail at: hraerospace@impgroup.com or fax (902) 873-2292.

Reunions

408 Tactical Helicopter Sqn, Edmonton 60th Anniversary Reunion 18-20 May 2001

18 May - Meet & Greet
19 May - Static Displays & BBQ, 408 'Goose' Sqn Assoc. Business Meeting, 60th Anniversary Dinner.
20 May - Memorial Service, VIP Luncheon, Consecration of new Sqn Standard, Freedom of the City Parade. Reception to follow.

To register for the weekend's activities phone (780)973-4011 ext 4880.

408 'Goose' Sqn

408 Tactical Helicopter Sqn will hold a reunion and Colours Parade in Edmonton 18-20 May 2001. FMI or to register: Capt Cheryl Lawrence (780)973-4001, ext 4880 or cell (780)918-4950. E-mail: 408sqn@interbaun.com

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.

Please bring non-perishable goods to drop-off boxes located in your area before 15 December.

50th Anniversary 1 Air Movements Sqn 1 April 2001

Plans for the 50th anniversary include a sqn reunion weekend with Meet & Greet, sports events and a Mess Dinner to be held in Winnipeg during the Spring of 2001. Other projects include formal presentation of the Sqn Camp Flag, commissioning of a painting and the production of 50th anniversary sqn patches/zappers and a CD scrap book of old squadron photos. All former 1 Air Movements Sqn personnel are asked to dig-up any old photos from days with the First & Finest and send copies to the squadron for inclusion in the CD scrap book. All photos will be returned to their owners. Preferably, each photo should include a brief description of the people and event shown.

To send photos or for further info: Sqn OPI, Capt A. Spott at (204) 833-2500 ext 2037 or MWO Berry at ext 2346.

E-mail: mail619m@dnd.ca or OPI photos: Cpl.D.J.Carson@dnd.ca Fax: (204)833-2549.

Call for Nominations to C-V Community Health Council

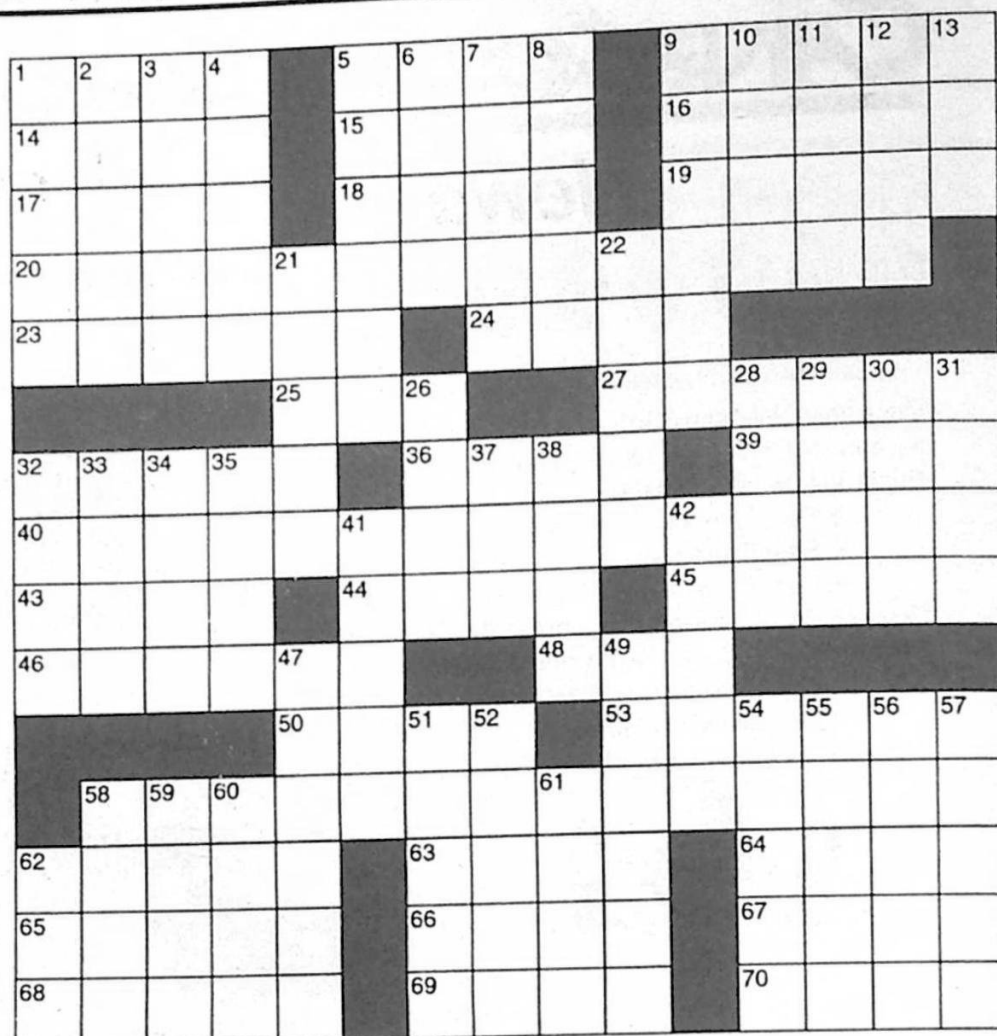
Next April, the Minister of Health will be making appointments or reappointments for three of the positions on the Comox Valley Community Health Council (CVCHC) Board of Directors. The CVCHC is responsible to project future needs for health services, to set priorities, and to prepare and to submit budgets to the Minister for the delivery of health services in our community.

The geographic area of responsibility is the same as School District 71.

This is an excellent opportunity to participate in your community and to play a role in meeting the health care needs of local residents. The time commitment as a council member is usually around 15 to 20 hours per month. Additional time is occasionally required for special projects, etc.

We are particularly interested in candidates from the north and south areas, Hornby and Denman Islands, and those 18-29 years of age.

Health Authority members are volunteers appointed for their interest, knowledge, skills, experience, and ability to represent the diversity of the population of the community. There is no remuneration for members, however expenses are reimbursed in accordance with Ministry of Health guidelines. For more info; call 338-5453. Nomination deadline is January 5, 2001.



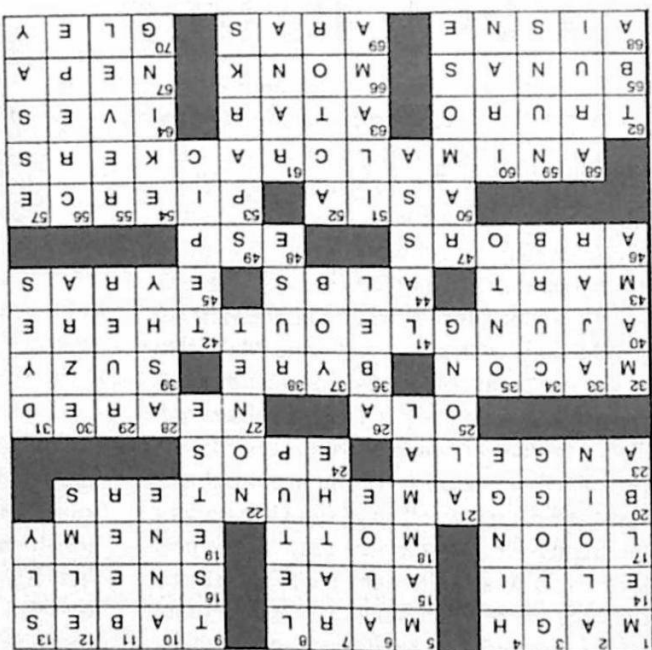
CLUES ACROSS

- 1. Month (var.)
5. ... in, deep-sea fish
9. Wasting away
14. Norse goddess who defeated Thor
15. Plural of "ala"
16. Thread that connects a fishhook
17. Ducklike bird with a beautiful song
18. Lucretia Coffin ... Feminist
19. Foe
20. Safari goes
23. ... Lansbury, actress
24. Epic
25. Palm leaf for writing paper
27. Moved toward
32. A city in Georgia
36. Cow barn (British)
39. ... Wong, spy
40. "It's ..." (four words)
43. K..., shopping place
44. Priest's robes
45. Jaguarundi, a type of wildcat
46. Shady places
48. Extrasensory perception
50. Far East continent
53. What people do to earlobes
58. Marx Brothers movie or snack
62. A town of central Nova Scotia
63. Essential oil
64. Charles ..., atonal composer
65. Synthetic rubbers
66. Friar
67. National Environmental Policy Act (abbr.)
68. French river
69. Bird genus
70. Clay soil layer

CLUES DOWN

- 1. Type of toast
2. Bitter chemical from aloes
3. Scandinavian drink
4. Door attachment
5. Warm-blooded, milk-secreting animal
6. Plant with soothing secretions
7. Ripening early
8. ... the chase, to stop (two words)
9. Little fly
10. ... Frank's diary
11. Brewed from malt and hops
12. Dutch trees susceptible to moth-carrying disease
13. Cunning
21. Forward moving
22. Composition for nine
26. Cain and ...
28. With fireplace residue
29. Regretter
30. ... Pound, poet
31. Coloring materials
32. Mother
33. Open
34. To restrain
35. Upon
37. Rowdy youth (British)
38. Tactic
41. ... fever, disease common in West Africa
42. City in western Mexico
47. With many branches
49. Glints
51. Whitish tropical fruit with a pinkish tinge
52. Performing artist
54. Getting by
55. Celebrate
56. Type of thin paper
57. Literary composition
58. Wild sheep of northern Africa
59. Holy sisters
60. Home of Elburz Mountains
61. Frog genus
62. To be announced (abbr.)

Answers



Therapeutic Riding Xmas Trees

Once again, Doveside Tree Farm and the Comox Valley Therapeutic Riding Society will be running the annual Tree Tag program. People who buy their Christmas tree from Doveside Farm, and present a CVTRS tree tag, will have 50% of the cost of their tree donated to the Therapeutic Riding Society. Tree tags will be available at many special events around Courtenay and at the society's Christmas Party on December 16 at the Courtenay Fairgrounds. Doveside Tree Farm is located at 6077 Todd Road, Dove Creek. Call 338-7381 for more info.

CANEX News

The holidays are upon us and the busy scuffle has begun. With this busy season, CANEX will be having a Last Christmas Sale December 6-24 for those of you who wait until the eleventh hour to do your shopping. And we know that there are many of you out there. Hurry in and don't miss out.

During the month of December, Santa will be in the CANEX mall every Wednesday evening from 5:30 to 8:30 p.m. and on Saturdays from 1:00 to 4:00 p.m. Be sure to bring in the children to have their pictures taken with Santa. Also on Wednesday evenings, pets are welcome to come in and sit on Santa's knee. Letters to Santa can be dropped off, as Santa will have his mailbox here in the mall.

As you can see, we are busy here at CANEX getting ready for the holiday season for you. Don't forget to take advantage of the No Interest Credit Plan, Deferred Payment Until March 2001. CANEX is your store.

In closing, we would like to take this opportunity to wish one and all a very Happy Holiday Season from Trish, Diane, Sue, Ralph, Gabriela, Lisa, Sheila, Julie, Joe, Pauline, Manon G, Carol, Terry, and myself, Manon. Thank-you to you, our customers, for keeping us smiling day after day.

Merry Christmas and a Joyous New Year - Joyeux Noël et Bonne Année.



Happy Holidays from the staff at CANEX.



To Consolidate or Not to Consolidate?

Finance companies advertise consolidation loans as an easy way out of financial difficulty. They tempt you to roll all your debt into "one easy low payment". But watch out, not all consolidation loans are created equal! Properly done, a consolidation loan can save you hundreds or even thousands of dollars, but if you're not careful, you can find yourself even deeper in debt than before.

If you're not able to pay off your credit card balance each month, or if you have several small loans, each with a fairly large payment, you can dramatically improve your monthly cash flow by consolidating all of your loans into one larger loan with one monthly payment. The temptation, however, is to continue to use those paid off credit cards, so it's important to stop using your credit cards, not take out any new debt and stick to your spending plan. Otherwise, the consolidation loan will just add to your financial problems. Look at the total cost of the consolidation loan, not just the fact that your payments will be lower, or even that the interest rate will be lower. While you may need to improve your cash flow, if the new loan is over a much longer period of time, you may end up paying more interest in the long run. Analyze your situation carefully and make sure the repayment schedule is as high as you can afford while at the same time easing your monthly cash flow burden. Try to pay off the debt as soon as possible. Never roll a lower interest rate debt into a higher interest rate debt. Instead, if your payments are too high, call your existing creditor and ask to negotiate a smaller payment. Most banks, credit unions and credit card companies would rather get paid back at a slightly slower rate than not get paid at all. Besides, they will make more money off you if you take longer to pay them back. Don't be afraid to ask your credit card company for a lower interest rate - they can only say no, but most will lower your rate. It makes no sense to

Starting December 1, Don Irvine will be the new CFCCN Coordinator. He has lived in the Comox Valley since 1993 with his wife and children and brings both community and military knowledge to the position.



After graduating from Royal Military College, Don served in 407 Squadron Armament and Photo and the AMCRO Shop. It was his time with VU 33 that was the highlight of that posting. He has also served in NDHQ and Maritime Air group HQ, Halifax, and returned to 407 Squadron Aircraft Maintenance before leaving the Airforce five years ago. Don has since been active in the community as trainer, facilitator and business developer, and running a private consulting practice.

The CFCCN has been busy through the past year under the coordination of Caroline Cannon. Don is excited about the expanded options, particularly the new Royal Military College contract. With a local coordinator available on a regular schedule, members of the Wing community will have opportunities to discuss earning an undergraduate or graduate degree with RMC

or with partner universities. RMC grants a significant number of university credits for specific military training and experience. Earning a degree that recognizes your prior learning, is a major attraction for many adult students. Over the next couple weeks, Caroline and Don will be busy with the hand-over and putting the finishing touches on the winter and spring programs. Current plans include, Starting a Small Business course, A+ Certification Technician course, C++ programming course and the continuation of the Management Development Program. For more information on course start dates and registration, or other CFCCN programs, please contact Don Irvine at local 8889.



Royal Canadian Legion

Branch 17 Courtenay (334-4322)

Dance: every Friday evening, 8:00 p.m.
Dec 8 Alley Cats
Dec 15 Switchback
Dec 22 Country Cousins
Dec 29 Moon Shadow

Special Events:
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.
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

If you would like to send a Christmas message to the 2,500 Canadian peacekeepers in Bosnia, log on to: www.22minutes.com

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.)

We'll look at your financial situation, set a spending plan, analyze your spending habits and net worth, and see what steps can be taken immediately to reduce your debt load. If you're still in a negative cash flow situation, you will probably be eligible to apply.

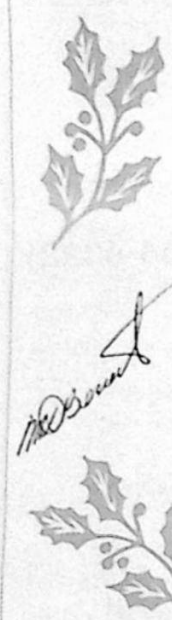
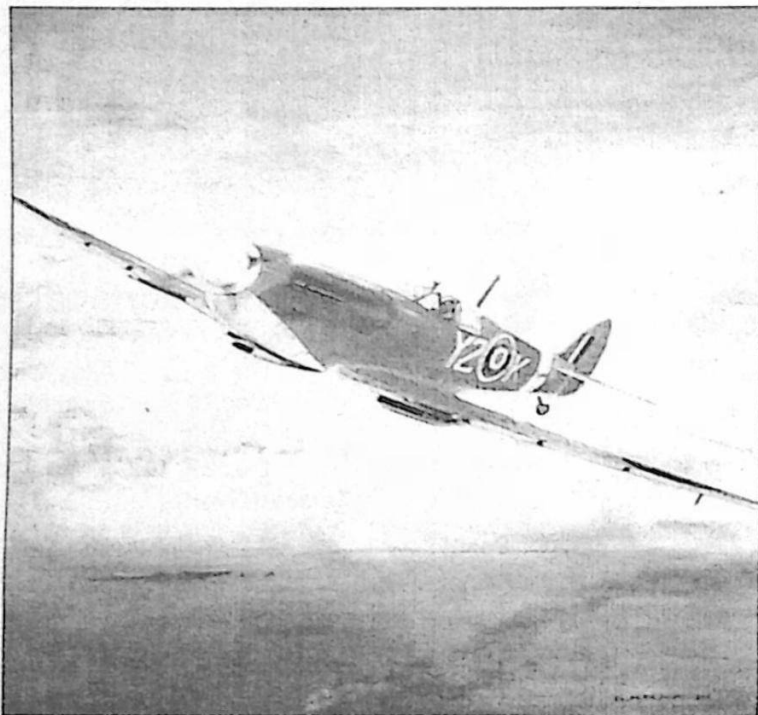
SISIP Financial Services are totally confidential, free of charge and available to members of the Canadian Forces and their spouses. Members who voluntarily apply for a Distress Loan or request financial counseling are not reported to their superiors, nor does their request need to be approved by any Canadian Forces personnel. So come in and

talk to me before your spending is out of hand. You can be assured of confidentiality and there are many options we can try to help get you on a solid fiscal footing. Janet Scotland, SISIP Financial Counsellor, CANEX Mall Building, Box 400, Lazo, B.C., V0R 2K0 339-5942 (24 hour voice mail), Fax: 339-6597 E-mail: janet.scotland@sisip.com or ScotlandJ@comox Office Hours: Monday and Wednesday 0800-1400, Tuesday and Thursday 1100-1700, Friday 0930-1500 or by appointment.

Bob Rickett

MERRY CHRISTMAS

Kathy Taylor



Joe R. Bell

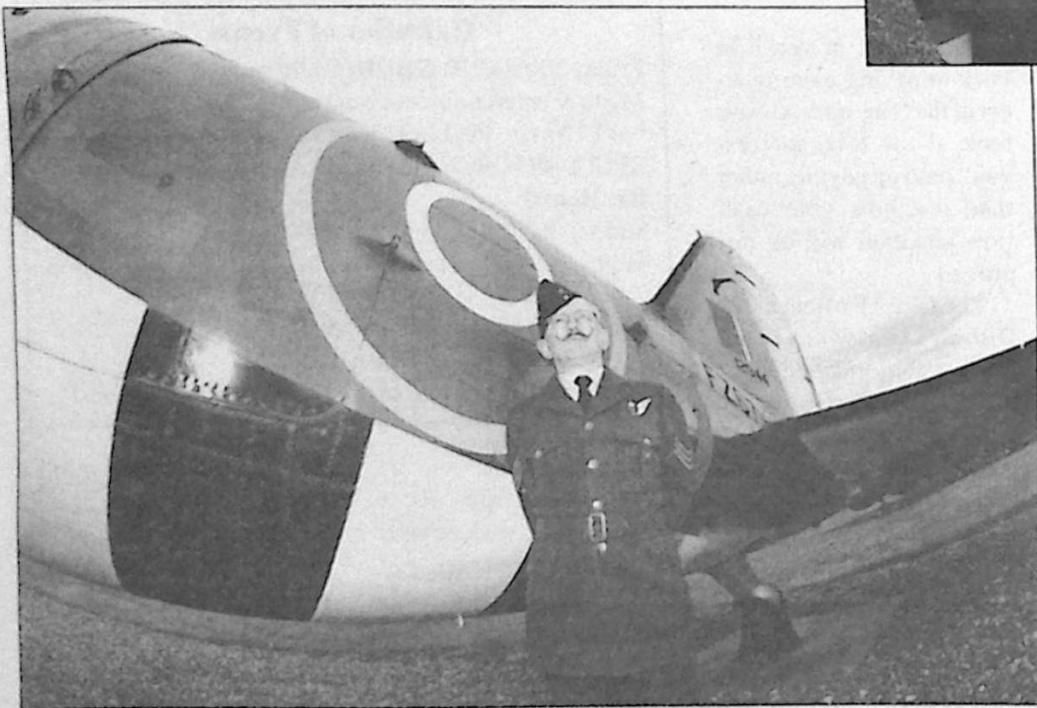
From the STAFF and Volunteers at the

COMOX AIR FORCE MUSEUM

MCpl Robert Melville's military memorabilia

By Kristina Davis of the Maple Leaf

MCpl Robert Melville, an AVN tech at 19 Wing Comox, is an avid collector of military memorabilia. His collection, which mostly includes Army artifacts, focuses on soldiers and equipment. And, while his collection is a vivid reminder of the horrors of war and the young people who lost their lives in the battle for freedom, it also provides tangible connections to the past – like the 1942 Canadian Army Harley Davidson he is currently restoring, or the driver's manual with a leave pass slipped in the back. On Remembrance Day, MCpl Melville was thinking of the importance of Canada's military history. "I think it's important to preserve our military heritage," he said, "because it seems that every generation forgets about the horrors of war."



MCpl Melville poses in a vintage Air Force uniform at the Comox Heritage Air Park.

Photos by Wing Imaging

Health and Lifestyle Information Survey

In the next few weeks, all CF regular and primary reserve members will receive a copy of the HLIS 2000 survey questionnaire. The survey is to get accurate information on health and lifestyle issues which are of concern to CF members. Members are asked to complete the questionnaire and return it through Canada Post using the enclosed postage-paid return envelope or through the CF postal services. Members can be assured that the information they provide will be kept strictly confidential. Questionnaires will not be identified in any way nor will military personnel process them. Anonymity is guaranteed as well as the confidentiality of individual responses. Members are asked to complete and to return the questionnaire within 14 days of receiving it. A report of the survey results will be available to all respondents on the CFMG intranet site as well as in various CF publications

We're Counting on You!

By Maj Joanne Plemel, Health Promotion Manager, D Med Pol, NDHQ

The World Health Organization defines health as a complete state of physical, mental, social and emotional well-being. Health is seen as a resource for living that enables people to realize their hopes and needs, and to change or cope with the environments around them. The Chief of the Defence Staff endorses this concept and has made the health of military members one of his top priorities. Soon, the Health and Lifestyle Information Survey 2000, or HLIS 2000, will be conducted CF-wide. Sixty thousand regular force members and approximately thirty thousand reservists will be asked to participate in the survey. Now I know a lot of you are concerned about the number of surveys you are being asked to complete and their usefulness, and I would like to address this.

"Do we really need another survey?"

Since 1982 there have been five HLISs, the last being conducted in 1996. These surveys focussed mainly on collecting data that was used in planning Health Promotion activities within the CF. There were questions on smoking, exercise, diet, drugs and alcohol, gambling, sexual practices, and stress, as well as on attitudes and personal actions taken in these areas. Valuable information was obtained from these surveys, but given today's operational climate and increased tempo, a more in-depth look at our military's health status was required. The Croatia Board of Inquiry recommended that the CF conduct periodic health surveys on serving members with an emphasis on personnel subject to deployment. Therefore, questions will now cover members' current health status and lifestyle activities, as well as the impact of their military occupations and their operational deployments on their health.

Here's a preview of what areas the HLIS 2000 will cover: Health status – physical, dental, and mental health and well-being. Work

environment – health and safety issues in the work place. Operational deployments – a history of your past deployment(s) since the Gulf War. Health-seeking behaviours, health promotion and disease prevention – what you do to improve your health or prevent illness or injury. Lifestyle – your current behaviour and lifestyle choices.

"What do 'they' do with the survey results?" With information obtained from the survey, CF health care planners hope to gain insight into several aspects of health care, such as: The prevalence rates of a variety of health and lifestyle behaviours, and an examination of the influence or effect of occupation, environment, and operations. Members' perceptions regarding various health, occupational, environmental and operational issues. The effectiveness and usage rate of current programs and services offered. Possible differences in health status, behaviours, and perceptions between members of the Reserve and regular force components, members of the navy, army and air force, and support services, etc.

"Will my participation in HLIS make a difference?" YES! In fact, your input is critical in obtaining an accurate picture of how the military "shapes up" in terms of health status. The more personnel who respond, the clearer this 'picture' will be. The results will tell us how we are doing in terms of health, of where we have improved and of areas which require more work. Current health policies and programs will be re-evaluated for their effectiveness, and new ones will be created based upon your needs which you identify.

Health care is both an organizational and personal responsibility. It's only through your participation that we can tailor health care programs that will meet your needs and keep you and the organization 'fighting fit.'

We're counting on you!



Let Canadian Tire Deck Your Halls!

We have everything you need to make this Christmas the brightest ever, and all at Scrooge Approved Prices!



The staff of Canadian Tire would like to wish you all a Very Merry Christmas and a Happy New Year.