

Try
This
Trivia!

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New
Wagner
Story
Begins

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TOTEM TIMES

19 Wing CFB Comox B.C.



VOL 36 NO 5

THURSDAY 10 MARCH 1994

COST: PRICELESS

Vanishing Buffalo



The CF's Buffalo herd is getting smaller - 442 Sqn CFB Comox is the only CF squadron flying the versatile DeHavilland S.T.O.L. Elsewhere, they've been replaced by the C-130 Hercules.

Improved Canex re-opens Today

by Norm Blondel

Responding to the new reality of merchandising in Canada - customer demand for wider selection and longer opening hours - Canex, "Neighbourhood Store" to CFB/19 Wing Comox, officially re-opened its doors today. Featuring a consolidation of the

Expressmart food outlet and retail store with an expanded range of merchandise, and seven-days-a-week shopping hours (7 am to 10 pm, or 0700 to 2200 hours for military types), Canex now offers fully competitive shopping opportunities to serving and retired

military and DND personnel, RCMP, and related dependants.

Profits from the Canex store are utilized in support of many non-public funded activities at CFB/19 Wing Comox, including this newspaper. The more customer support Canex receives,

the greater support given in return to the many and varied clubs and facilities at this base. What began as simple gift shops, supplying basic needs to RCAF personnel in the immediate post-war years, has developed into a sophisticated, computerized store system,

capable of responding to a variety of customer needs, stocking a wide variety of items.

With the new CANEX, there's less need to spend time and money chasing after "bargains." They're right here in our "Neighbourhood Store."

On & Off the Base

Anger and Action

by Chaplain
Fraser Harvey

As I sit and try to meet an ever approaching deadline, I am conscious of yesterday's reading from the Gospel of John. The reading was about Jesus clearing the temple. Jesus, who when furious at the goings on in the temple, had clarity of thought. I, on the other hand, usually can think straight when I get angry. This is why I am having trouble completing this article. I find it difficult to remain calm and clear headed.

By the time you finish this article a woman was assaulted somewhere in Canada. In fact, in Canada every seven minutes a woman is assaulted. Everywhere we turn, on television, on the radio, in the newspapers and with increasing frequency from our friends, we hear stories of assault and abuse. These accounts remind us of how pervasive the problem is. They also anger us. We can do two things with this anger. We can sit and complain about things or we can act.

Jesus, infuriated by the things that were happening in the temple flew into a rage. As he cleared the temple he told the Jews that if they destroyed the temple, he would raise it in three days. The Jews thought he meant the building. Jesus was referring to himself. Saint Paul often refers to our bodies as temples. Around us

many temples are being destroyed by abuse. Unlike Jesus, these bodies destroyed by abuse cannot be rebuilt in three days.

There was much abuse in the society that Jesus lived in. There is also much in ours. We may not realize it but a random sample of 2,000 people showed that one in

were not the way God intended them to be. Justice in Jesus' time had drifted away from being based on God's love. People were not treating others according to God's law. It was almost to a point where people were being treated like objects and not like the Children of God they are. For Jesus, the time had come to speak out and act. There comes a day when we ourselves cannot be silent any longer. When we have to break the silence and speak out. If we don't we risk letting the cycle of abuse continue.

Unfortunately, when many people do speak about their abuse, or against this injustice, we do not hear them. I do not remember the number of times that I have heard of someone's story of abuse being doubted. For some reason we have a difficult time believing stories of abuse. We place more credibility with adults and not the children or women who come forward with their stories. Who would want to imagine something that horrific happened to them? For some reason it seems that our justice system places more rights with perpetrators than with victims.

Jesus was a devout Jew. He knew what was going on in the temple. There just came a day when he could not be silent any longer. That day he walked in and threw out the money changers and sellers. He saw that things

We are always trying to attach blame. Unfortunately, some of it gets laid on the victim, the innocent victim. How can you attach blame to a three year old child as one judge in Canada did? These victims are not to blame for

what someone else did to them. Yet the survivors of abuse usually blame themselves in later years. Also, 84 percent of the adult survivors of child sexual abuse attempt suicide. They constantly relive the abuse and much of the psychological damage never quite goes away.

We may not want to admit it, but abuse is all around us. It is real, and no one is immune. Unless we break the silence; listen to the victims; report the abusers and the abuse; the cycle will continue. It should not surprise us that many abusers were themselves abused as children. This is not an excuse, just the way things are. To remain silent is to allow this injustice to continue. More

and more people will have a dark secret.

As Christians, Jesus calls us to get angry; to speak out and to act. We are called to prevent this abuse and other forms of abuse; physical, emotional, neglect and others. Our children have the right to grow up and live lives that are free from fear and terror. Our children must be allowed to be Children of God.

If this article has stirred emotions, feelings or memories inside you, please seek out a trusted friend to talk to. There are also many resources within our community that deal with the victims and survivors of abuse - the Women's Resource Centre is one of them.

Chaplain's Chatter



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On & Off the Base

SCAN Transition Tips

Don't let your Resumé become Junk Mail

by Lt (N) Linda J.
McNally, W PSO

How much time do you spend reading "junk mail"? If you are like most of the population, you give the piece a cursory glance before it goes into the trash can. Every once in a while, however, you see something that catches your attention and you spend some time reviewing the material. Most people pass up any items that have extensive copy written on several pieces of paper.

Corporate recruiters and personnel managers are no different than you. Time is critical in industry these days with reduced work forces and just as much (if not more) work to do. If you want to get a potential employer to read your resumé and not dump it into the trash can, then you have to understand the need for brevity.

To begin with, consider the problem of numbers. A personnel office can generally expect to receive at least 100 responses to a well placed, well designed employment advertisement. The number could even go up to 200 or more. Realistically, it is impossible to call 100 or more people for an interview, so resúmes are screened in detail to select the top 10 or 12. How long does it take to read a resumé that

is one to two pages long? Several minutes at least. When you multiply that 100 times, you begin to get the point. The resúmes are not really read, they are briefly scanned, some are selected for closer scrutiny and the rest are discarded or filed.

Your chances of being selected for the in-depth review, and ultimately for the interview, can be greatly increased if you keep your resumé focussed. Instead of trying to outline your entire work history, you focus in on those experiences that relate to the position you are trying to land. Don't waste the reader's time (and interest) with extraneous information, but use the technique I like to refer to as "economy of thought." In this technique every single data bit of information presented should have some direct relevance to the job you are going after. The technique follows the old rule of "nice to know" or "need to know." If the information falls under the heading "nice to know" it should be deleted from your resumé.

"Economy" also applies to cover letters. For some reason job seekers like to write extensive cover letters relating all sorts of personal information, rehearsing work experiences and discussing personal preferences. An exten-

sive four paragraph cover letter seldom is read, because of the time limitations the recruiter faces. The letter falls into the category of "junk mail" and is passed over very quickly.

The best way to create an effective cover letter is not to rehash any information already listed on the resumé. You may choose to highlight a specific skill that was mentioned in the advertisement, but even that should be brief.

Rather than "cover letter," I prefer to use the term "letter of transmittal," because that implies the letter is merely used to forward the resumé. The resumé should stand on its own. The only significant facts mentioned in the letter should include the source of the lead such as mass mailing, ad response, referral, and the approximate time you can be available for interviews.

The best way to achieve "economy of thought" is to be your own critic. Review your resumé and letters in detail and ask yourself some difficult questions concerning the relevance of every sentence or statement. Use a red marking pen viciously to eliminate "nice to know" information, and then ensure that every single word focusses on the accomplishments that relate to

your capabilities. This technique will not guarantee you interviews, but it will greatly improve your chances.

Remember, anyone can find a job, but meaningful employment requires careful planning, imagination and an aggressive marketing plan.

(The above article is cited from William G. Fitzpatrick, Non-Commissioned Officers Association of USA.. He is the director of career programs for the NCOA and travels throughout the world lecturing on job search techniques. He is co-author of the books "Does Your Resumé Wear Combat Boots?" and "Does Your Resumé Wear Blue Jeans?" as well as various articles on the subject of career transition for veterans.)

"Sharpguard" extension for 407

by
Capt David Krayden,
19 Wing PAO

Members of 407 Sqn will continue to monitor shipping over the Adriatic Sea after 15 Mar 94, a date which was originally expected to mark the end of the squadron's participation in Operation Sharpguard. The Canadian government has authorized a two month extension of the UN-sanctioned operation and tasked the CFB Comox maritime patrol squadron with staying in theatre to participate in that extension.

It is the unit's first deployment with a United Nations operation. Since 15 Jan 94, squadron

pilots, air crews and ground crews have been using two CP-140 Auroras from CFB Greenwood, N.S. to conduct maritime surveillance over the Adriatic Sea in support of a NATO operation to enforce a UN embargo of Montenegrin ports.

They are based at US Naval Station Sigonella, in Sicily, along with the other members of the multi-national force.

The work of the Canadian contingent has been praised by NATO's southern European theatre commander-in-chief as a significant contribution to an embargo designed to bring peace to the Balkans.



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Editorial

Bert Linder



Guest Editorial by Bert Linder

Those Darn Kids!

I am 72 years of age and it took me many years and a considerable amount of anguish and many varied life experiences, some good - some bad, to put me where I am today and on this very spot writing to you. I was nurtured in a depression; I lost five years of my life to a war; I have invested in sweat; I am a liberal socialist conservative; I am a square and I have in the past half century formulated some set ideas and philosophies. And I believe there is more good and beauty than sadness and ugliness.

I don't appreciate hippies, yuppies, militants and student nonsense, and I blame my generation for student nonsense. We have spoiled, educated and capitulated to our youth because we wanted them to have the things that we didn't have.

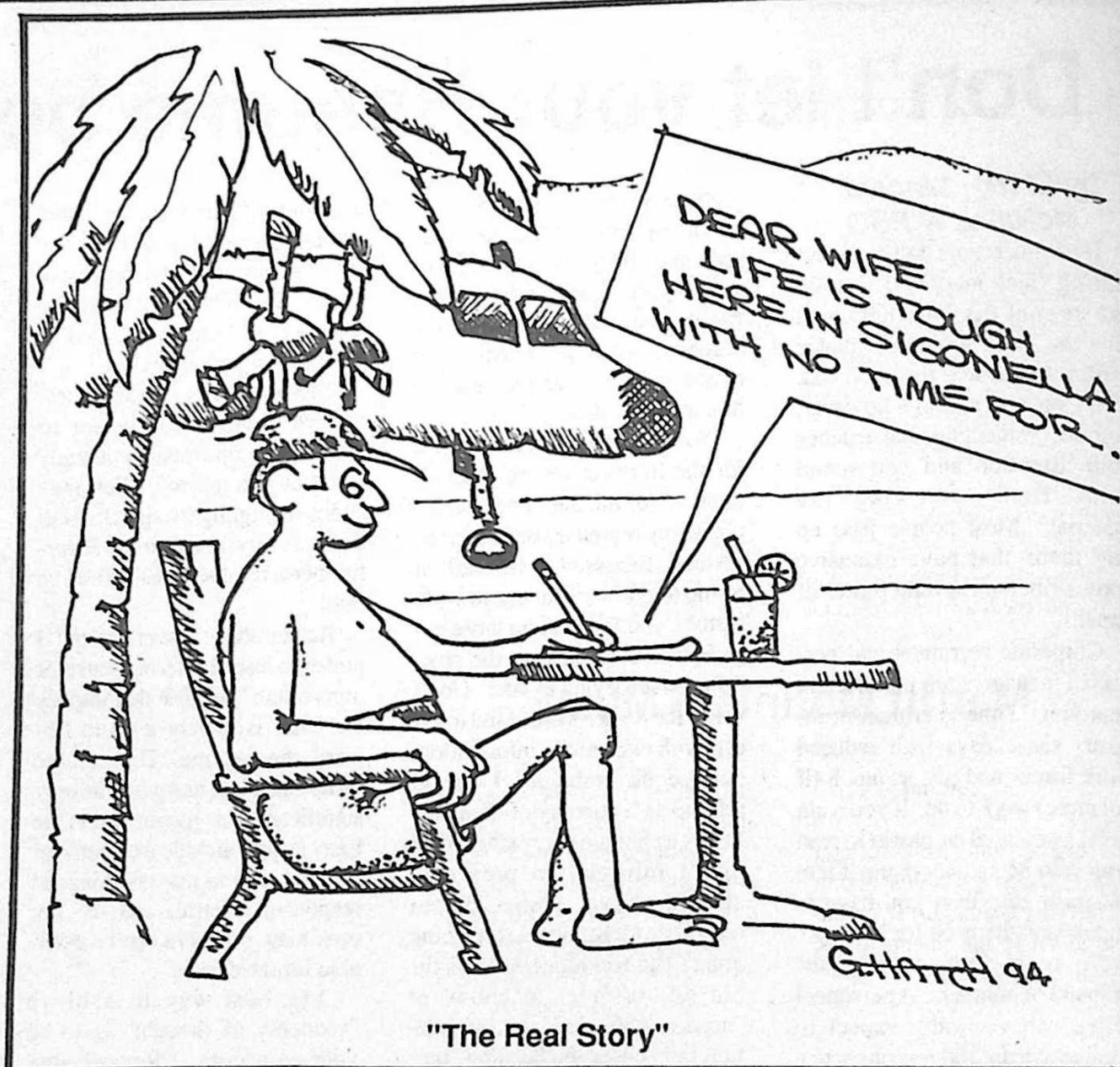
We only owe the younger generation what all older generations have owed younger generations - Love, Protection (to a point) and Respect when they earn it. We don't owe them our souls, our earnings, or our whole lives and we definitely don't owe them immunity from our mistakes or theirs. Every generation makes mistakes and always will, and I admit my generation has made its share.

But on the positive side, we've done some pretty good things too. We have declared war on poverty, we lost some of the cream of humanity in the last world wide conflict to maintain our freedom, we put a man on the moon and pioneered space travel, we abolished smallpox, and we have taxed ourselves almost into the ground in the cause of social justice and reform.

Our biggest failure, among the many, is the failure to listen and the failure to give of ourselves and, in so doing, we have created a youth rebellion against what it seems to them, our morals, our materialism, our ineptitude in racial matters, and our narrowness as parents. To the first failure I will admit but to others I say B.S. Because our present generation, in the majority, will be guilty of the same things, so will the coming generation, to a lesser degree no doubt, but so it was to the generations before us.

In closing, I say to my generation - please listen to what youth are saying and give of your experience and of yourself. Try putting your arm around the shoulders of your youngsters, even if they are over 20. And to the youth - you listen too! And don't shrug off the arm of loving friendship. You don't know it all yet, but very soon you will get the chance of being the older generation. Finally, I would like to quote a Mr. Hesoid who wrote: "I see no hope for the future of our people if they are dependent on frivolous youth of today, for certainly all youth are reckless beyond words. When I was a boy, we were taught to be discreet and respectful to elders, but the present youth are exceedingly impatient of restraint." This was written by Hesoid approximately 800 B.C.!

Bert Linder is a WWII RAF veteran and a regular contributor to the Totem Times.



"The Real Story"

Auroras Extended on Adriatic

Maritime Air Group's two-plane Aurora detachment participating in Operation Sharp Guard over the Adriatic will be extended for an additional two months. The Aurora crews were scheduled to fly their last mission on 12 Mar. The detachment has been credited with making a significant contribution to the success of the UN-sanctioned embargo designed to help bring about peace in the Balkans.

"Canada is a committed member of NATO and fully supports the alliance's efforts in the region," said the Hon. David Collette, Minister of National Defence, in authorizing the extension for a period of 60 days. "The Canadian Forces are prepared to extend these resources to further Canada's contribution to the peace process."

The extension was requested

by NATO's commander-in-chief for the southern European theatre, Admiral Jeremy Mike Boorda, who had great praise for the Canadian crews' participation in the maritime embargo of the former republics of Yugoslavia.

"The proficiency and professionalism of your crews has been a key factor in the success achieved by our Sharp Guard forces," said Boorda.

Flying CP-140 Aurora long range maritime patrol aircraft, the Canadians have met one-quarter of the NATO maritime air commitment in the northern Adriatic Sea and one-tenth the overall maritime air contribution to Operation Sharp Guard. Over 3,100 sorties, many lasting 10 or more hours, have been made by the NATO and Western European Union (WEU) countries flying maritime patrol aircraft in support

of the operation.

The 55-person, two-plane Aurora detachment has been flying surveillance missions by day and night over the Adriatic Sea since mid-Sep 93. Crews from three Aurora squadrons and maintenance squadrons based at Greenwood, N.B. and Comox, B.C. have participated in the operation. Maritime Air Group also has four Sea King helicopters embarked on two Canadian Navy ships, HMCS Preserver and HMCS Iroquois, participating in Operation Sharp Guard.

Operation Sharp Guard, which began on 15 Jun 93, is the combined NATO and WEU enforcement of United Nations Security Council resolutions calling for sanctions against the former republics of Yugoslavia designed to help bring about peace to the embattled region.

NEXT DEADLINE 21 MARCH - NOON

TOTEM TIMES

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Comment

B.C. Lungs say Thanks

Dear Editor,
The British Columbia Lung Association's annual Christmas Seal Campaign was very successful, thanks to the generosity of contributors all over the province. We are grateful to you and your readers for helping to raise \$1.45 million during the campaign that ended 31 Jan 94. This represents a one percent increase over last year's total. Christmas Seal donations fund advanced medical research into

lung diseases such as lung cancer, asthma, and emphysema, as well as provide health education and community programs throughout B.C.

On behalf of the B.C. Lung Association and the people who count on us, thank you again for your support.
Sincerely,
John Borthwick
Volunteer President

Merritt Mountain Music

The second annual Merritt Mountain Music Festival will once again feature an all-star lineup of country's hottest talent.

The Nitty Gritty Dirt Band has been added to the lineup for 94 and will headline Thurs. 14 July. They join over 50 country recording artists for this year's exciting festival. Fri. 15 July's headliners include performances by Wynonna, Tracy Lawrence and Tracy Byrd.

The Mountain Music Festival promises to be bigger and better in 94 and, along with site improvements, a youth entertain-

ment area, a variety of games, amusement rides, beer garden, food concessions, on-site shopping, and helicopter sightseeing tours, we're having a wedding!

Yes, a wedding! At 3:30 pm on Sat. 16 July, Faye Fafard and Dan Green will be married and everyone is invited. Faye and Dan met at the 93 festival, have fallen madly in love and will be exchanging their wedding vows at the event that brought them together.

Don't delay. Purchase your ticket at any Ticketmaster or Towne Ticket Centre.

EME Nats Weekend

The Reunion to Remember

Register now and don't miss it!

The Corps of Royal Canadian Electrical and Mechanical Engineers (RCEME) was formed as a separate engineering corps of the Canadian Army on 15 May 1944.

1994 represents the 50th anniversary of this fine corps. Its members have served in all theatres; in World War II, Korea, Persian Gulf, throughout Canada, in NATO, and on most United Nations peacekeeping missions.

The National Celebration Weekend is the major event of the 50th Anniversary and it will be conducted at the Canadian Forces School of Electrical and Mechanical Engineering

(CFSEME) Borden, Ontario, running from 13 - 15 May. The weekend celebration will bring EME people from across the country and will feature the unveiling of the RCEME Monument.

The EME Corps has a strong, proud history which we are honoured to celebrate. All past and serving members are encouraged to attend this weekend celebration, the likes of which will not come to pass for another 50 years. Registration forms and additional information may be obtained from the EME 50 Cell, CFSEME CFB Borden, LOM 1C0, or phone 1-705-423-3839, or FAX 1-705-423-3800. ARTE et Marte

Mt. Washington Ski Days

The Comox Valley Ski Club will be providing a bus to Mt. Washington on the following days: 8 Mar, 23 Mar, 5 Apr (last trip of the year).

The bus will operate on the following schedule:

Dep Base Arena.....07:30
Dep Cnty Curling Club.....07:40
Arr Mt Washington.....08:30
Dep Mt Washington.....16:00
Arr Cnty Curling Club.....16:45
Arr Base Arena.....17:00
For 5 Apr only:
Dep Mt Washington.....17:00
Arr Cnty Curling Club.....17:45
Arr Base Arena.....18:00
Registration: You must be a member of the Comox Valley Ski

Club to register. All registrations must be made through Fred Kirtz (Bus: 339-8211 ext.8695, or Hm: 338-0480). Please have your membership number available at time of registration.

Cost: For 8 & 23 Mar, vouchers will be available on the bus at a cost of \$27.00 for adults. Student (13 - 18 yrs.) and children (7 - 12 yrs.) lift tickets must be purchased at the Lodge for \$25.00 and \$18.00, plus GST.

For 5 April the cost will be \$25.00 regardless of age. This price includes lift, lesson, fun races, prizes and a hot buffet dinner on the hill. This will be the last trip of the year so don't miss it.

March is Easter Seal Month in B.C.

This year, The British Columbia Lions Society for Children with Disabilities is holding its annual Easter Seal Appeal throughout the month of March.

"For 49 years, our largest fundraising endeavour has been the Easter Seal Appeal," said Jim Slater, fundraising chairman of the campaign. "By contributing to the Society, everyone can make a difference to children with disabilities in their efforts to lead more independent lives. We en-

courage British Columbians to support the Easter Seal Appeal and these children who face a future of difficult health challenges," he said.

Beginning 25 February, B.C. residents will receive information about the B.C. Lions Society as well as Easter Seal stickers. "We hope people seriously consider what using these stickers means to children with disabilities and make a contribution on their behalf," Slater said.

United Services Institute

Capt Rechner to speak on Arms Control

Multi-lingual peacekeeper Capt Patrick Rechner will speak on the "Practical Aspects of Arms Control in Europe" at the 25 Mar luncheon meeting of the United Services Institute of Nanaimo-North Island. This will be from the observations of the man on the ground, not the diplomat in the conference hall.

As Canadian representative for arms control inspection, Rechner was in Czechoslovakia throughout 1989, then was posted, in July 1990, to the new Arms Control Verification Group

in Lahr, Germany. In 1992 he was sent to Croatia to serve with the Princess Patricia's Canadian Light Infantry. When his Pats Battalion returned to Canada on rotation, Rechner went on to Russia to verify the number of attack helicopters that were being destroyed under the "Conference on Security Cooperation in Europe" Stockholm Document.

Rechner, with his ability to speak Czech, Polish, Slovak, German, Russian and Serbo-Croatian, has played a key role in negotiations with east block

countries, since the collapse of the Warsaw Pact. He is currently training officer with the 3rd Battalion PPCLI, preparing them for another tour of peacekeeping duty.

The 25 Mar USI meeting will be held in the Officers' Mess at Nanaimo Military Camp. The mess opens at 11:30 hours. Non-member officers, spouses and guests are always welcome. "The hall is small" so call yesterday for reservations: 758-8640.

About Trivia

The YC-125 Raider

Dear Editor,

Trimotor powered aircraft were prominent in the 1920s and 30s, but this type of design was rarely seen in the post WWII years. It appears that only two models have been designed and produced during the postwar era. One was the DeHavilland Drovver of 1948, and the other was the Northrop N-23 Pioneer, an experimental commercial transport plane which emerged in 1949.

The Drovver saw service with small airlines in Australia and was notable for its performance with the Flying Doctor service which provided medical aid to remote communities in the outback.

The Northrop N-23 was fur-

ther developed into the military version, known as the YC-125 Raider, and 23 were built for the US Air Force. Due to its ability to operate in and out of short improvised airstrips, the military believed it could replace the glider in airborne assaults. An added advantage was that the Raider could make return flights in support of the attack.

It was also considered and expected to be a valuable search and rescue aircraft. But, by the end of 1950, helicopters and other competing aircraft superseded the Raider and further orders for them were cancelled. All of the Raider fleet was relegated solely to the role of ground training by

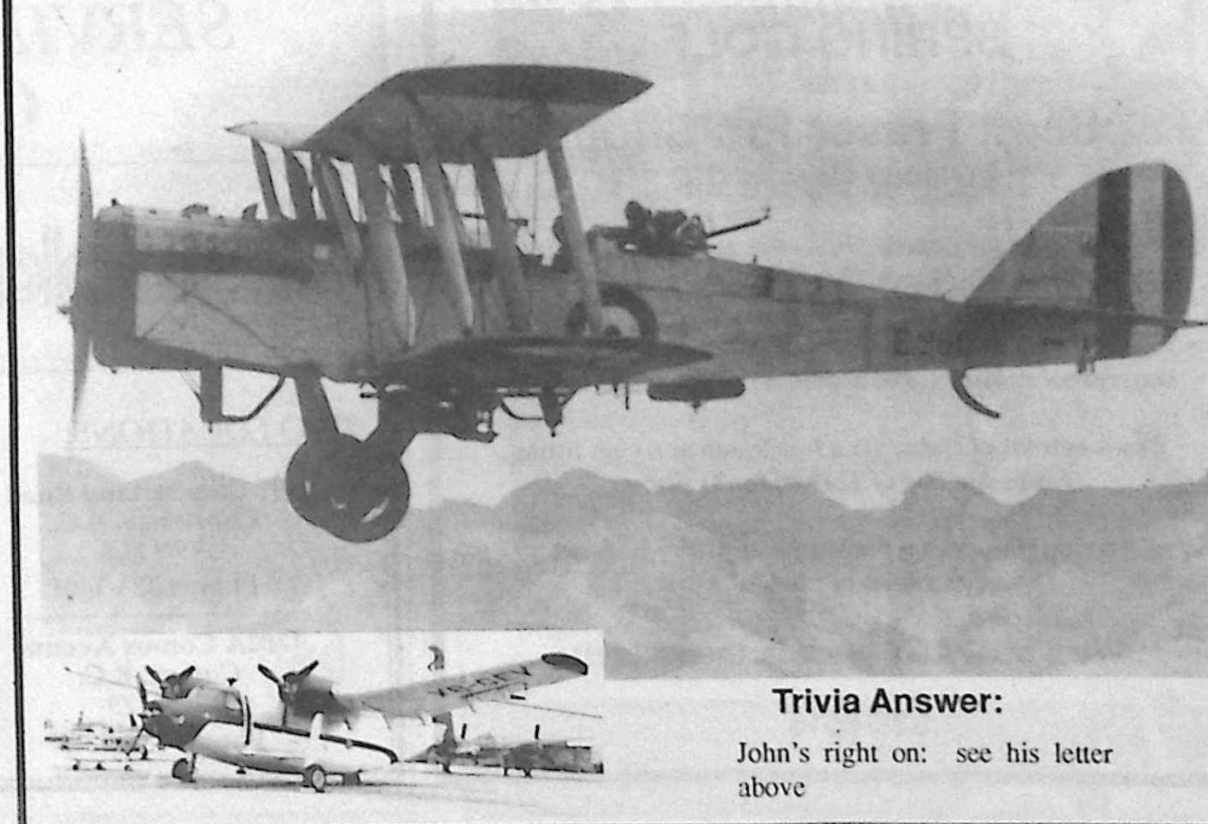
USAF, for its ground trades.

They served this purpose for five years and in 1955 were sold off to civilian buyers. Considered a "bonanza" by these purchasers, due to the minimal flying time accrued, the Raiders went on to fly for another 15 years in the civil commercial field.

YC-125 Raider stats:
Wing span: 86 ft. 6-1/2 ins.
Length: 67 ft. 1 in.
Power: three 1,200 HP Wright R-1820-99 engines
Max speed: 201 mph
Range: 2080 miles
Crew: 4
Passengers: 20 - 25

Yours sincerely,
John Novak

Air Force Trivia



Trivia Answer:

John's right on: see his letter above

CF News

Making Credit Manageable

Congratulations to Pat Burch of Roads and Grounds. He was the winner of a personal Emergency Kit. We thank the Coast Country Insurance folks for their interest in our community (19 Wing).

The emergency kit was an item suggested for the homeowner or car driver, or worker in an office building, to have on hand, from the video "The Big One." We hope those who attended the two sessions during EAP week found the information helpful.

These days of March and April remind us of budgets and taxes. Perhaps the following information will assist you to stay financially healthy.

Responsible Credit

Learning to stay financially healthy is good for you, your family and your future. Here are some guidelines to be followed which can help insure your responsible and successful use of credit.

Making Credit Manageable

Wise use of credit demands ease of overview. You want to know the spread of your credit at all times. It is recommended you limit yourself to no more than four credit cards. To choose the sources of your credit, shop and compare. Creditors, banks, and lending agencies vary greatly. At the very least, you want the lowest annual fees. These may be available at your local bank, or may be found at an institution in a different province. Shop

around.

Limiting your number of credit cards will simplify your record keeping and reduce your expenses. Wise borrowers know the monthly closing and due dates for each of their credit cards. This information allows them to plan their monthly expenses, protecting them against "surprises." Keep careful track of your expenses by saving receipts and cancelled cheques. Stores, banks

Employee Assistance Programme



and even computers have been known to make mistakes. You'll want to double-check your monthly receipts and bills.

Managing Credit

As a credit user, you will want to educate yourself in the basic skills of credit management. Information and advice in magazines and on television can get you started. Those wanting the help of an instructor will find workshops and classes, many without cost, at adult schools, community centres, and community colleges.

Wise consumers follow a personal money plan designed especially for them. Such a plan, designed around your income and expenses, will give you a realistic budget to follow. It will help establish guidelines specifically for your personal use of credit.

Credit counsellors listed in the Yellow Pages can help you create your own money plan.

Expenditures must be prioritized. You must decide which expenditures are necessary and which are luxuries. Credit can be used sensibly for necessary and large purchases that will outlast your payments on them, such as refrigerators or washing machines. Use of credit for everyday items, such as food or cosmetics, is discouraged.

A safe and comfortable debt load is realistically suited to your budget and needs. A safe debt load, excluding rent or mortgage, generally amounts to 20 percent of your monthly take-home pay.

This load will allow you to balance your debt repayment with your monthly living expenses and savings. You can spend, you can save, and you can use credit wisely. Balance is the key.

The EAP is a joint UNION/MANAGEMENT program

Your EAP Referral Agents:
Carol Anderson - 8356
Evelyn Femia - 8336

SSM for CO 407

LCol Peter Kendell recently received his Special Service Medal from 19 Wing Cdr. Col T.B. Rogers.

SSM Presentation



WATC Pers received their SSMs at the same ceremony held at the SAMP Flt, also presented by the W Ops O. L-R: MCpl Jedras, LCol Drover and Capt Lapointe.

19 AMS Presentations



Maj Roos, CO 19 AMS, is proud to present Canadian Forces decorations to Cpl Smit (right) and Cpl Morency.



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Section News

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TIME: 6:00-9:00 PM AT THE FRC
COST: SUPPLIES



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SSM Presentations



Nine members of the 19 Wing Comox SAMP Flt received their SSMs, presented by LCol Drover, the W Ops O and our boss, in a ceremony held in MP Briefing Room located in the rear of the Military Police Flt. Back row (L-R): MCpl Klingerman, Sgt Grantham, Cpl Turton, MCpl White, Cpl McGowan, Cpl Niclaes. Front row: Sgt Fitzgerald, LCol Drover, Capt Weed and Sgt Hand.



The following personnel from Wing Operations recently received their Special Service Medals from LCol P.A. Drover, WOpsO: Front row (L-R): Maj W.S. Lewis, LCol P.A. Drover, WO S.J. Uhrn. Back row: Sgt P.W. Brice, WO D.P. Hambly, Sgt J.A. Bain, Sgt N.J. House, Cpl J.F. Gaudet.

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The Honourable Glen Clark
Minister of Employment and Investment
The Honourable Bill Batse
Minister of Small Business, Tourism and Culture

Section News

Day Sail on HMCS Oriole

By Capt Pat Dayman

On 21 Oct 93, LCdr M. Cooper, Commanding Officer of the HMCS Oriole took a number of 19 Wing personnel on a navy "Famili Flight."

The HMCS Oriole is a Marconi rigged ketch, built in Boston in 1921 for Mr. Gooderman. She is 102 ft. in length, has a 19 ft. beam, a draught of 10 ft., and displaces 92 tonnes. The mainmast height is 104 ft. and she sports a 7,200 square foot spinaker, which is the largest of its type. She also carries no winches. All rigging is done by hand, or with block and tackle.

Because Mr. Gooderman was a known whisky baron, it has been suggested that the Oriole was used as a rum runner on more than one occasion, although there is no evidence to support this theory.

After Mr. Gooderman retired, he donated the Oriole to the Navy League of Canada. She was later taken over by the Royal Canadian Navy, and eventually commissioned in 1954, thereby making

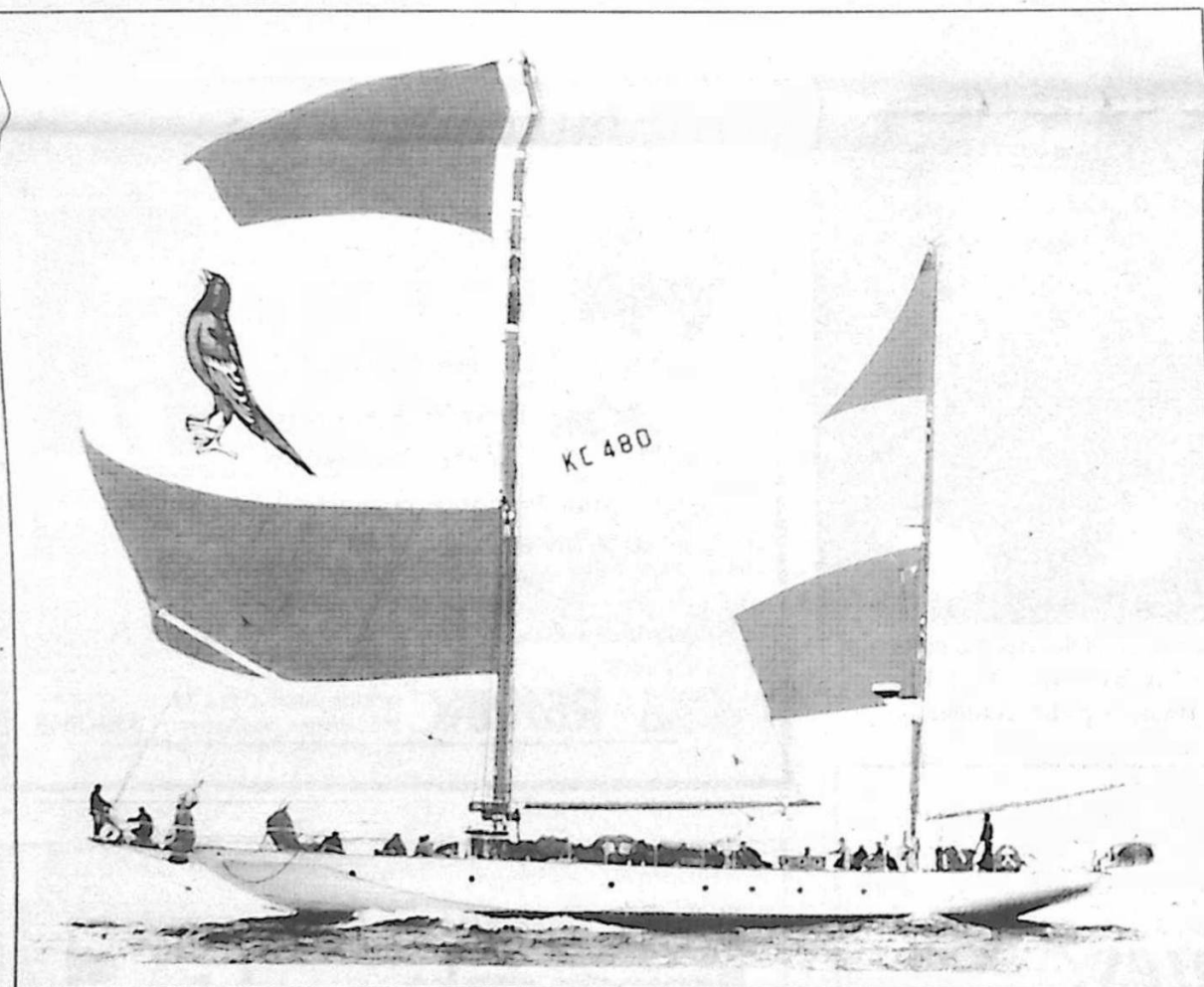
her the oldest commissioned ship in the Canadian Navy.



The Oriole is used primarily as a training ship for MARS cadets and usually carries one officer, four men and 17 trainees, but she also participates regularly in the Swiftsure, Trans-Pac and Vic-Maui races. This year she came ninth out of 42 boats, and first in her class, in the Trans-Pac race (L.A. to Honolulu).

The Oriole departed Goose Spit at 0800 with a mixed crew of "trainees" from various sections

HMCS "Oroile"



72-year-old HMCS Oriole has served with the West Coast fleet since 1954.

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NEXT DEADLINE 21 MAR.

Ace Burtoni ... SAR Detective

by MCpl Al Banky

Sunday, 6 March, a typical SAR morning. The case...a suspected plane crash. The problem...nothing seems to be missing.

By day, disguised as Bill Burton, 40ish (very ish), mild mannered SAR Tech scheduler, he leads a sedate, almost boring, life. His work seems to be an endless stream of wordless telephone calls. Bill's cover is complete. When confusion reigns, when level heads begin to tilt, when the fan's switched on and the stable-boy's about to heave the first shovelful, Bill abandons his humble facade. He pulls on his extra long, skintight orange suit and in the time it takes to peel a pilot away from the Oprah show, or a nav away from the doughnut stand, he becomes Ace Burtoni, SAR Detective.

For this case, Ace has along an impressive group of assistants: Jenn "Hollywood" Weissenborn, movie stunt double and chopper driver; John "Bambi Slayer" Bradbury, assistant driver and a mean man with a bow and arrow; Greg "Monkey-Wrench" Lewis, expert mechanic and master of a thousand disguises; and me, Al "Typewriter Man" Banky, Ace's assistant and a deadly shot with a word processor. The team travels in a beat-up, yellow 65 Voyageur, Ole 312 (aka Labrador 312).

The call comes at 9:00 am; Yves "Nav Guy" Pruneau has a tip from one of his informers. Flare sightings the night before, a red sighting plane, a red slash on the side of Mount Arrowsmith. Nav Guy tells us to talk to a man in Coombs. Knowing that Coombs is a wild neighbourhood, Ace decides to bring along Sean "Flat-top" Morris, systems specialist and tough guy.

We then docked and said "goodbye" to our new friends on the Oriole as we boarded the bus. Fun was had by all on the cruise, and I would like to thank the crew of HMCS Oriole for a job well done, and appreciated: Skipper, LCdr M. Cooper; Coxswain, PO 1 D. Roberge; Buffer (Sailmaster), MS R. Ingals; Stoker, LS P. Mead; Cook, Cpl J. Burzuk; Baby Buffer, Naval Cadet A. Sage.

As we pull out of Comox and begin our cruise down the Island Highway I can't help but think that this will be "the big one." The picture gets even brighter when our cellular rings; Nav Guy tells us that the Big House heard an emergency locator transmitter near Coombs the night before.

We can't talk to the man in Coombs - out shopping - so we use all the information we have to locate the red slash. Hollywood pulls Ole 312 into a location where we can case the area. Something seems strange; we can see Arrowsmith but there's no red slash in sight. We cruise past the ski area and see nothing out of place. We cruise for another half hour - wait - it's something red - it's - it's - a logging truck. Not what we're looking for but we're excited now, everyone but Ace. Ace can smell a fish when there's one about, and this one smells like herring.

On the fifth ring someone picks up the phone. It's the man from Coombs and he's heard Ole 312 cruising the town. We're looking in the wrong spot. After ten minutes of directions relayed over the phone, he tells us we're over the red slash. As we look out the windows we can see the object; it's...a road, freshly ploughed, nice red clay, two burnt out smoke pots at the ski hill, looks like Ace was right, red herring.

We thank the man from Coombs for taking the time to call in his sighting. As Ole 312 cruises back toward Comox, Ace lets fly one of his scholarly wonders, "Better a red herring than a dead herring." Another case solved by Ace Burtoni, SAR Detective. I guess it's an appropriate way to start the herring season.

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Call or fax me! Brian Willis

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Section News

MSE Safety

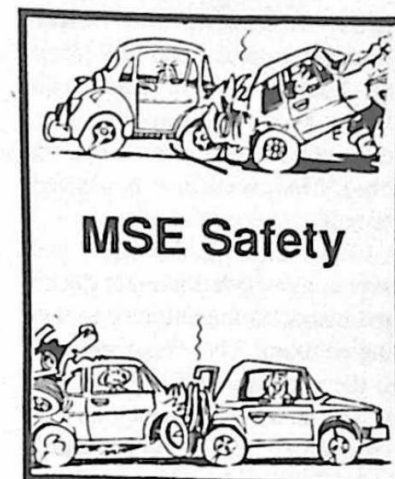
Keep Visible!

If you're doing a good job on the road, you're aware of what's going on around you. But you can't assume that everyone else is doing that, so it's up to you to keep yourself as visible as possible - to make sure the other guy sees you.

Picture your car at the centre of a huge bubble. The objective is to keep all other drivers out of your bubble, and to keep your car out of theirs.

First, don't assume other drivers have the mirrors adjusted properly, or that they will even look over their shoulders if they aren't. Don't count on a directional signal when they change lanes. For all those reasons, don't drive in another driver's blind

spot. If your car has a blind spot, you may assume most other cars do too.



When you are passing, or being passed, there will be a mo-

ment when you may be in someone's blind spot. Watch the other driver's head and hands so you can preview any moves he might make.

Ever notice how much more visible a car is when it has its headlights on during the daytime? The federal government noticed that too. All new cars sold in Canada must now have "Daytime Running Lights," the result of a new law. Statistics show that cars with lights on in the daytime are involved in fewer accidents. But the new law only provides for front lights. Why not switch your headlights on - all the time - and let your lights shine in every direction?

SSM Presentation



Maj Roos presents Special Service Medals to 19 AMS personnel: Rear L-R: Cpl Slepanski, Cpl Gogan, Cpl Long, Cpl Chipil, Cpl Richard. Front L-R: Cpl Daly, WO Gavel, Maj Roos, MCpl Lauzon, MCpl Bedford.

CANADIAN FORCES



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Saturday.....1700 hrs
Sunday.....1000 hrs
Daily Masses.....Tuesday, Wednesday & Thursday evenings at 1900 hrs

Changes will be announced in the bulletin
RECONCILIATION - Confessions will be heard before each Mass or upon request. Penitential Celebrations are held during the Advent and Lenten Seasons.

BAPTISMS & MARRIAGES - By appointment - notice well in advance please.

CATHOLIC WOMEN'S LEAGUE - Second Tuesday of the month in the Parish hall, preceded by Mass in the Chapel at 7:30 p.m. President: Bonnie Gillis, phone 339-3496.

CATECHISM CLASSES - September to May in the Chapel and Parish Hall every Sunday morning at 0900 hrs.
Coordinator: Mary Rogers, 339-6181.

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BASE CHAPLAIN (P) - Maj Charles Massey (UCC) 339-8273
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OFFICE - Headquarters, Bldg 45, Room 48
Telephone 339- 8273/339-8275
Secretary - Mrs. Anita Spurrell

SUNDAY SERVICES -

0900 hrs - Holy Eucharist (2, 3, 4 & 5 Sundays of month)
0930 hrs - Adult Bible Study
1100 hrs - Divine Worship (2, 3, 4 & 5 Sundays of month)
Holy Communion (1st Sunday of month)
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SUNDAY SCHOOL - In conjunction with 11 a.m. Service.
NURSERY - during 11 a.m. Service for children under 3 yrs.
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President Gail Rodger 338-2162.
BAPTISM AND MARRIAGES BY APPOINTMENT,
90 DAYS NOTICE IS REQUIRED.

NEXT DEADLINE 21 MAR.

Feature

Base Scuba Club



See You at the "Church"

- continued from Feb. 24

by Paul Harman

I buddied up with one of the Esquimalt divers and went over the side in the first team. Once in the water, we swam over to the marker that is attached to the forward mast. After one last check and coordination, we glided to her depths. At first, all we could see was the length of chain we were descending along, which pointed to our destination. Then, almost out of nowhere was the top of the mast; and just as suddenly but a bit more ghostly, loomed the outline of the wheelhouse and her decks.

My dive-buddy and I separated from the main group, and the chain, to head over the side of the "Church" and toward

the ocean floor. We settled in the silt and in the midst of what seemed a million shrimp - who left a small cloud of mud as they scurried away. Visibility was an unaccustomed 20 or so feet, as we could see the edge of the deck from the seabed, as opposed to the characteristic 5 - 10 feet for this wreck.

We attained a neutral buoyancy and proceeded toward the stern, following the scattering shrimp five feet below. The ambient light was incredible, as it pretty much washed out the beams from our hand-held lanterns. We found them useful only when we were up close or in the shadows; giving extra light to release the colours of the wreck

and of those who call her home, trapped by the depths.

We rounded the stern and inspected the holes caused by the explosives that were used to sink the "Church." After that we ascended slightly to enter one of the opened and enlarged compartments. I went in first, after inspecting the entrance and ensuring I could first see the other side. The lanterns now became a valued item in the darkness of this eerie metal cavern.

Once I felt confident, and had re-established my neutrality, I entered slowly, using only my hands to propel myself through the compartment. This method of "hands-only" propulsion allowed

me to move with minimal disturbance of the silt, or the compartment's occupants; and gave those following me better visibility than if I had kicked up the bottom with my fins. The slower pace also gave me more time to manoeuvre around obstacles without bruising myself.

After exiting the hull, we moved alongside the main deck, and inspected the entrance to the engine room. There is a rope tied to the entrance that leads to the engine room. The passageway is narrow and a diver can be easily hung up if he/she panics. Proceeding further should be left to those with proper training and equipment.

With a gentle pull from one finger, we glided effortlessly up and over the next level to reach the bridge. Almost all of the equipment within the bridge has been removed but, if you stand upright and look out toward the forward hold, you can almost get the feeling of riding out a dense fog on a calm sea. Where this room once housed captain and crew through many voyages, it now provides similar shelter for fish and crustaceans.

The roof of the bridge still has many navigational and communications fixtures attached, including what looked like the weather radar antenna. Descending toward the hold, we kicked slowly along the narrow catwalk between the railing and the hold. We passed over some fairly large shrimp and crabs, and observed a Ling Cod escaping from our approach through a moorage hole. We checked our air and our bottom time, and descended into the hold. As there was nothing to see, we ascended through a forward hatch to explore another accessible room. When we exited, we found ourselves near the forward mast. Our remaining air dictated it was time to surface. To be on the safe side, we executed a safety stop at the top of the mast approximately 13 ft. from the surface for 10 minutes. We then broke surface, swam for the boat, and climbed aboard with 600 psi remaining.

This is a fun dive and an excellent introduction to wreck diving 19 Wing PDSC energetically encourages all to experience the "Church" for themselves, and to follow established deep and wreck diving practices when doing so. Despite being "doctored" to accommodate divers, there are still inherent dangers present when diving her. If you are inexperienced with wrecks, please seek proper instruction before visiting this site.

Feature

Arizona Bound



by Gordon Wagner

An arctic front had hopped over the Coast Range sending cold air creeping down Canada's west coast. It was forecast to hit Vancouver on Thursday 2 March and then be pushed back by warm Pacific air coming up the Oregon coast.

I had allowed four days for my trip from Comox on Vancouver Island to Venture Out's trailer park in Mesa, Arizona. My wife, Ivy, and I had trekked south for fifteen years, the last few years I drove and Ivy flew. I enjoy travelling alone. I am a poor sleeper and like to hit the quiet freeways early. I don't mind driving in the wee hours towards daylight, and I seldom drive after dark. I travel with my baby blanket (a feather tick) and if I get drowsy I pull over and cuddle up in it for forty winks.

If I caught the 3 p.m. ferry from Vancouver Island I usually arrive at my daughter Linda's just before five. When I left the ferry,

flakes of snow were powdering the Upper Levels highway, but turned to rain at Linda's.

That air is close to freezing, so maybe I should keep going. But I haven't seen Linda and her boys since before Christmas. Besides it's Allison's day off and she'll be there. I don't see enough of my grandchildren, and they'll soon be grown up. I've noticed "Papa" isn't as important as he used to be. I'll stay overnight and if the forecast looks grim I'll get a real early start. I dread the thought of driving Interstate 5 (I-5) with snow on the freeway.

My grandsons, Andrew and Geoffrey feel that dining at Bonanza is the ultimate. We ate too much, stayed up too late and I was too worried about the weather to sleep well. In a strange bed and with my poor waterworks, I checked the weather at 1 a.m. and again at two. At three, snow covered the windshield of my car. It was time to go.

The snow on the windshield was frozen. I had no scraper so I used my Visa card. In my hurry to beat the weather I threw my wallet and credit card on the seat beside me, buckled up and cautiously took off expecting to find black ice on the street. I braked to test for ice - the road

was okay. In south Vancouver a fine drizzle challenged the windshield wipers. As I approached Blaine and the American border, fine snow snaked across the highway, its belly close to the blacktop. The white serpent looked cold and angry.

At Blaine a cold, bored customs officer wanted to know where I lived, if I was a Canadian citizen and if I had any goods for sale. It never ceases to amaze me how easy it is to go back and forth across the Canadian-American border.

The clock on my Cressida's dash said 4:15.

I had I-5 to myself. Dry snow still snaked over the blacktop. I drove into snow flurries. Each snowflake raced towards me like a pellet from a shotgun but never hit the windshield. By the time I reached Bellingham the pavement was white.

I passed Bellingham's last motel.

Should I stop at that motel and wait out this storm? Oh, to heck! If I keep going I'll soon run out of this. That new cold front can't have moved very far south. It wasn't as far as Courtenay when I left.

But the snow flakes got bigger. The lane lines on I-5 played hide

and seek with the drifting snow, then disappeared. The pimple-like studs, set every ten feet as lane markers, began to disappear. I lost the edge of the pavement. I drove into the white wall. Alone, afraid and anxious.

The Christmas tree lights of a transport rig crept into my rear view mirror. I slowed down to let it pass. Suddenly the Cressida veered to the left. It felt like wind but my lights could not penetrate the white enough to reveal if the roadside trees were being lashed. (Later I learned the winds blew at eighty to a hundred miles an hour.) The truck, with hazard lights flashing, slowed down and stopped. I pulled up behind and waited. Two cars crept by us. I followed, relieved to have someone to follow. We drove at twenty-five miles per hour. I caught glimpses of trees being whipped by strong winds. The wind tugged at the car trying to snatch it off the freeway.

The car started to gain speed! I must be going downhill!

I took my foot off the gas pedal. The car skidded left. I tried to correct it and slithered right. I swung left again, lurched right and spun around, going backwards. I looked sideways for the ditch. Everything was white. I waited for the crash. No

concrete curbs, no poles, no rocks, I hoped. I closed my eyes. Clenched my teeth. Death-gripped the steering wheel. BANG! It's going to roll. I felt my seat belt grab. Maps, compass and my wallet flew against the windshield. The roll hesitated. The car heeled back with a thump. My Cressida rested at a thirty degree list. The headlights shone angelic-like under the snow. The motor purred in the snowy silence, unconcerned about her embarrassing position. I sat tightly jammed against my door.

The clock said 5:00 a.m.

I tried the door. It swung open, pulling me with it. I grabbed the steering wheel and plunged my left leg into a foot of icy water. I wiggled out, sinking my right foot through a foot of snow into muddy gravel. The nose of the car rested in a three foot ditch, the rear wheels on the shoulder.

I crawled out of the ditch and slipped, plunging my bare hands into a foot of snow. On the freeway the twenty-foot travelled portion felt like the pebbled ice of a curling rink. My God, it's cold! It's not supposed to be this cold in March. Ah! Here comes a car.

Continued on March 24

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Friday, 18 March 94

The Junior Ranks Mess presents:

A ST. PATRICK'S DAY DANCE!!!!

Advance tickets: \$3.00/member; \$7.00/non-member

Advance tickets will be on sale at the Mess Office from 0730 to 1530 hrs. and on sale at the Bar from 1530 to closure by Acquittance Roll only till noon 18 March.

Tickets sold at the door will be \$4.00/member; \$8.00/non-member

Music by "THE SONS OF TERRA NOVA"

Doors open at 1900 hrs.

Cold Buffet available at 2000 hrs.

Dress: ANYTHING GREEN WITH SHAMROCKS! (optional)

Think Green!!!!

Health & Fitness

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DATES: 4 EVENINGS - April 5th, 6th, 12th, 13th.

TIME: 6:30-8:30 PM AT THE FRC

COST: No Fee

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MORE TO FOLLOW



info health

Dr. Bob Young



Genetic Road Map

Imagine a map of the Trans-Canada highway, extending from Halifax to Vancouver, but naming only a handful of points along the way. It would not help you much if you were looking for a specific farm in Alberta or creek in B.C. Maps do exist that depict every metre along the way.

Now substitute the six feet of chromosomes that are present in each of our body cells for the highway, and the genes that make up the chromosomes for the farms and creeks. There are 100,000 genes divided among the 46 chromosomes that we each carry in every cell. (All numbers are approximate, and a few cells don't fit the pattern.)

We know that the genes are there; we need to know their sequence, the order in which they are lined up in the chromosomes, the "gene road map."

The Human Genome Project is in the process of generating this chart. A genome (GENe + chromOSOME) is a complete set of chromosomes containing all the genes of an organism - in this case a human being. It is known that many diseases are caused by, and many more affected by our individual genetic makeup. Knowing where each gene is will help predict, diagnose, treat and possibly help prevent many diseases, including cancer and diabetes.

Mapping each chromosome is a daunting task, but one that can now be accomplished using new molecular biology techniques. "Markers" or known genes can be used to trace, and eventually locate, unknown ones. (Calgary and Banff might be markers for Canmore, which lies between!) Human Genome Project re-

search is underway in many centres and the map is expected to be complete by the year 2000. But this may be the easy part. What about mapping the genes themselves, the DNA (deoxyribonucleic acid) that makes up what we are, warts and all?

There are some three billion pairs of "molecules" in our gene pool; imagine trying to get them in sequence within a six-foot thread. These nucleotides contain all the genetic instructions that are necessary for the development and functioning of our bodies. What might be possible by altering them is both exciting and frightening.

We can relax a bit, though. The nucleotide sequences are not expected to be fully analyzed for another century. But you never know.

Vascular Disease

"Life-blood" is not just a catchy phrase. Blood is required to sustain life, and in order to do so it has to be able to get to all parts of our bodies. Our arteries are the pipes that take the blood away from the heart, the veins return it to the heart-lung complex for a new load of oxygen and another trip around the circuit.

Unfortunately both arteries and veins can become narrowed, even completely blocked. In the case of arteries, the cause is usually atherosclerosis, a cholesterol-related disease that causes plaques of material to build up on the vessel walls. As it thickens the arteries become narrow and carry less blood.

In veins it is usually blood clots that restrict the flow. As they mature they solidify, forming a plug known as a thrombus.

Occluded arteries in the neck diminish blood flow to the brain

resulting in transient ischemic attacks which resemble mini-strokes. In coronary arteries partial blockage causes angina, complete ones, heart attacks. In the legs blockage results in calf pain while walking and perhaps eventual gangrene.

Modern imaging techniques have vastly improved the diagnosis of vascular disease. Analysis of ultrasound echoes allows the blockage to be located. The addition of Doppler ultrasound studies permits the actual flow rate of blood to be measured. The Doppler effect occurs when the sound waves are bounced back from a moving object, in this case blood. The frequency of the sound increases if the blood is moving toward the "microphone."

Measurement of calf volume changes can help diagnose leg vein thrombosis. The calf gets

bigger if the vein is blocked.

All these tests are non-invasive; no cuts, no needles, not even any x-rays. They, along with others, are accurate enough to be very useful. Adding angiography (x-ray of dye injected into a vessel) is usually necessary if surgery is contemplated.

Leg vein clots are very difficult to diagnose at the bedside. They are also dangerous, tending to migrate to the lungs as an often fatal pulmonary embolus. Early detection is beneficial.

These are just a few examples of available image producing equipment. The "image" may be only a wave-form or a squiggly line, but, when interpreted, it can pin down a diagnosis - without discomfort or danger to the patient.

And that is a fundamental rule for doctors - "first, do no harm."

Comox Military Family Resource Centre

Child Care Program

Our Child Care Programs are open to military families. We are located at the Wallace Garden Community Centre (next to the Canes). Call 339-8290 for more information.

Monday
Precious Little People - Preschool 1:00 pm - 3:30 pm
Licensed for children 3 - 5 years old. Located at the Wallace Garden Community Centre. Registration at the Military Family Resource Centre. Cost is \$25.00 per month for Wednesday Session, \$50.00 per month for Monday and Friday Session and \$75 per month for Monday, Wednesday and Friday Session. Fees are due at time of registration. New session starts March 1st, 1994.

Tuesday
Precious Little People - Childminding 9 am - 12:00 pm
This is a licensed program for children ages 18 months - 5 years offering child care for 3 hrs with age appropriate activities (ie. crafts, art, games, dramatic play, story time, sharing time, etc.). Parents have the option to volunteer in return for tokens or pay a set fee.

Wednesday
A Morning Together - Playgroup 9:00 am - 11:00 am
Parents, caregivers and their preschool children participate in A Morning Together. A variety of activities giving participants an opportunity to socialize with other families. This program is free.

Precious Little People - Preschool 1:00 pm - 3:30 pm (starting March 1st, 1994)

Thursday
Precious Little People - Childminding 9:00 am - 12:00 pm (see Tuesday)

Friday
Parents and Tots - Social Group 9:30 am - 11:00 pm
An opportunity for parents and their children to meet other families and make new friends. Parents can exchange concerns and experiences. Guest speakers usually twice a month. Participation in this program is free.

W SAMPO Presentation



Capt Weed, W SAMPO, presenting L.S. Grenier, Invest Section, with a "Bravo Zulu" for his involvement in the Wing Drug Education program.

W SAMPO Promotion



Capt Weed, WSAMPO, presented LS "Cpl" Sheehan with his stripes. Congrats Chris! - our newly acquired investigator!

Mt. Washington RESORT

Want To Ski Mt. Washington?
Haven't been on skis for a while? You don't want to ski alone? My name is Pauline and I am "Snow Hostess" at Mt. Washington. I can help you enjoy

your skiing again. If you have company coming and can't take leave, call me. I will show them our beautiful mountain. This is a free service of Mt. Washington. Call me evenings at home 339-4665.

A La Mode

For My Friends

by Diane Osterholm

Over the years, friends and family often ask me for advice or recipes, or even to cook something for them. The two things I get the most requests for are Caesar salad dressing and Fettucini Alfredo (this is for you, Tammy). Both of these are quite easy to make and require only simple ingredients. The important thing to remember for both these recipes is to use a good quality parmesan. No little green shaker jars please, or the whole dish will suffer. Buy a piece and grate it yourself, or get a bag of grated parmesan. When making the fettucini, the noodles and cheese will absorb the cream and it may get a bit thick. If this happens, add a little more cream and a bit of hot water to smooth it out. It should be tossed together just before serving to avoid this. For the scallop dish, fresh basil is a must. If you can't find it in the stores, get some seeds and grow it in a pot outside. A dollar's worth of seeds will keep you supplied with basil all summer, with plenty left over for freezing in the fall.

Caesar salad was invented in Tijuana, Mexico by two Italian brothers, Alex and Caesar Cardini, in the late 1920s. It is now popular all over the world. The original salad had no bacon bits, or even croutons, but was served with a piece of fried bread on top. In a fine restaurant, Caesar salad is prepared at your table using a large wooden bowl and a fork to

mix the ingredients. While the show is nice to watch, using a food processor will give you just as nice a product. You can adjust the garlic to your taste in case you like it stronger. The dressing should be quite thick, almost like a mayonnaise. The drops of water on the lettuce will thin it out when you toss it. Any leftover dressing will keep in the fridge for at least a week.

P.S. Good luck, Tammy!

Fettucini Alfredo for Two

2 handfuls fettucini noodles
2 oz. ham, cut in 1" pieces
1 tsp. butter
1 cup whipping cream
dash nutmeg
1/4 cup Parmesan
Salt & freshly ground black pepper

Cook noodles in boiling salted water until just tender. Meanwhile, melt butter in small pan and sauté ham for 1 min. Add cream and nutmeg, and heat through.

To serve, drain pasta and place in large warm bowl. Add cream, parmesan, and salt and pepper to taste. Toss gently to coat noodles and serve immediately with extra cheese to sprinkle on top.

Fettucini with Scallops and Basil Cream

2 handfuls Fettucini noodles
8 oz. scallops
1 tsp. butter
1 cup whipping cream

1 tsp. lemon juice
1 T. fresh chopped basil
Salt & fresh ground black pepper

Optional: 2 T. white wine
Cook noodles in boiling salted water until just tender. Melt butter and sauté scallops until medium-rare. Add wine (if using), lemon juice, basil and cream. Bring just to a boil, then remove from heat. Toss with hot noodles, season with salt and pepper and serve.

Caesar Dressing

1 tsp. anchovy paste (optional)
2 cloves garlic, crushed or minced

1 egg
1 T. Dijon mustard
1 T. lemon juice
1/4 tsp. Worcestershire sauce
Dash Tabasco
1 cup vegetable oil
Salt & fresh ground black pepper

1/4 cup grated Parmesan
In a food processor with whip, or in a large bowl, whisk together first seven ingredients. Pour oil in a thin stream while whisking constantly. Mix in Parmesan and salt and pepper to taste. Makes 1-1/4 cup, enough for a few heads of romaine.

To serve, toss with washed and drained lettuce cut in 1" strips and seasoned croutons. Sprinkle with extra Parmesan, if desired.

If our readers have any culinary questions or recipe requests, send them to the Totem Times, attention "A La Mode."



Junior Ranks Mess

UPCOMING EVENTS

Fri 11 Mar.....TGIF
Choice of Foosball, Air Hockey or Shuffleboard
Food (KFC) served at 1630, games start at 1700
Fri 18 Mar.....St. Patrick's Day Dance
Tickets available in advance from Mess office
See advertisement in this paper for more details
Come to the Mess and Have Fun!!!



ORGANIZED BY THE CANADIAN MILITARY C.I.S.M.



1994 MILITARY POSTAL MATCH



RIFLE AND PISTOL EVENTS
TO BE SHOT AT YOUR HOME RANGE FROM APR-JULY 1994
For entry pack Contact: Cpl Rick Ward Crew 3, TPB-AMDU, Trenton, ON K0K 1B0
Tues. only please CFB Trenton Local 3160 Home anytime 613-392-3375
Registration deadline June 15, 1994

Public Announcements

C.V. Amateur Radio Club

The Comox Valley Amateur Radio Club holds monthly meetings the fourth Thursday of every month at the Kin Hut in Courtenay. All amateurs and prospective amateurs are welcome. For more info contact Dave Grimshire, local 8484, or the club repeater VE7RCV, 147.91/31

Take Off Pounds Sensibly

TOPS #BC3454, Lazo, meets every Wednesday at the Base Rec. Centre at 6:30 p.m. For information call Wendy at 339-9851 or Elaine at 338-1200.

Dependant Use of Base Gym Facilities

All dependants using the Base Gym facilities must produce their Dependants Pass in order to enter the gym. Dependants under the age of 12 must remain in the company of their guardian.

Reunion

137(T) FLT Langar U.K., 1952-57 for possible reunion. D.A. Smith, 2315 Esther Place, Victoria, B.C. V9B 2E5. G.P. Heinekey, 3684 McIvor Avenue, Victoria, B.C. V8P 4E8

YOUTH BOWLING LEAGUE SATURDAYS AT 9:30 AM

Anyone interested in registering their children for the Saturday league can contact the coordinator, Harry Lavoie, at 338-8101. The kids have a lot of fun and get professional coaching at the same time.

We also book parties for sections, sports afternoons, organizations, birthdays, etc.

NOTE

Our bowling lanes are now a non-smoking establishment. If dislike of cigarette smoke has caused you to quit bowling, come on back and enjoy your favourite sport! Smokers are, of course, very welcome to step outside for a puff between frames.

Mini Franco-Fun

Groupe de rencontre parents-enfants en français. Les buts de ses rencontres sont:

- permettre aux enfants de jouer entre eux dans une atmosphère francophone,
- permettre aux parents de rencontrer d'autres parents parlant français.

Les parents doivent accompagner leur(s) enfant(s) et doivent parler français. Chaque parent contribue à sa façon aux préparatifs des rencontres et ces dernières sont organisées de la façon suivante: jeux libres (bricolage, peinture, casse-tête) goûter, jeux de groupe, histoire, chants...

Les rencontres ont lieu tous les lundis de 9h00 à 11h00 au Centre Communautaire, situé près du Canex. Pour plus d'information, contactez Mme Suzie Beaumont au 339-1372.

A Chaque mois, nos tout petits ont beaucoup de plaisir. Ils apprennent à reconnaître différents choses, tout en cuisinant, peignant et en bricolant.

19 Wing Comox Bowling Lanes

LEAGUE TIMES

Tues Ladies: 6:45 - 9:00 pm (Contact: Alice Marriot 339-2793)

Weds Ladies: 1:00 - 3:15 pm (Contact Pat Verchere 339-5829)

Weds Mixed: 6:30 - 9:00 pm (Contact Lanes staff)

Thurs Mens: 6:30 - 9:00 pm (Contact Lanes staff)

CASUAL BOWLING

Friday 6:00 - 9:00 p.m.

Sunday 1:00 - 4:00 p.m.

Comox Military Family Resource Centre Silent Auction/Social Tea and Logo Contest

Thanks to everyone who participated in our Silent Auction and Social Tea on 14 Feb. Over \$200.00 was raised to go towards a playground for the CMFRC child care programs. The CMFRC would like to thank the following businesses, clubs and individuals for their donations which helped to make our Silent Auction/Social Tea and Logo Contest a success:

• The Old House Restaurant • Pranzo Restaurant • Glacier Greens • 19 Wing Sailing Club • 19 Wing Wood Hobby Club • R & W Acres • Eileen Boyd (portraitist) • Toys 'N More • Totem Stationery • Karen Evans 19 Wing Aerobics.

The winner of the CMFRC Logo Contest was Anne Laybolt, who received a \$40.00 gift certificate from The Old House Restaurant. The winner of the draw prize for all Logo Contest entries was Leah Pipe, who received a \$25.00 gift certificate from Pranzo Restaurant. Keep your eyes opened for our new logo!

Aerobics

Co-Ed Aerobics are available at the Base Gym aerobic room Mon thru Fri 1130-1215 hrs. For further info contact Karen at local 8442.

Avis

Groupe de soutien pour familles francophones centre sur l'étude de la parole de Dieu. Rencontre tous les mercredis de 1900 - 2030. Pour information contacter Jacques ou Sylvie Fortin 339-6377.

POOL IS CLOSED UNTIL MARCH 94

Summer Employment Opportunity

19 Wing Comox Yacht Club requires a White Sail 3 qualified instructor to run sailing courses from 1 May - 1 Sep. For more information contact Don Irvine at loc.8106.

19 Wing Pacific Divers Scuba Club

Hours of Operation Mondays & Thursdays, 1830 - 2000 hrs, at new building in Wing Gymnasium (next to Wing Pool).

Animal Control Officer

The Animal Control Officer for the Wallace Gardens MQ area is Cpl Rob Hogenbom. He can be reached at 339-5324 or at PMQ 112E.

Comox Valley Skating Club

Glacier Gardens open now. Cansate session: Fridays 3:30-4:15 pm. Children must be 5 years old as of Dec 31/93. Register at Cansate session or call Lori Novelli at 336-8175 for more information.

Western Line Dancing

For all ages. Call 339-6016 for more information.

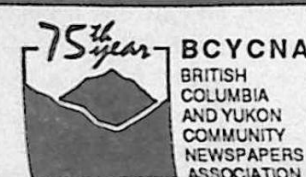
339-6016

CFB SCUBA Club

The CFB Comox Scuba Club is open in the new building, next to the Base Pool, with new hours: Mon-Wed-Fri 08:00 - 12:00. Basic courses..... equipment rentals.

He's got a pacemaker. She's got a grandfather.

Your donations help give someone a second chance.



Network Classifieds

These ads appear in more than 100 community newspapers in B.C. and Yukon and reach more than 3 million readers. TO PLACE AN AD CALL THIS PAPER OR THE BCYCNA AT (604)669-9222.

349

\$225 for 25 words \$4.00 each additional word

AUTO

ENGINES rebuilt from \$795. ENGINE remanufacture from \$995. 6 months to pay. 6 Year 120,000 warranty. Bond Mechanical building engines for 28 years. 872-0641, 8-8, 7 days.

CANADA ENGINES LTD. Quality remanufactured engines 6 cyl from \$995, V8 from \$1,095, 6yr. 120,000km limited warranty, 580-1050 or 1-800-665-3570. 12345-114 Ave. Surrey. BCAA Approved.

BUSINESS OPPORTUNITIES

LEASE OPTION: No Down Payment. Up to 4 years tax write off on any new car or truck. Phone: Andy at 328-9211. Dealer #8367.

BUSINESS OPPORTUNITIES. People interested in their own business, small investment secured by inventory in waterproof vinyl decking. Please call 882-8783.

DESIGNERSILK CLOTHING. Equisite, Affordable. Be your own boss in business. Financially rewarding anywhere in Canada. Full-time or part-time. Corsini Fashion 1-800-567-5760.

92 Site R.V. Campground in South Cariboo area of B.C. Heated swimming pool, fully serviced and tenting sites. For more information call (604)457-6633.

HOMEBASED TRAVEL Agency Associateship. Only \$3,500 investment secures your own independent business, exclusive territory, training, listings, ongoing brochures, supplies, partnership, travel benefits. Free infopak 1-764-2671.

BUSINESS OPPS.

Booming sheet metal, heating, refrigeration, gas fitting business, Vancouver Island B.C. Owner retiring, will finance. Stock, equipment, vehicles, priced to sell. Phone: 923-3183, Fax: 923-3189.

BUSINESS PERSONALS. PHOTO FANTASY Packages By Mail. Spicy fun to warm up your winter. For free, no-hassles info write: Karen, Box 670-GB, Kelowna, B.C. V1Y 7P4. Adults only please.

EDUCATION

A NEW CAREER? Lots of jobs available. Trained Apartment, Condominium Managers needed - all areas. We can train you now! Free Job Placement Assistance 681-5456/1-800-665-8339.

COUNSELLOR TRAINING INSTITUTE of Vancouver offers correspondence courses for the certificate of Counselling Studies to begin on the 15th of the month. For a brochure Phone Toll-free 1-800-665-7044.

CHEF TRAINING Full-time 17 week Diploma Programs offering the best training in Cooking/Pastry and Desserts. Government financing and placement assistance.

DUBRILLE FRENCH CULINARY SCHOOL, Vancouver (604)738-3155 or 1-800-667-7288 (in B.C.).

FREE CAREER OPPORTUNITIES GUIDE. Train-at-home. Accounting, Airconditioning, Bookkeeping, Business, Computers, Electronics, Law Enforcement, Medical Secretary, Paralegal, Psychology, Social Work, Travel. Call 1-800-361-1971 today!

EDUCATION

BE A SUCCESSFUL WRITER...and write for money and pleasure while learning how. You get individual tuition from professional writers on all aspects of writing: romances, short stories, radio and TV scripts, articles and children's stories. Write, call or fax today for our FREE BOOK, "How To Be A Successful Writer". Toll-free 1-800-267-1829, FAX: 1(613)749-9551. The Writing School, 38 McArthur Ave. Suite 2091, Ottawa, ON K1L 6R2.

BE AN INTERIOR DECORATOR...with our remarkable new home study course. You'll get individual tuition from professionals on all aspects of interior decorating: colour schemes, space planning, furniture selection, lighting, and much more. Write, call or fax today for our FREE colour book. Toll-free 1-800-267-1829, Fax: 1(613)749-9551. The Sheffield School, 38 McArthur Avenue Suite 961, Ottawa, ON K1L 6R2.

EMPLOYMENT OPPORTUNITIES. 19700 Langley Bypass, Langley 534-7273. 800 Cloverdale Ave., Victoria 389-1114.

MOBILE HOMES. BUY FACTORY DIRECT. SAVE THOUSANDS! B.C.'s #1 selection of Manufactured Homes. Several pre-owned available. Call Ridgewood Homes for free info (604)962-9114.

CUSTOM DESIGNED MOBILE and Modular Homes. Buy factory direct and save thousands on your new manufactured home. Remanufactured units also available. Noble Homes 1(403)447-3414.

FINANCE

GOVERNMENT GRANTS & Loans. Billions of dollars are made available to new and existing B.C. businesses. The Brad Book can show you how to get your share. Call now (604)756-2721.

FOR SALE MISC. STEEL BUILDINGS From Future. Quonsets 25'X36' \$5,962, 30'X36' \$6,587, Straightwall Quonsets 25'X36' \$6,730, 30'X44' \$7,593. Endwalls, Sliding Doors, G.S.T. Freight to Vancouver included. Call 1-800-668-5111.

HELP WANTED. TAKE THIS JOB AND LOVE IT! Lantana is a leading fashion network marketing company looking for people like you to become Fashion Consultants. Call 1-800-463-8659.

KITCHEN CABINETS. CABINETS 1/2 PRICE. In stock, countertops/vanities also. Kitchen Craft Factory outlet. Cash and Carry Cabinet Warehouse 4278 Lougheed, Burnaby 298-9277.

19700 Langley Bypass, Langley 534-7273.

800 Cloverdale Ave., Victoria 389-1114.

MOBILE HOMES. BUY FACTORY DIRECT. SAVE THOUSANDS! B.C.'s #1 selection of Manufactured Homes. Several pre-owned available. Call Ridgewood Homes for free info (604)962-9114.

CUSTOM DESIGNED MOBILE and Modular Homes. Buy factory direct and save thousands on your new manufactured home. Remanufactured units also available. Noble Homes 1(403)447-3414.

PERSONAL

DISCOVER The Secrets of Soul Travel. Survival beyond the body. Use Spiritual exercise as a tool to greater awareness. Call ECKANKAR'S Information line. 1-800-667-2990/ G.V.R.D.-268-6325.

HERPES? Get emotional support, newsletter with personal ads, latest research to end outbreaks. Tours, local clubs, dating information. FREE recording gives details. Call 24 hours 1-923-3543.

HANDLE STRESS - Gain control over The Reactive Mind. Read The Book "DIANETICS" by L.Ron Hubbard, \$7.50. Hubbard Dianetics Foundation, 401 West Hastings, Vancouver V6B 1L5. 681-0318.

SERVICES. WE TAKE THE FEAR OUT OF ICBC. Major ICBC injury claims. Joel A. Wiener, trial lawyer for 25 years. Call free 1-800-665-1138. Contingency fees. Simon, Wiener & Adler.

TRAVEL

RIVER CRUISES. Spend 4 or 5 nights cruising central Canada's calm rivers in exquisite comfort aboard a modern, elegant replica steamboat. Outstanding scenery, world-class attractions. From \$860. Free brochure 1-800-267-7868.

NETWORK CLASSIFIED ADS. Place your ad in over 100 community newspapers for only \$225. Call this paper or the BCYCNA at: (604)669-9222 for more information.



LOG LEGION

BRANCH 17 COURTENAY 334-4322

EVENTS

Fri Mar 11.....Dance 8:30 pm, music by Wild River
Fri Mar 18.....Dance 8:30 pm, music by Westwind
Sat Mar 19.....St. Patrick's dance 8:00 pm
Fri Mar 25.....Dance 8:30 pm, music by Sidewinder
Sat Mar 26.....Dart & Steak Shoot, registration 6:00 pm
Sun Mar 27.....Crib Tournament upstairs, registration 12 noon

REGULAR ACTIVITIES

BINGOS.....every Saturday at 3:00 PM in Lounge
BINGOS.....Thursdays, Fridays & Sundays at 7:00 PM - Upstairs

MONDAY.....FUN EUCHRE
TUESDAY.....PUB DARTS
WEDNESDAY.....FUN CRIB
THURSDAY.....FUN DARTS
FRIDAY.....TGIF & Draw at 5:30 - 7:30 PM
SATURDAY.....FUN BRIDGE AT 11:00 AM

"MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information

NOW OPEN SUNDAYS.....12 - 7 PM

Dress Code in effect 8 PM Fri & Sat

Building is Handicapped Friendly

BASE PERSONNEL WELCOME AT BR. 17

BRANCH 160 COMOX 339-2022

ENTERTAINMENT

Mar 11.....Music by SKIP & THE BYTERS
Mar 18.....Music by ALLEYCATS
Mar 25.....Music by WESTWIND

Apr 01.....Music by HIGHWAY 19
Apr 08.....Music by WESTWIND
Apr 15.....Music by WAYNE'S MOBILE MUSIC
Apr 22.....Music by WYLIE & THE OTHER GUY
Apr 29.....Music by ALLEYCATS
Sun afternoon, 24 Apr. in the Lounge, music by WYLIE & THE OTHER GUY

REGULAR ACTIVITIES

SUNDAYS.....Lounge Hours 12:00 Noon to 7:00 PM
MONDAYS.....L.A. Drop-In Bingo, Upper Hall, 7:00 PM
Monday Night Men's Dart League, 7:30 PM, Navy Room
TUESDAYS.....Ladies Crib League, Lounge, 7:30 PM
Mixed Dart League, Upper Hall, 7:30 PM
WEDNESDAYS.....Navy League Drop-In Bingo Upper Hall, 7:00 PM
Comox Valley Men's Crib League, 8:00 PM, Lounge
THURSDAYS.....*1st Branch Exec. Mtg. Upper Hall, 8:00 PM
*1st L.A. Executive Meeting (as required)
*2nd L.A. General Meeting, Upper Hall, 8:00 PM
*3rd Branch 160 General Meeting, Upper Hall, 8:00 PM
FRIDAYS.....TGIF in Lounge
Meat Draws in Lounge, 2:00 to 6:00 PM
Dance (normally downstairs unless advised)
SATURDAYS.....Meat Draws in Lounge, 2:00 to 6:00 PM
Hall Rentals or requests for Special Functions: Please contact Ken Seymour in office, Mon - Fri, at 339-2022.

On & Off the Base



Dog Talk by Gerry Gerow



Beauty is in the Eye of the Beholder

and most competent hunting animals, but having the most beautiful as well. Same old story, of course. The staff did the work, and the lord took all the credit.

These members of the nobility were known as "fanciers." Used in its old sense, the word means gambler. Huge sums of money were frequently bet between lords on whose dogs would win the beauty contest. This practice, fortunately, has not carried on to the present day.

Sorry I don't have a book for you this week. Hopefully in two weeks the publishers will send some more along.

407 Photo Winner



Hot shots: Congratulations go to Cpl J.S.L. Germain for winning second prize in the annual CAF photo competition. Cpl Germain is a phototech with 407 Sqn.



The Wing Commander approves: Col T.B. Rogers congratulates Cpl Germain on his showing.

The first quarter meeting was held at the Sea Survival School on 1 March. A good turnout resulted.

Work parties will continue on Saturdays, 1400 - 1700, UFN. Work orders are in for a number of projects including the grid, sewer, water and telephone. Upcoming events include the Spring Cruise 23 - 24 April, Open House 1 May, and Harbour Day on 5 June where we will once again dazzle the valley folks with our culinary skills, or at least keep them from starving until they get home.

The bar operation at "No Snow" went very well, and on behalf of the WCEO, thanks to all who participated.

The sails and cover off "Lalage" are in for repairs so we can get some sail training under way. Contact Ed Goski at 339-5401 for more info.

VHF radio courses will be held at AFIS on 18 and 21 April at 1900 hrs. and 16 and 19 May at 1900. The course is required for operation of your marine VHF radio. The course and license are free, and valid for life, so take advantage of the opportunity. Just do it.

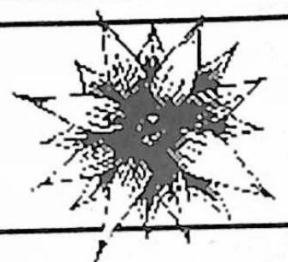
NEXT DEADLINE 21 MAR. NOON



TOWN of COMOX RECREATION DEPARTMENT



SPRING REGISTRATION



REFUND & CANCELLATION POLICIES

CANCELLED PROGRAMS
100% cash refund,
or
Pro-Rated Refund,
or
Credit to account

OH NO! YOU HAD TO CANCEL
Sorry, but sometimes excellent courses with super instructors are cancelled if everyone waits until the last minute to register. We make a decision approx. 1 week prior to a course start date to allow for proper preparation. Please register early to avoid disappointment.

MEDICAL WITHDRAWAL
100% cash refund or the pro-rated value of the class will be given, based on a medical slip.
ANY OTHER REASON
100% refund will be given
BEFORE class commencement only
less \$5.00 administration fee.

BEGINS March 7
AT THE COMOX COMMUNITY CENTRE
All registration based on first come; first served.

OFFICE HOURS:
Weekdays 6:45 am - 9:45 pm
Weekends 9:15 am - 8:45 pm

Recreation is for everyone, regardless of ability or disability. This Recreation Department encourages the participation of all citizens. We would like to ensure that people with special needs are able to participate.

COMOX COMMUNITY CENTRE IS ACCESSIBLE TO YOU!

- Ramp at entrance
- Changerooms and washrooms wheelchair accessible
- Elevator to upstairs viewing area
- Handicapped parking adjacent to front door

We welcome your ideas and suggestions.

We are constantly looking for ways to improve programs and customer service. Please give us your input by:

1. Leaving a note in the suggestion box, located at the desk.
2. Writing us at, Comox Community Centre, 1855 Noel Ave., Comox, B.C. V9M 2H4
3. Phoning us at 339-2255

HOW TO REGISTER

WALK IN REGISTRATION
Register in person at the Comox Community Centre during office hours.

PHONE IN REGISTRATION
Phone 339-2255
and use
VISA

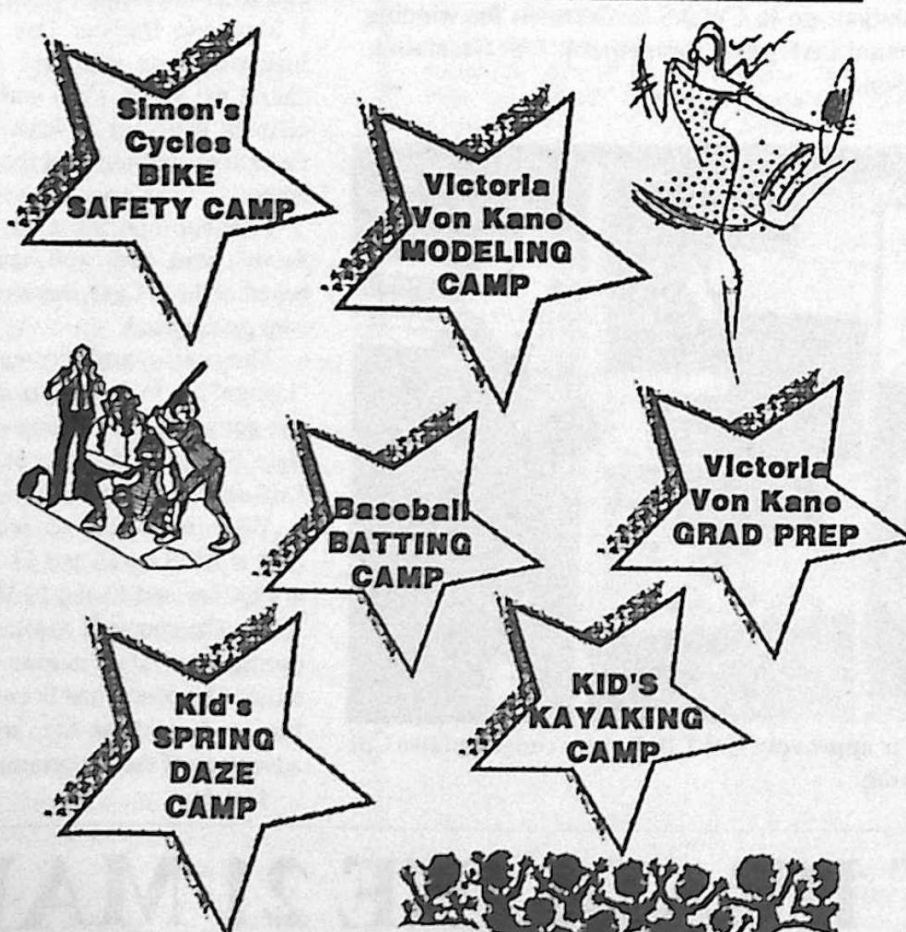
WAITING LISTS

If a course is full, please ask to be placed on the waiting list. You will be contacted if space becomes available or if an additional class is added. Please note that waiting lists do not carry over to the next program.

***Please bring your membership cards.**

SPRING BREAK '94

Monday, MARCH 21 - Friday, March 25



at the COMOX COMMUNITY CENTRE

240C KIDS KAYAKING

\$48.00
10 - 14 years
Monday/Tuesday/Wednesday
March 21, 22, 23
1:30 - 3:30 pm
Comox Valley Kayaks

This camp is designed to introduce kids to sea kayaking through games and qualified instruction. We will take a sea kayak tour from Goose Spit to CV Kayaks on our last day, weather permitting.

BIKE SAFETY CAMP

\$15.00/day
6 - 10 years with helmet and bike

241 March 21
Monday 9:00 am - 12:00 pm
242 March 23
Wednesday 9:00 am - 12:00 pm
CCC Old Office

Your bike is your best friend, so learn to look after each other and "RIDE WITH PRIDE".

306C VICTORIA VON KANE

"Grad Preparation"
GRAD Preparation is designed for graduating girls who want to learn to walk gracefully in heels, to plan a formal outfit, to apply makeup professionally and to pose their best for the "big day" photos.

\$65.00/4 sessions
16 - 18 years
Mon., Wed., Thurs., Fri.
March 21 - 25
6:00 - 8:00 p.m.
CCC Room A & Lounge

SPRING DAZE KIDS' CAMP

\$15.00/day
Kindergarten - 12 years
245 Wednesday 9:00 am - 3:00 pm
March 23
246 Thursday 9:00 am - 3:00 pm
March 24
247 Friday 9:00 am - 3:00 pm
March 25

CCC Teen Centre and Gym
Bring a lunch and weather proof clothing, we'll provide the crafts, games, movies, COOL instructors and FUN, FUN, FUN!

BASEBALL BATTING CAMP

\$35.00 (includes prizes, certificates and Coke)
John Green
243C Grades 2 - 5 with glove and optional bat
Monday and Tuesday
9:00 am - 12:00 noon
244C Grades 6 - 10 with glove and optional bat
Monday and Tuesday
1:00 - 4:00 pm
March 21 and 22

Highland Fields ... Rain or Shine
A 2 day specialized batting camp that provides a quality program with qualified expert instructors and maximum playing time. Please wear weather suitable clothing. Bring your own glove

248 Victoria Von Kano MODELING CAMP

\$65.00
Victoria Von Kano personnel
8 - 16 years
Monday - Friday 2:00 - 4:00 pm
March 21 - 25

CF Facilities Closures and Reductions

reprinted courtesy Shearwater Warrior

The need to deal with Canada's current fiscal problem requires the Government to reduce defence spending by an additional \$7 billion dollars over the next five years. Since 1989, defence cuts have been applied to all areas of expenditure - personnel, operations and maintenance, and equipment - and have led to reductions in the level of operations. However, the Department is now at the stage where further significant cuts to operational units would adversely affect the capability of the Canadian Forces. Moreover, the Department is maintaining bases, stations, and other facilities that are clearly in excess of any probable defence need. Therefore, to preserve operational capability, expenditure on overhead must be reduced.

As a result of successive budget cuts, the Department of National Defence has been reviewing and reassessing its infrastructure needs based on operational or "militarily essential" criteria. The choice of installations to be closed or reduced was guided by the following:

- their functions were no longer required or their capacity exceeded operational requirements;
 - they performed functions that the private sector could provide at lower cost;
 - their functions could be more efficiently performed through investments in new technologies; or
 - their functions could be transferred to another facility thereby leading to a more efficient overall force structure and command organization.
- Other factors were also considered in making the final recommendation. These included:
- assessments of whether the proposed changes could improve the ability of the Canadian Forces to carry out their missions;
 - whether costs of conducting operations would increase or decrease; and
 - whether a proposed change would be in keeping with broader Government concerns and policies.
- Examples of these considerations included:
- the availability of suitable training areas;
 - the magnitude of relocation expenses;
 - the physical state of the infrastructure;
 - the requirement for new construction;
 - the possible environmental impact;
 - interest in the land by other groups; and
 - the need to maintain a regional and linguistic balance in the Canadian Forces.

The end result is the plan announced 22 February, 1994, which will align our infrastructure and current operational needs.

These changes will not prejudice the review of defence policy that will unfold over the coming months. They bring our infrastructure into line with current requirements. They will not restrict consideration of any policy options.

Closures and Reductions

CFB Gander, Nfld. Reduced
CFB Cornwallis, N.S. Closed
CFS Mill Cove, N.S. Closed
CFB Shearwater, N.S. Reduced & consolidated

CFS Shelburne, N.S. Closed
CFB Chatham, N.B. (including Tracadie Range) Closed
Planned Air-to-Ground Weapons Range, Bagotville, Que. Cancelled
Planned Forward Operating Location and Northern Training Facility Kuujuaq, Que. Cancelled
CFB St-Jean, Que. Reduced & consolidated

College militaire royal de St-Jean, Que. Closed
Regional Medical Equipment Depot Valcartier, Que. Closed
Planned Naval Reserve Division, Valleyfield, Que. Cancelled
CF Ammunition Depot Angus, Ont. Closed
CF School of Music, Borden, Ont. Closed
CFS Carp, Ont. Closed
CFB Kingston, Ont. Reduced

National Defence College, Kingston, Ont. Closed
CFB North Bay, Ont. Reduced
CFB Ottawa, Ont. Closed
CF Data Centre, Ottawa, Ont. Closed
Land Engineering Test Establishment, Ottawa, Ont. Closed
CF Staff School Toronto, Ont. Closed
CFB Toronto, Ont. Closed
CFB Calgary, Alta. Reduced
CFB Edmonton, Alta. Reduced
CF Detachment, Penhold, Alta. Closed
CFS Aldergrove, B.C. Closed
Regional Medical Equipment Depot, Chilliwack, B.C. Closed
Defence Research Establishment Pacific, Esquimalt, B.C. Closed
Royal Roads Military College, Victoria, B.C. Closed
CFS Masset, B.C. Reduced
CF Detachment Nanaimo, B.C. Closed
CFS Alert, N.W.T. Reduced

In addition:

- The consolidation of CF Supply warehousing activities at existing sites in Edmonton and Montreal announced by the previous Government will go ahead, with a state-of-the-art inventory management system. This will result in the closure of the CF Supply Depots located in Toronto, Ontario and in Moncton, New Brunswick as well as the CF Publications Depot in Ottawa, Ontario.
 - The closure announced by the previous Government of the CFB at Moncton, N.B. is confirmed. The Construction Engineering Unit Will move from Winnipeg to Moncton. In addition, approximately 100 Department of National Defence positions will remain in Moncton in support of reserve activities.
 - CFB Shearwater will be reduced and consolidated within CFB Halifax; the shipborne helicopter (Sea King) operation will remain in the Shearwater location.
 - CFB St-Jean will be reduced and consolidated within CFB Montreal.
 - The senior executive clinic at the National Defence Medical Centre in Ottawa will be closed effective 1 April 1994.
 - Currently there are nine Regular Force Bands. In the future there will be only four bands, one for each region. The air force band will cover the Western region, The CF Band, a newly-formed unit, will cover the Central region, the army band will cover the Quebec region, and the navy band will cover the Atlantic region. The following bands will be eliminated:
- the Naden Band (Esquimalt, British Columbia);
 - the Princess Patricia's Canadian Light Infantry Band (Calgary, Alberta);
 - the Central Band (Ottawa, Ontario);
 - the Vimy Band (Kingston, Ontario);
 - the Royal 22e Regiment Band (Quebec City, Quebec); and
 - The Royal Canadian Regiment Band (Gagetown, New Brunswick)
- The resources dedicated to Reserve Force Bands will be reduced by 50%.
 - The Cosmopolitan aircraft fleet will cease operations.
 - Air Combat and Mobility Group Headquarters will be formed at CFB Trenton. It will be an amalgamation of Fighter Group Headquarters, Canadian NORAD Region Headquarters (both currently at CFB North Bay), 10 Tactical Air Group Headquarters (at CFB Montreal), and Air Transport Group Headquarters (CFB Trenton).
 - Canadian Military College education and training will be consolidated at the Royal Military College of Canada in Kingston, Ontario where there will be an increase in the student population. As Canada's only military university, the Royal Military College of Canada will become a fully bilingual institution. The Department will assess future options for the disposition of the vacated Royal Roads Military College and College militaire royal sites,

New Initiatives:

- The existing DND-owned lands associated with the Downsview site will be held in perpetuity and in trust primarily as a unique urban recreational green space for the enjoyment of future generations.
- The Department of Foreign Affairs and International Trade and the Department of National Defence will support the establishment of a private sector International Peacekeeping Training Centre in Cornwallis, N.S. using some of the facilities of the former base. The Centre will conduct research into peacekeeping theory and practice, and coordinate national and international conferences and seminars on all aspects of peacekeeping.
- The Department will pursue the establishment of contractor-supported flying training at CFB Moose Jaw.
- The Department will negotiate with the Kettle and Stoney Point Indian Band the return of Camp Ipperwash, Ontario.

Reducing surplus infrastructure through closures and reductions of bases, stations, and units, and other changes outlined above will produce savings during the first five years of \$850 million. By fiscal year 1997-98, savings will be \$350 million per year (1993-94).

In some cases, achievement of the total savings will depend upon the implementation of other initiatives, such as placing the management and maintenance of Permanent Married Quarters (government-owned housing at military bases which is rented to individuals) under a Special Operating Agency arrangement.

In addition, the Department is examining other ways to reduce costs, through refocussing activities and adopting better business practices, where it makes sense to do so.

Implementation

As is often the case, money will have to be spent to achieve long-term savings. Substantial one-time implementation costs will be encountered in closing and reducing some facilities. These include personnel-related costs, costs of decommissioning facilities, costs of environmental clean-up and costs of relocating both personnel and equipment. In many cases, the actual timing of the moves will depend upon the construction or renovation of facilities to house incoming units. In all cases, full savings will not be realized until the closure or reduction has been completed. To maximize savings, the implementation will be completed by the earliest achievable date.

These closures and reductions will have an impact upon many communities across Canada. In those communities currently hosting units to be reduced or moved, the Federal agencies and departments responsible for regional development will work with community officials to plan for the future. Within each community, a Federal "team" of regional development department or agency officials, in cooperation with Human Resources Development, Government Services Canada, and National Defence, will be ready to help with expertise and existing Federal programs at their disposal.

1 CFSD Downsview 40th Anniversary Reunion 8 -11 June '94

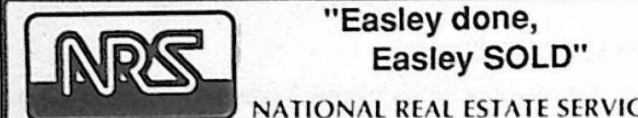
The 1 Canadian Forces Supply Depot in Toronto is holding its 40th Anniversary Reunion during the week of 8 - 11 June 1994. We would be delighted to hear from all former members interested in joining us in this celebration. For more information, please contact Cpl Luc Rolland at 1 CFSD Toronto; phone 416-635-4690.





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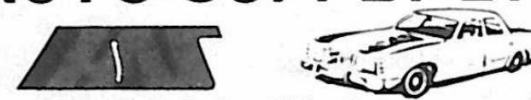


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8. Tainted Evidence.....Daley
9. Head Hunter.....Findley
10. Prized Possessions.....Wright

On & Off the Base

Br.160 Legion Poppy Awards



1993 RCL Poppy Campaign Poster Contest, Junior Division, Village Park Elementary School. Students (R-L): Cheryl Van Ireland (1st), Stephanie Assaacs (2nd), Heather LeBarron (3rd) with Scottie MacLean, Br.160 Poppy Chairperson, G.A. Terris, Br.160 President, Jill Iddiols, Poppy Committee.



1993 Poppy Campaign Poem Winners, Junior Division, Village Park Elementary School. Students (L-R): Robert Peck (2nd), Shanna MacDonald (1st) with Scottie MacLean, 93 Poppy Chairperson; G.A. Terris, President Br.160; Jill Iddiols, Br.160 Poppy Committee.



1993 RCL Poppy Campaign Essay Winners, Junior Division, Village Park Elementary School. Students (L-R): Heather LeBarron (1st), Brendan Hughes (2nd), Katie Jeffrey (3rd). Adults (L-R): Scottie MacLean, 93 Poppy Chairperson; Roy Taylor, School Principal; G.A. Terris, President Br.160; Jill Iddiols, Br.160 Poppy Committee.

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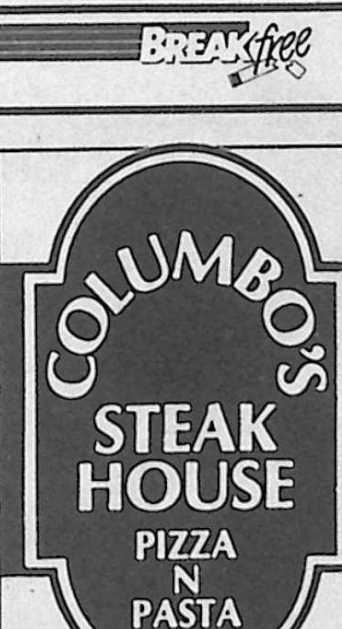
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These will be published free of charge to all DND personnel and civilian employees, retired DND personnel and RCMP.

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- *** All allied military personnel serving or retired from the Air Elements of their country ***
- *** All persons in civil aviation ***
- *** All ex-Air Cadets who have served two or more years and are of the age of majority ***

Associate Membership: Who is eligible?

*** All persons interested in aviation who support the Aims and Objectives of the RCAFA ***

For more information contact either:
Cec Donovan - 339-7292 or
Alan Scott - 339-4035

740 Comm Sqn Promotion



Cpl E.J. Parsons being presented his new rank by 740 Comm Sqn Det Comd, Capt D.W. Young, effective 31 Jan 94.

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Employment Opportunity

Youth Worker Required

The Comox Military Family Resource Centre requires a part-time Youth Worker. The basic qualifications are: B.A. in Child and Youth Care Education, Recreation or a related field or equivalent experience, and a minimum of two years experience working directly with teens. Excellent communication skills with teens, parents and volunteers are essential as well as experience/knowledge of the military environment. Responsibilities include: assisting Teen Club in planning and organizing events/activities; providing leadership and program supervision; facilitating group planning and problem solving sessions. Salary \$12 - \$14 hr. Please send resumé by 10 March to Executive Director, Comox Military Family Resource Centre, Box 310 Lazo, B.C. V0R 2K0

On the Base

Funds raised for two local charities



The Police Hockey Tournament held in Courtenay on 22 Feb raised \$500.00 which was donated to YANA and the Military Police Fund for Blind Children (MPFBC). Left, Courtenay RCMP Const Mike Currie presented a \$250.00 cheque to Bonnie Bragg, who accepted the money on behalf of YANA. Second from right, RCMP Aux Const Dave Mellin presented a \$250.00 cheque to Capt Paul Weed representing MPFBC. Far right is WO Ken Rodgers, also representing MPFBC. This fund raising charity can only be expressed in two words "Thank You."

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Left: CMFRC board member Monica Craddock. Right: CMFRC board chair Sabrina Brenot. Centre: Ryan Craddock.



CMFRC Volunteer Catherine Cardinal.



Left: CMFRC volunteer Kim Woodland. Right: CMFRC volunteer Jennifer Baird.

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