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TOTEM TIMES

19 Wing CFB Comox B.C.



VOL 38 NO 6

THURSDAY 28 MARCH 1996

COST: PRICELESS

414 deploys to NAS Miramar

by Capt David
"Crawdad" Krayden,
WPAffo & honorary
Black Night

"This is awesome. He's coming over to check us out," says Capt Ken King of 414 Sqn. The "he" that Capt King refers to is a US Navy F-18 Hornet which is about 20 feet from the left wing tip of our T-33. The navy jet has intercepted us and is protecting its home base directly below us: the USS Carl Vinson, a Nimitz-class aircraft carrier, home to over 5,000 men and 90 combat aircraft. The Hornet is a particularly menacing fighter aircraft, especially when it has just rolled over from a half mile away and parked itself outside your canopy. Were this not an exercise, the F-18 would have no difficulty in obliterating our 44 year-old T-Bird; as it is, though, this is the first day of flying at the Pacific Joint Task Force Exercise at NAS Miramar, and moments later our formation of four T-33s establishes an historic first as they overfly the aircraft carrier at about 300 feet. Over the intercom, as well as on our own aircraft, shouts of triumphant joy can be heard as old meets new and we roar over our principal exercise target.

These guys have slammed a home run. Both the sky and the Pacific Ocean are clear and blue. It's a great day and everyone knows it. But it's only day one of flying, and the real exercise hasn't even started yet. This was just a scouting mission, a show of force, a chance for we, the hostile Orange forces, to survey the exercise area and, if possible, find the prey. We did.

From 10-17 March, 414 Sqn flew 36 missions as part of its participation in the Pacific Joint Task Force Ex. Accustomed to principally flying with Canadian and US Air Force aircraft as well as providing combat support to Canada's Navy, the squadron had never worked so closely with the USN. How do you describe an exercise like this? It is an experience for anyone wearing an Air Force uniform. This is a sweeping spectacle involving USN F-18s, F-14 Tomcats, battleships and a carrier; incorporating USAF F-16s and AWACS; and a



414 Sqn T-33s fly formation with USN E-A6Bs.
(Photo by Capt Krayden)

combat support squadron from 19 Wing Comox with an enthusiastic team of seven pilots, three electronic warfare officers, seven maintainers and one public affairs officer. To make this a truly continental exercise, one pilot from 14 Wing Greenwood's 434 (CS) Sqn has made the trip west to join forces with 414 Sqn. About 12,000 sailors and airmen are ready for action, at one time there are 37 aircraft either pursuing or defending the Carl Vinson. This is the big time.

only that, but we can do this sort of operational support cheaper than anyone else. If they don't use T-33s, they have to use Learjets, at about 10 times the cost. The T-33 is a cost-effective aircraft," says Maj Harris. The relative inexpensive nature of the plane is making it an increasingly welcome guest at combat exercise all over the US and that is a source of pride for everyone who works in, on or around a T-33.

The high esteem in which Cana-



T-33s over San Diego on the way to the Pacific.
(Photo by Capt Krayden)

The principal mission of 414 Sqn in this exercise is to simulate Exocet missiles. The T-33 is difficult to track on radar and can effectively surprise naval defence systems.

"Despite the age of the T-33, it has a very small radar cross-section and is difficult to detect on radar because of its rounded shape," says Detachment Commander Maj Chris Harris. "Not

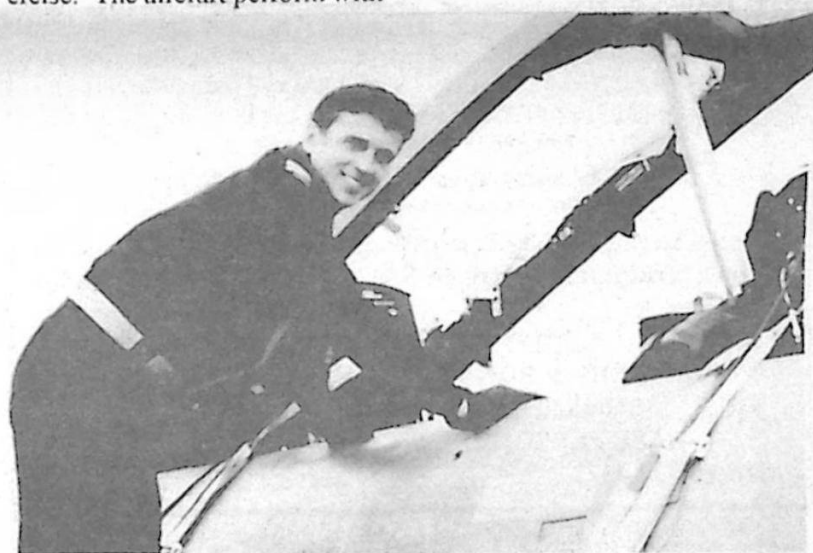
dian participation is held by our American hosts is obvious during the in-brief. The exercise commander of the Orange forces, USN Cdr Byron Crow, called the 414 contingent "vital to the exercise." At the core of that exercise is a real-world scenario designed to test the combat effectiveness of the Carl Vinson, which is scheduled to depart shortly for an overseas deployment. Approximately

one-third of the crew will depart and as Cdr Crow illustrates, "this exercise is their graduation, a real-world scenario designed to test a multiplicity of operations." The objective of the T-33 is to try to get as close to the carrier as possible without being detected by the ship's radar system. The pilot then simulates a missile dive and seeks to avoid being "killed." Obviously, as Cdr Crow is quick to point out, the T-33 cannot replicate either the speed or angle of descent of the Exocet missile, but these factors are built into the exercise. The aircraft perform with

great efficacy despite rigidly enforced flying routes and overlapping hot areas. Navigator Capt Graham Edwards thinks the T-33 could be even more difficult to detect if the parameters of the exercise were slightly more flexible. "If we came in from the south, I'm sure they'd never see us coming."

For detachment OPI Capt Joe Mahoney, no matter what the constraints of the exercise, it represents a tremendous opportu-

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Detachment OPI Capt Joe Mahoney inspects the cockpit before take-off.
(Photo by Capt Krayden)

Happy Easter!





Legion Log

BRANCH 160 COMOX 339-2022

ENTERTAINMENT:

Fri 29 Mar - music by NORM'S COMBO
Fri 05 Apr - music by ELDORADO
Fri 12 Apr - music by ALLEYCATS
Sat 13 Apr - Branch and L.A. Honours & Awards Night
Branch Upper Hall.

Fri 19 Apr - music by CONTINENTALS
Fri 26 Apr - music by ABOUT TIME

REGULAR EVENTS:

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

BRANCH 17 COURTENAY 334-4322

REGULAR EVENTS:

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

Sage ... 29 March
Wild River ... 5 April
Andrew Schmidt... 12 April
Norm's Combo ... 19 April
Eldorado ... 26 April

EUCHRE.....every Monday night 7:00 pm
PUB DARTS.....every Tuesday night 7:30 pm
FUN CRIB.....every Wednesday night 8:00 pm
FUN DARTS.....every Thursday night 7:00 pm
SUNDAY CRIB.....Sun. 28 April at 1:00 pm
BARGAIN DAY.....every Wednesday, all day
BBQ LUNCH SPECIALS.....every Weds & Fri 11:30 am - 1:30 pm

General Meeting Tuesday, 23 April at 7:30 pm

Special Event: EASTER DRAW on Sat 30 March at 7:00 pm
Hams, turkeys, etc. Music by SAGE. Food available @ \$1.50
per plate.

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BASE PERSONNEL WELCOME AT BR. 17

Office: 334-4322 Service Officer: 334-3613



St. Michael & All Angels Chapel Services for Holy Week

31 March	Palm Sunday	1000 hrs.
04 April	Maundy Thursday with Holy Eucharist	1930 hrs.
05 April	Good Friday Service of Reflection & Meditation	1500 hrs.
07 April	Easter Sunrise Service at Air Force Beach	0700 hrs.
07 April	Easter Celebration of Holy Eucharist	1000 hrs.



19 Wing hosts Safety Management course

19 Wing hosted a three day Safety Management Course from 12-14 March. This course was designed to familiarize civilian and military supervisors, managers and workplace safety and health committee members on their various safety responsibilities and functions in support of the 19 Wing General Safety Program.

The Safety Management Course covered the main elements of the DND/CF General Safety Program. Topics included Safety Policy and Program Management, Safety Councils, Committees, Joint Occupational Safety and Health Committees, Safety Standards and Precautions, Safety Training Inspections, Accident Investigation Reporting and Analysis, Personal Protective Equipment, Hazardous Materials and Safety Motivation and Promotion.

MOC 500 badges

The restructure of the MOC 500 occupations has created a requirement for three new occupation badges. The new occupation badges are for 514 Aviation (AVN), 526 Avionics (AVS), and 565 Aircraft Structure (ACS) MOCs. Note: the current MOC 500 occupational badges are not to be reused.

All 500 series occupational personnel are encouraged to submit their ideas to Air Command Headquarters through their Employment Training Office (ETO). Deadline for submissions is 1 July 96. Once all submissions have been reviewed, the best three for each occupation will be circulated back through the MOC 500 community and members canvassed for preference for their occupation. The final choice will be by majority vote.

All inquiries can be made to Air Command HQ, Aircraft Occupational Management (AOM 3), MWO M. Koropatniski. Autovon 257-2149.

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Accident free 6 months

The passing of February marks a major milestone in Air Command history. For the first time AIRCOM has gone six months without an air accident. To all personnel contributing to our Air Forces, I send my congratulations. Given that this has occurred in a time of tremendous pace in operations and severe fiscal restraints with its downsizing and re-engineering, it is testimonial to the professionalism, excellence and teamwork this command espouses.

Accidents reduce our operational capability and rob us of precious resources. The challenge is out to the leadership up and down the chain to rid ourselves of accidents through smart risk management. It can be done. It is being done. Again, to all of you - BRAVO ZULU.



Our Lady of the Sacred Heart Chapel Holy Week Schedule

31 March	Palm Sunday	10:00 am
04 April	Holy Thursday - 1st Communion - Adoration of the Blessed Sacrament (until Midnight)	7:00 pm
05 April	Good Friday - Veneration of the Cross	3:00 pm
06 April	Easter Vigil	7:00 pm
07 April	Easter	10:00 am

HAPPY EASTER AND MAY GOD BLESS YOU



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SETTING TOMORROW'S STANDARDS...TODAY

Loyalty

by Gen Boyle, Chief of
Defence Staff

As you are undoubtedly aware, allegations have recently surfaced which call into question the loyalty of Canadian Forces members during last year's Quebec referendum campaign.

These unsubstantiated allegations attack the very essence of the Canadian Forces professional ethos. The Minister of National Defence and I want to assure all members of the Canadian Forces that we have complete confidence in their integrity and their loyalty to the Government of Canada. In fact, the MND has stated this very publicly, both in the House of Commons and outside, on several occasions since this controversy began.

It has also been alleged that the Department of National Defence conducted studies during the referendum campaign on "the possibility of a Quebec army." This allegation is false.

The Canadian Forces, drawn from all walks of life and every region of Canada, exemplify the high ideals of our society and demonstrate how Canadians can come together to solve common problems.

NCM pay raise

by Capt Neil Kinley

Unless promoted, it has been a long time between pay increases for members of the Canadian Forces. However, all non-commissioned members of the CF will see a 2.2% pay raise this summer. The Minister of National Defence, David Collette, made the announcement on 7 March, one day after the federal budget was presented. The raise is a pay catch-up, to bring the pay of NCMs into line with the salaries of the federal Public Service. When Public Service pay was frozen, the CF pay levels had not been brought to the required comparable level.

"With this special pay catch-up," said Collette, "the Government recognizes the contribution that members are making to Canada and the need for that to be acknowledged through fairness in pay comparability with other federal employees. Addressing this pay comparability issue is a priority of the Chief of Defence Staff, Gen Boyle."

"This is a major step in the process of demonstrating our commitment to the welfare of CF personnel," said Gen Boyle, "particularly those at the lower end of the pay-scale. While lesser pay shortfall also exists for officers, this could not be addressed by the Government at this time."

The policy of Government has been to have the compensation and benefits of CF personnel comparable to those of the Public Service since the 1960s.

The pay raise is subject to Treasury Board approval and is expected to be in place by early summer. The pay catch-up will take effect 1 April, 1996.

Noisy Miramar

by Capt David
Krayden, WPAffO

The guys from 414 Sqn are back this week after eight days at NAS Miramar, near San Diego, Cal. where they played a key role in the USN's Pacific Joint Task Force Ex. After 36 missions the Black Knights showed "Fighter-town USA" what the T-33 is still capable of.

Miramar is a huge base, with hang-

gars full of F-18 Hornets and F-14 Tomcats. It does create a bit of noise. Noise complaints are not a common occurrence at 19 Wing but now and then the odd agitated resident does object as Maj Chuck Fast and I can both attest. But even in the glory days of the Voodoo we couldn't have competed with Miramar for noise complaints where they get up to 50 a day!

Consequently the Navy takes great pains to avoid overflying busy, populated sectors of San Diego. Landing at Miramar is, to say the least, one big production. You come in high, and twist and turn over a very small flying area until the aircraft is close enough to the runway to land on. For pilots used to landing at Comox it requires a little getting used to.

But most importantly, Miramar is at the centre of a large military concentration, close to NAS North Island and an amphibious base. That means a phenomenal amount of resources can be deployed quickly to create a dynamic exercise scenario. For 414 that means quality training and focussed flying. It means that we should continue to take advantage of this great opportunity.

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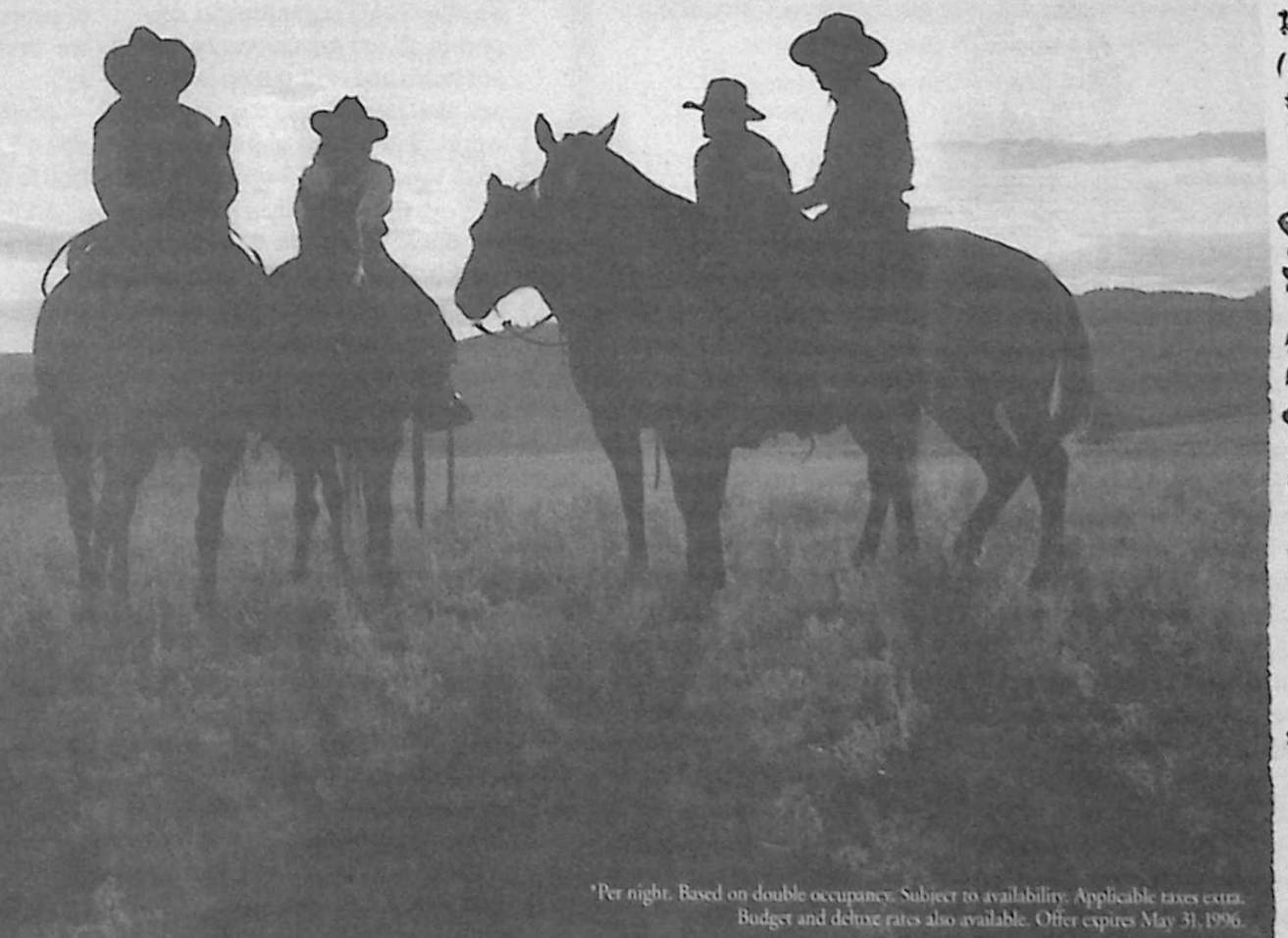
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The Editor gets a word in



I'm not the kind of person that likes to go to social events. In fact, my wife thinks of me as a bit of a recluse because I do not like to have any particular kind of interaction with anybody during my time away from work; I continually propose the idea of moving to some remote location where a long trek by land or water is required to talk to another human being. I particularly dislike formal social events, like mess dinners, just because I feel extremely uncomfortable and am not the sharpest knife in the drawer when it comes to witty small talk and forced politeness. Besides, my gumboots do not go well with a mess kit.

The mess dinner recently held to honour the ARAF retirees, notably Major Rudy Preus, was a happy exception to my no-fun rule. The dinner was organized as an all ranks, spouses included, event that featured live entertainment and a well cooked meal. Having received an invitation from Major Preus some two months earlier, and having worked so closely with him for the past eight months, and since he is an all-round (no pun) good guy, I grudgingly planned for my wife and I to attend. I am very happy that I did because the event was flawless in its execution and a riotous good time to boot.

The reasoning behind the mess concept may be to keep the officers and ncm(s) apart and provide a let-your-hair-down area that both groups can enjoy without career implications, but from what I saw at the ARAF mess dinner the atmosphere was one akin to a large family reunion rather than a formal function. In the spirit of today's one team and the "military family" concepts, the "squadron" mess dinner model has to be the one that does the most to enhance unit cohesiveness and a sense of belonging.

So, you think the latest federal budget was a bit of a non-event. Given that we got the date wrong in the Totem Times, (who noticed?) the whole thing got off to a bad start. Most people I have talked to seem a bit relieved that there was nothing major in the way of cuts to the operating budgets, or that the personnel levels have stayed relatively level. On closer scrutiny, however, the cuts could have a significant impact on us in the not too distant future.

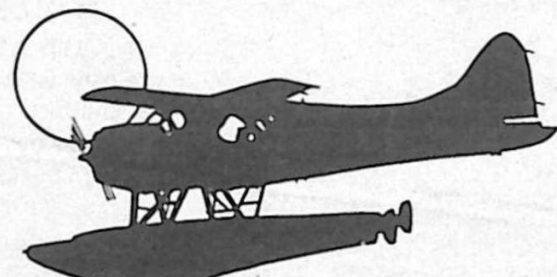
Since most of the money is coming from the capital procurement side (bombs and bullets) the cuts at first appear manageable. A closer look reveals that the procurement per centage of the budget is shrinking to 17% total and this is not enough to sustain the current equipment. An effective fighting force must, in the long run, commit at least 30% of its budget to equipment replacement. The 96 budget cuts were taken from capital procurement because it takes too long to realize savings from personnel cuts. But if we are to remain an effective fighting force, that money has to be devoted to equipment replacement sometime soon. And that means the money has to come from somewhere else...

Joel Clarkston

Dear Sir,
It simply amazes me how history repeats itself and how we fail to learn from our mistakes. At the end of WWI, the supposed war to end all wars, the Canadian people fell into a state of complacency. It was at this time that the Federal Government butchered the Canadian Armed Forces into almost extinction. The people of Canada, on the majority, supported this decision with the thoughts of "saving taxes," "reducing expenditures," and my favourite "we're Canadians, everyone loves us." My grandparents probably remember those carefree days of no threat, a time when our military became another victim of bureaucratic foolishness, supported by the Canadian people. Then an unimaginable event occurred, a strange little man in

Europe with a unique choice in moustaches came along, thinking to expand his country's borders to encompass all of Europe (Hell, we all know Adolf wanted the world). It was only due to the luck of the time that Canada was able to call up her people to fight. Those strong backed, iron willed, patriotic survivors of the Depression era flocked in droves to follow the Canadian Flag into battle. It was a marvel of the time that we could go from nothing to a fighting force to be reckoned with and later, to be remembered and celebrated.

With the close of WWII it started to happen again, our once proud fighting force was being slowly drowned in a sea of political ignorance, it was only the onslaught of the Korean Conflict that stopped these cuts cold in



Letters to the Editor

their tracks (not in time to save our navy, mind you). So Canadians went forth again to protect our interests thankfully better prepared.

With the end of Korea, our military again stood tall and proud having overcome yet another milestone in world history. Then it happened, the men and women who wore the uniform of the Canadian Armed Forces were slowly fading, dwindling in strength and stature, losing the support of the people. It amazes me how great deeds are so easily forgotten.

Through the years of the Cold War our ability to support NATO decreased, our ability to support ourselves ceased. Having to rely on other NATO countries for support in all our operations, bowed our heads and stole our pride. We are the largest country in the world, without the ability to defend Vancouver Island.

With the end of the Cold War, we think "Hell, we don't even need a military at all," but we must keep up appearances, so we send our poorly equipped under strength military men and women to other countries for Peace Keeping duties, into some of the most horrid conditions imaginable. These Peace Keepers perform miracles every day yet are overlooked or blatantly ignored, until a soldier makes a mistake then it's the talk of the town. And, as all this happens, our military continues to be dismembered.

Let's think about what would happen today if the Canadian people were called upon to defend Canadian interests. Look at our youth today, could you picture them flocking in droves to the nearest recruiting centre, to take up arms and lay down their lives to defend our freedom as the men

and women of the 1930's did, or could you see them sitting with indifference, little thought, and no care as to the goings on around them? I think this question will answer itself with little thought.

I know we would all love to experience Global Harmony, Peace on Earth and Universal Understanding but let's be realistic! Every day a new conflict arises somewhere on the planet. Can we be so ignorant as to think it may never directly threaten our fair country?

I am not saying we should have a massive army powerful enough to conquer the world but we should be able to stand on our own feet, confident in our ability to defend our loved ones in times of peace and, God forbid, should we ever have to take up arms again.

Must history repeat itself, or are we human enough to learn from our mistakes?

LEST WE FORGET
Deryk J. McGougan

Dear Sir:
The Comox Valley Unit of The Heart and Stroke Foundation of B.C. and Yukon wishes to thank Sheila Trenholme and Mary Kayes for volunteering to canvass the MQs during "Heart Month," as well as all those who made a donation. The total sum raised by them amounted to \$359.00 which will be used for the fight against Canada's #1 killer - cardiovascular disease. Thank you all very much.

Yours sincerely,
Norman A. Chandler
Unit President

Dear Sir:

We would really like to swap some old puck stories with some old stickhandlers from the 3-Wing Flyers 1968-69 and the Lahr Arrows 1969-70. Retirement is looming!!!

Hope to hear from you.
Sincerely,
Ron & Maxine Laughlin
Box 550, Turner Valley, Ab.
T0L 2A0. (403)933-5244.

Dear Editor:
The WWII Flying Fortress "Sentimental Journey" will fly a couple of circuits over Victoria, Duncan, Chemainus and Nanaimo on July 1 to help us celebrate Canada Day. From July 12-16, she will be on display at Nanaimo Airport, along with a Heinkel 111.

We would like to hear from anyone who has a story to tell about either the Fort or the Heinkel bombers. If you flew them, worked on them, shot them down, or even ran for cover when you saw them overhead, please call Gord Bell at (606) 756-9623, or write to The United Services Institute of Nanaimo North Island, P.O. Box 364, Lantzville, B.C., V0R 2H0.

The Boeing B17 was used in every theatre of WWII. Over 12,000 of these aircraft were built and they were flown by all allied air forces. Heinkels, the main bomber flown by Goering's Luftwaffe throughout the war, first saw action in the Spanish Civil War. During the Battle of Britain, they bombed London, Birmingham, Liverpool and most other cities in England. They also preceded Hitler's Blitzkrieg that overran most of Europe and Russia, destroying cities along the way, ahead of the Nazi army's advances.

This will be the first time the swastika has ever flown over Canada; which may not have been the case had it not been for our young pilots in their Spitfires and Hurricanes (and Defiants...Ed), of whom Churchill spoke when he said: "Never in the field of human conflict was so much owed by so many to so few."

Gordon Bell
(See photos and story page 12 - Heritage.)

Thank you C.E.

To the Editor:
(A letter to CE, filed with this newspaper for publication.)

As Commanding Officer of 407 (MP) Sqn, I would like to publicly thank all the members of the Construction Engineering Team who planned, supported and executed the renovations at 407 Sqn. We are most impressed with the innovative ideas proposed by CE during the planning stages to improve the design, the team's flexibility to accept and implement our requested changes, and the excellent quality of the completed work. Your dedicated approach to the work in progress, your patience in providing a response to the numerous

questions posed during the actual work and your motivation for excellence is indeed noteworthy. It is obvious from your spirit of teamwork and from your pride of ownership in the finished product that Socio-Tech and other renewal efforts have had a noticeable effect on the way you conduct your mission. You are a living testimony to the benefits of embracing other ways of doing business.

On behalf of all the members of 407 Sqn, I wish to publicly thank you for making our work spaces more effective and pleasant to work in.

LCol G.B. Lewis
CO 407 (MP) Sqn

Clementine goes abroad

Dear Kiwis:

I think you should know that I have left Peter Abbott for better prospects on the Operational side of the Wing. My darling Peter-a-bit just doesn't seem to care about me any more. All I did all day long is sit in that dingy, cramped little cell where no one noticed me and frankly, I've had enough of his disinterest in me. After all, a bird's gotta have a life. So, I left him. I've flown the coop. I'm headed off to bluer skies. And do you know what is the absolute worst? He's put my little cell up for rent!!

Fellow Kiwis, I know you will sympathize with me and I want you to know that I haven't deserted you really. You see, Paul Drover has sent me off on a "World Trainer" with some gorgeous pilots and I might even make it back to the Kiwi Home World! I'm so excited! I promise to send postcards - hopefully dear Joel will print them - and I promise to return to you!

With lots of love,
Clementine, The Kiwi

The TOTEM TIMES is an unofficial publication of 19 Wing CFB Comox, B.C. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF, or other agencies. In case of typographical errors, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Material may be reprinted with attribution.

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OFFICE HOURS
Thursday 0900 - 1600
Deadline Friday 0830 - 1600
Monday 0830 - 1600
Tuesday 0830 - 1200

Civilian Reduction Plan deadline looms

The civilian reduction plan is underway at CFB Comox with 48 CRP offers having been made to date. Under the civilian reduction programme (CRP), the Department of National Defence will make a special one-time departure incentive offer to indeterminate civilian employees affected by a reduction or a facility closure. The compensation package includes a financial component and a training/education option.

The deadline for acceptance of the CRP offer is 31 March 96.

24 Hour Relay for good cause

Stuffed toys on the crossbar of two tall pillars guard the entrance to the newly renovated pediatric ward of St. Joseph's Hospital. This cheerful spacious ward is now located in a much quieter area of the hospital. Across the hall is the new parents' room, furnished so that parents and family can visit in comfort. Further renovations call for the addition of an outside patio opening from this room.

In early January, six year old Lauren Miller had the honour of being the first patient transferred to the new wing. The 1994/95 24-Hour Relays raised over \$51,000.00 to help bring phase one to completion.

The 24-Hour Relay Committee's goal for this year is to raise money for the purchase of an exercise module. This piece of equipment will be used in the newly opened Pulmonary Function Lab at the hospital for the diagnosis of asthma and emphysema and in the evaluation of their treatment.

Although the relay isn't until July 6 and 7, it is not too early to start planning to take part. Hopefully as a member of a walking or running team - most certainly as a donor to the cause.

Scotia Bank has already demonstrated their policy of community involvement by joining us as our corporate sponsor. We look forward to their enthusiastic support.



DJ lights up Blind Fund

On 23 April, Capt John Pumphrey presented Sgt Phillips of NBCW Flt with a receipt for \$300, representing his donation to the Military Police Fund for Blind Children (MPFBC). Sgt Phillips turned over his entire fee earned while working as the DJ at a Christmas party. The MPFBC had a very successful year in 1995, raising a total of \$2,980.44 in donations from such events as the Christmas "Tree of Light" campaign, a \$500 donation from the producers of the "Tailhook" TV movie, and from funds raised at the annual RCMP/MP Golf Tournament. We would like to thank all of our corporate and private supporters for bringing a little more light into these children's lives.

April is
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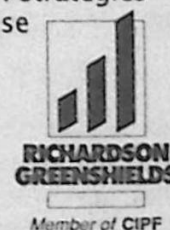
Early retirement decisions should be based on sound financial planning. When I left the CF, I had 3 objectives:

- minimizing my tax liability on cash payments
- maintaining financial flexibility while adjusting to a new lifestyle
- ensuring my retirement goals were met

For a complimentary copy on strategies you can employ to reach these objectives, please call:

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Present:

A Photo Radar Display

18 April
10:00 till 12:00
In the parking lot
behind the Junior
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Find out when, where and why you will be
paying \$100.00 traffic tickets without ever
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Reckless speeder crackdown

In keeping up with the times and moving ahead with new technology, 19 Wing personnel will have a chance to view the new Photo Radar Unit. The display will take place on 18 April in the parking lot behind the Junior Ranks' Mess from 10:00 to 12:00 hrs. Staff Sgt Alex Campbell of the integrated Traffic Camera Unit will answer any questions you may have concerning the Photo Radar Unit. With the growing concern for speed related accidents, new innovative measures had to be taken. On 14 Mar, 95, Transportation Minister Jackie Pement announced a comprehensive traffic safety initiative to reduce the 512 deaths, 47,000 injuries and 94,000 crashes on B.C. roads. These cost taxpayers more than \$2 billion annually. The program is to be implemented in 1996 and is estimated to save 100 lives and \$350 million in health care, insurance and related costs in the first year alone.

Aim of the Speed Management Project...to crack down on reckless speeders. Speed is the most commonly reported contributing factor in fatal crashes. A total 192 people were killed in speed related crashes in 1993. This project will use up to 30 speed monitoring cameras for police to deploy at high-crash and hard-to-enforce locations. The public will be notified of routes being enforced by this equipment. The camera will record the licence plate of speeders and notices to pay will be sent to the registered owner. Owners who were not driving the vehicle may nominate the person who was behind the wheel. For further information, please contact MSE Safety at 339-8211, local 8603.

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National

Defence budget cuts

National Defence's budget will be reduced by a baseline reduction of \$200 million in 1997/98, increasing to \$450 million in 1998/99. In addition, there will be a one-time reduction of \$150 million in 1998/99. These reductions will be achieved through cuts and deferrals in planned capital equipment expenditures, reductions to infrastructure, and reductions in selected activity levels. This, combined with the 1994 and 1995 Budgets, will reduce National Defence's budget to \$9.25 billion in 1998/99 from \$11.8 billion in 1994/95.

The Department of National Defence and the Canadian Forces remain committed to achieving the objectives set out in the 1994 Defence White Paper while adjusting to the fiscal realities of the 1994, 95 and 96 federal budgets. About two-thirds of the defence reduction will come from the capital program. A detailed analysis of the impact of the changes on the capital program is underway.

The elimination of the command-level headquarters, announced in the 1995 federal budget, is on target and will be completed by 1997. In the case of Air Command, a single operational level headquarters will be established in Winnipeg. A contingency operations support headquarters will be formed and located in Trenton, to plan the support of deployed air units.

By 1997, the Canadian NORAD Region Headquarters and its Region Operations Control Centre will be co-located with the operational level headquarters in Winnipeg. CF Base North Bay will be reduced to a detachment which will support NORAD's Sector Operations Control Centre.

Upgrades in communication equipment will make it possible to close CFS Debert, Nova Scotia, in 1996.

by MCpl John Healey

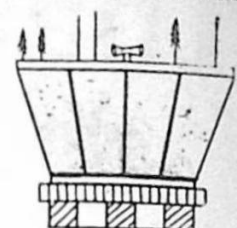
We in Air Traffic Control are getting ready for another busy Spring. The Snowbirds are scheduled for Spring Training and Exercise Amalgam Warrior 96-2 has been scheduled for 8-12 April.

On the social side, the 17th annual ATC Golf Tournament is set for 18-19 April. Keeping with Spring tradition set eons ago, Cpl Bob Joudry and wife Carol welcomed a new addition to the family on 5 March. Catherine Margaret Joudry was born at 1705 PST and weighed in at a healthy 8.5 lbs. Congratulations Bob and Carol, I hope you slept lots in February. Cpl Jamie Marshall was recognized for his outstanding professionalism and dedication to job performance and was rewarded by attending Sourdough Days in Whitehorse NWT. I spoke with Jamie on his return and he said the trip was "a lot of fun." Jamie and his wife Elaine are also awaiting the arrival of their second child, due any day now. Good luck Jamie and keep up the good work. The NCMs in ATC were visited by their career manager CWO Harry Gerstheimer and assistant MCpl Ken Stevens from 18-20 March. The visit was at the end of a nine day trip which included Victoria and Comox. The duo enjoyed the good weather but were looking forward to returning home.

And speaking of weather, I'm sure everyone remembers the "slight snowfall" we enjoyed on 3 and 4 March. Well, I know meteorology isn't an exact science, but the following cartoon represents everybody's surprise.



As the Beacon Turns



ATC and Tech folk took advantage of the wet and white when work resumed on Tuesday by pelting Sgt Norm Leduc with snowballs when he inadvertently got locked out on the catwalk of the Control Tower. Sgt Leduc fought bravely but was overwhelmed by a PA announcement indicating his predicament and selling snowballs for a nickel a shot! Thanks to Sgt Leduc for raising \$52.50 for the coffee fund! Congratulations and good wishes to Capt J.P. Commodore, leaving in April under FRP after four years in Comox. Capt Commodore will be moving to Portage La Prairie.

In closing, a thought from the writer: Air Traffic Control is entering into a new era. With the amalgamation of ATC and AWC and Air T Con and AD Techs there is a lot of uncertainty as to what the future holds for those of us already established in our respective careers. I, for one, look forward to the changes and, hopefully, new challenges that will be available in the future. Recently Capts Sinclair, Masnyk and Cenicola and MCpl Cornack visited our future co-workers in North Bay. The trip was very informative and gave them a chance to see what some of our future responsibilities will include. "Imperare locis suis."

442 Sqn



Soldiering on

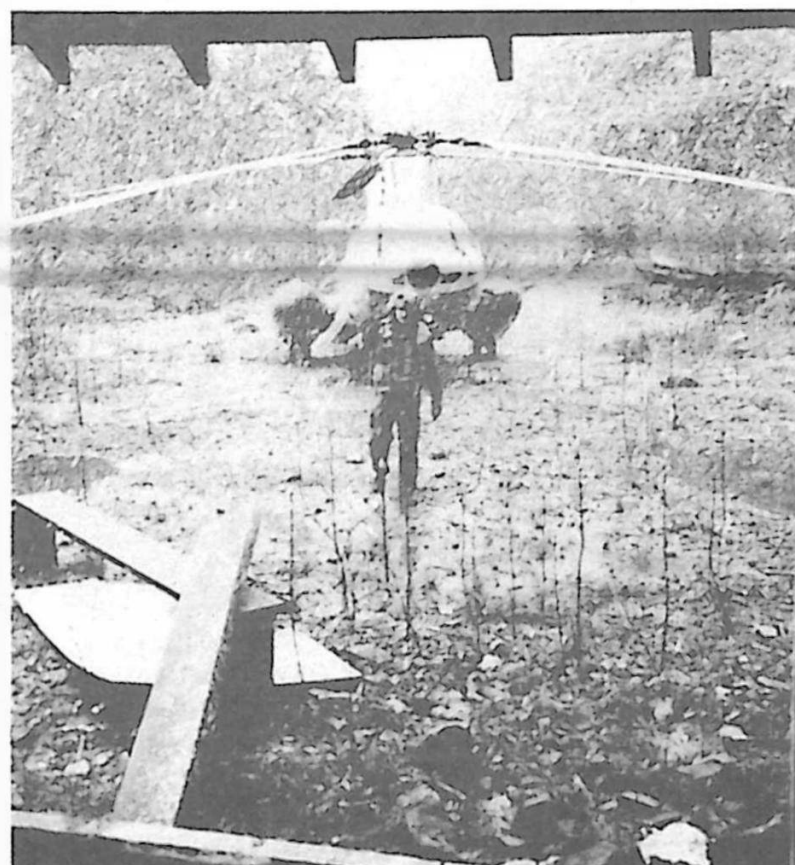
The end of February and the beginning of March have been busy for the Snakes. Despite the weather that kept most aircraft on the south coast grounded, the Snakes maintained their standby commitment. On 4 Mar, when the rest of the base was cowering at home away from the worst winter storm to hit the valley in years, the Snakes were fixing planes and flying out to save lives. Despite the fact that some crew members had to be picked up in the SAR Tech's 4x4, both the servicing and aircraft crews were in doing their jobs.

At the height of the storm a call for help came from a ship 250 miles off the Charlottes. The

weather kept the Lab on the ground, but the Buffalo was able to launch to provide top-cover to a US Coast Guard J-Hawk crew from Sitka, Alaska. The J-Hawk lifted a man, suffering from a ruptured appendix, from the deck of his freighter and flew him to Sandspit. From there he was flown by the Buffalo to Prince Rupert where he was operated on. The mission showed the determination of both the air and ground crews to do their life-saving jobs despite adversities. Through rain and sleet and the dark of night...

On 26-27 February, both the Lab and the Buff searched for a missing boater off Tofino. WO Bruce Koronko spotted the boat five miles off Tofino. The boater's body was found near Bamfield by the Coast Guard boat involved in the search.

On 23 February, while transiting back from a demonstration in Vancouver, the standby Labrador responded to a MAYDAY call north of Campbell River. The weather was so bad for a time that the Lab was forced to land at an abandoned logging site. After an hour on the ground the crew was able to continue searching. Despite an extensive air and water search, nothing was found. It is suspected that it may have been another "crank call."

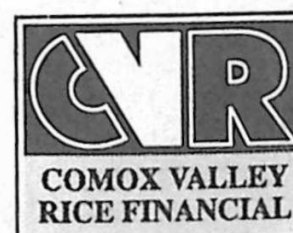


Capt Martin Combe trudges through heavy snowfall toward an abandoned logging camp after stopping enroute to an area north of Campbell River.

(Photo courtesy 442 Sqn)

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Comox Sea Cadets off to National Regatta

Teenage sailors from New Westminster, Comox and Masset placed first, second and third during the week-long 19th Annual Pacific Region Sea Cadet Regatta. From 16-22 March, 42 teams of two cadets competed at the Regional Cadet Sail Training Centre at CFB Esquimalt.

First place went to Cadet PO1 Phillip Douglas and Cadet PO2 Sandra Narrow of New Westminster's 102 RCSCC Fraser. The second place team was from 189 RCSCC Port Augusta of Comox, with Cadet PO1 Christopher McConnell and Able Cadet Robert Peck. Third place went to Cadet PO2 Mercedes McCullough and Ordinary Cadet Nicole Bullbrook who are members of 255 RCSCC Masset-Haida, from Masset in the Queen Charlotte Islands.

The three teams travel to Trois Rivieres, Quebec this summer for the National Sea Cadet Regatta to be held 19-24 August.

Royal Canadian Sea Cadets is a national co-ed program for youth aged 12 to 18 years, sponsored in partnership by the civilian Navy League and the Canadian Forces.

SAR Tech School coming to Comox

The latest budget confirmed what we have all been speculating about for the last year. The SAR Tech School is officially coming to Comox. The Canadian Forces Survival Training School, currently at Edmonton, will be split into two parts and the basic survival training will be taught at Winnipeg. The SAR Tech course will be taught here at Comox and the move could be made as early as this September. The plan is to put the school close, if not on, the current location of the tennis courts, by the Junior Ranks' Mess. The Marine Survival School will remain here and the two courses will be amalgamated.

The cost of the new building for the SAR course will be over one million dollars and the building is planned to be similar to the large metal structures currently in use at Quadra. The design has yet to be finalized however.

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Legion Branch 160 officers installed



Ladies Auxiliary, Branch 160, Comox Legion

(L-R): M. Plank, Sgt-At-Arms; Executive members D. Erickson, B. Waugh, S. Lohnes, M. Donner, P. Chester. Seated (L-R): P. Verchere, Treasurer; J. Davis, 1st V/President; Val Greenlaw, President; Merle Wilson, LA Zone Commander (Installing Officer); C. Ross, 2nd V/President, R. Perrier, Secretary.



Installation of Officers - Comox Legion

Back row (L-R): C. Lawson, NCVI Zone Comdr (Installing Officer); B. Mott, Exec; K. Wellings, Exec; D. Warren, Chaplain; S. Shaw, Exec; R. McGuin, Exec; L. Lohnes, Exec; G.A. Terris, Immed. Past Pres; M.G. McLean, Exec. Seated (L-R): E. Dennis, Exec; R. Becholdt, 2nd V/Pres; F. Shannon, 1st V/Pres; M. Arnold, Pres; M. Mott, Secy; G. Iddiols, Treas; N. Lapointe, Exec; R. Smallwood, Exec. Missing from photo: H. Pruden Sgt-at-Arms; R. Collette, Exec (Photographer).

Save Those Stamps

Please clip and save any used stamps you receive in the mail. They are needed to raise funds to assist cancer victims. This insert is designed to appeal to all of you to put aside as many as you can, to support us in this project. Ask your friends to save as well. Every stamp is important. Please clip the stamps with a minimum of a quarter inch of paper surrounding—do not peel the stamps from the envelope or parcel. Send the stamps to the address below. Please include your name and address. Thank you.

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Don Wyld, CD

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407 Sqn



Demon Doin's

by Capt Sorensen

Welcome to another edition of the Demon Doings. Life continues on the squadron but with an increased pace as we gear up for another fiscal year and what seems to be an increase of flying. Our schedule of events indicates that we'll be doing a great deal of flying within the next three months. Crews will be enjoying trips to Alaska, San Diego, Japan, Chile and Greenland, to name a few. Not to sound too much like a travel brochure, we will be doing a great deal of training. Our trip to Japan, for instance, leaves on 5 April and returns on the 12th. With three days of travel time and two days of flying while in Japan, that will give us two days to enjoy the sights. Still, the crew is more than ecstatic to be given the opportunity. Not all of our time is spent working however and the crews have managed to get out and have a little fun. Crew 2 "Cowboys" deployed to San Diego during mid-March for a US Navy Fleet Exercise and Rodeo Wolf Hunt, an ASW competition. In talking to one of their crew members, not to mention any names, Skinner

seemed to think that they didn't win the competition. But that doesn't surprise me since you have to send Crew 6 if you want to get the job done right. In all fairness, I'll let him tell you about their exploits:

"During our deployment, our crew received valuable training and performed a crucial role for the battle group during the ASW competition phase of the deployment. We will be returning on 22 March for a formal debriefing of the events and an award ceremony.

During the deployment, several of the Cowboys had the opportunity to visit the US Navy's SEAL training centre in Coronado. The physical training program was obviously shocking to most of us present. The idea of treading water for 30 minutes with your arms and legs tied, or doing sit ups with a telephone pole on your stomach just wasn't our idea of fun. Oh well, they have their program and we have ours here at MAG. Hey buddy! Pass the Cor-don Bleu! And what trip to San Diego would be complete without going to Tijuana and bartering with a street vendor for half an hour and then walking away with your souvenirs, blissfully unaware of having paid four to five times what they were worth. In closing, the Cowboys wish to congratulate WO Seabrook on his recent promotion and we would also like to welcome MWO Hagar to the crew."

Much of our operations here on the squadron deal with training. We train pilots to fly better (I don't know why - we're already good), navigators to become TACNAVs, and AESOPS to become better at whatever it is they

do. Sometimes, however, we seem to forget the basics or maybe its just assumed that they are already known. What I am alluding to is an incident that occurred in Whitehorse during Sourdough Days. Naturally, it can be very cold up there this time of year and to keep things running you have to keep them warm. It seems that a certain navigator forgot this principle when he didn't plug his car in, or at least leave it running as most people in the area seem to do. Anyway, to make a short story even longer, George tried to start the car after letting it cold soak, causing the fuel to seep into the oil system and the car to be towed to a local garage for \$\$\$ servicing. The squadron's bad luck with rentals continues. I think we'll keep George out of the cockpit for a while.

Seeing as how I was too busy to attend this year's hockey game between the NCOs and the Officers, I asked a crew member to put

a few words down on paper about the game:

"Once upon a time a 407 officer decided he would teach the NCOs how to play the game of hockey, and the Aircrew Game came into being. They faced off on a rainy afternoon, the NCOs wearing black (reflecting their evil spirits of darkness) and the officers wearing green (...because the NCOs got the first draw on the shirts!). After a minute of silence the battle began. Three long periods did it take for the NCOs to finally claim victory on the courageous officers who demanded a rematch as the end-of-game bell rang. Thanks to: Denis "The Tiger" Choquette (organiser), Mike "Camera Head" Cook (camera guy), Reggie "The Wall" Laplante (posters and video producer), to all the participants, and to our beloved fan (notice the singular). A video of the game is available but, due to the violent nature of this video, is restricted to anyone who

cheered for the NCOs. (Sounds to me like someone's a poor loser!) Se ya later, Flap." From what I gather, the only reason the NCOs won was because of the expert playing of Mike "The Ringer/Turn Coat" Krak. Thanks for helping them out, they need all the help they can get...or do they?

In other news, we are anxiously awaiting the Treschers' new arrival. Personally, I voted that he would arrive on Saturday morning weighing in at 9lb 4oz. We should know by the time this comes out in print. If she doesn't give birth by then, then I really pity Cheryl. We also would like to welcome MWO Hagar, WO Thorne and MCpl Rama to the squadron. Welcome to the land of milk and honey.

That's enough for now, so we'll see you later and good luck on your PERs.

Kuznetsov up close

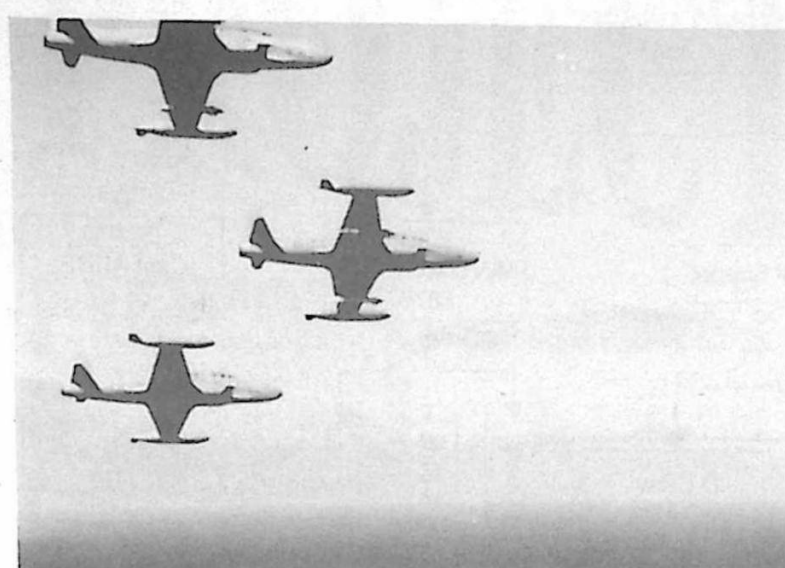


"Canadian Aurora, you are cleared to land!" might have been the reaction of the air traffic controllers aboard the Russian aircraft carrier *Admiral Kuznetsov*, as an Aurora crew from 14 Wing Greenwood flew over the Russian Northern Fleet vessel while it was being resupplied at sea near Great Britain in mid-March. *Admiral Kuznetsov*, the centrepiece of a Russian naval task force, was believed to be enroute to its home port of Sevastopol following a deployment to the Mediterranean Sea.

While most Canadians may not be familiar with the aircraft carrier, the supply ship *Dnestr*, at right, is no stranger to the many who toured Northern Fleet vessels when they visited Halifax in 1993. The Aurora crews, which maintain surveillance along the maritime approaches to Canada and participate in many other parts of the world with NATO and other coalition forces, were enroute to Canada from a NATO exercise when they flew over the Russian task force.

414 at MIRAMAR

Continued from page 1



T-Birds prepare to overfly USS *Carl Vinson* aircraft carrier which can be seen in the distance. (Photo by Capt Krayden)

nity to train and to fly. "Just look at the air resources around you. We've over-flown a carrier for the first time. We've flown formation with EA-6s, we've flown 36 missions and only missed one session because of weather. This is great flying." Capt Mahoney, who had the formidable task of planning and coordinating all the logistical and administrative requirements of a major deployment to a US base, has helped create an exercise that everyone agrees "went off without a hitch."

For the ground crew, not usually deployed with the squadron, the exercise is particularly satisfying. They have been given an entire maintenance area inside an empty hangar. They have all the resources they need and as the chief tech, MCpl Brian Timman says, "This is just like being at home." The days are long for the ground crew, arriving at 0500 hrs for those early flights and sometimes they are there until the late afternoon or early evening. MCpl Timman has a detailed inventory and a list of every item required to maintain a T-33. Everything is priced and classified as being available locally. He has done his homework.

The obvious benefit of bringing ground crew on the road is the availability and quality of service. The men know these aircraft very well. Unlike American crews,

who haven't worked on the T-Bird for about 10 years, our techs are familiar with every nut and bolt and proud of it.

"Provided we are given good facilities and adequate resources, as we certainly have been here, we can give the best maintenance support possible."

Giving the best support possible is perhaps the best encapsulation of this exercise: giving the best combat support possible. Despite the splendour of the surrounding area - let's face it, this is a great place to spend a week - the aircrew are in bed relatively early every night. There are some very early flights and not too much enthusiasm for staying up past eleven. During the days, there are some off-hours but even then one group couldn't resist spending three hours at an S-3 simulator one Friday afternoon. These guys live for flying and sometimes you might even think it lives for them.

They'll be coming back to Miramar. It's cost-effective flying, rare opportunity training and a solid contribution to the Alliance. Canada derives tremendous dividends from its military partnership with the US through alliance systems like NATO and NORAD. We are well advised to give as much back as we can, especially when it's a win-win situation for both parties.

Good clean fun at ARAF Mess Dinner



Maj Preus dances the light fantastic after some lessons from "Tutu Man." The crowd was so taken with his performance that they wouldn't let him take a bow; they decided to get the hook instead. (Photo by Capt Cobb)



MCpl Shirley Laneville presents Sgt Debi Perfit with a bouquet of flowers to recognize her efforts in helping organize a very successful retirement dinner. (Photo by Capt Cobb)

WPerO's Top 10 Comebacks

1. But Sir...
2. Ya know...
3. Yeah but...
4. Jeez...
5. You're sick...
6. Oh sure...
7. Great...
8. Excuse me?...
9. What the hell is that?...
10. Mannn

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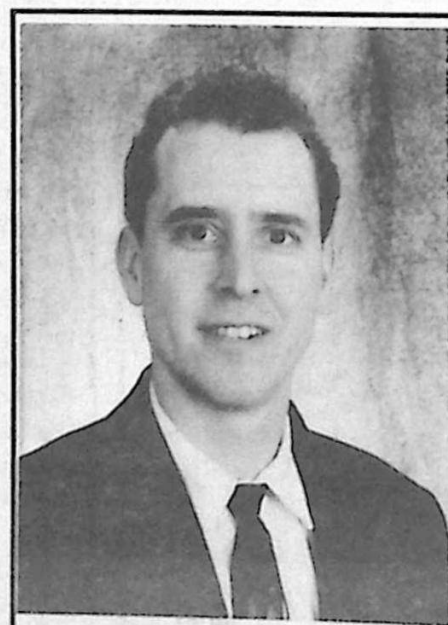
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Maintenance renewal at 407 Sqn

In Nov 95, the Process Design Team (PDT) was formed and 11 407 Sqn members dedicated four weeks to coming up with a new and better way of conducting aircraft maintenance. They briefed their proposal to the squadron steering committee on 19 Dec 95 and subsequently to the remainder of the squadron. Several concerns were expressed regarding their proposals and they were given a chance to respond before any decision was made to proceed. The organization chart represents the changes that will be made effective 1 Apr 96 in forming a 407 Sqn Maintenance Flight. Although many elements of the PDT's proposal have been adopted, others have not for reasons explained in this article.

The SAMEO will be called the Maintenance Flight Commander (MFC) for similarity with the other squadron flight commanders (OFC, AFC, and SFC). The Deputy MFC (D/MFC) will oversee the AMCRO section and assist the MFC in the day-to-day business of the Maintenance Flight. The proposal to divide AMCRO into research and log control and move both of these sections to either first or second line will not be implemented for the time being because of concerns regarding the technical interaction with external agencies. Once the other changes have been implemented, the PDT proposal concerning AMCRO will be re-evaluated.

The newly created Engineering Support Office (ESO) position will normally be filled by a first tour AERE officer. This officer will be responsible for FASM duties and other technical projects. The Tech Adj duties remain unchanged.

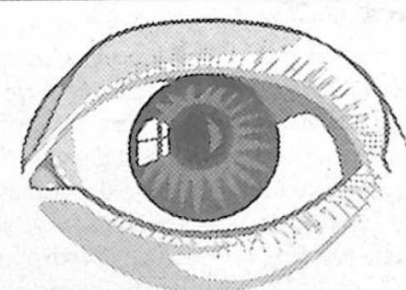
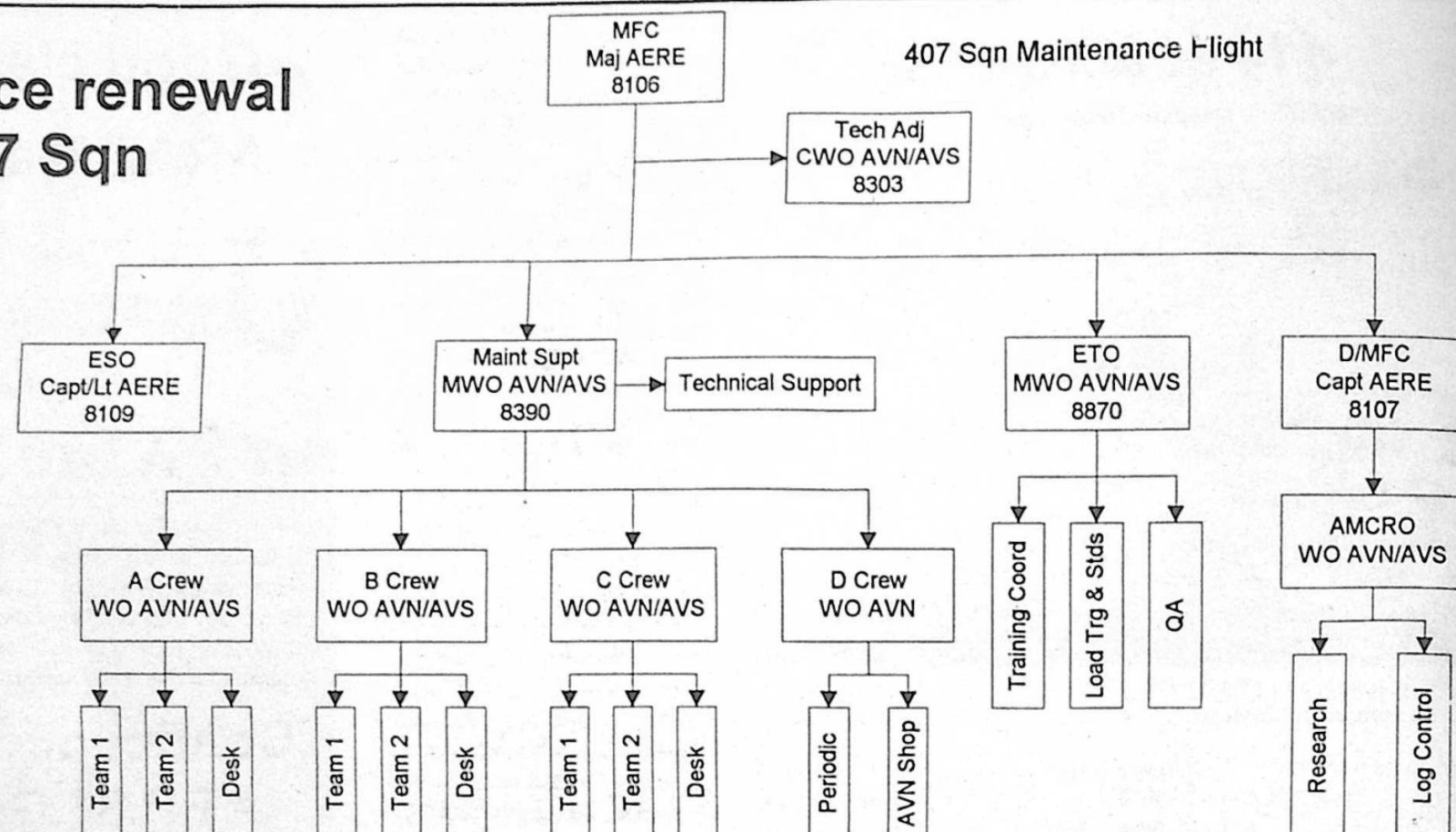
The Maintenance Superintendent (Maint.Supt) will be responsible for first and second line maintenance. The first and second line crew structure will remain unchanged for the time being. The PDT proposal for a 4 on, 4 off shift schedule for first line, with six teams working 10-

hour shifts, cannot be implemented now because of a lack of qualifications. Given the small size of the teams and the number of personnel currently away on courses, there would not be sufficient personnel left to cover signature requirements and qualifications. The requirement for all personnel to take at least 14 days of annual leave by mid-September will add an additional strain. The team concept will still be adopted by dividing each of the current crews into two maintenance teams and creating dedicated desk teams. However, the original PDT proposal (4 on, 4 off) will be revisited post-APS, once leave, deployments and other variables have stabilized. The only changes at second line involve the consolidation of Arm't Maint and Engine Bay into an AVN Shop. The NCM i/c AVN Shop and the NCM i/c Periodic will report to the WO i/c "D" Crew, and the WO i/c "D" Crew will report to the Maint Supt. This removes two Sgts, a WO, and a Lt from the second line organization.

A dedicated training section will also be implemented. ETO responsibilities will be assumed by a MWO who will coordinate Maintenance Flight training and also be responsible for standards functions including load training and standards, QA, WHMIS, and general safety.

Other proposed changes are still being investigated. These include employment of supply techs in the squadron, an unmanned tool crib, and moving Photo Maint to 19 AMS avionics labs. The feasibility of having supply techs on the squadron is being investigated through a "supply services to flight line" study involving Wing Supply and each of the squadrons. The procedures for tool control with an unmanned tool crib must be documented and more work done to ensure the integrity of the tool control system is retained. Discussions between 407 Sqn and 19 AMS have been initiated to determine the feasibility of moving Photo Maint to 19 AMS.

The new Maintenance Flight will be stood up on 1 Apr, the birth date of the Air Force. The first steps may be small, but we are confident that we have embarked on a journey that will lead to an effective and efficient organization in which everyone has a rewarding job.



We're looking for a good supervisor.

Over the next four weeks Project Glacier will be collecting nominations for the "19 Wing Outstanding Supervisor" award

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Supervisor's name, rank and section;
A brief summary of why you think he/she deserves the award;
The name and local of the person submitting the nomination;
All nominations must be received prior to 19 April.

Just drop your nominations off at any Project Glacier suggestion box or send via Wing mail to Project Glacier, Bldg 10.



Annual Naked Bungy Weekend

Sat 6 & Sun 7 April
Yes, it's that nude bungy weekend again and the Nanaimo Bungy Zone is as excited as ever as it approaches its 6th annual charity event where everyone meets at the Bungy Zone and sheds their clothes for a jump. The cost is \$10.00 per person and anyone can jump. Gates open around 9:00 am.

The Bungy Zone is located only 13 km south of Nanaimo, right off the Island Highway and is one of Vancouver Island's top attractions. It features an unblemished safety record with over 52,000 people having bungy jumped. Last year over 400 jumpers participated during the naked weekend.

Editor's note: The Bungy Zone is offering free press passes for coverage of this event. Any club reporters out there who want to attend for the Totem Times and capture some military members in action can contact the Times for more information.



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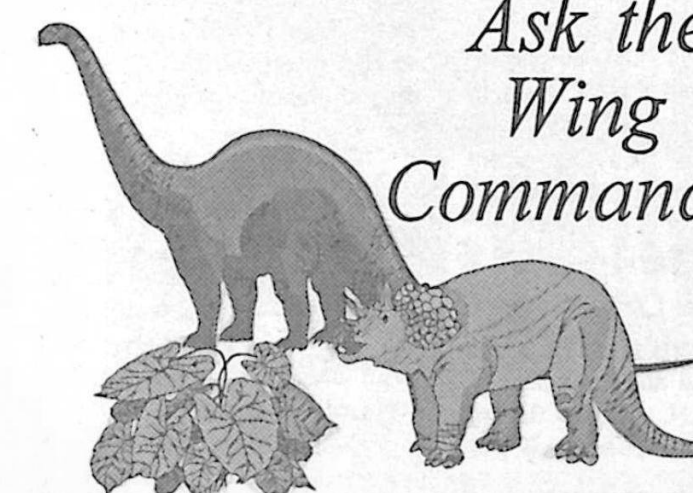
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PROJECT GLACIER



Ask the Wing Commander



by Col B. MacLean,
WComd

I and your COs and Branch Heads, as well as the WCWO, went to CFS Masset during the period 6-8 March to review a number of important issues, not the least of which was to analyse the Wing Strategic Plan in light of recent developments. The staff and support at Masset were outstanding, the days were long, and the final decision was to publish a short article detailing some of the highlights.

In reviewing the common themes and messages arising from the Project Glacier Survey, it was noted that there is much reason for optimism. Personnel want to be part of a team, are eager to contribute, and want to be empowered. It was also acknowledged that there are dissatisfiers, that times are tough, and that much work remains in eliminating bureaucracy, managing change, and improving communication. The survey was a vital tool in identifying both strengths and weaknesses and will continue to serve as a baseline to measure improvement.

Within the context of Project Glacier, there are many change initiatives in the Wing. Personnel have worked hard and achieved outstanding results in reducing operating costs. Much work remains in the coming year as we wrestle with the impact of Budget 96. The Wing Strategic Plan was carefully reviewed in light of the new challenges of OPRAM and the business planning process. Revisions to the plan reflecting the need to manage OPRAM restructure and to embrace business planning are underway.

Flight Plan 97 finds a home

The Flight Plan 97 instructors have been in search of some digs ever since they started. The Project Glacier folks, since they're almost one and the same, have graciously given up their space

next to Wing Accommodation, and the three mouseketeers, Capt Lorraine Angly, WO Gary Kalagian and Bev Merchant are moving to new offices above the gymnasium. The FP97 instructors will now operate from the former Project Glacier office. Capt Angly is now conducting a flight line supply study for the WLogO and will continue with this focus in the near term.

New facilitators at FP 97 Ground School

by Lt K.J. Saunders

Four new facilitators have been added to the cadre of FR97 facilitators here at 19 Wing Comox. More facilitators will allow for a rotation of all facilitators throughout the duration of Flight Plan 97. Leave, sickness and work requirements pop up now and again. Without the addition of four others, the existing facilitators (have been) and would have continued to be unable to respond to the above-mentioned issues.

The second "Train the Trainers" course was held in Cornwall, Ontario from 25 Feb - 1 Mar. The new facilitators are as follows: Lorraine Angly from Project Glacier; Karen Beamish from Project Glacier; Stephane Couturier from 414 Sqn, servicing; and Kathryn Perry from CE. The new facilitators are being brought up to speed with the assistance of those "long in the tooth" facilitators. The blend between those "fresh off the Train the Trainers course" and those who've been "gathering experience" is proving to be very valuable. Everyone stands to benefit from this blend.

The 12 facilitators can be found and the following locations:

Officers' Mess: Karen Beamish, Jim Cahill, Lawrence Goble, Bill Moon, Kathryn Perry and Kim Saunders.

Bldg 18: Lorraine Angly, Stephane Couturier, John Grant, Debbie Humble, Pat Landroche and John Humphrey.

Project Glacier (Bldg 10) now home to Flight Plan 97 at local 8005. (Course loading info at local 8096.)

Outplacement Agency Fair

The Wing Personnel Selection Office will be hosting an Outplacement Agency (OPA) Fair on 9 April, from 0900 to 1200 hours at the Officers' Mess, for 19 Wing personnel who were selected for Force Reduction Program 96.

The OPA Fair will be conducted in two parts. The first hour will consist of an FRP briefing outlining FRP/SCAN (Second Career Assistance Network) benefits and reimbursement procedures. FRP 96 personnel attending the Fair will then have the remaining two hours to view displays and discuss their OPA requirements with the representatives present.

Spouses are encouraged to attend.

Continuous improvement at FP 97 Ground School

by Lt K.J. Saunders

Flight Plan 97 Ground School is "walking the talk" and we're in the business of continuous improvement. At the end of each course day the FP 97 facilitators solicit feedback from the students. We ask the students to tell us "What Went Well" and "What Could Be Better" with regard to the course. We consider the input of everyone and record the students' ideas, comments and opinions on a flip chart (so that everyone knows "what's on the table"). The FP 97 facilitators then sit down and go over the input. We consider each and every issue and attempt to rectify problems and/or provide the students with information about what we are doing to address their ideas and comments. At the beginning of the following day, the comments from "What Could Be Better" are addressed and solved, if possible. Listed below are just a few of the comments from previous students in the first 10 series:

What Went Well

- group size (15 students, friendly, open environment)
- free lunch and coffee
- participative exercises (hands-on, fun, interesting, interactive)
- good mix of personnel from all over the Wing (rank, juniors, seniors, section, gender, ops, support, military, civilian, environment...)
- wearing civilian clothes
- using first names
- input of students is listened to and valued
- good, enthusiastic instruction (facilitators know what they're talking about)

What Could Be Better

- | Issue | Answer |
|----------------------------------|--|
| -noise level in Officers' Mess | -two more dividers have been added. |
| -small TV in AFIS theatre | -now have In Focus machine for big screen viewing. |
| -poor lighting in Officers' Mess | -higher wattage light bulbs have been installed. |
| -have fruit at lunch | -fruit is now provided (depending on availability). |
| -desserts for lunch | -sweets and dessert squares are now available. |
| -crackers for soup at lunch | -crackers are available. |
| -croutons for onion soup | -croutons are available. |
| -more emphasis on aim of course | -aim of course is now mentioned several times throughout the course (as well as the beginning and end of the course). |
| -student manual (own copy) | -manuals are available to students upon request. |
| -quality of certificates | -new and improved certificates are now being issued. |
| -coffee at the AFIS theatre | -no food/beverages are permitted in the theatre. |
| -longer lunch | -would equate to a longer school day (students did not find this favourable). |
| -start course at 0800 | -would equate to ending day at 1600 vice 1530 (students did not find this favourable due to family commitments, child care, etc.). |
| | -working hours at Comox are 0730-1530. |

Other comments: longer coffee breaks, shorter coffee breaks; make it a 4-day course, make it a 2-day course; using first names is a good idea (informal, friendly, conducive to open discussion), using first names is not a good thing (too slack and informal). It is obvious that we are unable to please everyone all the time, but we attempt to address and solve as many issues as we can in order to make Flight Plan 97 the best course it can be. After all, it is YOUR course! Your comments are valued, and rest assured - your input is having a positive effect on the course. You do make a difference! You can make a difference!

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State of the art communication systems at 19 Wing

The NDHQ Management Command and Control Re-engineering Team (MCCRT) has placed a priority on the DND intranet comms capability. Treasury Board has mandated that each Wing and Base within DND will implement a new ADP based comms system capable of processing data to the desktop at 10 Megahertz by 1997 and at 100 Megahertz by 1999. WTelecom is now deeply involved in a number of projects, outlined below, some of which will enable us to reach this lofty goal. Ultimately, each person within the Wing will have a digital signature card allowing access to their own protected E-mail account at any PC within the Wing. There will be a number of Military Message Handling System (MMHS) terminals at 19 Wing so that each unit and section will be capable of sending and receiving classified message traffic. The Message Centre, as we know it, will be gone by the year 2000. With an upgraded wiring and hardware capability in place, shared databases, document storage and retrieval, electronic pay, claims, personnel information, financial information and supply consumption tracking will be processed electronically. Paper documents entering the Wing will be scanned into the system and made accessible to those with a need to know. While acknowledging that we have much to do before reaching this level of service, it should be emphasized that a great number of the necessary changes have already begun.

Some of the current and more recent Telecom projects include:

Comox SL-1 upgrade

The switchboard operator function for our telephone system was remoted to Calgary and voice mail was added in 1995. Outdated peripheral interface equipment, racks and cards will be replaced this spring and a portable digital telephone extension system is currently being trialed at 442 Sqn.

Quadra telephone switch remoting

The stand alone SL1 telephone system at Quadra, installed in 1995, will be remotely linked and managed via computer from B45 by June 96.

Runway visibility range (RVR) replacement

An NDHQ DCEEM sponsored project to replace the outdated 19 Wing RVR. A new cement pad has been installed on the airfield and technicians from ATESS Trenton and WTelecom installed the new RVR landing aid during the week 11-14 March.

Wing wide PA system

An NDHQ DISEM project is expected to provide equipment to upgrade our present Wing PA system by replacing the telephone system PA interface and control unit and by procuring additional audio amplifiers. This will eliminate high voltage level audio in our cable plant and will provide coverage for additional buildings. This equipment should arrive in FY 96/97.

FM radio replacement

All 65 vehicle mounted FM voice communication radios at 19 Wing will be replaced with new radios which have now arrived under an NDHQ DISEM project. EME and Telecom are liaising to place wiring harnesses in every radio equipped vehicle at the Wing.

Video conferencing

Yet another NDHQ project is expected to provide video conferencing equipment for installation in the HQ Conference Room. Equipment arrival is imminent. This project is expected to be completed during FY 96/97.

Cable plant upgrade

This broad heading, cable plant upgrade, includes three separate NDHQ projects and more than 31 Wing-level projects. The manhole system currently being installed, nicknamed "Phase Three," will link the pre-

vious two phases of manhole construction and will enable us to install a backbone which will interconnect virtually all 19 Wing buildings, including the airfield.

The excavation portion and wiring closet construction for the majority of buildings previously identified will be completed by the end of March 96. Some minor landscaping may still be required, but all of this will be completed before summer.

NDHQ/DISEM are providing diverse routing for the communications cable plant by having 1 Line Troop and WTelecom install a new copper wire and fibre optic corridor between Bldg 45, Hangar 7 and the majority of 19 Wing buildings using the new manhole system. The backbone cabling installation is expected to be completed by end May. The copper cable link will be partially installed at the same time as the fibre and is expected to be completed by end June 96.

Additionally, the wiring design, conduit installation, new wiring installation and LAN/MAN/DWAN connection for 19 Wing buildings is currently in progress with overall completion scheduled for June 97. The buildings and estimated completion dates are as follows:

In 1996
B194 mid Apr, B-171 end May, 1 Hgr 1st wk Jun, 3 Hgr mid Jun, B22 mid Aug, B31 end Aug, B109 end Aug, B101 mid Sep, B27 end Sep, B174 end Oct, B35 1st wk Nov, B105 mid Nov, B10 1st wk Dec, B11 mid Dec.

In 1997
Q53 mid Jan, B28 end Jan, B16 mid Feb, B163 1st wk Mar, B179 2nd wk Mar, B3 mid Mar, B82 & B73 end Mar, B34 1st wk Apr, B46 2nd wk Apr, B118 3rd wk Apr, B126 1st wk May, B71 mid May, B100 3rd wk May, B137 end May, B166 1st wk Jun, B64 2nd wk Jun.

Personnel assistance from the squadrons and units being serviced in the above list is welcome and most appreciated, as is your patience and understanding in the event of network outages, or in the event of inadvertent date slippage.

17 additional buildings will be

added under a separate NDHQ project, as time permits, during the overall time frame. An external fibre optic link leaving the Wing could possibly be in place by 1997.

ADP training

Between Jan 96 and end Mar 96, over 200 personnel will have been given WordPerfect and Windows training via contracted and in-house training. The WGTO will be coordinating all ADP training as of Mar 96. The ADP training classroom will be relocated to a larger room in B45 in the summer of 96.

HQ LAN

The LAN on the hangar line side of B45 was connected to new cabling in the fall of 95. The system has now been accredited by NDHQ and the Departmental E-mail (DEMS) connection is fully functional. When the renovations in the second half of B45 are complete, and ADP equipment has been placed, that LAN system will be accredited and given DEMS access, likely Jun or Jul 96. All squadron ORs have an E-mail connect to B45 now.

EME, Transport & CE LANs

EME, Transport and CE LANs are functional and are linked to the HQ LAN. Those flights should have DEMS access in Jun

or Jul 96.

SAMP LAN

The Security and Military Police LAN has been received and is scheduled for installation in mid Apr 96.

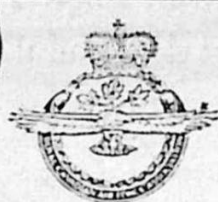
Hangar 7 re-wiring

A composite team from 1 Line Troop and WTelecom, augmented by squadron personnel, are currently installing copper and fibre optic cable in the new Hangar 7 conduits. It is expected that the internal wiring work will be completed and QA'd by end Mar. 7 Hgr servers should be installed in Apr and the workstations should be connected to their respective squadron servers end Apr. Wave buses, switches and associated equipments are being procured so that fibre optic interfaces can be installed and server to server connections within 7 Hgr can be completed by end May. 7 Hgr should be connected to HQ by Jul and DEMS access should be available by early fall 96.

ADP upgrade

We have been procuring new ADP equipment since Dec 95. 225 new PCs have arrived and an additional 125 are expected before end Mar. All of the 386 processor based computers will be replaced this year and many of the

Continued on page 13



888 (KOMOX) WING RCAFA CALENDAR OF EVENTS - 1996

31 Mar (Sun) Easter Brunch 1100-1300 hours
31 Mar (Sun) Bingo 1330 hours
03 April (Wed) General Meeting 2000 hours
13 April (Sat) Pot Luck (50s Theme) 1900 hours
24 April (Wed) Executive Meeting 2000 hours
27 April (Sat) Charter Ball - 100 tickets @ \$20.00
Food: Manuel. Music: Live orchestra

HOURS OF OPERATION:

Wednesday 1300 - 1800 hrs
Thursday, Friday & Saturday 1200 - 0100 hrs
Sunday 1300 - 1900 hrs

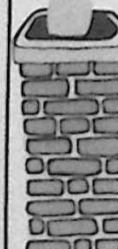
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MAKE NEW FRIENDS

Cancellation of Events Costs Your Wing Time and Money
For information about tickets, please call the bar, 339-0888

BURN SMART

TO MINIMIZE AIR POLLUTION FROM YOUR WOODSTOVE:

Firewood should be seasoned by splitting and stacking it at least eight months before it is burned. Your woodpile should be covered in a way that keeps rain and snow off but allows air to circulate through it. Dry, seasoned wood burns best!



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Semaine Culturelle de la Francophonie un succès

French Cultural Week a success

The Francophone Association of the Comox Valley experienced a huge success during its recent French Cultural Week with more than 400 people participating in the various activities offered.

The association would like to express its thanks to: The Francophone Association of Campbell River, Educacentre, The Francophone Fédération of B.C., Fish 'n' Stitches, Manhattan Books & Magazines of Vancouver, School District #71, 19 Wing Comox, businesses of the valley and special thanks to all the media for their great support. Bravo and merci to all the volunteers, the choir and local artists for their

special participation.

We would like to hear new ideas and suggestions from you. Come visit us at 479A Fourth Street, Courtenay or phone 334-8884.

Merci!!!

L'Association francophone de la vallée de Comox aimerait remercier toute la communauté pour la participation aux différentes activités lors de la Semaine Culturelle de la Francophonie. Plus de 400 personnes ont participé aux activités prévues. Nous voudrions remercier

l'Association francophone de Campbell River, School District #71, Educacentre, la Fédération Francophone de la Colombie-Britannique, Fish 'n' Stitches, Manhattan Books & Magazines de Vancouver, 19 Wing Comox, les différents commerçants et les babillards sans oublier tous les médias à qui nous devons une large part du succès obtenu. Bravo! Merci! A tous nos bénévoles, à la chorale et aux artistes locaux pour leur participation sans pareil.

Nous préparons des activités spéciales qui sauront vous plaire. Venez nous voir et nous faire part de vos idées.

Wing Telecom at work

Continued from page 12

new LANs should be in place by this fall.

The timing for DEMS remote connection by NDHQ for any flight on the Wing will depend upon when the accreditation survey has been completed for their system and when an Interim Authority to Process (IAP) has been granted. As each LAN system is certified and given security accreditation, each person at 19 Wing will be given an account on the 19 Wing Metropolitan Area Network and Departmental Wide Area Network E-mail systems.

Undoubtedly you will under-

stand that as many of these projects are interrelated, so are their time lines for completion. The success of these projects relies, in part, upon your assistance and co-operation during installation and your patience and understanding during network outages and the event of inadvertent slippage. While this is only a glimpse of the current Telecom activities, I trust it has given you an insight into some of the functions, duties and responsibilities of WTelecom and that you can appreciate that we, like Ma Bell, reach out and touch everyone.

A FAIR SHARE FOR WORKING FAMILIES

Beginning April 1, the provincial government introduces two new BC Benefits programs that make work a better deal than welfare for more than 160,000 BC families. Healthy Kids provides dental and vision care for children and the new BC Family Bonus provides a monthly cheque of up to \$103 per child for families with low or modest incomes. Your family may qualify.

HEALTHY KIDS

Giving our kids a healthy start.

The Healthy Kids program extends basic dental and vision care to children in families currently receiving Medical Services Plan premium subsidies.

Starting April 1, vision care benefits include eyeglasses for children under 19, and up to \$500 in dental coverage for children under 13 in 1996 (increasing to \$700 as of January 1997).

To qualify, your family must be covered under the Medical Services Plan (MSP) premium subsidy formula.

BC FAMILY BONUS

A little help can make a big difference.

Families with a net income of \$18,000 or less will receive a monthly cheque of \$103 per dependent child.

Families with net incomes greater than \$18,000 per year may be eligible to receive a reduced monthly BC Family Bonus cheque based on income and number of children.

Eligibility for the BC Family Bonus will be determined by your 1995 income tax return. Your bonus will be calculated automatically.

To ensure you receive the BC Family Bonus, you should complete your income tax return by April 30, 1996. Families who are likely to qualify will be contacted by letter in May.

Payments by cheque or direct deposit will begin in July.

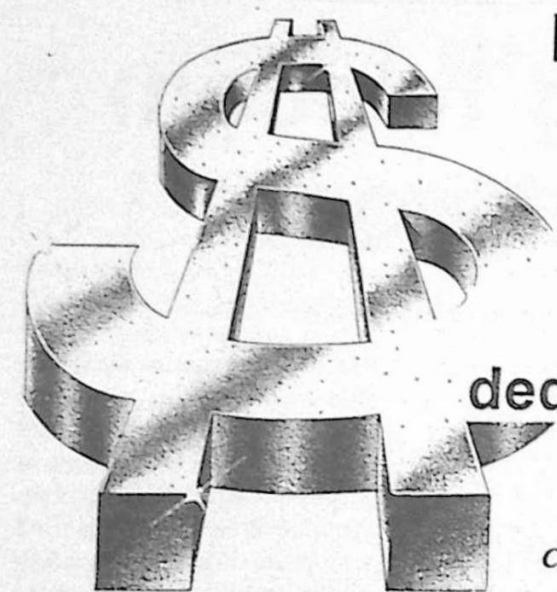
For more information about Healthy Kids, BC Family Bonus or other BC Benefits programs, please call:

1-800-784-0055



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• Treasure Hunt for Kids 7-11
• Treasure Hunt For (Brunch Customers Only)
338-5441 1001 Ryan Rd Courtenay B.C.



Money talks Tax deductions

by
**J. Kevin Doppelsteyn,
P.Eng., MBA**

With the deadline for filing your income tax return just a few weeks away, chances are you'll be looking for ways to lessen Revenue Canada's bite. In your quest to minimize your taxes, don't overlook the obvious. There are plenty of "routine" credits and deductions that will substantially pare down your tax bill - but only if you make use of them.

To help, we've compiled a list of some of the most common - and most commonly ignored - tax breaks.

Deductions

Tax deductions reduce your taxable income, which in turn cuts down on your taxes.

Alimony and maintenance payments: In general, these are tax deductible for those who pay. In addition to spousal and child support payments, payments to third parties such as medical practitioners or educational institutions may be eligible.

Moving expenses: Moving to a new residence that is 40 kilometres closer to a new workplace or business can produce a deduction. Eligible expenses include the cost of a mover, travel and lodging costs and selling costs (such as real estate commissions) associated with your old home.

Child care:

Babysitting, nursery and other child care expenses may be deductible within limits set under the Income Tax Act. These usually must be claimed by the lower-income spouse and must be incurred to allow you or your spouse to work or take an occupational training course.

Investment costs: Expenses paid to earn income on your investments may be deductible, such as interest paid on a loan to buy stocks. Don't forget safety deposit box fees and RRSP trustee fees paid outside a plan.

Legal fees: Some legal fees are tax deductible, including those paid to earn income from a business, to collect unpaid wages or severance pay, or to enforce alimony and maintenance agreements.

Credits

Unlike deductions, credits directly reduce the amount of tax you pay.

Age credit: If you are 65 or older at the end of the year, you are eligible for this credit.

Disability credit: Available to those suffering from severe, prolonged physical or mental impairment.

Charitable donations: Money you donate to charity can reduce your taxes.

"Equivalent-to-married"

credit: If you support another family member in your home and you are unmarried, divorced, separated or widowed, you may be allowed to claim them as a dependent.

Dividend tax credit: Taxable dividends received from Canadian corporations are eligible for

a dividend tax credit.

Medical expenses: Medical expenses which exceed the lesser of \$1,614 or 3% of your net income are eligible for a tax credit. Don't overlook payments for dependents and items such as medical insurance, eyeglasses, prescription drugs and dental care. You can claim medical expenses for any 12 month period ending in the year if they were not claimed previously.

Tuition fees: Fees paid for your own post-secondary education and certain approved skills-training courses qualify for tax credits. Students who do not need to claim all of their tuition fees may be able to transfer the unused part to a spouse, parent or grandparent.

Pension income credit: A credit of up to \$1,000 of pension

income is allowed in certain circumstances.

Canada Pension Plan contributions: You're entitled to a credit for a portion of your payments to the CPP, Quebec Pension Plan, or Unemployment Insurance plan.

Political contributions: Contributions to federal political parties and most provincial political parties are eligible for a tax credit.

These are just a few of the most common tax breaks. If you're unsure of how to best use these credits and deductions, have your income tax return prepared by a professional.



MYTH 2.

Schools are turning out students who can't read.

REALITY.

Surprise. A 1995 International study showed that Canada is a highly literate country, and is becoming more so all the time. In fact, Canadians 16 to 24 years-old are twice as likely to score highly on literacy tests than those in the 56 to 65 age group.

Our Public Education system is open to all students.

No child is excluded regardless of race, income, or special needs. Our teachers, along with education support workers and other key resources, provide not only the basics but an expanding body of knowledge to help prepare our children for a changing world.

Our neighbourhood schools are now under attack from often misinformed sources. Vital funding and resources hang in the balance. Public Education is worth supporting.

Get the real story. Call the British Columbia Teachers' Federation at 1-800-663-9163 or write us at

#100-550 West 6th Ave., Vancouver, B.C. V5Z 4P2.

e-mail: pbalango@bctf.bc.ca

Home page: <http://www.bctf.bc.ca/bctf>



BECAUSE WE THINK THE WORLD OF OUR CHILDREN

Wallace Gardens

Easter Family Fun Day Saturday 30 March

Easter Colouring Contest

Three different pictures for each age category - 4 and under, 5-8 years, 9-12 years - with three prize winners in each category. Drop off at the Community Council Office in the Canex building before 30 March or bring to Airport School on 30 March during the Easter Pancake Breakfast.

Pancake Breakfast.....9:00 am
Come out for Easter breakfast! Bring your appetites to Airport School. Colouring contest judging will take place at this time. (Breakfast fee: \$1.00 each or \$5.00 a family.)

Bike Parade.....10:30 am

Bicycle decorating contest will take place at this time. Procession starts at Airport School.

Easter Egg Hunt.....11:15 am
Bring out your adventurous bunnies for the Great Egg Hunt. Easter treats and surprises for everyone!

See you there for all the Egg-citement!!!

Did You Win?
Bingo!!!

A terrific afternoon was had by more than 45 people (both young and old) who braved the snowy elements on 3 March to come out and play Bingo. With the assistance of Jean Allaby, Tara Allaby, Terri Winters and Kym Moore the day turned out to be a day of fun and excitement. Lots of prizes were handed out during our regular games and throughout the afternoon there were three door prizes, which were won by Jacynthe Lambert, Michael Trimm and Courtney Leroux. CONGRATULATIONS TO ALL THE WINNERS.

Keep in mind that our next Family Bingo will be on Sunday 14 April from 1:00 to 3:00 pm at the Wallace Gardens Community Centre. This is a family event and everyone is welcome. Come on out and join in for an afternoon of fun and excitement.

Dance!!Dance!!Dance!!

More than 65 children, ages three to eleven, enjoyed our St. Patrick's Day dance held at the Wallace Gardens Community Centre on 16 March. Almost everybody wore green to suit the occasion. Thanks to our volunteers and all you moms and dads who helped, the evening turned out to be a lot of fun for everyone.

We are quite sure some children had secretly put their four-leaf clovers in their pockets as all the door prizes that were handed out only made this special day more exciting.

The next dance will be 20 April from 6:30 to 8:30 pm at the Community Centre. The music will be there, the volunteers will be there - all we need is the children.

Come on out for a great time and remember we are always looking for adults who are willing to give us a hand. If you are interested, please call the MQ Association at 339-8211 and ask for Linda Jeffrey at local 8571. SEE YOU THERE!!!!

Baseball or T-Ball
anyone?

It is getting close to that season again. Last year we had over 100 children register for baseball and T-ball. With so many children, and the posting season before us, we will need a little bit of help. If you feel you have the time to work with one of the teams, could you please get in touch with Linda Jeffrey at 339-8211, local 8571. To all those who have already come into the office and handed in your name, we would like to say thank you - you will be hearing from us in the near future.

Put this date on your calendar:
18 May - Adult Bingo
at the
Junior Ranks' Mess.
Please support your community.

Community Award

the Wallace Gardens Community Council will be holding a Community Awards Banquet at the Glacier Greens Social Centre. We will be presenting Community Awards to members of our community in recognition of their dedication and support. As this is an invitation only event, this is your chance to recognize that special person for a job well done. If you know anyone in our community who might be deserving of this award please fill in the following application form and send it to the Wallace Gardens Community Association, or drop it off at our office located in Canex by April 15.

Name of person.....
Address.....
Telephone number.....
Please write a brief explanation why you think this person should receive a Community Award:

If we have any question, where can we get in touch with you?

Name.....
Address.....
Telephone number.....

HOCUS-FOCUS

BY
HENRY BOLTIKOFF

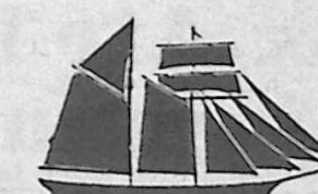


Find at least six differences in details between panels.



Differences: 1. Log is missing. 2. Expressions are reversed. 3. Binoculars is removed. 4. Cap is different. 5. Nest is larger. 6. Chicks are added.

NEXT DEADLINE
12 APRIL- NOON



THE LEEWARD

Introducing the Valley's first, famous and only...

caesar! caesar!
night

every monday
the best caesar salads in town
(we use fresh, italian parmesan)
for the incredible low price of
3.25
caesar drinks, too!

and don't forget...
WING NIGHT every Tuesday ...
all you can eat Chicken Wings
for the amazingly low price of
.35 each



649 Anderton, Comox

339-5400

Junior Ranks Mess UPCOMING EVENTS

- 29 Mar Spring Dance - roast beef dinner is cancelled. The band "PUSH" will start at 20:30 hrs.
- Dance only \$3.00. Tickets on sale at door at 19:30 hrs.
- 30 Mar Darts Tournament. (Check flyer for details.)
- 31 Mar Movie "Last of the Dogmen" starts at 20:00 hrs.
- 12 AprTGIF - Wheelchair races. Poutine served at 17:30 hrs.
- 13 AprVirg Head Memorial Dart Tournament.
- Ladies & men's divisions. \$30.00 per team of 4 (includes breakfast at 10:00 hrs). Tournament starts approx. 11:30 hrs. Pre-registration or more info call Ivan Ally at 339-2094 (leave message).
- 15 AprCamper's Bingo. (Check flyer coming up.)
- 17 AprWing Nite @ 20¢ each. Start at 17:30 hrs.
- 19 AprTGIF - Horizontal Bungy Jumping. Pizza served at 17:30 hrs.
- 20 AprComedy Night. (Check flyer.)

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WEDNESDAY, APRIL 17, 1996

7:00 P.M. FOR 7:30 P.M.

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IT'S EASTER AT THE DRIFTWOOD MALL



EASTER PROMOTION 4TH, 5TH & 6TH OF APRIL

4 April - Display of Easter Colouring Competition Entrants
5 & 6 April - Easter Bunny Visits The DRIFTWOOD MALL
11:00 am - 12:00 noon
2:00 pm - 4:00 pm

6 April - Julie Eng-Magician Entertains
Showtimes: 11:30 am, 1:30 pm and 3:30 pm

Location: SKYLITE AREA
6 April - FREE FACE PAINTING BY MEMEORY MAKERS

Times: 11:00 am - 1:00 pm
2:30 pm - 4:30 pm

Location: SAN FRANCISCO

2751 Cliffe Ave. Courtenay **338-1071**

60th Anniversary of the Spitfire

by Duke Warren

On the afternoon of 5 March, 1936, the first flight of the prototype Spitfire became airborne at Eastleigh airfield near Southampton, England. At approximately the same time the afternoon of March 5 this year, 60 years later, again a Spitfire became airborne at Eastleigh. This was one of the many events taking place to commemorate the Diamond Jubilee of the first flight of the Spitfire.

But a tremendous difference between the two flights. Not only

the greatly improved performance between the prototype Spitfire and the Mk IX, but the first flight was witnessed by only a few people, with no publicity at all. This last one had thousands witnessing it, with press and TV coverage.

I was honoured to be invited to attend this special occasion and represent both the Airforce Association and the Canadian Fighter Pilots Association. The ceremonies started at the Mayoral Reception

tion in the Civic Centre Southampton in the early evening. The same evening a commemorative dinner was held in the De Vere Grand Harbour Hotel - one of Southampton's finest hotels.

Unfortunately, there was a note of sadness throughout the two days because of the sudden death of Jeffrey Quill, a great test pilot who earned the title "Mr. Spitfire." Mutt Summers, Vic-



Duke Warren alongside a Spitfire Mk IX in the markings of 165 Squadron.

ers chief test pilot, was the first to fly the Spitfire that day 60 years ago, but Quill was the second. Jeffrey Quill was the pilot who developed the Spitfire before the war and after. He last flew a Spitfire in 1966 at the age of 53 - 30 years after he flew the prototype. To a great extent, the ceremonies had been planned around Jeffrey Quill and his name was frequently mentioned by all speakers.

The dinner was held in a large room where a very real looking life-size model of the original prototype K5054 dominated one corner. Nearby was the famous Schneider Trophy on display. Always guarded discreetly, for it is insured for two million English pounds. Outside the hotel was a real Spitfire, also guarded, and, much to my amazement, with the squadron letters "SK" of 165 Sqn on which I had done my first tour of operations. With me was another ex-165 pilot, the famous Eric Shipp, and, although we asked several people, we could

not discover how this happy coincidence had come about.

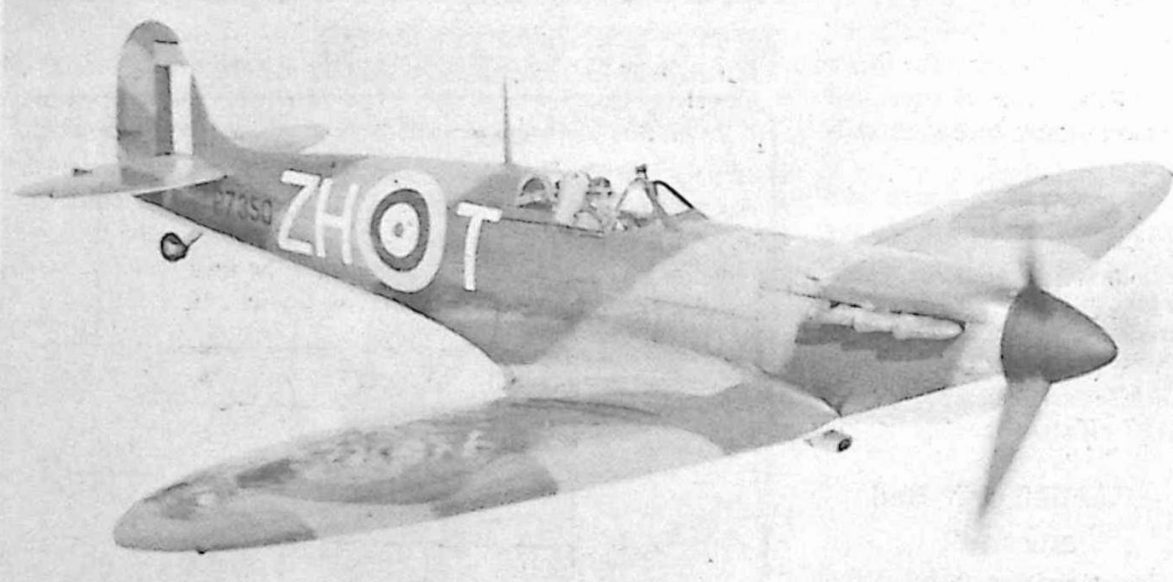
The dinner was as one would expect on such an occasion, with the Salon Orchestra of the RAF playing Spitfire Prelude and Sounds of the Forties, mixed with selections of popular musicals. Speakers were Tony Edwards, Chairman of Messier-Dowty; Alex Henshaw, famous Supermarine test pilot; Gordon Edridge, Chairman of the R.J. Mitchell Museum (who was so kind to invite me); and Air Chief Marshall Sir William Wrattan, Commander in Chief, Strike Command, RAF.

"Nearby...the famous Schneider trophy was on display."

The next day, 5 March, we attended a special church ceremony at the site where the Supermarine Factory was blitzed during the war. A plaque was unveiled honouring those killed in the blitz, and a Spitfire flew overhead. For those unable to attend, a special TV relay showed the ceremony in the museum. Lunch was served there on our return from the dedication service and, following that, we travelled to Eastleigh to watch the re-enactment of the first flight of the Spitfire.

Two Spitfires were present and flown in rather mild displays but thrilling none the less to all who were associated with the aircraft in whatever capacity. It was gratifying to me that those who built the Spitfire, and those who serviced and repaired the Spitfire, were frequently acknowledged as equally important contributors to the success of the aircraft.

I met quite a few friends from over the years but again, sad to say, they are getting smaller in number. However, there remains a strong bond between those who serve their country in the armed forces, and this seems to be true both of war and peace experience, no matter which uniform they wear or duty they perform. I am extremely grateful for the opportunity I had to represent both the Airforce Association and the Canadian Fighter Pilots Association at the Diamond Jubilee anniversary of the fabulous Spitfire aircraft.



Spitfire IIA P7350

This aircraft, based at Coningsby with the Battle of Britain Memorial Flight, is the only airworthy Spitfire that fought in the Battle of Britain. (Archive Photos)

B-17 and HE111 to visit Nanaimo



Heinkel HE-111

The HE-111 was the Luftwaffe's first modern medium bomber. Work on the plane, originally planned as a 10-passenger commercial transport, began in 1934. However, its design was more suitable for a military plane and, consequently, it was delivered as a medium bomber to the Luftwaffe in late 1936. (See letter on page 4)

"Sentimental Journey"

Sentimental Journey came off the Douglas assembly line in late 1944 and served in the Pacific. After the war, it was transferred to Elgin Field Florida for service as an air-sea rescue craft and in 1959 went to military storage at Davis-Monthan Air Force Base in Tucson. It was then sold to a California corporation for service as a borate bomber, flying thousands of sorties against forest fires throughout the country. In January 1978, at the formation of the Arizona Wing of the Confederate Air Force, the announcement was made of the donation of B-17G #N9323Z to the Confederate Air Force for assignment to the Arizona Wing. It was then disassembled and painstakingly restored to original World War II configuration. *Sentimental Journey* is displayed from late Fall to Spring each year before it leaves on Summer tour. The plane now visits an average of 60 cities and towns each year as an educational exhibit.

Comox Air Force Museum

(located at the main entrance to CFB Comox)



Open 10:00 a.m. till 4:00 p.m. Weekends and Holidays.

Gift Shop is well stocked with aviation related items.



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Attention All Women Fastball Players !!

It's that time of year to dig out your cleats and ball gloves. We're looking for players to help defend our title as Regional Champs. All military, regular force and reserve, are eligible to participate. For those that are interested there will be a general meeting on Tuesday 16 April at 1500 hrs in the gym conference room.

Contact Noel Murphy at loc 8770 or at 339-7878

Gym Floor Closure

Due to the Pacific Region Badminton/Squash Regionals the gym floor and squash court will be closed on:

Fri Mar 29, 96
0800-1530 hrs Closed
1530-2100 hrs Open Casual
Sat Mar 30, 96
0800-1600 hrs Closed

Sun Mar 31, 96
0800-1400 hrs Closed
1500-1700 hrs Open Casual
1800-2100 hrs Open Casual

We apologize for the inconvenience.

PROGRAMME UPDATE

EXPRES

Coming Soon to a Gym Near You.

Alternative to the EXPRES Evaluation step test for younger members.

Step, Step, Up! Step, Step, Down! Up, 2, 3! Down, 2, 3 ... Sound familiar? It's the instructions for the aerobic fitness step test in the EXPRES Evaluation.

And then there's the music that goes along with it - Da! Da! Da! ... Da! Da! Da! ... Da! Da! PERI knows the tune all too well and occasionally find themselves whistling it absentmindedly.

News of this new evaluation is welcomed by members looking for a change. And it is music to the ears of many PERIs.

Changes to the Evaluation

The step test serves the program well, but it is very time-consuming since a PERI can only work with one member at a time. The new alternative evaluation - the 20 Metre Shuttle Run - allows a number of members to be evaluated together. It has other positive features as well. The evaluation:

- is progressive and emphasizes safety;
- gives a very accurate reading of aerobic fitness;
- provides a good challenge for younger, more fit members;
- stimulates the demands of CF work better than the step test.

Contrary to the 1.5 mile test, the shuttle run avoids having unfit members begin at an unreasonably high intensity thereby risking injury. The shuttle run is now available as an alternative to the step test for healthy CF members under the age of 35.

The Evaluation

Pylons and tape are used to mark out the 20-metre course on the gym floor. Several members will perform the evaluation together, running (shuttling) back and forth across the course. Friendly challenges are encouraged! A cassette recorder will be used to give the proper cadence. A tone will sound when you should be reaching one line and turning to

go back the other way. The evaluation starts at a slow-jog pace of 8.5 km/hr and increases .5 km/hr for each one-minute stage. The maximum length of the evaluation is 20 minutes.

The evaluation is completed when you:

- stop;
- experience extreme discomfort (weakness, dizziness, etc.);
- are unable to reach a 20-metre line in time with the tone twice in a row;
- are asked to do so by the evaluator because of a concern for your safety.

Getting Ready for the Evaluation

There are some things that can be done to help prepare for the evaluation. First, you should maintain a good general level of physical fitness at all times.

You should also be sure to include stretching exercises for the legs in your regular training routine and as a warm-up on the day of the evaluation. Consult your EXPRES Programme aerobic activity training guide for more direction. And finally, do strengthening exercises for your quadriceps (front thigh) muscles. By keeping these muscles strong, you'll lessen the load on your knees during the evaluation.

Planning Your Programme

The number of one-minute stages you complete in the shuttle run establishes your aerobic capacity. Your percentile rank and, in turn, your exercise prescription - the training level for your aerobic activity - will be based on this result.

Everything else about the EXPRES Evaluation remains the same, including exemption from an annual assessment if you maintain a certain standard. An information sheet on the new shuttle-run evaluation is now available. If you are eligible to take this evaluation and have not yet received one of these sheets, ask your PERI for a copy.

Pacific Region Broomball Champs 1996



Front row (L-R): Greg Carr, Monty Earle, Gene MacLeod, Claude Boily, Barry Hewer, Ian Adams, Barry Ryan. Back row (L-R): Mark Blanchard (coach), J.P. Perrier, Lou St. Onge, Claude Levesque, Donnie Cormier, Rob Morrow, Tom Harrison, Rob King and Francis Benny. (Photo by Cpl Tsagatakis)

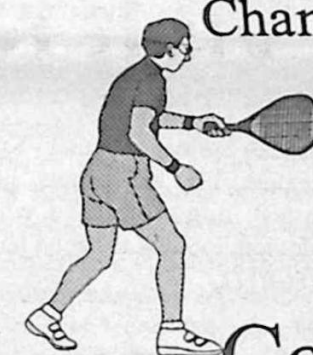
During the week 26-28 Feb, CFB Comox hosted the 1996 Pacific Regional Broomball Championship which involved teams from the Comox, Chilliwack and

Esquimalt bases. The tournament was a double round-robin with first and second place teams playing for the championship. Fans were treated to excellent

broomball during the tournament and, after the round-robin, Comox Totems were the favoured team. The final standing in the round-robin were as follows:

Teams	G	W	L	GF	GA	Pts
CFB Comox	4	3	1	15	3	6
CFB Chilliwack	4	2	2	5	9	4
CFB Esquimalt	4	1	3	2	7	2

1996 Pacific Region Badminton/Squash Championships



29 - 31 March
Comox B.C.

Très bientôt dans un gym près de chez vous.

Une alternative au test de montée de marches pour les jeunes membres.

Step, Step, en haut ! Step, Step, en bas ! En haut, 2, 3 ! En bas, 2, 3 ... Ça vous dit quelque chose ? Ce sont les instructions du Test de montée de marches qui permet d'évaluer votre puissance aérobie maximale dans le cadre du Programme EXPRES.

Vous vous rappelez certainement aussi de la musique de fond, Da ! Da ! Da ! ... Da ! Da ! Da ! ... Da ! Da ! Les MEPL, eux, s'en rappellent tellement qu'ils n'arrivent plus à se la sortir de la tête ! Cette nouvelle sera donc certainement douce à l'oreille de bien des MEPL, et à un heureux changement pour les membres.

Changements à l'évaluation

Le Test de montée de marches, tout en répondant parfaitement aux besoins du programme, exige énormément de temps puisqu'un MEPL peut seulement évaluer un membre à la fois. Le nouveau test, la course navette sur 20 mètres, permet d'évaluer plusieurs membres à la fois. Il présente également d'autres avantages :

- il est graduel et sécuritaire ;
- il donne un portrait très précis de la puissance aérobie maximale ;
- il constitue un défi intéressant pour les membres plus jeunes ou plus en forme ; et
- il simule mieux que le test de montée de marches le travail dans les FC.

Contrairement au test du 1,5 mille, la course navette implique les membres moins en forme de commencer la course à un rythme trop rapide pour eux et, ainsi, de courir des blessures.

Nous offrons donc maintenant cette alternative aux membres de moins de 35 ans en santé : la course navette sur 20 mètres.

L'épreuve

Le parcours de 20 mètres est tracé sur le plancher du gymnase à l'aide de cônes et de ruban. Plusieurs membres effectuent l'épreuve en même temps, faisant l'aller-retour (la navette) entre les deux lignes. On peut se lancer des défis amicaux !

La cadence est marquée au moyen d'un lecteur-cassette : un son indiquant le moment où vous devez atteindre l'une des lignes et repartir en

sens inverse est émis à intervalles. L'épreuve commence à une vitesse de jogging de 8.5 km/h et augmente au rythme de 0.5 km/h toutes les minutes. La durée maximale est de 20 minutes.

L'épreuve prend fin lorsque :

- vous arrêtez ;
- vous sentez mal (faiblesse, étourdissements, etc.) ;
- vous ne pouvez atteindre la ligne des 20 mètres à temps (en-deça de deux foulées) deux fois d'affilée ; ou
- l'évaluateur vous demande d'arrêter pour votre propre sécurité.

Préparation

Voici quelques conseils qui pourraient vous aider à vous préparer en vue de cette évaluation. Tout d'abord, gardez-vous toujours en bonne condition physique générale.

De façon plus précise, vous devriez intégrer des exercices d'échauffement des jambes à votre séance d'entraînement courante. Ces exercices seront aussi un excellent réchauffement avant l'épreuve. Pour en savoir plus sur ces exercices, consultez votre Guide EXPRES.

Enfin, faites des exercices visant à renforcer vos quadriceps (muscles à l'avant de la cuisse), de façon à atténuer l'impact des chocs que devront absorber vos genoux durant l'épreuve.

Planification de votre programme
Le nombre de blocs d'une minute que vous accomplirez durant l'évaluation est le reflet de votre puissance aérobie maximale. Ce résultat déterminera votre rang centile et, par le fait même, le niveau d'entraînement qui vous sera recommandé.

Ce test mis à part, l'évaluation demeure inchangée, notamment en ce qui a trait à l'exemption de l'évaluation annuelle lorsque vous maintenez la norme convenue.

Vous pouvez dès maintenant vous procurer un feuillet sur la course navette. Si vous êtes admissible à ce test mais n'avez pas encore reçu ce feuillet, demandez-le à votre MEPL.

The Totems were led by Barry Hewer's hot hand, eight goals, plus a fine mixture of veteran broomball players along with young talent to offset both offence and defence. Goal-tending was also a key to the Totems' success as they only gave up three goals during the competition while registering two shut outs.

In the round-robin, the Totems beat CFB Chilliwack twice (4-1 and 4-1), CFB Esquimalt 4-0 and lost its first game 1-0 to Esquimalt. Chilliwack ended up in second place and had to beat the Totems on 28 Feb to claim the championship. The Totems were not to be denied as they defeated Chilliwack 3-0 in a hard fought contest.

The championship game was classic broomball with end to end action and fantastic goal-tending by both goalies. Chilliwack came out pressing hard, hoping to score the first goal and put pressure on the Totems. The first period was completely controlled by the Totems who scored three quick goals. Comox broke through with Don Cormier scoring the winning goal unassisted early in the first period, followed quickly by Barry Ryan and Barry Hewer to claim the championship. Both goals were set up by excellent play-making from Greg Carr.

CFB Comox will be picking two players to strengthen the team in hopes of winning the first ever National Championship for the Pacific Region. The Nationals will be hosted by CFB Cold Lake during 15-19 Apr. The Totems participated in the BC Provincials 9-10 Mar, at home.

The Totems would like to thank the WPERO Section, as well as our supervisors, for their support.

The Bulletin Board

Free Classified Advertising for members of 19 Wing and their families.

Ads must be 25 words or less, legible and either hand delivered or dropped in the base mail. No phone ins please.

Apartment Rentals

St. Brelades Court

146 Back Road
Under new management. New large luxury suites with ensuite laundry. Five appliances, carpets, blinds and ensuite storage. 2 & 3 bedrooms available immediately. Rents from \$600 to \$825. Children and small pets welcome.
Phone: 338-0622

Mountain View Music

Disc Jockey services
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Andy Anderson 339-4317

Photo Focus

Custom frames & matting
Limited edition prints
Needlepoint
Call 338-1956



Sell developmental toys, books, games, & software. Home based business. Small initial investment and lots of fringe benefits. Call Wendy 339-2414.

Swimming Pool Closure

Construction of the long awaited pool roof began 5 September, with completion expected by March 96.

During the construction period, military members may obtain swim passes for the Comox Valley Sports Centre through the gymnasium. Passes will be limited in number and will be distributed on a weekly basis.

Queries, questions, updates may be obtained by contacting the PE&R staff at loc 8315 or 8781.

Return to

"Eckville in '96"

In 1996 the Town of Eckville will be celebrating its 75th Anniversary of incorporation and the Steering Committee is planning numerous events to ensure that it is indeed a year of celebrations.

Anniversary Weekend: 28 June to 1 July, 1996. A time to renew old acquaintances, visit family, make new friends and just have fun. There will be activities and events for all ages during the entire weekend.

For more information contact Pat Lightbown or Rinn Purnell, Town of Eckville Anniversary Committee, Box 578, Eckville Alberta, T0M 0X0. Phone (403)746-2171 or fax: (403)746-2900.

For Sale

• Sears Craftsman 10" radial arm saw with stand and blades \$400.00.
• 16" Pioneer gas chain saw \$140.00.
• 1989 25' Corsair Fifth Wheel, rear kitchen, sleeps 6, very clean, with hitch. \$15,000.
• Midnight blue mess kit, fits someone 5'10" and 175 lbs. \$100.00. 339-4188

Jest 4 Fun

We do machine embroidery and we like piece-work. Flight suit badges, ball hats, golf shirts. Call 334-4410 after 4 pm.

Children's Bikes

for Sale

Two CCMs - one 16" and one 20" wheels, 5-speed, 3 years old. Good condition. Asking \$45.00 each O.B.O. 339-2108.

Comox Townhouse

Private sale - save \$5,000. 3 bedrooms, 3 baths, fireplace, patio, adult court, end unit. \$69,995.00 firm. Call (613) 548-4191.

For Sale

Child's bike trailer - used twice - like new. Seats two small children. Asking \$300.00 O.B.O. Sandy 339-5659.

Recycle Me Green

You can now have the advantage of a home recycling service! For only \$25.00/3 month period we will pick up your recyclable waste every two weeks. We collect tin cans, glass, plastics (#1-#6), plastic bags, newspaper and fliers, office paper, glossy magazines and catalogues, cardboard, phone books, old clothing, car and home batteries, prescription lenses and frames, 35 mm film casings and paint cans.

Here at Recycle Me Green, we are committed to putting recyclable waste back to good use. So let's help you make a better tomorrow. Call today.

339-2658 • Christine Nicholson

Duplex for Rent

Available immediately - 3 bedroom Duplex, near new, 2 levels, 2 bathrooms, attached garage, 5 appliances, non-smokers, references please. 334-0722.

For Sale

English Springer Spaniel - \$350. Female, PB, has papers, great family dog, liver and white. Moving, looking for good home. 334-0722.

Baby Stuff for Sale

Crib with mattress - like new, Fisher Price high chair, bath ring, jolly jumper, lots more. 338-4897

For Sale

10" Radial Arm Saw, 13 amp 110/220 volt, Craftsman Contractor model with everything including carbide blade. As new, with warranty \$850.00. 338-4752.

For Sale

Steel office desk and chair in good condition. Will sell pair for \$45.00 or separately \$25.00 each. 339-9146

House to Share

N/S, M/F, unfurnished house to share in Comox. Own loft, terrace/atrium, ensuite 4-piece bath. Sunken living room w/fireplace. Garden. \$450.00 plus shared utilities. Call 339-2258 (after 1600 hrs).

Duplex for Sale

New 2-bedroom duplex with basement and nicely landscaped back yard. Located in Courtenay Puntledge Park area near schools, river and walking trails. 10-year home warranty. 2321A Embleton Crescent. \$107,500. Phone 338-4222. No agents please.

For Sale

1992 26.5 ft. Travelaire Fifth Wheel. Lots of extras. 1992 F250 extended cab, approx. 48,000 Km. \$45,000.00 takes both. Phone 334-2275.

For Sale

1983 Oldsmobile Phoenix, good shape, low miles, one owner. Loaded. Asking \$2,500 o.b.o. 339-2108.

For Sale

1981 TOYOTA TERCEL (Hatchback) 4 speed transmission. It is highly recommended for the new and inexperienced puppy owner. It can be ordered through Macmillan publishing in Toronto.

For Sale

4-chair dining set \$220.00 o.b.o. End table \$80.00 o.b.o. For quality furniture refinishing - call Dean 339-5995.

For Sale

78 Oldsmobile Omega Automatic, V6, red, very reliable. Best offer. Phone 897-1782.

For Sale

Brand new wedding/engagement rings (6 diamonds). Appraised \$2,876. Asking \$1,300. Receipt from purchase/ certificate of appraisal available. Willing to take monthly payments. Jerry at 336-8242/339-9184.

Take Off Pounds Sensibly

Tops #BC3454, Lazo, meets every Wednesday at the Base Rec Centre at 6:30 pm. For information call Kathy at 339-2976.

CF TRIATHLON - SWIM TRAINING CAMP

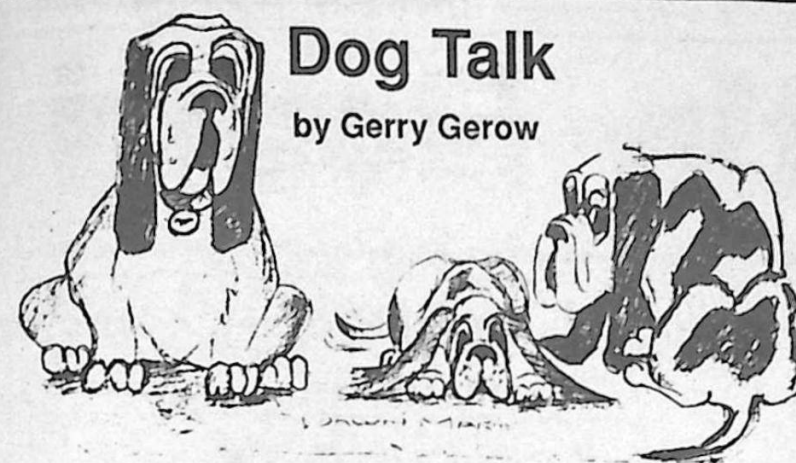
RMCK Kingston will be hosting the CF Triathlon - Swim Camp 10-16 May.

The objective of this camp is an early start to hard training, leading to improved performances during the 96 competitive season. The camp will consist of two workouts per day in the pool, totalling between 4000 and 8000 metres per day. All athletes are advised to make the necessary modifications to their training programs to ensure they can participate fully in this camp.

For more info contact MCpl Cormier at loc 8783.

Gym hours

Mon-Fri 0730-1600 hrs Military & DND employees only
Mon-Fri 1600-2100 hrs Casual hours
Sat 1300-1700 hrs Casual hours
Sun 1300-1700 hrs & 1800-2100 hrs Casual hours
Note: All users of the Base gym facilities must produce their Rec Card or pay a drop-in fee in order to use the gym during casual hours. Casual hours for military personnel begin at 1800 hours. Dependents under the age of 12 must remain in the company of their guardian.



Two new books for you this week. The first is "Puppy Owner's Veterinary Care Book" by James DeBittetto, DVM. Howell Book House, New York: US \$19.95.

DeBittetto has written an excellent book to address health concerns that only puppies have, including specific nutritional needs, vaccination requirements, inherited defect and preventive health care.

Everything the puppy owner wants or needs to know about his/her puppy's health requirements are here in easy to follow format. This is a hard cover 256 page edition with many illustrations. It is highly recommended for the new and inexperienced puppy owner. It can be ordered through Macmillan publishing in Toronto.

The second book is "Dog Training Projects for Young People" by Joel M. McMains, Howell Book House, New York, US \$14.95.

McMains is a prolific writer and dog trainer. He has written several books on training, some of which I have in my library. If I have a quarrel with his latest work it is the title. I think this book will be extremely valuable to people of any age who are just starting out in the dog world. It will also be of use to trainers who are just beginning or even to those with years of experience. I certainly got something from it. It is hard to read a book like this without gaining some little tip, no matter how much you already know.

Here you will find information on initial training, right through to jumping and retrieving. Tracking training is also included. This is a paperback, 288 page edition,

illustrated with 141 photographs to help explain the text. It is highly recommended. Hot off the press, so you will probably have to order it.

Let your sporting dog hunt

Most people who know me also know that my breed is the German Shorthaired Pointers, and that, along with occasional breeding and obedience work, we also go bird hunting. Yesterday saw the last opportunity the dogs will have this year. They thoroughly enjoyed the morning, finding nine Chukar Partridge and five pheasants for us, all except one of which were bagged.

Every retrieving dog should have the opportunity to hunt. Even if you don't hunt or don't agree with it, it is no reason for not taking your dog into the field and letting him/her do their thing. Hunting is an instinct bred into dogs and cannot be taught. You can teach them to obey and to retrieve, but they come into the world knowing how to hunt and find game.

It is a sad truth that if dogs are not given the opportunity to hunt, the ability to do so will disappear in a few generations. Just because a dog is a sporting breed, doesn't mean it will know how to find game. You must be very careful in choosing your puppy if you want him/her to be a hunter. Always ensure the parents are proven in the field. Strangely enough, for a reason I can't understand, puppies tend to favour their grandparents more than their parents, so the grandparents are also very important. This same fact also applies to other dogs such as herding or working breeds.

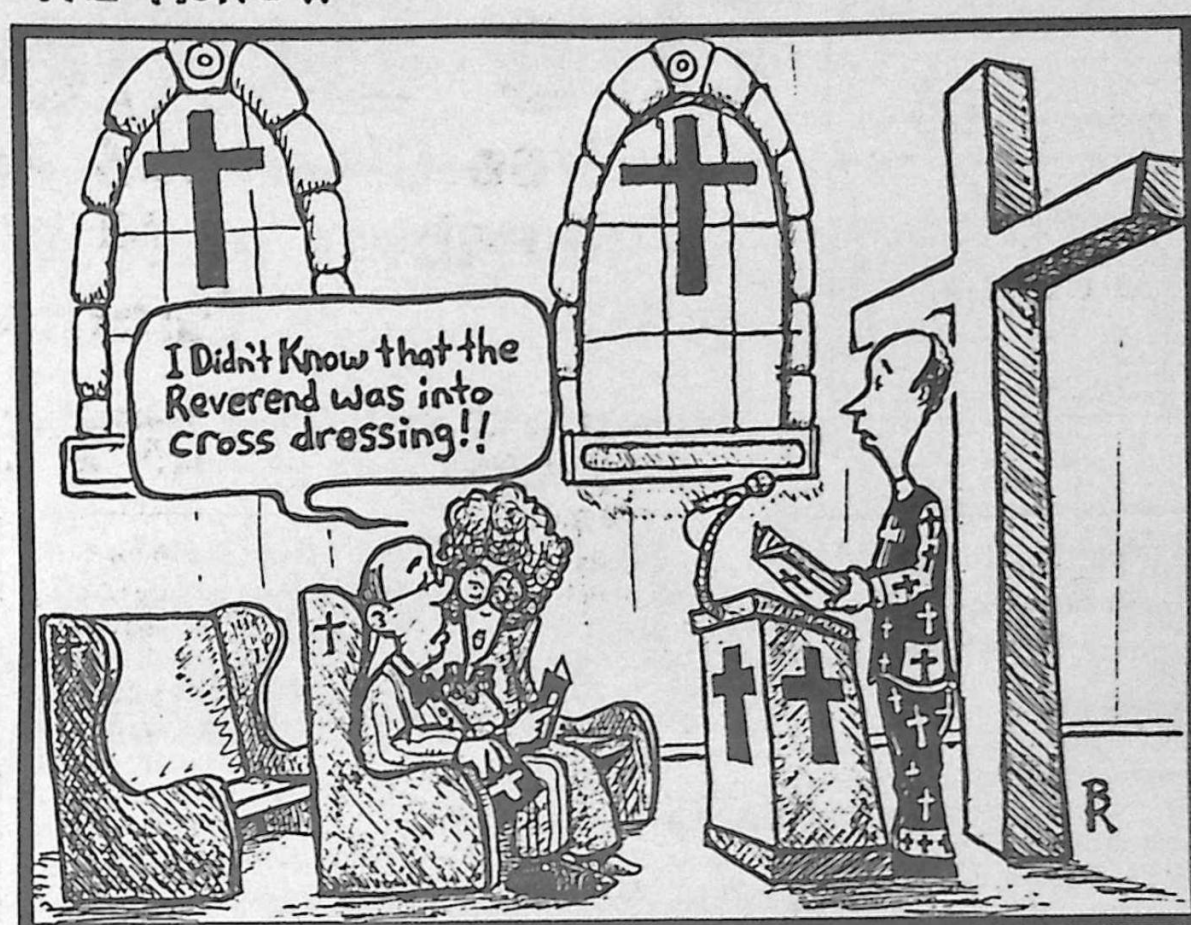
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FREAKSHOW



Heat tape fire hazard

After receiving reports that a recent fire at the Philadelphia Zoo was associated with electrical heat tapes, Consumer Product Safety Commission is re-issuing its guidelines for this item.

These tapes are frequently installed in attics, under porches of conventional homes, and under floors of mobile homes to prevent water pipes from freezing. CPSC estimates that each year about 1,500 fires, 10 deaths and 100 injuries result from faulty electric heat tapes. The Philadelphia Zoo fire underscores the potential danger of heat tapes that are old, worn, or improperly installed or maintained.

To help prevent fires, CPSC strongly urges homeowners to replace heat tapes more than three years old with new heat tapes that have been certified to meet voluntary safety standards set by Underwriters Laboratories, the Canadian Standards Association, and the Factory Mutual Research Corporation. Homeowners should check the installation instructions when they change types or brands of heat tapes which come with different installation requirements.

CPSC recommends the following when purchasing, installing and maintaining electric heat tapes:

- All new tapes have a 3-prong plug. Always plug it into a 3-prong outlet to ensure it is grounded;
- Plug tapes into an outlet protected by ground-fault circuit-interrupter;
- Do not wrap heat tape over itself unless specifically permitted in manufacturer's instructions;
- Apply heat tapes directly on the pipe to be protected, never on top of the insulation covering the pipe;
- Do not cover the heat tape with insulation such as fiberglass;
- Do not use foam or vinyl insulation that could catch fire from a failing heat tape;
- Do not use heat tapes designed for water pipes on gutters, driveways, or fuel lines;
- If the heat tape has a thermostat, check the instructions to see whether the thermostat should be placed against the pipe and covered with insulation or left hanging and uncovered;
- Inspect heat tapes each year, replacing them if they show signs of deterioration; and
- Look for discoloured surfaces (especially at the plug), charring, cuts, or breaks in the insulation of bare wires.

TODAY'S CROSSWORD PUZZLE

ACROSS	58 Took up or let out	PREVIOUS PUZZLE SOLVED
1 Mound	62 Major artery	BARA REMIT LURK
5 Sale disclaimer	63 — on; be overly fond of	AWES EPOCH OPAL
9 Hauled	65 Type of star	CABINFEVER ODIE
14 Rowers' needs	67 Say firmly	EKE ALEE INSOLLE
15 Dilly	68 College woman	REILWIS SLOE
16 Spanish friend	69 Smallest amount	REX WILORICE
17 Paris airport	70 Hunk	VOCAL JUTE AUF
18 Gong	71 Sicilian volcano	ALL CORED GET
19 Eva and Juan		LEO HISS MOODS
20 Found fault with		EGGPLANT VIP
22 Of no value		HERS LOTTERY
24 Charters		LUGOSI DATE LAO
26 — we there yet?		AGEE SHOPAROUND
27 First-aid device		SLAB MILER EDGE
30 Simple thing		TYRE APTLY REEL
35 Pain in the neck		
36 Become tiresome		
37 Box		
38 Reagan's nickname		
39 Sleep		
42 Cunning		
43 "The King"		
45 Goddess of discord		
46 Ducks' cousins		
48 Color in a Lear nonsense song		
50 Type of cracker		
51 Composer		
52 Valises		
54 Ramble		

28 Lying flat	49 Meal
29 Singer	50 Houston eleven
31 Sept.—	53 Fees
32 Quebec	54 Follow
33 Not true	55 Ramble
34 Young chicken	56 Operatic solo
36 Full-strength	57 Dutch cheese
40 Obeys	59 Type of beer
41 Cairo's country	60 — Steven
44 Knidias word?	61 Baby's second word?
47 Core	64 Roe

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insulation that could catch fire from a failing heat tape;
g) Do not use heat tapes designed for water pipes on gutters, driveways, or fuel lines;
h) If the heat tape has a thermostat, check the instructions to see whether the thermostat should be placed against the pipe

and covered with insulation or left hanging and uncovered;
i) Inspect heat tapes each year, replacing them if they show signs of deterioration; and
j) Look for discoloured surfaces (especially at the plug), charring, cuts, or breaks in the insulation of bare wires.



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Preparing for the day ahead!

HONOURING WOMEN

On Saturday March 9th the rain didn't stop over 100 people from gathering at the Washington Inn to celebrate International Women's Day. The CMFRC sponsored this conference for International Women's Day with a focus on Balance - "Striving for Balance in Our Lives."

It was a well rounded day with twelve different workshops to choose from, an art show, a fashion show, lunch, a silent auction, a raffle basket, numerous door prizes, a keynote address by Liz Wouters on her experience at the UN Conference on Women in Beijing China, and of course the opportunity for fellowship and learning.

The day seemed to be a positive experience for everyone. The following are just a few of the comments made by the participants: "What an enjoyable informative day Thanks!" "Looking forward to the next one! Great Day" "It is so wonderful to see women learning & sharing

together. Great energy Thanks!" "Good for the soul should last me until next year."

"What a great day!! Excellent people Thanks!"

The day could not have been such a success without the work of a great many people. So a great many thanks to: The committee members who gave of all their time and energy to plan the event and ensure it ran smoothly. All the facilitators who shared their knowledge and themselves in the very interesting and informative workshops. The artists who enlightened our day with their beautiful and expressive work. Karen Nogue, the MC, who kept everyone aware of what was happening. The ladies who volunteered to model for the fashion show. Liz Wouters for sharing her personal experiences and insights as the keynote speaker. All the businesses for their donations. The community for its overwhelming support. And of course all the participants whose energy and enthusiasm made it a very special day.

In closing I would like to leave you with a poem that Liz Wouters shared with the us. The words speak for themselves.

"My Strength is My Weakness"

*I have the ability to look inside
question myself, confront myself
that is my strength.*

*But when I am attacked,
dominated, undermined
I look inside
Question myself, confront
myself That is my weakness.*

*I am sensitive to the needs of
others - fit in with their wishes
That is my strength.
But when I am in need I am
more sensitive to the needs of
others and often fit in with their
wishes.
That is my weakness.*

*I am strong, independent
in control
That is my strength.
But when I most need love,
warmth and support
I come across as strong,
independent, in control
That is my weakness.*

- Justine Armstrong 1995

International Women's Day Conference Sponsors

The CMFRC would like to thank all the following businesses and people for their generosity in sponsoring the Womens Day Conference on March 9th. A total of \$920.99 was raised for the CMFRC Deployment programs!

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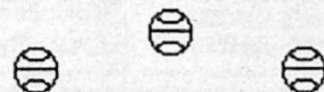


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April 27th & 28th

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8 am - 12 noon each day

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Ages: 12 - 15, 16-18

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Registration deadline: April 19th, 1996