

Pte Joshua Schultz

TUESDAY, JULY 9, 2024 | MARDI 9 JUILLET 2024

TOTEM TIMES

19 WING COMOX
VOL 66, #13
19^e ESCADRE COMOX

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CHINTHEX 2024

See page 4 for story | Voir page 4 pour l'histoire



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Sentinel Program: Peers Helping Peers

Programme Sentinelle: Les pairs aident les pairs

The 19 Wing Comox Chaplain Team provided Sentinel training on June 25 for 12 members of various ranks and units. Facilitated by Padre Emmanuel Olusola, the Sentinel Program is a Chaplain-led program where, standing on the four pillars of observe, confirm, take action and seek backup, active sentinels multiply chaplain presence in the different units on the Wing.

"Since they are non-professionals, active sentinels may nip things in the bud at the unit level by maintaining an active chain of communications with us," explains Padre Olusola. "As we are in the active posting season, when sentinels move from one unit to the other, they need the endorsement of their new chain of command to function as sentinel in the new unit."

Training included role playing, working on various scenarios, and using the spiritual health and well-being continuum to equip trainees with the tools they need to support our members.

"It is hoped that some of those who underwent this initial training will continue with on-going training to become active sentinels," adds Padre Olusola. "Offering peer-to-peer support can boost morale and contribute to mission success."

The Sentinel Program leader at 19 Wing Comox is Padre Drouin; for more information contact the Chaplain Team at 252-8293.



L'équipe d'aumôniers de la 19^e Escadre Comox a donné une formation Sentinelle le 25 juin à 12 membres de divers grades et unités. Animé par l'aumônier Emmanuel Olusola, le programme Sentinelle est un programme dirigé par l'aumônier dans le cadre duquel, en s'appuyant sur les quatre piliers que sont l'observation, la confirmation, l'action et la recherche de renforts, les sentinelles actives multiplient la présence de l'aumônier dans les différentes unités de l'Escadre.

«Étant donné qu'elles ne sont pas des professionnelles, les sentinelles actives peuvent tuer dans l'œuf certaines choses au niveau de l'unité en maintenant une chaîne de communication active avec nous», explique l'aumônier Olusola. «Comme nous sommes dans la période active des affectations, lorsque les sentinelles passent d'une unité à l'autre, elles ont besoin de l'aval de leur nouvelle chaîne de commandement pour fonctionner en tant que sentinelle dans la nouvelle unité.»

La formation comprenait des jeux de rôle, le travail sur divers scénarios et l'utilisation du continuum de la santé spirituelle et du bien-être pour doter les stagiaires des outils dont ils ont besoin pour soutenir nos membres.

«On espère que certains de ceux qui ont suivi cette formation initiale poursuivront la formation continue pour devenir des sentinelles actives», ajoute l'aumônier Olusola. «Offrir un soutien de pair à pair peut remonter le moral des troupes et contribuer à la réussite des missions.»

Le chef du programme Sentinelle à la 19^e Escadre Comox est l'aumônier Drouin; pour de plus amples renseignements, communiquez avec l'équipe de l'aumônier au 252-8293.



Director General Air Strategic Resource and Air Reserves (DGASRAR), BGen Thibert, along with RCAF Reserves Chief Warrant Officer, CWO MacEachern, visited personnel at 19 Wing Comox on June 18. The delegation held a town hall to present air reserve matters and the strategic vision of the RCAF. Director Air Reserves, Col Cameron and the RCAF career management team, LCol Meister and CWO Lee, presented opportunities that the RCAF Reserves has to offer. Specials thanks to air reserve flight members serving with CFSSAR, 407 Sqn, and 442 Sqn for showcasing their roles and interacting with the DGASRAR delegation.

Le Directeur général - Ressources aériennes stratégique et Réserves aériennes, le Bgén Thibert, ainsi que l'Adjudant-chef de la Réserve de l'ARC, l'Adjuc MacEachern, ont rendu visite au personnel de la 19^e Escadre Comox le 18 juin. La délégation a tenu une séance de discussion ouverte pour présenter les questions relatives à la réserve aérienne et la vision stratégique de l'ARC. Le Directeur des réserves aériennes, le Col Cameron, et l'équipe de gestion des carrières de l'ARC, le Lcol Meister et l'Adjuc Lee, ont présenté les possibilités qu'offre la Réserve de l'ARC. Nous remercions tout particulièrement les membres de la Réserve aérienne qui servent au sein du ERSFC, du 407^e Escadron et du 442^e Escadron pour avoir présenté leur rôle et interagi avec la délégation de le Directeur général - Ressources aériennes stratégique et Réserves aériennes.

TOTEM TIMES

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Revolutionizing the Kitchen: The Challenge, The Journey, and The Triumph

Révolutionner la cuisine: Le défi, le voyage et le triomphe

In a tale of technical prowess and unwavering dedication, two members of the Communications and Information Systems (CIS) team have brought about a revolution at the mess. Maj Pinto Canas (PC) and Lt Donovan (Dustin) have not only reinstated a long-lost operational capability but have also significantly boosted the morale and welfare of everyone who frequents the mess.

At least, this is the story that PC, Officer Commanding of the Communications and Information Systems Flight for 19 Operations Support Squadron (OSS), would tell you. Technically accurate, the dramatic and enthralling version is an amusing journey to the key point: the dining hall is cashless thanks to CIS Flight.

“Wing Foods needed to replace the ancient point of sales system, so we engaged 19 OSS CIS Flight to have the old system upgraded,” explains Sgt Megs McCabe, Deputy Wing Foods Officer for 19 Mission Support Squadron. “They happily obliged and now we are equipped to join the rest of the CAF kitchens in being cashless.”

For several years, the point-of-sale (POS) system at the mess was nothing more than a distant memory. The absence of this crucial functionality meant countless hours of manual work, leading to inefficiencies and frustrations.

Enter PC and Dustin, the dynamic duo who took on the challenge to restore this capability and transform the mess experience. Over the past eight months, these two members tackled every obstacle with determination and a problem-solving mindset, meticulously working to resolve all issues, and ensure the successful completion of the project.

Eight months?

The positive impact of their hard work is now evident for all to see. The restored POS system has brought about smooth operations and significantly enhanced the overall dining experience at the mess. Feedback from both the mess staff and the personnel who utilize the facility has been overwhelmingly positive.

Here’s to PC and Dustin, the heroes of the dining hall, who have ushered in a new era of efficiency and satisfaction. Cheers to their outstanding contributions!

Grâce à des prouesses techniques et à un dévouement sans faille, deux membres de l’équipe des systèmes de communication et d’information (CIS) ont révolutionné le mess. Le major Pinto Canas (PC) et le lieutenant Donovan (Dustin) ont non seulement rétabli une capacité opérationnelle perdue depuis longtemps, mais ils ont aussi considérablement amélioré le moral et le bien-être de tous ceux qui fréquentent le mess.

C’est du moins l’histoire que vous raconterait PC, commandant de l’escadrille des systèmes de communication et d’information du 19^e escadron de soutien opérationnel. Techniquement exacte, la version dramatique et passionnante est un voyage amusant vers le point clé: le réfectoire est sans argent liquide grâce à l’escadrille des systèmes de communication et d’information.

«L’Escadre devait remplacer l’ancien système de point de vente et nous avons donc demandé au l’escadrille des systèmes d’information et de communication du 19^e Escadron de soutien opérationnel de le mettre à niveau», explique le sergent Megs McCabe, Responsable de la Cuisine Combiné du 19^e escadron de soutien de mission. «Nous sommes maintenant équipés pour rejoindre le reste des cuisines de la FAC et ne plus avoir à payer en espèces.»

Pendant plusieurs années, le système de point de vente du mess n’a été qu’un lointain souvenir. L’absence de cette fonctionnalité cruciale se traduisait par d’innombrables heures de travail manuel, source d’inefficacité et de frustration.

PC et Dustin, le duo dynamique qui a relevé le défi de restaurer cette fonctionnalité et de transformer l’expérience du mess, sont entrés en scène.

Au cours des huit derniers mois, ces deux membres se sont attaqués à chaque obstacle avec détermination et dans un esprit de résolution de problèmes, travaillant méticuleusement à la résolution de tous les problèmes et à l’achèvement du projet.

Huit mois?

L’impact positif de leur travail acharné est maintenant évident pour tous. Le système de point de vente restauré a permis des opérations fluides et a considérablement amélioré l’expérience globale de restauration au mess. Les réactions du personnel du mess et des utilisateurs de l’établissement ont été extrêmement positives.

Nous saluons PC et Dustin, les héros du réfectoire, qui ont inauguré une nouvelle ère d’efficacité et de satisfaction. Vivement leur contribution exceptionnelle!

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Le terrain de camping d’Air Force Beach est à la disposition des militaires en service, pour une période maximale de deux semaines à la fois! Les emplacements de choix sont ouverts en août - appelez le 250-339-5271 pour en savoir plus, ou visitez le site sbmfc.ca/comox/installations/air-force-beach-campground.



ATTENTION GALA ATTENDEES!
Volunteers from the Comox Valley Photographic Society are still processing images from the event. They will be available via an online hosting link. More to follow!

ATTENTION AUX PARTICIPANTS AU GALA!
Les bénévoles de la Comox Valley Photographic Society sont toujours en train de traiter les images de l’événement. Ils seront disponibles via un lien d’hébergement en ligne. Plus à venir!

Wake up in Toronto

Direct service from Comox to Toronto, every Friday, all summer long.







CHINTHEX 2024

Capt Christine MacNeil, 19 Wing public affairs | *des affaires publiques de la 19^e Escadre*



435 Transport and Rescue Squadron traveled to Thunder Bay, Ontario to conduct their annual search and rescue (SAR) exercise, CHINTHEX. Squadron personnel to hone their SAR skills with a variety of scenarios spread throughout a week, and across different terrains. CHINTHEX also focuses on sharing and developing skills with other units and agencies.

Participants included members from 424 Transport and Rescue Squadron (8 Wing Trenton), 450 Tactical Helicopter Squadron (CFB Petawawa), US Air Force 211th and 212th Rescue Squadron, US Coast Guard Air Station Traverse City, Civil Air Search and Rescue Association, RCMP, OPP, ORNGE, Ministry of Natural Resources, as well local health services and agencies. Support was also provided from HMCS Griffon, the local Naval Reserve Division.

Exercise participants parachuted into remote sites to care for simulated victims of bear mauling, conducted high-angle rescues of stranded and injured hikers, and performed a water rescue on a simulated sunken boat. The end of the week saw a mass casualty exercise with all hands-on deck to deal with over 30 'casualties' from an aircraft crash.

SAR technicians parachuted into the scene to provide medical care and organize the scene, aircraft dropped medical supplies via parachute, and helicopters arrived to evacuate the 'wounded'.

The Royal Canadian Air Force has the primary responsibility of providing aeronautical SAR services in Canada and is responsible for the effective operation of the coordinated aeronautical and maritime SAR system. The RCAF may also help with ground SAR efforts, medical evacuations, and other incidents where people are in distress.

SAR crews are always on standby. CHINTHEX, with the realistic scenarios and opportunity to work with other agencies, provides invaluable training opportunities for these dedicated personnel.

Le 435^e Escadron de transport et de sauvetage s'est rendu à Thunder Bay, en Ontario, pour effectuer son exercice annuel de recherche et de sauvetage (SAR), CHINTHEX. L'exercice CHINTHEX permet au personnel de l'escadron de perfectionner ses compétences en recherche et sauvetage grâce à divers scénarios répartis sur une semaine et sur différents terrains. CHINTHEX met également l'accent sur le partage et le développement des compétences avec d'autres unités et agences.

Les participants comprenaient des membres du 424^e Escadron de transport et de sauvetage (8^e Escadre Trenton), du 450^e Escadron tactique d'hélicoptères (BFC Petawawa), des 211^e et 212^e Escadrons de sauvetage de l'US Air Force, US Coast Guard Air Station Traverse City, Civil Air Search and Rescue Association, de la GRC, de la Police provinciale de l'Ontario, de l'ORNGE, du ministère des Richesses naturelles, ainsi que des services et organismes de santé locaux. Le NCSM Griffon, la division locale de la réserve navale, a également apporté son soutien.

Les participants à l'exercice ont été parachutés sur des sites isolés pour soigner des victimes simulées de morsures d'ours, ont effectué des sauvetages en hauteur de randonneurs échoués et blessés, et ont réalisé un sauvetage aquatique sur un bateau simulé en train de couler. La fin de la semaine a été marquée par un exercice d'évacuation massive des victimes, où tout le monde était sur le pont pour s'occuper de plus de 30 «victimes» d'un accident d'avion.

Des techniciens SAR ont été parachutés sur les lieux pour fournir des soins médicaux et organiser la scène, des avions ont largué des fournitures médicales par parachute et des hélicoptères sont arrivés pour évacuer les «blessés».

L'Armée de l'air royale canadienne a la responsabilité principale de fournir des services SAR aéronautiques au Canada et est responsable du fonctionnement efficace du système SAR aéronautique et maritime coordonné. L'ARC peut également participer aux opérations de recherche et de sauvetage au sol, aux évacuations médicales et à d'autres incidents où des personnes sont en détresse.

Les équipes SAR sont toujours prêtes à intervenir. CHINTHEX, avec ses scénarios réalistes et la possibilité de travailler avec d'autres agences, offre des opportunités de formation inestimables pour ce personnel dévoué.



Komox cadets grateful for community support Les cadets de Komox reconnaissants du soutien de la communauté

Flight Corporal Petr, Komox 386 Air Cadets | Caporal d'aviation Petr, Komox 386 Cadets de l'Air

The Komox 386 Air Cadets conducted their 79th Annual Ceremonial Review (ACR) on June 1 with 87 cadets on parade. Many awards were presented to some of our outstanding cadets: the marksmanship award, top dress and deportment award, level 1-5 proficiency awards, R.N. Carey proficiency trophy, WO1 Shipperbottom trophy, the Royal Canadian Legion medal of excellence, Lord Strathcona medal and the 888 Stocky Edwards bursary.

We would like to thank the reviewing officer, LCol Fasquelle, and the BC Air Cadet League representative, LCol (ret'd) Claveau, for attending our ACR and giving us some wonderful advice.

We would also like to thank the parent volunteers who gave their time to help make this year a great success, and the band and drill team that gave two excellent performances. It was a day that our cadets will remember for years to come!

Les cadets de l'Air Komox 386 ont procédé à leur 79^e revue cérémoniale annuelle (RCA) le 1^{er} juin, avec 87 cadets en parade. De nombreux prix ont été décernés à certains de nos cadets exceptionnels: le prix d'adresse au tir, le prix de la meilleure tenue et du meilleur comportement, les prix de compétence des niveaux 1 à 5, le trophée de compétence R.N. Carey, le trophée de l'Adj1 Shipperbottom, la médaille d'excellence de la Légion royale canadienne, la médaille Lord Strathcona et la bourse 888 Stocky Edwards. Nous aimerions remercier l'officier examinateur, le Lcol Fasquelle, et le représentant de la Ligue des cadets de l'air de la Colombie-Britannique, le Lcol (ret) Claveau, d'avoir assisté à notre RCA et de nous avoir donné d'excellents conseils.

Nous aimerions également remercier les parents bénévoles qui ont donné de leur temps pour faire de cette année un grand succès, ainsi que l'orchestre et l'équipe d'exercice qui ont donné deux excellentes représentations.

Ce fut une journée dont nos cadets se souviendront pendant des années!



The staff at Glacier Greens Golf Club joined together to celebrate their success in advance of a busy summer ahead. "They are the main building blocks of our success," explains Michael Newton, General Manager of Glacier Greens Golf Club. "We have many staff members involved in the day to day operations of our club - these are the people who make the Glacier Greens experience one of the best in golf!" BZ to the team and thank you for all your hard work! Plan your visit: glaciergreens.com.

Le personnel du Glacier Greens Golf Club s'est réuni pour célébrer sa réussite en prévision d'un été chargé. «Ils sont les principaux éléments de notre succès», explique Michael Newton, directeur général du Glacier Greens Golf Club. «Nous avons de nombreux membres du personnel impliqués dans les opérations quotidiennes de notre club - ce sont ces personnes qui font de l'expérience Glacier Greens l'une des meilleures du golf!» BZ à l'équipe, et merci pour tout votre travail! Plus d'informations: glaciergreens.com.

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Follow us on Facebook
and Instagram
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or visit our website to find
out the latest information.

Welcome Kelly Port,
Volunteer Coordinator



Welcome Kelly! In addition to bringing her boundless energy to our Museum and to her new role as Volunteer Coordinator, Kelly also manages a very active family and works outside of the home. With her lovely sense of humour, friendly smile and wonderful flow of ideas, we are delighted to have her on staff.



To The Stars

SUMMER 2024

Quarterly newsletter of the Comox Air Force Museum

Airshow & Canadian Armed Forces Day 2024



If you came to the Comox Airshow on 18 May, we hope you had a chance to visit our display! We were one of four museums

to be featured, which included the BC Aviation Museum from Sidney, the HMCS Alberni Museum & Memorial from Courtenay, and the Typhoon Legacy from Black Creek.

For this grand and memorable event, we brought all of our vintage military vehicles, Link trainer, CT-133 Silver Star static trainer, and Vampire jet fighter to be seen by the over 18,000 people who attended. We also had an information tent with a few artifacts for the public to look at, a theatre for audiences to enjoy a video presentation on RCAF



Steve McNamee, long time volunteer, made sure our visitors were greeted with a smile.

history, and an extremely busy gift shop tent selling RCAF themed merchandise.

As with all our events, we are thankful for the efforts of our volunteers, who braved the elements and worked hard to make sure our display was a success!

MGen (Ret'd) Kenneth C. Lett, 13 July 1923 – 15 May 2024

Major-General Ken Lett, died last May aged 100. He left behind an historic legacy of military and civil aviation accomplishments, and had a personal connection with CFB Comox and the CAFM. Starting with Spitfires with 402 (F) Squadron during WW II, MGen Lett continued to fly fighter jets, including the DeHavilland Vampire, the Canadair F-86 Sabre, and the Lockheed CF-104 Starfighter.

MGen Lett commanded RCAF Station Comox from 1966 to 1969. Subsequent postings took him to Ottawa, the US and Europe.

Upon retirement, he entered the world of business aviation. While very successfully running

these businesses, he also became a very generous philanthropist, establishing the Ken and Roma Lett Charitable Foundation, which has generally supported the CAFM. In addition, MGen Lett and his partner, Patricia Firth, have donated to the Vampire Pavilion project.

His career was one of many great achievements in aviation, and these accomplishments were recognized through many awards culminating in his selection to the Canadian Aviation Hall of Fame in September, 2023. Although he is gone, his record of service and generosity will not soon be forgotten. We are honoured to have known him.

2024/25 CVAFMA Board of Directors

On May 13th at the Base theatre, the Comox Valley Air Force Museum Association held their AGM. The new 2024/25 Board of Directors is as follows:

President: Chris Chance
Secretary: Ted Usher

Vice-President: Alan Soderstrom
Treasurer: Gwyneth Taylor

Directors at large: Terry Chester, Ean Gower, Keith Kent and Randy Komar

CAF Museum Volunteer 2024



Congratulations to Melvin (Mel) Birnie for being awarded the CAF Museum Volunteer for 2024! Mel has played an integral role as part of the CAFM team since 2004. Throughout his 20 years of volunteer work he has dedicated in excess of 18,500 hours of his time to the museum.

His high level of skill and organization is showcased in his collaborative leadership and management of our collections.

With an unbelievable memory, he knows exactly where everything is without having to look it up, remembering every object he ever worked on. His incredible knowledge in military artifacts makes him our go-to guy when identifying an object, including the use and history behind it.

More recently, Mel was an essential part in creating our RCAF Centennial exhibit in advising which artifacts would be best suited to display.

Mel's work ethic, skill, and capabilities have made our collection what it is today. Without question, he deserves to be recognized and praised for his remarkable work.

Collector's Sale

To date the Collector's Sale has raised over \$7800 in funds to support Museum projects and programs. There are still many military aviation prints for sale which can be purchased over the phone at 250-339-8162 or in person at the museum. The Catalogue will remain on our website for viewing under www.comoxairforcemuseum.ca/catalogue for anyone interested in purchasing an item.

CANEX No Interest Credit Plan partnership Le partenariat du Plan de crédit sans intérêt de CANEX

CANEX partners with local businesses to allow CAF members to purchase from their community through the CANEX No Interest Credit Plan. Partners are directly supporting the needs of the Canadian Armed Forces members and their families, and all the profit from CANEX operations go right back to the military community, supporting morale and welfare programs and services. Purchase products that CANEX does not carry in store: tires, auto services, bikes, fitness equipment, recreation items, scuba gear, and more! To learn more visit canex.ca/en/canex-no-interest-credit-plan-policy.

CANEX s'associe à des entreprises locales pour permettre aux membres des FAC de faire des achats dans leur communauté grâce au Plan de crédit sans intérêt de CANEX. Les partenaires appuient directement les besoins des membres des Forces armées canadiennes et de leurs familles, et tous les profits des activités de CANEX reviennent directement à la communauté militaire, en appuyant les programmes et les services de bien-être et de moralité. Achetez des produits que CANEX ne vend pas en magasin : pneus, services automobiles, bicyclettes, équipement de conditionnement physique, articles de loisirs, équipement de plongée, et plus encore ! Pour en savoir plus, visitez le site canex.ca/fr/plan-de-credit-sans-interet-de-canex.

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Valhalla Pure Outfitters - Nanaimo

An active offer is the first verbal or visual contact that indicates to clients, without them having to ask for it, that they have the right to communicate and receive services in the Official Language (OL) of their choice.

Federal institutions, including the DND and the CAF, are required to actively offer services in both OLs. Mechanisms are in place to ensure that personal services are provided to CAF members and their families in their OL of choice, regardless of the language of work, due to the possibility of posting members to different linguistic environments throughout their career.

Examples:

- greet clients by phone, email and in person in both OLs;
- continue to communicate in the OL chosen by the client;
- record a voice message that gives the same information in both OLs;
- display bilingual signs.

L'offre active est le premier contact verbal ou visuel indiquant aux clients, à leur insu, leur droit de communiquer et de recevoir des services dans la langue officielle (LO) de leur choix.

Les institutions fédérales, dont le MDN et les FAC, doivent offrir activement leurs services dans les deux LO. Des mécanismes sont en place pour veiller à ce que les services personnels soient fournis aux membres des FAC et à leurs familles dans la LO de leur choix, indépendamment de la langue de travail, car il est possible que les membres soient mutés à différents environnements linguistiques tout au long de leur carrière.

Examples:

- saluer les clients par téléphone, courriel et en personne dans les deux LO;
- continuer à communiquer dans la LO choisie par le client;
- enregistrer un message vocal avec la même information dans les deux LO;
- afficher des panneaux bilingues.



LAST MINUTE OPPORTUNITY! Four openings for part-time French second language NP1 (virtual class) from July 15 to September 20, 10am to 1pm, Monday to Friday. This is a new curriculum and technology tools trial run. Contact WCOL if interested: W19.wcol@forces.gc.ca.

OPPORTUNITÉ DE DERNIÈRE MINUTE! Quatre places seulement. Français deuxième langue NP1 à temps partiel (classe virtuelle) 15 juillet au 20 septembre de 10h à 13h, du lundi au vendredi. Essai d'un nouveau curriculum et d'outils technologiques. Contactez WCOL si vous êtes intéressé: W19.wcol@forces.gc.ca.

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SI (mat 1) Brendan Gibson

19 Wing Junior Ranks Mess Diversity Map

Recognizing and Celebrating the Diversity of our Members



MAKE YOUR MARK! FAITES VOTRE MARQUE!

To celebrate Canadian Multiculturalism Day on June 27, a World Diversity Map was unveiled at the Junior Ranks Mess. The 19 Wing Comox Command Team were among the first to sign the logbook and drop a pin on their country of origin. Col JP Gagnon was joined by Cpl Michel Kim, Sgt Cory Bakker, and CWO Don Farr representing members of the Inclusion, Diversity, and Employment Equity Team who have been working over several years to bring this project to fruition.

Pour célébrer la Journée canadienne du multiculturalisme, le 27 juin, une carte de la diversité mondiale a été dévoilée au mess des jeunes gradés. L'équipe de commandement de la 19e Escadre Comox a été parmi les premiers à signer la carte et à épingler leur pays d'origine. Le Col JP Gagnon était accompagné du Cpl Michel Kim, du Sgt Cory Bakker et de l'Adjud Don Farr représentant les membres de l'équipe Inclusion, Diversité et en matière d'emploi qui travaillent depuis plusieurs années à la réalisation de ce projet.

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