



Diane is Back!

Check out Diane Osterholm's Italian cooking on page 7.

Charles E. Bedaux: a

"Mystery of a Mystery"

True spy story by Lloyd Bailey begins on page 4

also on page 4: Revised publication schedule

The Comox Valley's Oldest Newspaper.



TOTEM TIMES



19 Wing CFB Comox B.C.

VOL 37 NO 5

THURSDAY 9 MARCH 1995

COST: PRICELESS

Mike Simpson's Final Jump



A Legend Retires

**by MCpl Al Banky
442 Sqn SAR Tech**

MCpl Mike Simpson is retiring this month after a 23 year career with the Canadian Armed Forces and a legacy of saving lives.

My first meeting with Mike was during the summer of 1992. The first time he walked into the shop, I saw a tall, well-built man with a mop of wiry black hair. It was plain to me that Mike's natural hair colour was grey rather than black. His younger look had been repayment from his peers in Trenton, Ontario for the myriad of practical jokes he had played on

them prior to his posting to Comox. Mike's penchant for practical jokes has been evident since his arrival at 442 Sqn.

Despite his relatively short posting here, (a B.C. boy finally posted home after 20 years in the military), Mike has left his mark on 442 Sqn, the Comox Valley and, in a larger way, on the security of all British Columbians.

School children in the Comox Valley will remember Mike as the funny guy dressed in orange flight suit who juggled balls while telling them about being a Search and Rescue Technician (SAR Tech). Newspaper readers will

remember him as one of the SAR Techs who was awarded the Medal of Bravery for his part in a terrible marine accident in Active Pass two years ago. More recently, he was featured in a local, regional, and national newspapers for a night parachute jump into the rugged coastal mountains. Mike and his teammate jumped to the wreckage of a light helicopter; four people were saved.

To me, Mike is the guy who stuck three salmon heads in the frame of my van (repayment for a practical joke I am alleged to have

Continued on page 3



MCpl Mike Simpson retires this month after 20 years in the Canadian Armed Forces. Simpson, a Search and Rescue technician, has spent the last three years at 19 Wing Comox and has been involved in some dramatic rescue operations. The Medal of Bravery winner was a vital part of the 442 SAR Tech team and his presence will be missed by his comrades. (Photo by Cpl Luc Champagne.)

On & Off the Base

The Answer may be "NO!"



Chaplains Chatter

By Charlie "the Chaplain" Massey, Wing Chaplain (P)

There is an old story about a fellow who was, later on in life, extremely happy that his prayer from an earlier day was answered with a "NO." He was quite happy, because normally we want a "YES" for an answer. We tend to get rather upset when we don't get what we want. Prayer can be answered in a number of different ways... "YES, BUT NOT YET" ... "YES," ... "NO," ... "MAYBE."

admitted his uncle so much, he wished to be able to do what his uncle could do. He wanted this mysterious power.

At last he decided to pray about it, so off he went to his room, closed the door, and knelt down to pray. He devoutly prayed that God would give him the same mysterious power that his uncle had. When his prayer was not answered, his faith was quite shaken.

However, when he became a man he grew quite thankful that his prayer had not been answered as he had originally hoped it would. He realized that the original answer was "NO." His prayer had been that he wanted to be able to take his teeth out at night and drop them in a glass of water.

We are amused by that story simply because all of us have been in the same spot. We have prayed for all manner of things that never came about, and as a result many have developed a forlorn hopeless attitude to prayer.

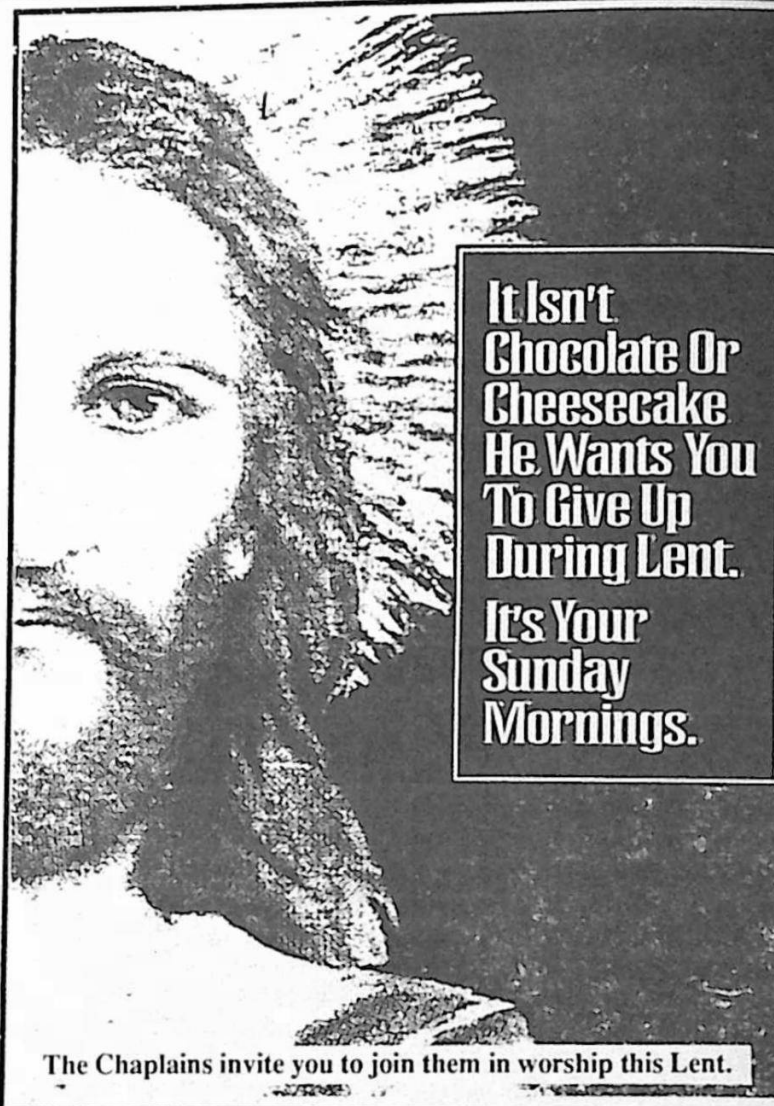
The root of the problem, however unwilling we are to admit it, has to be that there is a minimal requirement of maturity for comfortable prayer. The way to develop that is to get away from the self-centred selfish attitude in our

prayerful requests.

All too often we only pray as a last resort when we have dug such a deep hole for ourselves that even God has a struggle getting us out, because at that point we are not really ready to let him get us out. We are too busy blaming him for us being there... knowing full well that we are there through no one else's fault but our own.

Alas we are human. God has given us a free choice in the decisions we make in life. It is difficult to admit, or to be prepared to admit that God in his wisdom does know better than we do. And because of that we are never really satisfied that God does sometimes say "NO" or "MAYBE" or "YES, BUT NOT YET" to our prayers.

The fact is, God always answers prayers... often "YES," sometimes "NO" and sometimes "NOT YET." When you think that your prayers have been left unanswered, then pause for a moment, and ask yourself if your prayer has been fair, or has it been selfish. Maybe God has said "No, not yet." But keep the faith, keep praying, eventually you will see the light and realize that indeed your prayer is being answered... God simply waits for us to be honest and fair about it.



Recent Chapel Events

The following are recent events that have taken place in Our Lady of the Sacred Heart (RC) Chapel:

Donation to the Food Bank

On behalf of the parishioners, Father Verreault Wing Chaplain, Capt Judy Toussaint Parish Council Chair, and Amie Anderson parish member, presented a generous donation, totalling \$980.00, in the form of Food Vouchers to the Food Bank on 1 Feb. Your generosity was greatly appreciated by those in need. May God bless you and your family. Keep up the good work!

Liturgical Workshop
A Liturgical Team from St. Andrew's Cathedral, Victoria, headed by Christopher Morash,

presented a 6-hour Workshop for Eucharistic Ministers, Altar Servers and Musicians on 17 and 18 Feb. It was a time of learning and sharing experiences for those who attended. Parish members will notice the new updated liturgy during Mass. Come one, come all, and join us. We always welcome new members.

CWL Rock-A-Thon

A Rock-A-Thon sponsored by the Catholic Women's League was very successful. We generated almost \$529.00. The funds raised will go towards the CWL Charity Mandates and the Convention to be held at CFB Edmonton in June. Thank you to all for your support in every way and form.

Greenwood Reunion

A reunion to celebrate the 40th Anniversary of St. Mark's Protestant Chapel, 14 Wing, Greenwood, has been planned for 29-30 Apr 95. We would be delighted to hear from all former members interested in joining our celebration. For more information please contact the Wing Chaplain's office at (902)765-5883 or by CSN at 568-5883.

ROYAL LEPAGE



Don Wyld, CD1

Posted to Kingston in 1995?

If a posting to our beautiful "Limestone City" of Kingston is where you are headed, please give me a call on the "TOLL-FREE" number below, and I will send you a "Worry-Enders Kit of Kingston" containing maps, home prices, school information, shopping facilities, transportation and much more.

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Ontario, Canada K7L 5H6
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1-613-548-3333

On & Off the Base

More 442

Continued from page 1

inflicted on him), two of the heads were obvious, the third was strategically placed; it took me days to find it. He's also the guy who sewed the 442 Squadron's commanding officer's jacket liner and sleeves so the CO would think he was eating too much. More memorable, Mike's the guy I saw making a crash survivor smile, despite the fact that two of his friends had just perished.

Mike brought to 442 Sqn something essential in search and rescue: the ability to crack a joke, or bring about a smile when

things appear to be at their worst. Mike is retiring in the Comox Valley with his wife Kim (who is also retiring from the Forces) and his two boys, Kyle and Brian.

How does a legendary SAR Tech retire? With a final parachute jump, a beer with friends at the pub, and a string of practical jokes that we probably won't discover until he's beyond retribution. I know that I'm not the only one who will miss working with Mike.

Good luck. I'm glad salmon are out of season.

New Pet Penalties for PMQs

The following are the approved fines for Wallace Gardens Community. Fines shall be paid to the Animal Control Officer at the time of the notice of offence, or not later than 72 hours, by cheque to PMQ Association:

OFFENCE	FINE
1. Failure to obtain an animal licence.....	\$25.00
2. Failure to ensure that a collar and tag are worn when an animal is off the premises of the owner.....	\$25.00
3. Permitting an animal to run at large.....	\$30.00
4. Failing to confine and house a female animal in heat or failing to notify the ACO of a pregnant female pet.....	\$25.00
5. Permitting a dog to bark, howl or in any manner disturb the quiet of any person.....	\$25.00
6. Failure to immediately remove an animal's defecation from public or private property.....	\$25.00
7. Permitting an animal to damage public or private property.....	\$30.00
8. Permitting an animal on school grounds, play ground or posted park land.....	\$30.00
9. Interference with Enforcement Regulations.....	\$35.00

Community Council Corner

Easter is Coming!

Are you a member of the Wallace Gardens Community Council? Do you have any children who are under 13 years of age? If the answer to these questions is "yes," why not bring them to our annual Easter event which takes place on Sat 8 April.

We start with a pancake breakfast, which will be held in the gymnasium at Airport Elementary School from 0930 to 1130 am. There will be a minimal charge of \$2.00 for adults and \$1.00 for children. All ages are welcome. We have arranged for the Easter Bunny to visit and have breakfast with the children. If you would like to bring your camera you are more than welcome to take their picture with the Easter Bunny.

After a breakfast of pancakes, juice, coffee or tea, and while the adults are relaxing and having a coffee or tea, the little ones can enjoy a video (The Lion King) or proceed to the back of the gym to colour a picture of the Easter Bunny. The rest of the events we have planned are:

Our annual Decorated Bicycle Parade. Each child will be asked to bring their decorated bicycle to the school by 11:45 am. The chil-

dren will be put into age groups and be judged accordingly. First, second and third prizes will be awarded. Also, every child will receive a special something for their hard work.

Now for our big event - the Easter Egg Hunt. This event will take place, after the bicycle parade, in the wooded area and by the "Big Toy" behind Airport School. The areas will be divided into four sections: Bunnykins (under 2 years); Cotton Tails (ages 2 to 4); Thumpers (ages 5 to 8) and March Hares (ages 9 to 12).

Parents will only be allowed to accompany Bunnykins and Cotton Tails throughout the Easter Egg Hunt. As the children go through their closed off areas, they will find lots of easter eggs. For the child who finds a special plastic egg and returns it to the Easter Bunny, they will receive a Loonie.

DON'T FORGET TO MARK SAT 8 APRIL ON YOUR CALENDAR AND START TO GET THOSE BIKES READY!

Upcoming Events
11 March: Bingo at the Community Centre 2:30-4:00 pm. 50 cents for 4 cards. All ages. Come

out and enjoy yourself.

12 March: Matinee "The Lion King" in the Parish Hall 1:30-3:00 pm. 50 cents admission.

18 March: Junior Dance 6:30-10:00 pm. 50 cents admission.

25 March: Sock Hop 6:30-9:00 pm for grades 6 and under. Spot dances, door prizes. 50 cents admission.

We are now on our second month of bingos. We have had a very good turnout - 20 children and adults at the afternoon bingo. We played 10 games and had three door prizes. The evening bingo had 22 children, ages 8 plus. We also played about 10 games with 3 door prizes. This month we are going to try for one session in the afternoon. Hope you come out and join us! See you there.

The Sock Hop was also a huge success - 66 children attended and had a great time. See you on the 25th.

Starting in March, the Animal Control Officer will be visiting PMQs. Please remember he is just doing his job, which is enforcing PMQ rules with regard to animals.

NEXT DEADLINE 31 MARCH - NOON

We cover all the Bases

CFB ESQUIMALT
19 WING COMOX
CFB CHILLIWACK
CFS MASSET
4 WING COLD LAKE
18 WING EDMONTON
CFB CALGARY
DET WAINWRIGHT
CFB SUFFIELD

CFB SHILO
15 WING MOOSE JAW
17 WING WINNIPEG
CFB BORDEN
CFB TORONTO
8 WING TRENTON
CFB KINGSTON
RMC KINGSTON
CFS ALERT

CFB PETAWAWA
22 WING NORTH BAY
7 WING OTTAWA
BFC VALCARTIER
3 WING BAGOTVILLE
BFC MONTREAL
BFC SAINT-JEAN
CFB GAGETOWN
CFB MONCTON

CFB CHATHAM
CFB HALIFAX
12 WING SHEARWATER
14 WING GREENWOOD
CFS DEBERT
5 WING GOOSE BAY
9 WING GANDER
CFS ST. JOHN'S

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RRMC Grad, Western Ex-Cadet Reunion and Closure

After 55 years of service to the RCN, RCAF and Canadian Forces, Royal Roads will cease operations as an officer training establishment and degree granting military university in August. All future military college activity will be centralized at Royal Military College.

The final RRMC sunset ceremony, convocation and graduation parade will be conducted 12-13 May. Convocation is scheduled for 0930 hrs and sunset at 1900 hrs on 12 May. Final grad is at 1000 hrs on 13 May. On weekend of 20/21 May RRMC will execute ceremonies associated with the formal closure of the facility as a military college. From 1000-1200 hrs Sun 21 May

closure ceremony will involve the current cadet wing with participation from the RMC Cadet Club and MARCOM Stadacona Band and incorporate the consecration of the college colours prior to being laid up.

Concurrent with the closure activities, Royal Roads will host events associated with the RMC Club of Canada ex-cadet Western Reunion. These events include: final obstacle course coordinated and executed by the Class of 1995, Sat 20 May, 1000-1200 hrs; cadet vs ex-cadet soccer, rugby and cross country run, Sat 20 May, 1330-1500 hrs.

All members of the CF, past and present, and their families are cordially invited and encouraged

to attend these final ceremonies of Royal Roads Military College. The college grounds will be open to the public throughout the weekend.

Ex-cadets are encouraged to contact their individual class secretaries for details of additional social events that are only open to ex-cadets and cadets for evenings of 19 and 20 May.

Accommodation is not available at RRMC and is extremely limited at CFB Esquimalt because of summer training commitments. As attendance is expected to be high, early bookings for local commercial accommodations are recommended.

Civilian Job-Search Workshop 29 Mar

The Wing Personnel Selection Officer (WPSO) will be sponsoring a two-hour civilian job search workshop, presented by the Victoria based consulting firm of Murray-Axmith Ltd. for SCAN and FRP-SCAN clients, as follows:

Date: Wed 29 Mar
Time: 1300-1500 hrs
Location: WPSO Classroom #16, Bldg 22
Dress: Dress of the day

To register: Contact WPSO office, local 8293, NLT 1200 hrs 22 Mar.

Topics will include:
How the Civilian Job Market Works:

- identifying the "hidden" civilian job market
- identifying your job targets
- effective networking
- Preparing for Civilian Job Interviews:
- preparing a civilian job resumé

- overcoming anti-military biases
- translating military experience into civilian language
- Setting Realistic Objectives:
- how long you need to allow for your job search, realistically
- computer literacy in civilian jobs and getting the right training
- setting realistic income goals.
- Financial Planning.

Space will be limited to 20 clients for the workshop, so register early.

NEXT DEADLINE 31 MARCH - NOON

Editorial



Norm Blondel

Even Better

In our zeal to help your CANEX neighbourhood store increase business, and thus help to restore a healthy balance in Wing Fund, our booster ad. on page 20 of the February 23 edition was slightly off the mark.

The CANEX no-interest payment plan is for PST/GST as a down payment, with monthly payments of \$100.00 OR LESS, over twelve months. No other business can match this kind of offer. I once purchased an appliance for Wife from a well-known catalogue store on a "No payments for a year" basis, only to discover an extra \$24.00 charge tacked on to the bill when it finally came in. Once bitten.....

CANEX deals honestly with its customers, and provides excellent merchandise at a very reasonable price. Supporting your own neighbourhood store is good business for all concerned. Think about it when you use a recreation facility on Base next time. CANEX helps to pay the bills for a lot of things we take for granted.

New Schedule

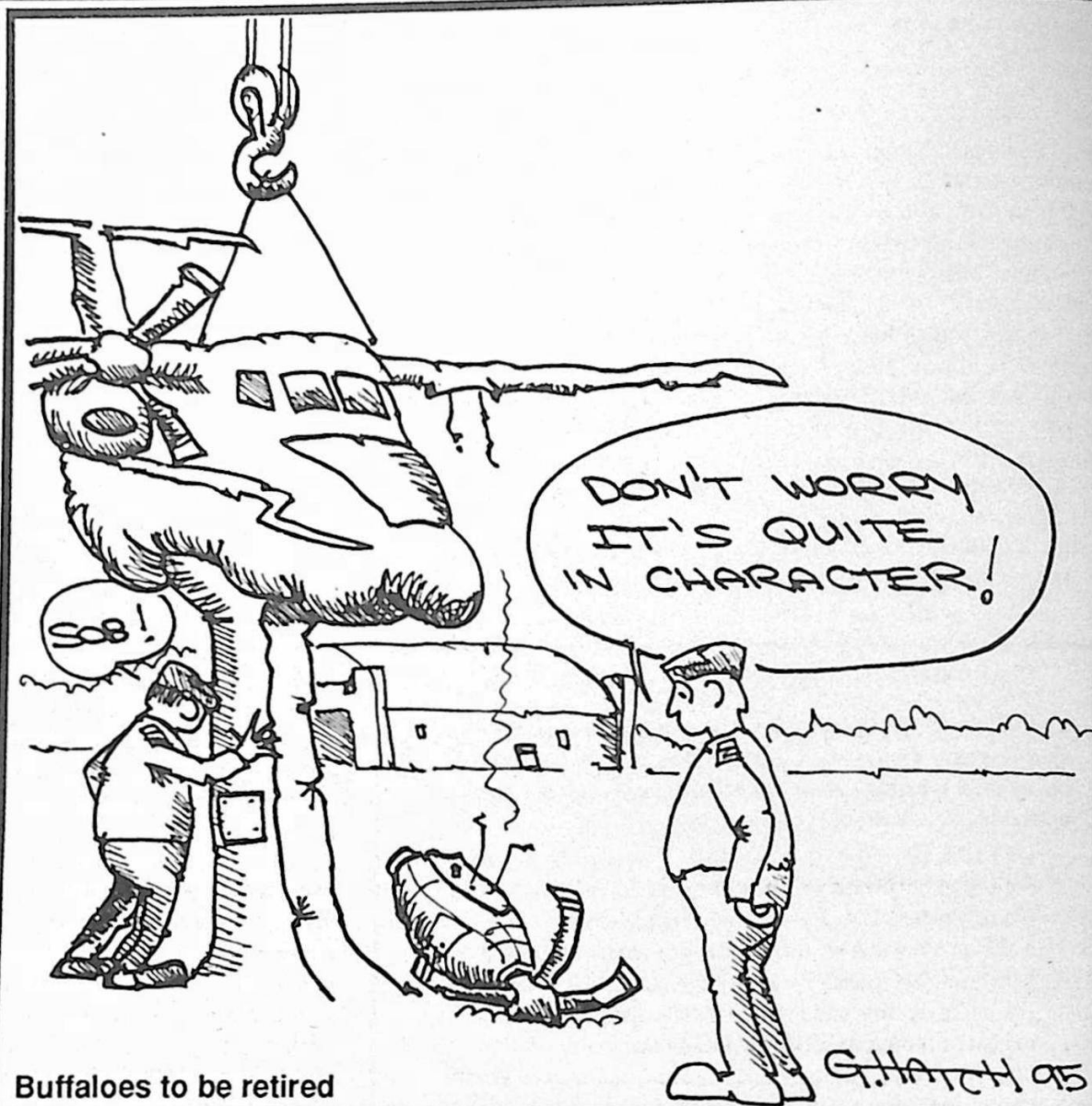
Hereunder is the new 16-edition Totem Times schedule. Although we will be coming to you in four pages less, we still need your news, photos and gossip. This is your military community newspaper, and we thrive on your contributions.

TOTEM TIMES 1995 PRINTING SCHEDULE VOLUME 37

Note: Copy Deadlines are Friday (Noon)

DEADLINE (NOON)	PUBLICATION DATE
#1 JANUARY 06	JANUARY 12
2 JANUARY 20	JANUARY 26
3 FEBRUARY 03	FEBRUARY 09
4 FEBRUARY 17	FEBRUARY 23
5 MARCH 03	MARCH 09
6 MARCH 31	APRIL 06
7 APRIL 21	APRIL 27
8 MAY 05	MAY 11
9 JUNE 02	JUNE 08
10 JULY 07	JULY 13
11 AUGUST 11	AUGUST 17
12 SEPTEMBER 08	SEPTEMBER 14
13 SEPTEMBER 22	SEPTEMBER 28
14 OCTOBER 13	OCTOBER 19
15 NOVEMBER 10	NOVEMBER 16
16 DECEMBER 01	DECEMBER 07

FAX NOTE: Our FAX machine receives a lot of junk we can't use, so we turn it off between newspapers to save expensive FAX paper. Unless yours is a military source, or a request for advertising, we have no interest in FAXed unsolicited material, especially non-military press releases. This particularly applies to political parties. If you insist on sending us your stuff, please use the Post Office. The B.C. Directory of FAX numbers does not constitute authority to send verbiage by FAX to people who do not want it. The CRTC has rules about this.



Buffaloes to be retired



Charles E. Bedaux: a Mystery of a Mystery

by L.J. Bailey, Ph.D

Charles E. Bedaux overdosed on accumulated sleeping pills in his military prison hospital in Miami, Florida on 19 Feb 1945. He had been arrested in North Africa by invading American forces six months before. He was held as an American traitor and agent of the German cause.

Bedaux was born French. He emigrated to the eastern United States as a young man. With hard experience in industry, he began to theorize about worker efficiency. Eventually, he gained a large fortune from his publicized consultations with American Corporations. Time and motion stud-

ies earned Bedaux the hatred of American labour.

One historian has charged that Bedaux would do anything for money. Apparently he accumulated most of his fortune, not from legitimate labour relations consultations, but from activities as a Nazi German agent.

Bedaux is of interest to us in B.C. because of his brief sojourn here in 1934/35. There is much material on his touted expedition of that winter to northwestern B.C. The Provincial Archives holds reams of local documentation. So does the FBI - 2,500 pages of incriminating information. Oddly enough, the RCMP cannot locate a file on Bedaux, nor can the Canadian Military Archives.

Bedaux became fast friends with the exiled Duke of Windsor, former King Edward VIII, in 1937. He paid for the former monarch's Austrian refuge and

then financed an ill-advised trip to placate Adolf Hitler in 1938. The duke praised much of what he witnessed in Nazi Germany and the Führer hoped he would be a useful puppet-ruler in an appeased Britain. During the invasion of France, all of the Duke's possessions were carefully guarded by the German army, even though he fled to Spain.

Bedaux miscalculated the anger of American labour when he proposed that the Duke travel throughout the United States as a proponent of appeasing Hitler. The ensuing 1938 furor caused Edward to decline. The unfortunate Duke of Windsor had experienced too much of the horrors of trench life in the Great War to become a German toady. He quite honestly possessed such respect for the British serviceman, that he would go to any length to prevent an Anglo-German war.

Continued on Apr 6.

Comment

Aviaquiz

Answers on page 12.

by John Novak

1. Who made the first round-the-world flight? When?
2. What Canadian outstanding contribution to aviation was made in 1927?
3. Where and when did the world's first mid-air collision occur?
4. In 1933 the US government made a major ruling affecting the airline industry. What was it?
5. Which aircraft type was nicknamed the "Tin Goose"?

Trivia Answer

Curtiss Canada

Dear Editor,

The trivia of 23 February is a Curtiss Canada which had its engines suspended between the main planes and carried a crew of three. Its emergence in 1915, was a milestone in Canada's aviation history in that it was the first military aircraft entirely designed and produced in Canada. Twelve models were built by Curtiss Aeroplane and Motors Ltd., at Toronto.

The first test flight was made in July 1915, and this model was

6. An early form of passenger flights had "sodbusters" as clients, and were flown by "barnstormers" for "hops." What did these terms mean?
7. When did the first air "dog-fight" take place, and who were the victors?
8. What was the nickname given to the Sopwith F-1 fighter.
9. What did the term "sesquiplane" refer to?
10. Who did shoot down the "Red Baron"?

shipped to England for its evaluation. The Canada's designers had, at its inception, not included a need for defensive armament. As air to air combat had begun in the latter part of 1914 the Canada was deemed obsolete before it could enter active military service.

Sincerely,
John Novak

Editor's note: Thought we had you this time John. Even a crummy picture doesn't hold you back. Well done mate.

French & English Language Training for DND Personnel

The Decentralized Military Second Language Training Program (DMSLTP) will continue to offer French and English language training to all interested personnel from 03 Apr to 17 Jun.

The format will be the same as in the past, i.e. 6 hours/week (3 hours during regular duty hours and 3 hours of students' own time). Class schedules will be finalized after all applications have been received and placement tests completed. We hope to offer the following courses, if numbers and finances permit:

- a) Three levels of French classes: Basic, Intermediate, and Advanced/Maintenance (for those personnel with a profile of 2 or better); and
- b) One level of English writing: intermediate/advanced, which will be aimed at improving communication skills (writing and speaking).

All interested personnel are to complete the application form at Annex A, (to be locally reproduced), and ensure that the form is signed and authorized by the appropriate supervisor and CO or Branch Head. Forward the application to the WCOL office NLT 24 Mar 95. Placement tests will be conducted 27 Mar for all new applicants. Those personnel who will be continuing from the course which ends in March need not be re-tested but must complete the application process.

Appointments for testing may be made by calling 8299 prior to 27 March. It must be emphasized that candidates ensure they will be available for the required training prior to submitting the application form.

For more information contact the WCOL, Capt Pierre Bouchard, at Loc 8299.

CF Parachute Maint. Depot 45th Anniversary

Attention all former members of 28 COD, 28 CFSD, and the Canadian Forces Parachute Maintenance Depot! Anniversary celebrations honouring the 45th anniversary of this unit are planned for the period 13-16 July 1995 at Griesbach Barracks, CFB Edmonton.

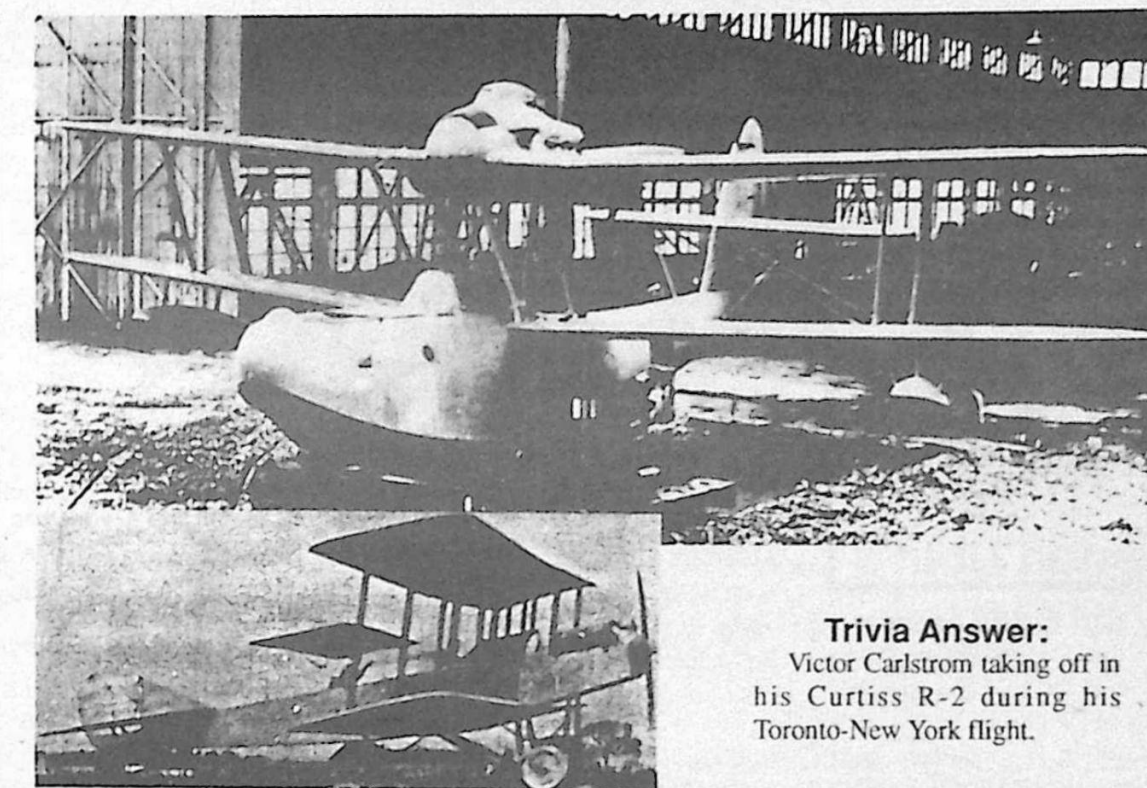
All former members are in-

vited to participate in the celebrations, remember good times, and renew old friendships. For more information contact the CFPMD Orderly Room at (403) 457-8462, Fax (403) 457-8823, or write to: WO A.G. Tilley, CF Parachute Maint. Depot, CFB Edmonton, P.O. Box 10500, Edmonton, AB, T5J 4J5

Mid-Island Women's Soccer Seeks Recruits

Any skill level, for Spring/Summer season. Registration on 2 April at Courtenay CRA, 11:00 am - 3:00 pm. For more information call Lacey at 339-2866.

Air Trivia



Trivia Answer:
Victor Carlstrom taking off in his Curtiss R-2 during his Toronto-New York flight.

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NEXT DEADLINE 31 MAR. NOON

Forest Renewal BC 1995 Program Handbook Available Proposals Requested

Forest Renewal BC, a Crown corporation that makes long-term investments in British Columbia's forests, in jobs and in communities, invites interested individuals, community groups and companies to submit proposals for funding under the Enhanced Forestry and Watershed Restoration programs.

To help you develop a proposal for the 1995 field season, a program handbook is now available from Ministry of Forests and Ministry of Environment, Lands and Parks district and regional offices, and government agent offices.

Activities eligible for funding under these programs include:

- enhanced silviculture activity including spacing and thinning, fertilization, and pruning
- enhanced or incremental forest health activities including bark beetle control
- accelerated (incremental) backlog reforestation including site preparation, planting and brushing
- assessment of watersheds and preparation of plans
- upgrading of roads or road deactivation to mitigate environmental impacts
- rehabilitation of hill slopes, gullies and streams for erosion control
- restoration of fish habitat

To be considered for priority implementation in the 1995 field season, completed applications should be received by Ministry of Forests Regional offices no later than 4:30 p.m., Friday, March 31.

For more information or copies of the program handbook, contact:

FOREST
RENEWAL BC

Forest Renewal BC
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Victoria, British Columbia, V8X 4A3
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Fax: (604) 387-3334

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TOTEM TIMES

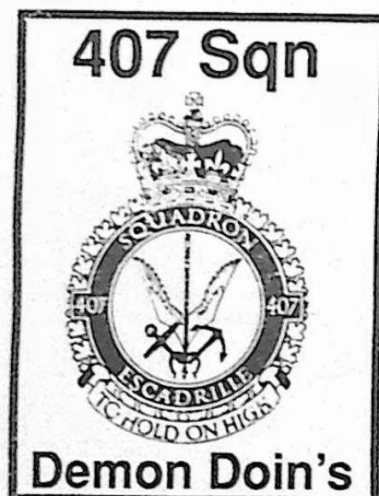
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Section News

What's New with Two?



by Cpl Paul Lascelle

It's that time again to reveal to the rest of the base the inner activities of the elusive but forever-hardworking professionals from 407 Sqn servicing Crew 2. This writer could fill this newspaper with various anecdotes of professionalism within this crew, but first a word of welcome.

On behalf of my fellow crew members, I would like to welcome the armoured as official members of 2 Crew. Already their presence inspired Cpl Waldeck to cross-train into a "loadie." I know I can speak for the rest of the crew that we'll sleep safe... knowing the bananas will never turn brown in the fridge.

With the welcome aside, I can now bedazzle the reader with tips on technician tenacity towards superior serviceability. But first the results from the 2 Crew beard growing contest. For the fullest beard, Cpl Laprade landed the competition despite his refusal to

give a urine sample to check for hormonal enhancement. When asked his secret, Rob concluded his success was mainly due to the vast amounts of pheromones released by his very pregnant wife, due any time. We wish them the best of luck.

For the most colourful beard, Cpl Letendre walked away with the "calico" award. Unknown to the rest of the crew, this writer discovered that the colourful whiskers are not natural; merely dyed with advertising paint from "kissing the boards" one too many times during hockey practice. Better luck next year Scott.

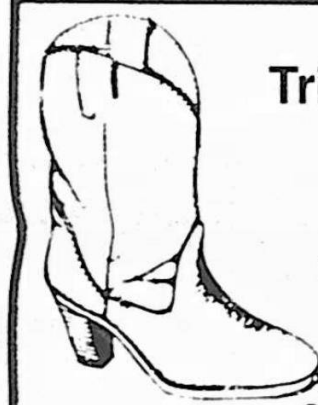
Finally, winning the best attempt, Cpl Akmens. Eric's beard can best be described by inverting Cpl Dan MacIver's head. In fact both Dan and Eric are representing the base basketball team for the national playdowns. Is there a correlation between basketball ability and facial/scalp hair? One can only picture a basketball and speculate.

Before I change the topic, a few honourable mentions. The first honourable is awarded to MCpl Stu Anderson for a masterful Grateful Dead impersonation. Second honourable mention is bestowed upon MCpl Rob Egan for his impersonation of Leonard Nimoy. Lastly, third honourable mention is allotted to MCpl Mike Dymond for his impersonation of "what happens to your beard if you sit in front of the microwave too long." Mike just recently completed his express test with a gold standard. Chalk one up for "Abs of Steel."

On the promotion side, Cpl Kent Turfiff finally received his hooks by way of a very well-deserved accelerated promotion.

I will finally end this article with congratulations to Cpl Richard Wand for receiving the Professionalism Award. If any of the readers doubt the old saying "If at first you don't succeed... try, try, again." Ask Richard.

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888 (KOMOX) WING RCAFA CALENDAR OF EVENTS - 1995 March

Fri 17.....St. Patrick's Pot Luck 6:30 pm
Sat 25.....French-Canadian Dinner 7:00 pm
Wed 29.....Executive Committee meeting 8:00 pm

***** 5 Apr.....8:00 pm *****
ANNUAL GENERAL MEETING & ELECTIONS
A very important meeting.
All members are urged to attend.

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HOURS OF OPERATION:

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Thursday, Friday & Saturday 1200 - 0100 hrs
Sunday 1300 - 1900 hrs

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On & Off the Base



A la Mode

Classy Cuccina

by Diane Osterholm

Lately, you can't tell what the weather will be like when you get up in the morning. Assuming we may still have a few weeks of chilly weather, there is still time to enjoy some cold weather dishes before we lighten up and work on our summer physiques. So, as a (hopefully) final tribute to winter, why not try the classic Italian dish Ossobuco, served with risotto alla Milanese. Traditionally served together, they do not require any exotic ingredients or fancy techniques. The "proper" way to cook risotto requires adding the stock bit by bit, stirring constantly, but this is unnecessary. Just pour it in and away you go; no need to stir it, just make sure all the liquid doesn't cook away. I'm sure Italians would be horrified by this, but hey, it works and I don't have time to stir something for 15 minutes.

The Ossobuco should be cooked until the meat literally falls away from the bone, and can be kept warm for quite a while

without ruining it. Serve it either beside or on top of the risotto, and don't overlook the best part of the dish - the delicious marrow inside the bone. In Italy, this is eaten first, with special little spoons to dig it out. Serve it with a green vegetable or a salad and some fresh crusty bread. Add a bottle of robust red wine and you have a meal to rival the best chefs of Italy.

Ossobuco Milanese

4 veal shin bones
Salt & pepper to season
Flour for coating
2T butter
2T olive oil
1/2 onion, finely diced
1/2 cup dry white wine
2 tomatoes, peeled & chopped OR

1/2 cup canned tomatoes, drained & chopped
1/2 cup chicken or beef broth
1 clove garlic, chopped fine
1T chopped parsley
Optional: 1 tsp. grated lemon or orange zest

Slash the edges of the meat to prevent curling, season with salt and pepper, and dust with flour. Heat the butter and oil in a heavy pan and sauté the onion for 2 mins. Brown the meat on both sides over med-high heat, add the

wine and cook until evaporated by half. Add the tomatoes, broth and garlic. Cover and simmer gently over low heat for 1 to 1-1/2 hours, or until meat is very tender. Garnish with parsley and zest before serving.

Risotto alla Milanese

1/2 small onion, finely diced
3 oz. butter
1-1/2 cups short round or regular rice

1/4 cup dry white wine
3 cups chicken stock
1/4 tsp. saffron (optional)
Salt to taste

1/4 cup grated parmesan
Soak saffron in 1 oz. of stock, if using, and set aside. Melt half the butter in a heavy bottom pot over medium heat and sauté the onion until soft. Add the rice and sauté for 2 minutes, stirring to coat with butter. Add the wine and cook for 2 more minutes.

Add the stock, saffron mixture (if using) and salt. Bring to a gentle simmer then cover and cook for about 15 minutes. Add more stock or water near the end if it needs more. The rice should still be slightly firm, with some liquid left. Stir in the rest of the butter and the parmesan and serve immediately.



by Rose McClish

It was another beautiful day on Sun 26 Feb when 46 golfers showed up at glacier greens for winter golf, and played nine holes of competition play.

Results

1st L.G. Bing Shearer, Mike Barner, Reg Warren, Dave Frost, Barb Carter.

46 Play Nine Holes at Glacier Greens

1st L.N. Ron Carter, Phil Nakashima Len Doyle, Roger Arsenault.

2nd L.G. Lloyd Billings, Larry Blais, Earl Martin, Irene Marshall.

2nd L.N. Duke Dutrisac, Norm Fellbaum, Bill Ballance, Carmel Horochuck.

K.P. #4: Rod Verchere for Larry Berry team.

K.P. #7: Irene Marshall for Lloyd Billings team.

Mr. Ron Carter, the organizer of "Sunday Winter Golf," has set 12 March as the closing 18-hole tournament. Shot gun start: 8:30 for 9:00 am start. Members only.

NOTICE: CHANGE OF DATES

ALL EX-AIR CADETS FROM 386 RCACS
"BE AWARE"

386 Royal Canadian Air Cadet Squadron (Komox)

invite all 386 Ex-Air Cadets to help celebrate their

50th ANNIVERSARY 10-11 June 95

Registration/Greet & Meet will take place at 888 Wing RCAFA,

1298 Military Row (Little River Rd.) Comox, B.C.

Saturday 10 June 95 at 18:30 hrs.

The Anniversary Parade will take place at the CFB Comox Arena

Sunday 11 June 95 at 11:00 hrs.

Ending with a B-B-Q at 888 Wing at 13:00 hrs.

Cost: \$15.00/person

For confirmation contact: Capt Melançon, 604-339-7768

Mail cheques to: 386 Squadron 50th Anniversary,

c/o A. Melançon, 419 Anderton Road, Comox, B.C. V9M 1Y8

NEW IN COURTENAY

WE'RE OPEN

Canada Trust's new branch is now open on Cliffe Ave. at 26th.

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If you give us a try, we'll reward you with great service, innovative ways to help with your finances - and valuable Grand Opening Offers. Our new branch's opening specials make this a great opportunity to find out how Canada Trust can help you.

WHAT'S CONVENIENT FOR YOU

Our new branch on Cliffe Ave. at 26th is open weekdays 8 to 8 and Saturdays from 9 to 3. EasyLine telephone service is also available - anywhere, anytime.

Ask for a Canada Trust AccessCard - your key to any-branch service and automated banking machine service around the world.

Call or drop in today!

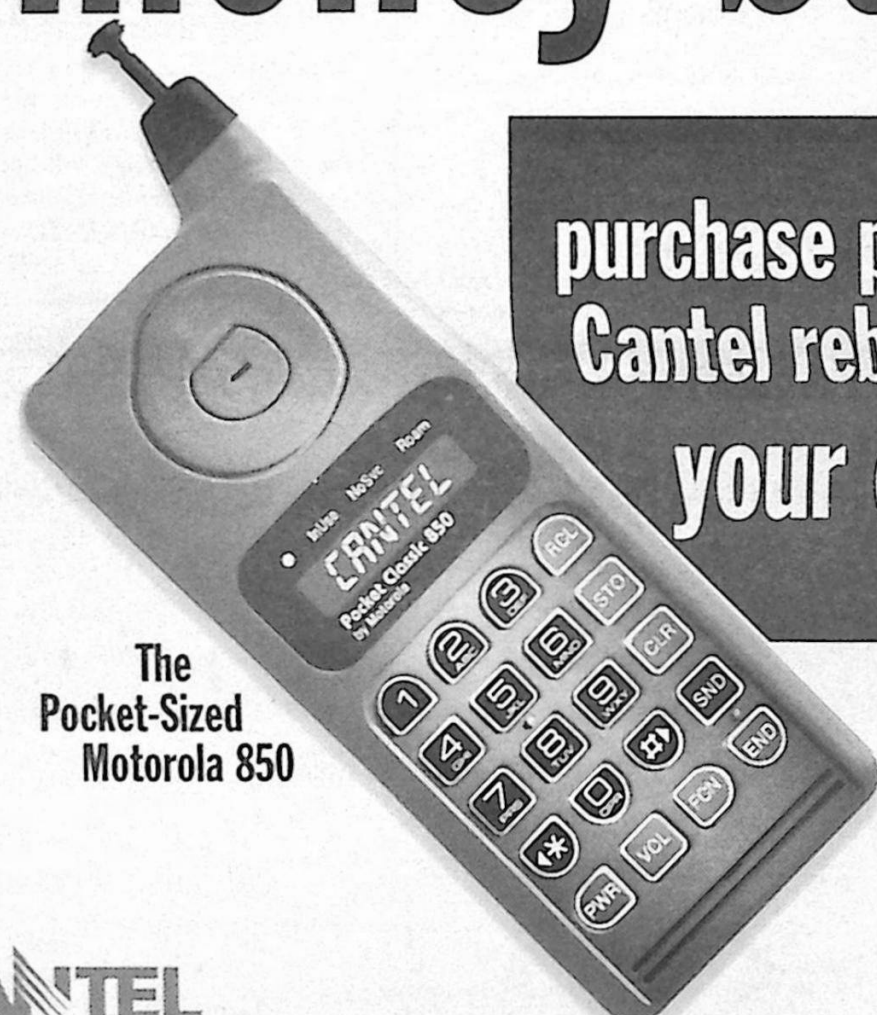
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Buy this phone for only \$129.95 before March 31st, and you'll get the full purchase price of \$129.95 back on your first month's bill. Then you'll pay only \$49.95 a month.

That's a package that'll keep you in touch with your business, and your business in touch with you. **Cantel Business package also includes:**

- 50 minutes of local calling monthly.
- Unlimited local weekend calling.
- 50 cents a minute local airtime. This rebate also available on a wide range of Cantel phones.

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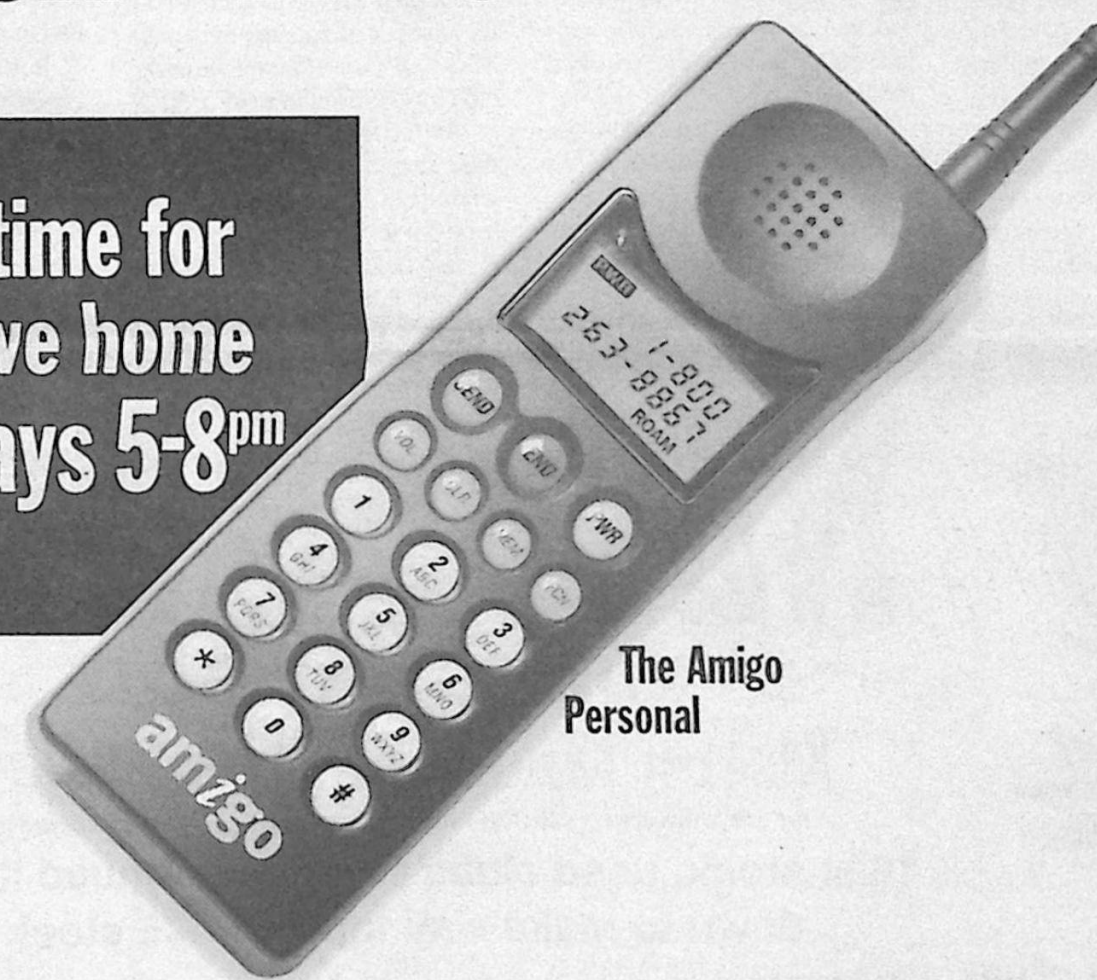
*Offer only available to new Business Plan customers. O.A.C. Roaming charges, additional options and applicable taxes extra. Available at participating dealers. Offer available on a minimum 1 year term plan. System access fee, one time activation fee and early cancellation fee apply. Offer expires March 31, 1995. Rebate does not include taxes on phone.

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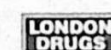
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*Amigo Safety starts at \$19.95 a month / Amigo Personal starts at \$29.95 a month. Airtime, long distance charges and taxes are extra. Offer expires March 31, 1995.

Health Fitness & Leisure

Employee Assistance Programme

At any given time 15% of employees may be experiencing problems serious enough to warrant professional assistance.

What is EAP? Who is it for?

The Employee Assistance Program (EAP) is a confidential referral service for civilian employees of the Department who want help to cope with a difficult period of their lives but do not know where or how to find it. (Although the program has been set up for civilians, it is accessed by military pers.)

What Does EAP Do?

EAP provides, on a voluntary and confidential basis, info, support and referral service through which employees experiencing problems may be put in touch with professionals in the community - it is not a counselling service and does not provide treatment. Rather, it is a helping hand, a listening ear, a bridge over difficult times. It provides a nurturing environment where the client is free to explore their concerns, thoughts, problems and consider various solutions from which to choose the most suitable resource.

Confidentiality

EAP referral agents maintain high standards of confidentiality. Nothing discussed in the interview or the community resource referred to is divulged, nor does the supervisor know of the appointment if the employee comes on their own time.

Types of Referrals

1. Self referrals;
2. Supervisor's may recommend or suggest a visit to EAP; and
3. A third party - i.e. at the suggestion of a family member, union rep, friend, or co-workers.

The Referral Agent

The referral agent is a person who has been approved by union and management through the local LMRC (Labour Management Relations Cmt), as well as by their Unit CO and the WComd. RA's receive specific training to help employees find the best assistance available in the community and can help motivate the employee to initiate the required process.

If you have any questions regarding EAP, or would like to see a referral agent, please call:

Evlyn Femia, chairperson (Loc 8336), Carol Anderson (Loc 8405), or Pat Landroche (Loc 8374).

Doctor Bob



Leaving it Too Late

"Too late is the medicine prepared when the disease has gained strength through long delay." This would appear to be a fairly basic observation; the quotation is from Ovid (43 B.C.-A.D. 17?), so the need for early treatment has been recognized for many centuries.

But not by all of today's need-to-be patients. Usually need-to-be's don't want to be, and there are always a certain number who delay seeking help in spite of having symptoms that are obviously signalling something wrong. Christmas and other seasons of celebration lead to an increase in the number of patients in denial. They don't want to spoil the occasion by checking in sick.

At times the symptoms are quite dramatic. I recall a patient who spent a week falling down every time he tried to stand up. He had developed a flail leg that he could not move without using his hands to lift it. It had no

strength and he had no control over it. It was numb, and tingled a bit, but there was no pain. This is important as some people seem to believe that if it doesn't hurt it's not likely to be serious.

Another patient suddenly found she had trouble swallowing. She did not know where her food was as it worked its way down. She also noticed that her voice was husky and that she was having trouble articulating. Although worried, she managed to hide these symptoms from her family for several days. Both of these people became ill during a holiday season, and both knew that they had had a stroke.

Potentially in more serious trouble are patients who have chest discomfort or pressure and elect to ignore it. A proportion of these people are in the process of blocking off a coronary artery on the way to a heart attack. Treatment of coronary disease can be very time sensitive, with early

drug intervention (within four to six hours) helping to reverse the process and save a life or at least provide enough time to allow other interventions to be undertaken. The "If only he had come in earlier" lament is a particularly tragic one here.

We could list many diseases ranging from pneumonia, meningitis, and even the dreaded flesh-eating necrotizing fasciitis that start with (in these cases) a little cough, a moderate headache, or a small skin eruption. We also know that in the vast majority of instances these symptoms do not signal the onset of serious, or even significant disease. So how is one to know?

One doesn't, of course, but there seems to be a combination of common sense and intuition available to most people that tells them when trouble is brewing. But the signal must be needed if it is to do any good - holiday or not!



Legion Log

BRANCH 17 COURTENAY
334-4322

REGULAR ACTIVITIES

BINGO.....every Thur, Fri & Sun 7:00 pm
MEAT DRAW.....every Fri 6:30 pm. Also every Sat 3:00 pm
DANCE.....every Friday night, 8:00 pm
03 Mar.....SHABOOM
10 Mar.....HEARTLAND
17 Mar.....CC TRAIL RYDERS "ST. PATRICK'S"
24 Mar.....NORM'S COMBO
31 Mar.....WESTWIND
FUN EUCRE.....every Monday, 7:00 pm
PUB DARTS.....some Tuesday nights, 7:00 pm
FUN CRIB.....every Wednesday, 8:00 pm
CASH CRIB.....Sunday 26 February, 1:00 pm
FUN DARTS.....every Thursday, 7:00 pm
"BARGAIN DAY".....every Wednesday, ALL DAY
"BBQ LUNCH SPECIALS".....every Weds & Fri, 11:30-1:30 pm
*****GENERAL MEETING - 28 March, 7:30 pm*****

MEMBERS & BONA FIDE GUESTS WELCOME

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Office: 334-4322

Service Officer: 334-3613

BRANCH 160 COMOX
339-2022

ENTERTAINMENT

Mar 10.....WILD RIVER
Mar 17.....ALLEYCATS (St. Patrick's Day)
Mar 24.....SHABOOM
Mar 31.....C.C. TRAILRIDERS
Sunday afternoon 26 Mar - music in the lounge from 2-6 pm by "Karaoke Sound Stage."
Apr 01.....Annual HONOURS & AWARDS night
Branch Upper Hall. No host bar 6-7 pm. Dinner at 7 pm. Ceremonies at 8 pm. Dancing to NEW MUSIC MAN to follow.
Apr 07.....BEACHCOMBERS
Apr 14.....HEARTLAND
Apr 21.....ALLEYCATS
Apr 28.....WESTWIND

REGULAR EVENTS

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.
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: PM. Start-up 5 Oct.
THURSDAYS.....*1st Br.160 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, 3:00 to 6:00 PM
Dance (normally downstairs unless advised)
SATURDAYS.....Meat Draws in Lounge, 3:00 to 6:00 PM

Hall Rentals or requests for Special Functions: Please contact Ken Seymour in office, Mon - Fri, at 339-2022.

Girl Guide Leaders Needed

Komox District Girl Guides will be holding an open house for adults interested in becoming Leaders. This is a great way for women to meet new people, become involved in their community and enjoy a feeling of accomplishment. You don't have

to have a daughter involved or have been a Guide yourself to become a Leader; training is provided. Come on out and see what Guiding is all about! March 15, 7:00 - 9:00 pm in the Comox United Church on Beach Drive, Comox.

On & Off the Base



Dog Talk by Gerry Gerow



What People Want to Know

In fact, in some areas, things are even more important. Take immunization for example. Because dogs have the possibility of contact with wild animals or other domestic animals which have not been immunized, it is absolutely essential that your dog receive its shots every year.

Worms are another problem very prevalent in dogs, while seldom infecting humans. Should your dog appear to be losing weight, or appear to be hungry all the time, his/her stools should be checked for worms. Worms are a common problem with puppies which no one has ever satisfactorily explained to me. Even though the mother dog is completely free of worms, the pups will almost invariably be born with worms. Veterinarians normally make deworming a routine part of the care when the pups are taken in for their first shots. If you acquire a new puppy, your first question to the previous owners should be whether or not the pup has been dewormed, and if the answer is "no," then it should be done immediately.

Most patent medicines which you would give to your children without medical advice, such as aspirin, can also be used to alleviate suffering in your dog. I don't advocate not taking your dog to the vet when necessary, however I have found that when my dogs are feeling sorry for themselves and are stiffened up after a long day in the field, an aspirin tablet seems to work wonders.

I recently had a near tragedy with my oldest dog which is approaching 10 years of age. Without warning, she developed a severe discharge which resembled grape jelly in consistency and colour. I took her to the veterinarian first thing in the morning and it turned out she had a very severe uterine infection and had to be spayed immediately. Had I delayed for even a day in seeking medical help, I would probably have lost her.

Always ensure that your pets receives the medical attention they deserve when necessary. They would do the same for you if they were capable.

Calling All French Speaking Painting & Visual Artists

Please contact the French Community Centre for participation in an Art Exhibit which will be held during the French Awareness Week, 13 - 17 March. For more information phone MICHEL at 334-8884.

Appel Aux Peintres et Artistes Visuels Francophones

S.V.P. contactez le Centre Communautaire Francophone pour participer à une Exposition d'Art se tenant durant la Semaine de la Francophonie due 13 au 17 Mars. Pour information appelez MICHEL au 334-8884.

An excellent book for you readers this week: Dr. Jim's Animal Clinic for Dogs by Jim Humphries D.V.M. - Howell Book House, New York, \$15.00 US.

The book is subtitled "What People Want to Know." It is broken down into sections on General Care and Grooming; Behaviour and Training; Fleas, Ticks and Worms; Nutrition and Exercise; and Medicine and Disease. It is done in a question and answer format, making it very easy for the layman to understand.

Humphries has done a syndi-

cated radio talk show called "Dr. Jim's Animal Clinic" for a number of years and has been in private veterinary practice for over 15 years.

This book is a 286 page soft cover which is very attractively priced. It was just published in November, so you will probably have to ask the book store to order it. I heartily recommend it as a reference book.

Medical problems in dogs are not very different to those encountered in humans. You should take care of your doggy in the same way you would look after any other member of your family.

Association
Francophone
de la
Vallée de Comox

Cabane à Sucre

Samedi le 18 mars 1995, à midi (12H00)

Pavillon de la plage militaire (Air Force Beach)

Prix: Adulte Membre: \$ 6.00 Adulte Non-Membre: \$ 8.00

Enfants Membres et Non-Membres: \$ 4 à 12 ans: \$ 4.00

4 ans et - : gratuit <<Achat des billets avant le 15 mars>>

Prix à la porte: \$2.00 de plus

Venez vous amuser, manger, rigoler, avec vos parents et amis. Nous aurons un repas traditionnel de cabane à sucre (fèves au lard, jambon, crêpes, oeufs, tartes au sucre et tartes à l'érable, etc.)

Vous pourrez également acheter du sirop et du beurre d'érable en quantité limitée.

Nous avons besoin de bénévoles pour que cette activité soit un succès.

POUR PLUS D'INFORMATIONS, 334-8884 (demandez Angèle)

NOUS VOUS ATTENDONS EN GRAND NOMBRE.

Association
Francophone
de la
Vallée de Comox

Maple Brunch

Saturday, 18 March 1995 at noon
Air Force Beach Pavilion

Cost: Adults members, 6\$. Adults non-members, 8\$

Children members and non-members (5-12 years) 4\$

4 years and under, it's free.

<<Buy your tickets before March 15th>>

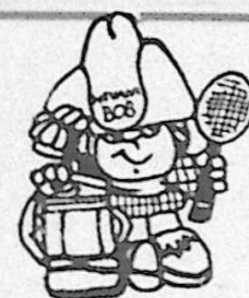
Cost at the door: 2\$ more.

Come to have fun to eat and laugh with your family and friends. We will serve a traditional maple brunch (beans, pancakes, eggs, sugar pies, etc).

We also sold maple syrup in limited quantity.

We need volunteers to make this event a big success.

For more informations or any interesse call, 334-8884 (ask for Angèle).



Blow Out

NEVADA BOB'S DISCOUNT GOLF

March Madness Sale: Mar 11-18

Our 5th anniversary sale last month was snowed out, so we're doing it all over again!

1994 stock, used clubs and discontinued items marked
down to make way for the 1995 stock

CLUBS

USED MLH Titleist DCI 3-PW
New: \$599.99 SALE: \$449.99

LRH Spalding Elite 11-pc Graphite
Reg: \$749.99 SALE: \$599.99
SAVE: \$150.00

BALLS New Ultra 500 BALLS
competition 90s & 100s
Reg: \$26.99 Sale: \$19.99/doz.



MINN KOTA

Electric Golf Caddy

Reg: \$799.99 Sale: \$649.99

ASSIST SWING TRAINERS

"Come Feel the Difference"

\$99.99

WILSON Balls

Ultra High Trajectory

Ultra Low Trajectory

Ultra Competition 100s

Pro Staff Distance 15 ball pack

Your Choice \$19.99

Shoes

Selected shoes reduced to clear from \$29.99

SHOP EARLY FOR BEST SELECTION
Some Quantities Limited



KILLER WHALE

Mid-size

1-3-5-7 Woods

Graphite Shaft

While quantities last

Reg: \$219.99 SALE: \$179.99

SAVE: \$40.00

Come join "CLUB NEVADA BOB'S" - Vancouver Island's newest handicapping service and save even more!

A Sale of this magnitude will NOT be repeated
for another 5 years (unless we get snowed out again)

830 Cliffe Ave
Courtenay, B.C.

338-5596

Open Mon-Sat
9:30 am - 5:30 pm

Section News

Better Service from Supply



Over the past few months, every section within our organization has undergone changes to effect better customer service. This has caused us to be lax in writing our articles as we have all been so caught up in the new and improved ways of doing business within Supply.

General Stores is again undergoing massive changes, beginning with an almost complete change of staff since our last article. PO2 Ian Campbell has taken over the reins. Of course he was riding a desk for so long in Customer Services that he had to dust off his saddle before he could undertake a warehouse job, but he has jumped right in and attacked the next batch of changes. General Stores also welcomes Cpl Will Slater, Cpl Vicki Smith, Cpl Mark Sampson, Cpl Rob Boisclair, and MCpl Micheala Staples. Sgt Dwayne Neustaeter had to hobble over to Customer Services to take over the show there. He also has implemented some major changes, like those concerned with Cadet accounts. Cpl Frank A'Hern and LS Lorne Cooper followed him from General Stores to assist in the new and improved version of Customer Services.

MCpl Raymonde Fortin, Cpl Al Green, and Pte Darryl Eckhardt are the newcomers to the Purchasing cell. LPO has instituted new purchasing forms to speed up the purchasing process. The petty cash clerk now has a credit card. (Hope she didn't see the Flintstones "Charge It" episode.)

Data Control also hold a new face in the person of Cpl Colin Smith. DC3270 is the new improvement in this section. Data Control has been training Supply personnel for on-line text retrieval, inquiries, and E-mail over the past few months. They are in the process of gaining access to the CFP181 and the CFP137 as well. They should be receiving new equipment in 1997. (That only sounds like a long time away, after all it is 1995 already.)

The MIS/Stocktaking cell has welcomed Cpl Joanne Houston and MCpl Pam Patterson. (I understand that tons of work is being processed in this section now, especially in the area of Supply morale building.) They have saved a lot of people some time by streamlining the MIS reports to eliminate the monthly meetings. They also expect many more changes in the future once their move

is completed.

Material Processing Section greets their new person, Cpl Joyce Mills. They have computerized their contracts, thus speeding up processing. Just one change so far, but they are anticipating many once their move is completed.

6 Group has not made any major changes as of yet, but they have welcomed Cpl Holly Parsons, so it is anticipated that there will soon be major changes in regards to computers.

CE Supply is still anticipating more change. We have streamlined all of our paperwork enabling much faster customer service. Lately, we are just being reactive to CE and the sociotech process. It is, and will continue to be, extremely interesting. We have implemented some changes that have affected the rest of the wing. Screws, plywood and any other locally purchased items are not issued from CE unless on an approved Work Order. This is to ensure that correct controls for this type of material are in place. It is expected that shortly there will be an area for all customers to pick up items such as screws and S hooks for occasional use and this will be announced at the soonest opportunity. In this time of little money there is a definite need to keep tabs on all types of material so the days of "I just need a couple for..." are gone. Justification is a requirement.

3 Group has streamlined their ordering processes but they had already begun their changes and have been in the new and improved version for quite a while. Things are going well but they are keeping their eyes and ears open for any other ways to improve their customer service.

1 Group has undergone both changes and personnel moves as well. They have been joined by Cpl P.J. Giese as the IOR Clerk, Cpl Chantal Roy and Cpl Terry Sander. They also have completed their SLAR (storage location audit report), which has resulted in increased efficiency for the Supply group. A new SSS account has been created to support 414 Sqn when they are away. The 2nd line repairs process has been streamlined, providing much better control of repairables.

POL has given up some tasks as well as a person. AV POL is now looked after by refuelling pool and ME fuels are handled by 3 Group. POL is about to begin the tank cleaning which involves draining water and a very busy time, so if you are trying to call them and they are not around, they are probably outside.

Quadra Supply has been invaded by MS John McCluskey, who has taken over the Supply Section with gusto. They have acquired a tent for the compound to improve storage capabilities both for amount of space and security. They have moved some items around but mostly they are just getting prepared for another

onslaught of cadets this summer. Good Luck!

Clothing Stores has also implemented many changes. They have changed their hours to facilitate improved customer services. The new hours are 0730 hrs to 0900 hrs for appointments and 0900 hrs to 1500 hrs for exchanges and cash sales. If you have a requirement for a return, such as release or retirement, you are asked to call for an appointment and your friendly Clothing Store staff will accommodate you without interruption. This also assists for issues such as the ECOWWS (extreme cold wet weather system) for the flight lines. MCpl Dean Battersby has taken over control of clothing and has welcomed Cpl Al Reindeau, Cpl Roy MacLellan, Cpl Jay MacDonald, LS Mike Kewell, and Cpl Suzanne LaPointe. He will need all these new faces to assist him in the wall to wall SLAR that he has started.

The Supply Orderly Room has also seen changes although the changes are more in a shifting of work as most of the other Supply sections are doing their own typing using their own ADP equipment. MCpl Sandy Stavenjor has become the "Collector" and as I have heard it, you don't want to owe her any money or say "No" to purchasing her tickets.

The SGO/D and SGO/T have relocated as well with WO Reg Lavoie now found in Clothing Stores and WO Art King in General Stores. There has been surprisingly little feedback on this. I wonder if it has something to do with fear?

We have developed a wonderful plan of consolidating Supply all under one roof, together with CMTT. The plan is still pending approval but it is expected that it will be approved and LPO, MIS/STKG, Customer Svcs, MPO, MCO, SCO, Data Control will be co-locating with General Stores. This will greatly enhance customer services as customers will no longer have to travel to the various buildings to accomplish the required tasks. It will also improve comradery within Supply as we have always been so spread out that it was difficult to get to know each other. (Scary thought, getting to know each other, I mean.)

We recently said farewell to MCpl Gary MacLaren on his retirement from the CF after 20 years service. A farewell function was held in his honour at the golf club and a good time was had by all. We take this opportunity to send Gary and his family (soon to be larger) our best wishes for his future endeavours.

We also tried to say goodbye to Cpl Diane Smith, but she was unable to attend the function due to circumstances beyond her control. We understand it had something to do with why she submitted her release - children. We wish her all the best in her new position, a very important one at

that.

The recent Supply Ski Day was also enjoyed by all who attended, except for Jean. We wish her a speedy recovery and wonder if she will be attending these events in the future.

Well, judging from the length

of this article, the story used in the past to get out of writing them "But nothing ever happens in Supply" isn't going to work any more. We will have to come up with a new and improved excuse. So, until next time, Servitum Nulli Secundus.

Aviaquiz Answers

from page 5

1. Six members of the US Army Air Service in 1924. Their aircraft were Douglas World Cruisers. Of the four Cruisers that started out on this venture, only two, the Chicago and the New Orleans completed the journey. The flight distance of over 26,345 miles was covered in 175 days.

2. It was the world's first controlled pitch propeller, designed by Wallace R. Turnbull of Rothesay, New Brunswick. First tested by the RCAF in 1927, the patent rights were sold by Turnbull, to the Curtiss-Wright Corp. of the U.S. and to the Bristol Aeroplane Company in the U.K.

3. At an air show in Milan, Italy in 1910. An Antionette monoplane flown by Rene Thomas of France, rammed a Farman biplane piloted by Capt Bertram Dickson of England. Both flyers were seriously injured, but survived. In 1911 Dickson predicted the emergence of the fighter plane, and went on to serve with distinction in the FRC during WWI.

4. The US government refused to license single-engine airliners for safety reasons. This led to the increased development of twin-engine aircraft.

5. It was the Ford 4-AT Trimotor of 1926. An all-metal aircraft, it was the Ford company's sole venture into the aviation field. Trimotors gave widespread service across the US and Canada, and were tough, reliable workhorses.

6. "Sodbusters" were farmers. "Barnstormers" were ex-US Air Service pilots. In 1919 these pilots were able to buy US government surplus Curtiss Jennies for a

small sum of money. Aircraft at that time were still a novelty to the general public. The "barnstormers" would travel to farming communities, offering to take farmers, etc. up for a "hop" at a nominal fee.

7. On 5 Oct 1914 a French corporal, Louis Quenault, was flying as an observer in a Voisin recon aircraft piloted by Sgt Joseph Frantz. The Voisin had been newly fitted with the British Hotchkiss portable machine gun for its evaluation as an air weapon. Over the city of Rheims, they were attacked by a German Aviatik. Quenault opened fire with the Hotchkiss and the Aviatik plummeted to the earth in a ball of flame. This event is recorded as the first air to air kill.

8. The Sopwith F-1 fighter became known as the "Camel", due to the humped fairing which covered the butts of its twin Vickers machine guns.

9. This term was used during the bi-plane era to describe those aircraft whose upper and lower mainplanes were of unequal span.

10. The controversy of who actually downed Baron Manfred von Richthofen, Germany's top scoring ace, raged on for many years, even to this day. The Royal Flying Corps claimed that Capt Roy Brown, a Canadian of 209 Sqn RFC, was the victor. Richthofen's Fokker triplane crashed close by some trenches manned by Australian troops. They made the claim that they had downed the "Red Baron" with their rifle fire. This argument was never settled!



PITCH-IN AND RECYCLE



Junior Ranks Mess UPCOMING EVENTS

10 March: TGIF Crib. Food served at 17:30 hrs.
17 March: St. Patrick's Day Dance

Advance tickets sold from 1-13 Mar. Tickets are being sold at the Bar by Acquittance Roll only and by cash at the Mess Manager's Office. Advance ticket prices: Members \$5.00, Non-members \$7.50. Tickets sold at the door will be \$7.00 for Members and \$9.50 for Non-members.

18 March: House Tournament: 11:30-5:00 pm. Shuffle cans and Euchre

28 April: Comedy Night

Advance tickets will be sold from 10-24 April. Lots of laughs. Come and enjoy yourself. More to follow!



COMOX MILITARY FAMILY RESOURCE CENTRE

MYTH BUSTING PART III

MYTH #3:

WHY DOES THE CF COMMUNITY NEED THE SERVICES OF FAMILY RESOURCE CENTRES NOW, WE MANAGED TO GET ALONG WITHOUT THEM BEFORE?

FACT:

The need for support services for military families has always existed. However, the need has not always been recognized. In 1986, the CF conducted a study of military families. This study drew attention to the problems that military families have been coping with for many years which included:

• Lack of input into decisions which affect family and community life.

• Lack of validation of spouses needs.

• Paternalistic attitudes which result in feelings of loss of control and powerlessness.

• The attitude that not being able to cope with the military lifestyle

or that seeking help for personal problems are signs of weakness.

In addition, family structure and the roles of men and women have undergone considerable changes. Today we have more single parent, step parent, and common-law families. Also, more women are working outside of the home rather than staying at home. Furthermore, a married couple today, tends to view their relationship as a partnership with an equal sharing of the household chores, the decision making responsibilities and the nurturing and raising of children. All these changes contribute to more stress for individuals and families.

It has been recognized by the CF that the health and well being of the family has a direct impact on morale, retention rates, job performance, and operational effectiveness. The implementation of Military Family Resource Centres across Canada was a clear recognition that a closer relationship needed to be developed between the military system and the families. Increased involvement and communication benefits everyone.

WO and Sgts Ladies Social Club

It is time once again to fill you in on what has been happening in our club. In February, we had a Valentine Dessert Party. Everyone was to bring a dessert and therefore we had a nice array of desserts for sampling (and a few extra pounds). A heartfelt thanks goes out to Bev Hambly for organizing and decorating for this event.

On 13 March at 7:30 pm we will be having a Tacky Tourist Night. We have a guest speaker coming from the Cruise Ship Centre in Courtenay to fill us in on cruises. There is also a dress code for this evening; the wackiest, tackiest clothes you have in

your closet (or your husband's). We hope you will dress up to make this night more entertaining.

Also coming up for April is our annual fashion show. It is shaping up to be an entertaining evening. We have selected stores from the Comox Valley to promote local businesses. There will also be a nice door prize. The tickets for the fashion show will be \$5.00 each and will be sold by our club members or by contacting Amie at 339-5846, or Colleen at 338-2283. For more information keep watching the Totem Times.



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Upcoming Workshops

Chocolate Making

Learn to make home-made chocolates in time for Easter in this two evenings workshop of creative candy making! You will learn how to make turtles, cherry blossoms and cream filled chocolates. Limited space is available so register early.
Date: April 4th & 5th
Time: 6:00 - 9:00 pm
Location: CMFRC
Cost: Fee for supplies \$7.00 to be paid at time of registration
Registration: Call 339-8290.

Bunny Baskets for Easter

A novel gift basket or charming centre piece for your holiday dinner.
Date: April 6th
Time: 6:00 - 9:00 pm
Location: Parish Hall
Cost: \$10
Registration: Call 339-8290



Child Care Programs

• **Precious Little People Preschool**
Licensed preschool for ages 32 months - 5 years
Information/Registration: Call 339-8290

• **Precious Little People Childminding**
A licensed playgroup for children 18 mth - 5 yrs
Tues. & Thurs. 9 am - 12 pm
Location: Wallace Gardens Community Centre
Monthly registration or drop in available
Fee: \$7.00 per morning

• **Toy Lending Library**
Wednesdays between 1:30 and 4:00 pm. Membership is only \$10 per family for one year.

Youth Activities

• Mar 12th **Video Pizza & Pop (12 - 14 years)**
Cost is \$2. 6 - 9 pm CMFRC

• Mar 17th, **St. Patrick's Day Dance (12 - 14 years)**
Cost is \$2/military family member & \$3/guest. 7 - 11pm at the Wallace Gardens Community Centre.

• Mar. 19th, **Skiing Mt. Washington**
Call the CMFRC at 339-8290 for more information. Registration Deadline: 16 Mar 95

• Mar 24th **Spring Break Beach Dance (15 - 18 years)**
Cost is \$2/military family member & \$3/guest. 7 - 11pm at the Wallace Gardens Community Centre.

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Question: Puis-je continuer/débuter l'assurance vie Couverture Après Libération?

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Renseignez-vous auprès de votre représentant du RARM, M. Mick Phillips au 1-604-658-0222, consultez votre conseiller du RARM, ou appelez sans frais le 1-800-267-6681.

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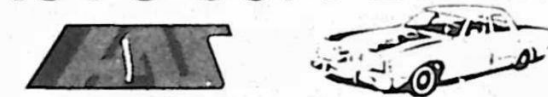
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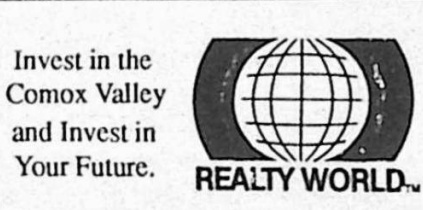
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Public Announcements**L'Arche Association
Speaker**

There will be a presentation about
L'Arche Association on 14 March
at 8:30 pm at the Parish Hall on
the base. Everyone is welcome to
attend.

**Personal Exercise
Programme**

There is a PERI supervised
PEP Program at the Rec Centre
Mon to Fri from 0730 - 0830. All
members who have failed their
CF EXPRES Test and are on
Remedial PT are encouraged to
attend. Members will have half
the gym to work out in. Also
those who wish to improve their
physical fitness are welcome to
attend. For more info contact the
Rec Centre, Loc 8315.

**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 com-
pany of their guardian.

Western Line Dancing

For all ages. Call 338-1266 for
more information.

**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.

**19 Wing Pacific Divers
Scuba Club**

Hours of Operation:
1830 - 2000 hrs, Monday and
Thursday nights.

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.

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Officers' Mess Ladies Club

FASHION SHOW

"Cruising Into Summer" fash-
ion show will be held in the
lounge of the Officers' Mess on
Wed 15 Mar at 7:30 pm (doors
open 6:30 pm). Cost \$5.00 mem-
bers, \$7.00 guests. Need tickets?
Call Karen 339-9102 or Linda
339-3211.

Gym Hours
Mon-Fri: 0600 - 2100 hrs.
Sat: 1300 - 1700 hrs.
Sun: 1300 - 2100 hrs.

Mon-Fri

1100-1300 military and

DND employees only

Sat

1300-1700 casual use

Sun

1300-2100 casual use

Squash Court

Bookings available from

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1100-1300 military and DND

employees only

1600-2100 casual use

Sat

1300-1700 casual use

Sun

1300-2100 casual use

All squash court bookings will

be done 24 hrs in advance only.

Phone Loc 8782

After 1600, Loc 8315

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ANNOUNCEMENTS**

NHL/Noon-hour
Hockey League
(Shinny)

WHAT: Noon hour Shinny
WHEN: Tues, Thurs & Fri 1130-
1300 hrs.

WHO: Military members and
DND employees.

Add some noon hockey to your
fitness program. All players wel-
come, especially goaltenders.
Full protective equipment man-
datory.

Public Skating

WHEN: Sat 1300 - 1430 hrs.

Sun 1200 - 1315 hrs.

WHO: Open to general public

COST: \$1.00 adults, 50 cents

children.

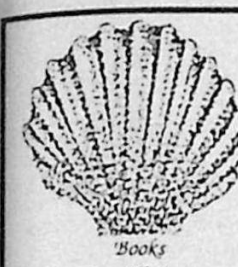
Skate Sharpening

Mon-Wed: 1700 - 2000 hrs.

Thurs: 1700 - 2100 hrs.

Sat-Sun: 1100 - 1400 hrs.

1700 - 2000 hrs.

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3. Accident.....Steel
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5. Angel.....Bradford
6. Tango Box.....Brooks
7. Keepers of the Dawn.....Silver
8. Murder on the Potomac.....Truman
9. Nightfall.....Stuart
10. Swimming with Dolphins.....Pizzey

Casual Bowling
Friday 6:00 - 9:00 pm
Sunday 1:00 - 4:00 pm

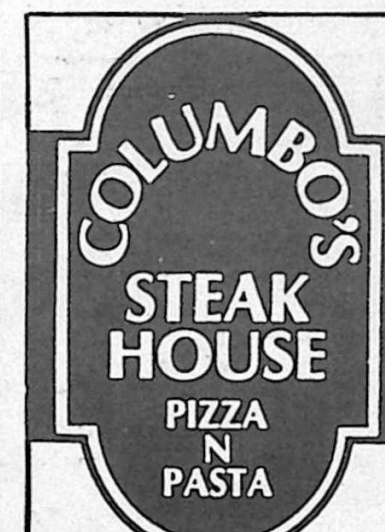
Youth Bowling League

Saturdays at 9:30 am

Anyone interested in register-
ing their children for the Saturday
league can contact the coordina-
tor, Byron Tordoff, at 339-7852.
The kids have a lot of fun and get
professional coaching at the same
time.

We book parties for sections,
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Alley telephone local is 8351
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miliar with down home Acadian
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Ph: 335-1194, leave message.

Volkswalk

The Comox Glacier Wanderers
will be having a 10K Guided
Volkswalk on Sat 18 March.
Registration will be at The Lee-
ward Pub, 8:30 for 9:00 am start.
Everybody welcome. For further
info: 339-4145.

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BUFFET DINNER
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TICKETS AT THE DOOR:
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