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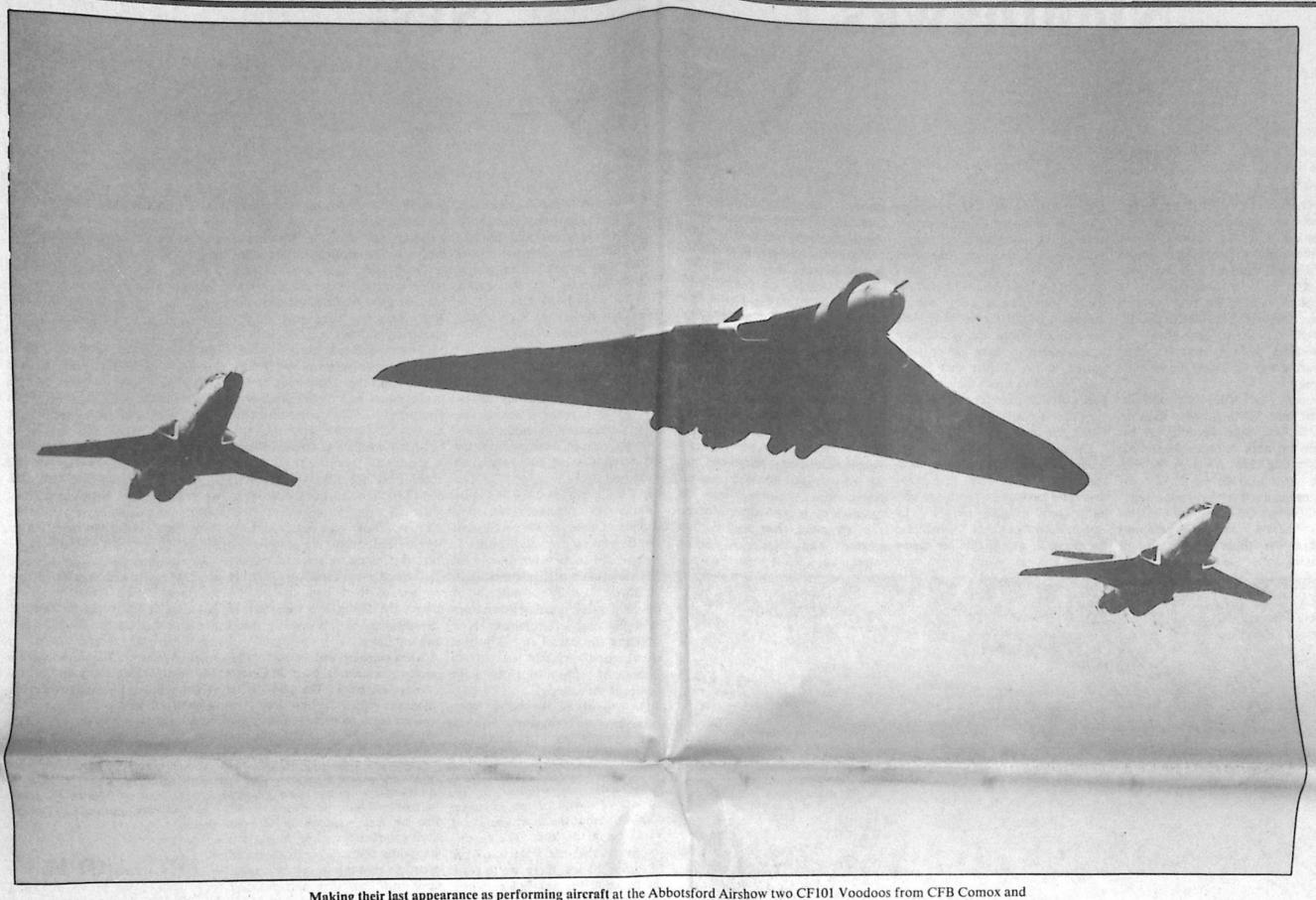
CFB COMOX TOTEM TIMES

September 15, 1983 THURSDAY .

Deadline is Monday.

September 26, 1983

COST: PRICELESS



Making their last appearance as performing aircraft at the Abbotsford Airshow two CF101 Voodoos from CFB Comox and a Royal Air Force Vulcan bomber from RAF Station Waddington, England make a formation pass in a special farewell salute.

Base Fire Hall stops flooding in **Comox Valley**

fered immense personal sacrifice to excess water flow each spring. Chief Jim, fourteen fire fighters and dusty Fire Department archives of a blame for our soggy weather con- with 3 days of instructions in it's

Under the title of DELIVER climbed the Comox Glacier on of the century, no record could be theory one day while watering my VALLEY I, the Base Fire Hall August 27th to find the open fire found of any recent testing. In the lawn and noticed that the water ran fought untold hardships and suf- hydrant which has been causing the past it was assumed that Mother downhill.

stop the cause of spring flooding in The planning for the expedition and flooding in the Comox area. water, 407 Squadron volunteered the Comox Valley. Led by Fire began with the discovery, in the With this new found evidence, the the loan of their devining rod along a draftsman from CE (we needed fire hydrant located on top of the ditions could now be attributed to a use. Brad to draw us a hydrant to scale) Comox Glacier. Installed at the turn leaky fire plug. I discovered this

Nature was the cause of all the rain To aid in following the source of

The first day's trek to the base

camp was tough. Doug decided to stay behind (he said he had to guard the equipment) as we proceeded on the second day to conque the Glacier and close the long lost leaking hydrant.

When the plug was finally found, it had to be christened. Gary tried but complained of a cold knee.

The trip back on Sunday was a bit damp. All the aches and pains must have been washed away with the rain because no one complained on the way home.

It was later discovered that people from Parksville area reported hearing a far away voice saying over and over, "Gee, ain't this great". The voice came from our group and Sam's headband eventually ended up half-way down his throat.

It was a great trip. Thanks to BPerO, his staff and Base Supply for their support.

By the way, if there is any rain or high water this spring, we just discovered a fire hydrant on top of Cliffe Glacier.

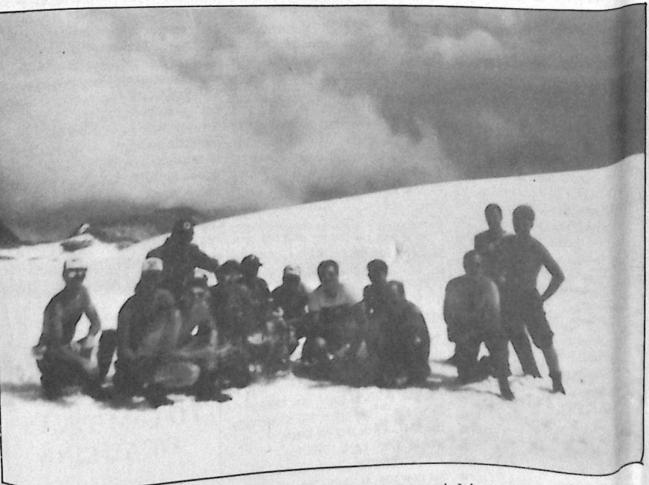
> NEXT TOTEM TIMES **DEADLINE 26 September**



AIR FORCE INDOCTRINATION SCHOOL CHANGE OF COM-

In a brief ceremony on 24 August, 1983 Major L.A. Dodd, CD, became the Commandant of the Canadian Forces Air Force Indoctrination School. The event was witnessed by Colonel W.R. Dobson, OMM, CD, Base Commander CFB Comox. Major Dodd assumed command from Major J.A. Cratchley, CD (Commandant Jul 80 - Aug 83), L





Ring of Rogues Find Plug. Left to right, Tressel, Olynyk, Lamond, Johnson, Gorrie, MacKenzie Plug, Dennis, Des, Matte, MacDonald Stamp, Kirmie, McGhee.

Section News

Nighthawks



Nest

publication days. Because 409 has didn't grey out. been cut back in hours due to our

waiting for the reviews. While process the abundance of paper- the slights Gerry tends to lose track arrive wearing a personal immer- a valley girl and the Mackenzie marked for the occasion at an early professional writers place a dollars work involved in the administration of his address, name, whereabouts, sion outfit from safety systems brothers. Commenting on the courdate. and cents value on their work and of a fighter squadron. It isn't family history, etc. Having dealt because they aren't called poopy se Doug said "Like wow, it was squadron article can make the dif- mountain of CF forms while their totally uncharacteristic moment of particularly hostile the high rubber And, like the base was totally phone at the Ops desk for eight squadrons who have never been his life story recorded on cassette tively guards against rope burns. hours a day or flying ten hours a posted to an aircraft that didn't complete with the lead in from the Luckily the paper isn't circulated beer call with war stories about the Rod Serling sound alike. By simply fronted by silence and icy stares. conversation and Doug and Gerry until mid Thursday afternoon on time they actually pulled 3 G's and following the directions on his ever

impending close down, by the time before a majority of the crews have complete and costly retraining. the paper hits the stands the only read the article. By that time Even with the initial displeasure some two figure number. The Ops flying time left in the week is reser- memories have usually softened any having faded, walking into the ved for the QRA and for the most particularly stinging remarks. In squadron on a post-paper Monday part the only squadron personnel certain cases like Gerry Desrochers, is often more than a little like about are those going into or for example, any slights are taken walking into Harlem wearing

have propellers regale their crews at Twilight Zone and narration by a noisy vehement mob is being con- at this point that I lost track of the Usually its the following Monday tape and eliminates the need for reveals a sudden increase from the

coming out of the Q. This of course in the context which they were nothing but a white bathrobe ador-

present Walkman, Des listens to the QRA scheduling boards usually discussed life for several hours. board will normally disclose similar of flights and increase in simulators. The flights that are still present will always tend to be with some pilot and fast, engaging state of the art Concluding the on going Dave repairing the cracks in my helmet in Cold Lake. every second week that result from insides of the canopy.

for this is that the fewer navs on squadron the less there are to read the paper to the non-fighter pilots and therefore the less offence taken.

Doug Neill finally returned from his four month sojourn at Mather Air Force Base in California. He was down there on temporary duty to learn all about squiggly amps at the Electronic Counter Measure School. On top of absorbing the information from the course Doug picked up a lot of the local ver-

Far worse than confronting a morning was a bummer, ay." It was When this happens checking the Desrochers sat down together and

> Drew Foulds, Kaz Oreziak, Tom 409 major for being afraid to fly low Times.

with 407 being the most vocal and like he was standing in Dresden shaves. VU33 being the least. The reason during the fire bombing. At least the 409 pilots displayed a modicum of decorum refusing to cry or scream until their interview was finished and they were out of eyesight of the 1. career manager.

> Committee met recently to discuss 2. the All Ranks Christmas Party. On- ticipated in the designing and building ce again the party will be held at the of the TORONADO? Loft with a tentative date of Wed- 3. nesday 14 December to be confir- designed and built helicopter? med. It seems a little soon to con- 4. sider Christmas parties but con- Air Forces air display team?

The absolute very worst part doesn't include the CO or majors meant (jokes) and completely ned with scarlet crosses. At times like nacular. Talk about culture shock, sidering how quickly the tickets sold about writing the squadron article is who use their non flying hours to forgotten. Of course while forgetting these its best to have the foresight to now he sounds like a cross between last year money should be ear-

Preparations for the squadron fear a loss in earnings from a unusual for these tireless individuals with the problem on numerous oc- suits for nothing. If the crowd totally cosmic, ay! But like the work close down and reunion are beginnegative report, the reaction to a to be seen slaving away over a casions the amazing Desro in a gathered around the Ops desk is load, like was grodie to the max, ay. ning to snowball with ideas becoming paperwork and paperference between answering the counterparts from the non-fighter lucidity had a condensed version of neck on the immersion suit effect awesome, ay, but gag me with a work becoming legwork. Tickets are Molsons gettin up at, like, six every still available for the 50-50 draw as are tickets for the multitude of other raffles that are on the go. A squadron jacket is available from Jim Nodwell and can be seen in the armourers section. In the months to come various projects to offset the five or six Q's originally slated to Chester and Doug Neill are off in cost of the close down weekend will Cold Lake for Maple Flag. Both be initiated. With a little luck each navs had to be dragged screaming to of these will be detailed in changes with a substantial reduction their aircraft for departure from Nighthawks Nest since it is easily the Comox. They were chastised by a most read article in the Totem

> who may have been mentioned in fighters at every turn. It seems that Reyenga moustache saga the official the article. Usually the outcome of neither of them had any qualms statement is that Dave has indeed these flights is a dressing down from about the flying but were instead given up. It seems that he started it Safety Systems who complain about dreading having to spend two weeks the same day that the daughter of a neighbour back home in Ontario Kleenex sales and corset rentals reached puberty. The neighbour was an hour of being rattled off of the took a monumental surge in Comox of Mediterranean descent and a Valley last week. The pilot career recent photo of his daughter showed On top of all the other reper- manager visited the base and it was growth of hair on her upper lip cussions come complaints from the truly a sight to behold. Every pilot which put Dave's to shame. Luckily other squadrons who may have been on base looked like a red-eyed, run- for the girl her teenage friends used in an article for comparision or ny-nosed, Ed Allen in flight suit. haven't noticed so she has not had comic relief. The number and Talk about snivelling. At one point to tolerate any of the normally cruel strength of the complaints seem to when the career manager pulled out comments common to that age be directly proportioned to the a cigarette so many lighters ignited group. Dave, completely beaten number of navigators on squadron in front of him, he must have felt resumed his normal bi-monthly

TRIVIA QUIZ Which famous aircraft com-

pany produced the World War II The squadron All Ranks Fund bomber, the A-20 Havoc? Which three countries par-

What was the first Canadian

What is the current Japanese



409 Hawks air demonstration team at the end of their season. Clockwise from top left: Lead pilot, Eric Matheson; no. 2 nav, Kurt Saladana; spare nav, Dave Reyenga; lead nav, Jon Main; commentator, Dave Pullan; and no. 2 pilot, Howard Tarbet.



Demon Doins

Historically September has always been a busy month for 407 Sqn. The long lazy days of summer vacation have quickly rushed by, leaving us all well rested for the hectic months since they are the first navigators to be members don't forget to come out one ahead.

days at Moffet NAS in California. They tell us that the purpose of this trip was to put the finishing touches on their summer tans. Unless the groundcrew placed a sunlamp on board the AURORA it seems unlikely that they were successful. The exercise was a success as the crew was able to cultivate their ASW techniques to help them in the years ahead.

Last week crew 4 and 7 were deployed on short notice to Greenwood. The crews were called in (some of them were on days off) and were on the ground in Greenwood within 14.5 has gone to Staff School in Toronhours. A very fast response!

ter by a provisional Crew 7 on a Hansen leaving us to go to the Midregularly scheduled Electronic Bomber dle Management Course in St. Jean, Course. (FDS and OMS.) Just like the Quebec. We all wish you well and tourists. Soon as the fish stop biting remember lets be careful out there! they are gone like a flash to Nova Scotia to see if their luck is any better. to some individuals who took up the day. Good luck gentlemen.

moon.) Firstly, the crews have been weeks in August?). shuffled (if the PM Trudeau can have such a fine job.

becoming qualified TACNAVS. you all aboard. Now if we can just get you to chew may even learn a few things. gum and walk at the same time.

Wright and Capt J.T. Williams for Demon Navigator Meetings are taking achieving sign out authority on the place in the woods around Comox. Aurora. (Your days off will now One of these meetings was infiltrated become a thing of the past.) Sgt Tur- by an "intelligent" agent at Lt Burnbull and Sgt Logan both have ton's house. Lt Burton, considered by achieved recognition by becoming lead most to be the leader, captured the AESOS (LNASO)-good show guys!!

There have been a few Demons, for the time being, that have been of forced labour the group circled the the repast for inappropriate constricken off the roll call. Capt Burke to, Capt Jaggi to SANC in Win-They were followed shortly thereaf- nipeg, with Maj Knutsen and Maj

A special mention should be made slack while we were on leave. Maj Eby Two transformations occurred on and WO Wood (Woody) flew over 120 September 9. (No there was no full hours during the 5 weeks in August (5

With the posting season quickly a cabinet shuffle the CO feels he is en- drawing to a close you might have titled also). The second transformation noticed a lot of new faces scurrying occurred when the crew rooms and around the squadron. I would like to lounge had a face lift. Before our very welcome; WO Baumhour, Lt Byam. eyes the rooms transformed themselves Lt Carino, Sgt Cedar, Lt Duguid, Lt from the ruins of Pompei to those as Ellis, MWO Gauthier, Lt Grossman, elegant as the Czar's Palace (after the Capt Hannula, Maj Hansen, Lt Revolution). Seriously the renovations Ketellapper, Lt Kroker, Lt Kimpinski, are a marked improvement. Hats off Sgt "Dusty" Miller, Capt Murphy, to CE and fellow Demons for doing Capt Pahahicky, Capt Slater, Maj Sponder, Lt Southern, WO "Dixie" Congratulations go out to Capt Walker, MWO Wires and all of their McBean and Capt Hickford on families to the squadron. Glad to have

History has been made by these two, Oh yes, before I forget squadron qualified as ASO-1, NAVCOM, and and all to 407's FAMILY DAY this Crew 2 has arrived back from 10 TACNAV. This three seat Qual Saturday, 17 of September. I represents an awful lot of hard work. promise you it will be fun and you

> One last thing. Intelligence has Congratulations also go to Capt released a report that some strange agent singing "I'm a lumberjack and duct, piscipline was, I must say,

you walk in the woods this fall, you

suspected) seems to occur every fall.

GREAT WHITE NORTH

Flying Five.

mixed drinks. The activites of the ABC! crew at this point started lending Northern Lights never did see..."

Air and ground crews united the next night for a detachment dinner. 407 PHOTO The chosen venue, "Mike Marks", manufactured oriental cuisine. The head table featured a list of

their high Priest (Maj Newman it is Holy Mackerel scam turned out to diagnosing the problem by com-So fellow Demons be alert. When flight engineers future libations.

Whilst on the topic of food one Pte Duguay is improving her vice of the youngest pilot, many of she ever find out what it means??? hole. WO Fortin lead his troops, Sgt "I don't believe it, 21 bucks for a following day... Weatherly and Sgt Wells into some dumb rubber bird...". Atta guy

Things have been really busy lately in PHOTO with the last two luminaries our Charlie Oscar, the Norpats. But we took time out to VPC and the Holy Mackerel in the test our skills at the firing range onagent and sentenced him to six hours form of WO Wood. The Holy ce again. This time we challenged of splitting wood. During this session Macketel levied fines throughout the SMG, little did we know the bees would shoot back. OUCH!

Cpl Valiquette is all excited about I'm OK...". The agent barely escaped poorly maintained. The FE grew his new toy. It seems his VIC 20 has with his life (and a bottle of beer). This rich quickly as the more intelligent been having digestive problems. Sgt strange religious ceremony held by readers have already ascertained the Price and Cpl Mattson are busy

be only a fishy form of financing the paring with their VICTIM 20 and TRASH 80.

too may become a lumberjack for a must mention the Last Supper at the English, she has been labelled the swank Explorer Hotel. On the ad- "nymph" of our section. But will

the detachment gathered for the September 8th, we prepared for "highly recommended" pheasant- our PhotoCorn Boil at Air Force Major Eby's crew five recently under-glass. The price, Lt Jenkins Beach. WO Bourne, Cpl Valiquette completed a Northern Patrol with acknowledged was expensive but and their wives as well as MCpl LCol Brygadyr. All areas of our Ar- well worth it. The diners com- Cousineau were out digging clams ctic were visited in a Demon effort plained vociferously throughout the and oysters. There was a few minor to show the flag. (Doin's readers, munching of the pricey bird. So cuts and bruises while prying the standby for an upcoming pictorial loud were the complaints that the oysters; but, the worse was that explanation of our NORPAT just as crew ornithologist, Lt Burton was Mrs. Bourne ruined her best pair of soon as the Prime Minister gives us called in. After some preliminary high heels! What can you expect, it back the negatives from the lab work he identified the oiseaux as was her first time out. The Fish 'n odyssey.) For the present time Cornish Game Hen. The bird man Corn Boil was enjoyed by everyone. however, settle for this account of was not allowed access to the pilot's Cpl Valiquette displayed his experthe low altitude behaviour of the plate but after his dinner advice one tise at deep frying the clams and can only hope that what he was oysters. Cpl Larsen couldn't wait The post arrival clearance for the eating was crow. The most astute for them to cook, so he proceeded observers read direct the Strange appraisal of the situation however, to eat them raw. P.S. Little did we Range, a multi-cultural watering was advanced by Lt. A.B.C. Forest know the RED TIDE would be the

MCpl's Paul and Dionne are to be congratulated for organizing a great So it was on the ground readers. "Do"! "BRAVO ZULU." And credence to the poetry of Robert Standby for the NORPAT pictorial congratulations to Cpl Pare for the "...a queerer sight those in an upcoming edition of the new addition to his family. Till next time, the nymph.

> NEXT TOTEM TIMES DEADLINE

26 SEPTEMBER

Section News



Well, I have returned, from the land of shining boots and short hair. delivered, practically our entire body search. After no body was I may seem unscathed, but I have operation staff will be gone. Only found on my person, he gave the gained a bit of knowledge and a few our devoted T-Bird driver and ad- other men a "thumbs up". pounds. Now I am prepared to ap- ministration staff will remain to The door was quickly opened and ply my solid state knowledge to all lock the doors. The rest of us closed and I found myself standing those modern tubs and relays in departed the fix at around 1130 for in the pitch black room of Ops. (It Trackers and T-Birds.

with a tidbit here and there.

Pierre L'arrivee becoming Cpl glad to see that Pierre got

what it's like to be a poor Cpl. VU33 went to the baseball diamond. listening. He gazes longingly at pic- great leader. It was here that the real story was tures of F-18s and has begun to for- There he stood. His towering 5'4' told. Don't worry George we all tify his office, which he plans to use frame supporting those immense Olympics.

moved up in the world and is now Craig still refuses to see the darkened shapes that lined the working in the office. I know many people will miss her expertise out on clear to the rest of us. the hanger floor.

I know that they would have to get Ray back for his expertise on the moved in most of his furniture in slide appeared magically showing ARN-501. I heard he even got a decent pay for his advice. Tell me Ray where are you going to hang your plaque? May I suggest right over your Vic-20.

Ruth (Ray's wife) don't forget we've got a Christmas party coming. We would like to see you there, even if its only for a good

I hear that Fred Kay has moved into Mark Hall's boots. So Fred how do Mark's boots fit?

While I was in Borden I ran into Dean Cunningham. It appears that I'm not the only one that did something wrong.

I've heard that we got two fresh new Cpls at the squadron. One is Cpl Litchfield whose an armour. I'm glad that Laurie will now have someone to share all the hard work with. We also have Cpl Binnie, a Com Tech. God knows you can never have too many C.S. Techs, just ask Bill! I've been told that the latest rocket firing exercise was a success, is that right Rob? Is it true Rob that your volunteering for the

I've noticed Alligator Al while on next exercise? leave has reached new heights for entertainment. Well Al you better crack that whip and keep busy,

Scott, I've heard that you've got a right. problem with your coveralls. Well what you can do is either change them twice a day or keep two pairs. One for show and one for go.

Many people wonder where Charlie Fullerton is hiding. It's when you see him that you know what

Well, I guess that's it for now. As he's up to. per normal I'll keep you informed of the latest going ons in VU33.

By the time this newspaper is approached me and conducted a Vancouver. We will spend Thursday would later prove significant in I have been missing all the impor- afternoon visiting the facilities at historical accounts that the meeting

definitely deserve these promotions, with the good news and the bad like an ill man's flatulence. but Tim, did you have to revert back news. Of those who plan to leave Finally, we heard the approaching to your old sailor days to tell them next year, Craig seems to be the sounds of our leader as he was mar how under paid vou were. I am most concerned. He keeps hearing ched down the hall by his personal people whisper "Summerside" squadron of murderers and his promotion. Now he'll know behind his back. He has begun to terrorists. Suddenly, a small light of smoke more heavily and talks to powerful intensity was turned on I understand that the mighty himself when he thinks no one is and it illuminated the face of our know how young at heart you are as his last hold out when THEY and broad shoulders which in turn even though you had to join the old come to get him. The renovations supported his oak-like arms. His timers. Ted, I heard that you threw include carved hand holds in his hamlike hands, those famous hands hot dogs better than baseballs. desk and a brick barracade at the that so many of his adversaries had Maybe we could develop a new door. Rollie did his best to prepare met with death at, were clenched in sport for you throwing dogs. We Craig for the career manager's visit rage. Yes, Purcell (pronounced could even get: it entered in the but judging by the look on his face Perkell) had arrived. I see that Cheryl has finally prepared for what Dick had to say. with God flickered briefly over the

> Norm is still keeping very busy therefore begin immediately. building his house. Last Saturday he "Our mission, gentlemen." (a the pouring rain. When he com- the CFB Comox Crud Trophy.) pletes the final hookup of the hot "Our task, gentlemen." (Another water and connects a toilet, they will slide appeared this time showing the almost be able to call it home.

> that I will write for a few months. I soaked bandages showing under am leaving shortly to attend the ICP their wet stream of tears, crawling Course in Winnipeg. Capt Dave from the games room to the Snake Bekolay will be taking over this Pit to buy us (the victors) drinks.) column while I am away. So long "Everyone knows that after 3

VU33 Anchors hold secret crud meeting

tant news of the Squadron but my the Department of Fisheries in Van- was held in the very room where on unnamed sources have supplied me couver. Plans for Friday include countless other dark nights, tours of some fishing vessels; in- decisions were made that also affec-One bit of info is on promotions. cluding a foreign national. All this ted millions of God-fearing people.) There's been two to my knowledge, because we are so highly devoted to I could tell by the glowing cigarettes these were: Cpl Tim Hunt is now our jobs, always willing to sacrifice and by the nervous coughing and M/Cpl Time Hunt, the other is Pte our time to increase our knowledge! rasping that I was the last of the As most of you are aware, the "Anchors" to arrive. Pierre L'arrivee. Both these boys career managers were in last week The anticipation hung in the air

after the interview, he was not His stare of purpose and oneness "writing-on-the-wall" that is so room. "Men, you all know why we are gathered here tonight. I will

409 Crud Team on their hands and This is probably the last article knees, with bruises and blood

> years as your crud leader, we have T.P. not beaten 409. We also know that the reason for this is that they always have gotten a free "buy" This, gentlemen, will not happen. Our superior skills will finally be rewarded."

After this last statement, he brought his fist down with so much force that a pencil, laying on the

The night was black. The windpodium, was almost broken in half. was quiet. Large black clouds hung Purcell (pronounced Perkell) conominously overhead. I stopped andtinued: "But just in case we have listened. The night was still. In the devised a foolproof method that will distance a faint cry was heard, insure success." He glanced briefly whether it is passion or pain, one at a piece of paper in front of him could not tell. I continued in the and with a dramatic pause said direction that would eventually lead "We, the VU33 Anchors, shall me to the VU33 hangar. I was not imitate all the previous actions of more than 15 yards away from the the 409 Crud Team. Firstly, instead operations door when I noticed the of drinking beer on the day of the outline of two men. My approach tournament, we will all drink lowwas obviously unnoticed for when I cal, non-alcoholic TAB. Secondly, took another step, both men cocked no sex for two weeks prior to game their submachine pistols in hurried time. (Some 409 members train for

Crud all year long.) Thirdly, we will The man to the right of me was interrupt anybody that is talking the first to speak, "Halt or die pig- and tell them how fast we fly. dog". Recognizing the friendly Finally, we will shout and rant and voice as the one belonging to the rave if the referee calls any honest head of the OACP (Observors and righteous calls that might be to Against Communism and Por- our detriment."

nography) and after quickly ascer- "Any questions, gentlemen?" taining that he was probably ad-inquired the CO. "Have you got dressing me, I replied with my usual it?" articulate flourish "URP".

"Got it!" echoed the Ancho? The other man, the rounder one,

Base Supply

As usual there is never a dull moment in supply. We always seem to have something and someone to talk

First of all, Base Supply would like to welcome, once again to CFB Comox, Steve Dew. We hope you like doing computer work Stevel! Also new on base, from 1 CFSD Downsview is Judy King. We are hoping you enjoy your new job, on consumption points, in 1 Supply group Judy.

Congratulations to Mike Channen who just received his Sgts and certainly has worked hard for it. All Mike needs now is a sweet loving wife . . . maybe then he'll keep off those raw turnips! Speaking of promotions, Mal Wilson has also been promoted. Mal is now a grade 12 highschool student! Is that why they call you "baby cuddles", Mal? Really Mal, we wish you luck in Vanier High and hope you achieve what you want.

There are also a few farewells for us to give. Larry O'Brien is on his way to sunny Syria. We want his six month tour with the UN to be very rewarding and an experience for him. Eric Hussey who is working as a contract trainee in 1 Supply group will be going on his TQ3 training next week. In his two months here he has proven one thing to us. He'll certainly enjoy the A club, right Eric!? Good luck and we hope to see you back in Comox.

A special farewell will be going to Al Gray, Frank Felhouser, Gord Cawthorpe and Rob Pincombe. These men have been working with us in supply for the past few months. They all have been a real asset to supply by cleaning up and reorganizing many of our supply sections. We all would like to thank you for your apparent achievements.

Back from his holiday in California is Stan Stevens. Although the weather was not at its best, Stantells us he had great time. The highlight of Stan's holiday was watching the peanut vendors at the Dodgers Stadium.

John (muscles) Schroeder has also just returned from leave. His muscles seem to be even larger than ever after all that swinging . . . off the golf club.

Yves Verville is back from Disney Land. Is that big smile on his face because he really enjoyed his holiday or because he's "finally" out of One Supply group?

Cal Francis spent the last two weeks in Victoria, where he played in the Singles Tennis Tournament. Cal did very well in the tournament, he made it into the quarter finals. Way to go Cal!

Now for some big news in Supply. Do we all remember that confirmed spinster Francine Roy? Guess who walked into work last Tuesday morning with a Fredrickson nametag on her shirt!? Yes Francine, even though we all were expecting it, you managed to surprise us all! Congratulations Francine and Fred, we hope you enjoy your

lives together. Presently on leave is Decanna Steptoe, now Decanna Graham. Decanna and Chris were married on September 3 and are now honeymooning in the Interior of B.C. Hope they are having a good time!

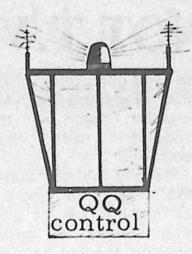
The Middle East has not changed Bob Cotton at all. On the labour Day weekend Bob had planned a weekend reunion with several of the people who had done a six month tour of the Golan Heights. That did not go over too well . . . good ol' Bob didn't make it past Friday night! Did you Bob!?

Frank Kato has recently retired as president of the Lions Club. This has not stopped Frank from being very dedicated and involved with the club. His enthusiastic personality shows just how much he loves doing this special work. Keep it up Frank, it's great!

Well skiing season is just around the corner. A word of advice, beware of Major Finns yearly prowl for personnel to sign up with the base ski club. Seriously for all those who do or would like to ski, come on out. You can receive many ski benefits if you are

with the club. Supply hopes to have a broomball team this year but we are missing players. No experience necessary. Needed are players and a coach. Intersection Hockey is also starting up, anyone interest in non-contact hockey or broomball contact Cal Francis.

By the way Jim Wilson, have you put your old antique away yet?! If so, I'll seeyou in the SOA room!



As The Beacon Turns

deavour in writing for the Totem to complete his training. After this this part of the military. The next two years before his next course. two reports will cover the ATC The next course is the ATCO classification. This first report will ADVANCED (Terminal/Radar). deal with the officer side of the This is also 4 months in duration. profession and the second with that On this level the student is taughtof the enlisted.

ATC depends on which of the positions. One for the student convarious recruiting plans he is entered troller and one for a pilot (also a. on. But no matter which it is, the student). In this trainer the pupilcommon focal point is CFOCS in controls aircraft by use of "Flight CFB Chilliwack. This is the "Of- Progress Stips" (used to record ficer Candidate School" in which ATC clearances, altitudes, routings, the leadership potential of each in- call signs, etc.) and radio reports. dividual is judged. If the Candidate from the aircraft. This level lasts forpasses the stage he moves on to the the first month and a half of the

he is attached to an AIR TRAF- training which encompasses the rest. FIC CONTROL unit at an of the course. The scope is a comoperational base. This is to give the puterized screen which includes the candidate an introduction to his new fictious "March Terminal Area". job. During this period he is to com- This is operated by two students and plete precourse training package also a civilian to work the computer. and a pre-test before he is allowed to After mastering the use of the radar continue on to Cornwall. This OJT individually they then learn to concan last from 3 weeks to 1 year trol in a terminal (RATCON) atbefore course loading.

one wing of the building. This cour- that period. se is 4 months in duration, where Once controller has checked out

during the course.

checkout at his new base. He is given hands with ATC.

This article marks my second en- up to 40 Operational days in which Times. As stated in my first article, period, if he is successful, he is put there will be periodic reports on on shift as a Tower Controller. He'll ATC to bring you a little closer with continue in this position for up to-

Procedural and Radar control. The How an individual is selected for procedural trainer is made up of two course.

Before proceeding to the next stage The next part is the Radar, mosphere with 2 or 3 other con-

The first course is the VFR trollers. After this course he returns (Tower) Controller course. All ATC to his base and again begins a courses are held at CFATCTU checkout only this time in a Terlocated in Cornwall, Ontario. This minal. This can be for a duration of is a "Ministry of Transport" school 40 to 80 days depending on the type in which the military are located in of Terminal and the traffic during

they are taught Air Regulations, and is on shift - his training has not Navigation, Weather, and Tow yet finished. Each section has its Controlling. The school uses dif- own "Standard and Training" Offerent types training equipment in ficer who is designated to maintain a the development of the young con- high level of proficiency in each trollers. The types available are a controller. This is done by the use of "Table Top", in which aircraft and written exams and supervision vehicles are moved around by poin- reports by senior personnel. One ters to simulate airfield operation, such written test is the "Prof-The second is a stationary trainer in fessional Knowledge Exam". Writwhich different situations are ten each year during the controllers projected on a screen for the student birth month - a score of at least 85% to react. The third and most used, is must be attained. But most of the a computer system which projects updating rests upon the individual the aerodrome and area around it himself. Because of the continual unto a TV-like screen. It is on this change in aviation technology last one that the students are tested training becomes an ongoing process.

After the course the student is So next time you fly out of commissioned to the rank of 2nd Comox on the Service Flight you Lieutenant. The next part is a can be sure that you are in good

JR. RANKS' MESS

| | | SEPT | EMBER | R 1983 | | Sha l |
|-----|-----|--------------------------------------|-------|----------------------------------|---|---|
| SUN | MON | TUES | WED | THURS | FRI | SAT |
| | | | | MOVIE EYE OF THE NEEDLE | D.J. | 3 |
| 4 | 5 | 6 MOVIE KISS ME GOOD BYE | 7 | MOVIE THE PRIZE FIGHTER | TGIF 9 *BAND * CTTY SCAPE EUCHRE | 10 * BAND * CITY SCAPE |
| 11 | 12 | MOVIE , CLASS REUNION | 14 | MOVIE SOPHIE'S CHOICE | 16 D.J. TGIF CRIB | D.J. |
| 18 | 19 | 20 MOVIE TEX | 21 | MOVIE PORKYS | 23 *BAND * CROSSFIRE TGIF DARTS | 24 *BAND * CROSSFIRE |
| 25 | 26 | MOVIE LOVE SICK | 28 | MOVIE STILL SMOKIN | JO D.J. TGIF EUCHRE | Mercy |

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Editorial

T.V. OR NOT T.V.

Murphy entitled "Teach reading can be they Them to Open Doors". It shouldn't need much was based on the idea that coaxing. our children have too much do. danger of losing our him to learn how to repair creative abilities robots.

living rather than viewing through reading. life. An interesting point Obviously, today. participate in life.

adults of today have ap- experience alone, so that parently survived the "T.V. later on they can make Generation" successfully, wise decisions on what Murphy's philosophy of they want out of life. teaching our children to open doors is still valid. educational Island" or "Black Beauty". and then to do. T.V. gives you action, colour, special effects and beautiful scenery, but it's like force-feeding the image into our brains; everyone seeing exactly the same scene. A good book, on the other hand, is just black words on flat white paper, but, oh, what magnificent scenes we create in our minds; and for every reader, there is an entirely different and exciting scene. We owe it to our children to make sure they have the opportunity

Beyond just stimulating to see and hear, but not the imagination, there is It an endless list of skills suggested that, as a result which can be learned of T.V. primarily, we were through reading followed becoming a nation of wat- by doing. When my son chers and listeners in was young, I encouraged and and maintain his ancient becoming not much more Fiat with the help of Do-Itthan a race of super Yourself books (and a lot of haywire). Now I go to I'm sure that many of him for advice on car today's parents share that problems. Whatever insame concern and would terests our children have like to see their children can be further developed

Being a spectator is fine here is that Murphy's ar- and T.V. is probably the ticle was written 34 years best and most affordable ago. The children referred way for us to view events to are the parents (and of the day, but isn't parsome grandparents) of ticipation even better? I, the for one, would rather play needn't have golf (as an example) rather worried for we don't have badly, than watch it played square eyes, antennas, or expertly by someone else. I atrophied arms and legs think we have a responand most of us actively sibility to expose our children to as many ac-Despite the fact that the tivities as possible for the

T.V. is great tool but They can get ideas from education is not enough. T.V. but that is no sub- We need to have education stitute for experience. plus practical experience Compare, if you will, wat- to become creative and childhood classics such as open doors in this life is to "Tom Sawyer", "Treasure encourage them to read

3 Million **Canadians** have arthritis. Most can be helped. Please be generous with your support.

THE ARTHRITIS SOCIETY

Unprofessional advocacy

Disturbing things are happening I recently read an article to read good books. Once in the school system. The teachers, in Readers Digest by T.E. they learn how enjoyable to whom we trust our children for to organize a children's campaign against nuclear war. This is contrary to the mandate given our teachers, and Bruce Pepper, President of The Vancouver Board of Trade questions it.

> I don't know about you, but I get pretty angry when I hear or read about a presumed professional group embarking upon campaigns or causes that are inconsistent with what is generally considered to be their mandate.

> Most organizations, structured for a specific purpose, have great difficulty in satisfying the expectations of their membersip and the community they serve. Until they have satisfactorily performed the duties expected ofthemthey should stay out of things that they probably know little about particularly things that may be damaging.

> Recently I became aware of a communication from the British Columbia Teachers' Federation entitled "Coalition on Peace Eduction". I was appalled with two things in this missive. One, its content, and the other, the fact that this organization of primary and secondary school teachers apparently doesn't have enough to do in teaching the three R's to our children.

What these teachers have embarked upon is an extensive brain-washing programme to instruct our children on what they nuclear education and all the whom they look for guidance. J.S.G. movement.

nonaggressive action BUT there in their classrooms. As one ad-

perceive to be the evils of is a time and a place for this to mitted to me, things are going nuclear and other forms of ar- be done. It is completely inap- too well for us to bother rocking mament. There is no doubt that propriate for the venue to be the the boat! this is a conscious move by public school system and for the

support tent in their vocation and happy

security. Despite this, I have no strident activities of their elec- adults. I can only read into this the Coalition quarrel with those who wish to ted officials are relatively con- 'keep the parents out and let the Education. teachers mold the thinking of

It is totally inappropriate for this kind of material and this type of thinking to be imposed One of the incredible upon our young people in the teachers, who next to parents, opinion to be an advocacy of suggestions in the B.C.T.F. school system. In all probability, have perhaps the greatest in teachers - teachers who paper of which I speak was a we as parents, are unaware of fluence on young people today. probably have little or no proposal to form "a children's the sorts of things that are ching a T.V. special to productive. The best way These teachers are proposing to knowledge of the subject campaign against nuclear war". taking place without our reading one of the to teach our children to exercise that influence to ad- beyond emotionalism but whom High school students were to knowledge and, in many cases, vocate peace measures, anti- the students respect and to organize their own activity in without our approval. It's time something the Federation we became more aware, and other so-called good stuff. I heard recently that there called a large consciousness- diabolical measures such as pacifist were a number of teachers who raising programme. There was a this were brought to public atdislike the dictatorial and in- disturbing caveat included tention. I suggest you ask the You may recall that recently I fluential actions of the B.C. which said there should be teachers in your children's commented on the value of the Teachers' Federation. However, minimun supervision and (get school what involvement and NATO organization to Canada's most of those who oppose the this word) intervention by what knowledge they have of





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Criminal Justice

The third in a series of nine articles on criminal law.

to revenge.

for a given wrong was left up to the Today, many Canadians are not makers, the judges, blood feuds, so as to ensure that pay.

for law-makers to say that revenge jail tem. The purpose of these unfair interference. ought to be administered by the may be to protect society. Laws must be n ought to be administered by the penalties may be to protect society Laws must be made fairly, aptempting to influence a judge.

bloody feuding wich was more however, still believe that people purpose of our criminal justice horrible than the original was more however, still believe that people purpose of our criminal justice horrible than the original act. In the who knowingly break the law system is, or should be. interests of social order, the earliest should suffer for their crimes. In law-makers attempted to a suffer for their crime shouldn't purpose of criminal justice the im-

society, criminal justice boiled down law stands to the passion of revenge for the offender to reform. Or it our legal system. Our legal tradition in much the same relation as may be plain, old-fashioned which stems from England, was The degree of revenge extracted marriage to the sexual appetite." punishment. No one - not the law- violently marked by the refusal of victim (if he survived) or the vic- so sure that the function of criminal criminologists, nor the tax-payers - law. tim's kinfolk. The result was often justice is revenge. Most of us, seems to agree on just what the main

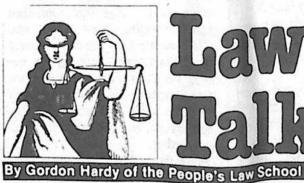
law-makers attempted to regulate other words, that crime shouldn't purpose of criminal justice, the important thing is that it almost always portant thing is that it almost always ce. We find this in the Old empowers our courts to deal with liberty. And because we regard this Testament of the Ribles are Old empowers. Depending on the interference as a very serious mate-Testament of the Bible; an eye for law-breakers. Depending on the interference as a very serious matan eye, but only one eye for law-breakers involved and the interference as a very serious matan eye, but only one eye for law-breakers. an eye, but only one eye from the illegal behavior involved and the inter, our system of criminal justice of law. Nobody is above the law no contains certain fundamental rules matter, how powerful to secont

state in order to ensure that it was from be to act as a warning to strict rules. This idea is sometimes of the propriate measure to the offence. An English jurist, Sir James engage in the same misbehavior. It take it for granted today but it has

In the earliest days of human Stephen, has said, "The criminal may be to serve as an opportunity not always been a characteristic of the kings to see themselves bound by

Even today, the rule of law is absent or very distorted in many countries. In those countries, people in power routinely escaped punishment for their misdeeds while, at the same time, inflicting pain, suffering retaliation was suitable to the offen- Our system of criminal justice involves interfering in a person's and death on others without the benefit of just laws and a fair trial.

dividual convicted, a judge may imdividual convicted ma From there it was not a long step pose various penalties, including a which are meant to protect us from years, for example, a federal cabinet unfair interference. minister was fired for illegally at-



Gens Du Pays

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1793 - Arrivée de six Cana- 1850 - Arrivée des Soeurs Maillard O.M.I., prêtre fon- 3 septembre. Les organisdiens-français en Colombie- de Ste-Anne. Britannique, accompagnés par Alexandre MacKenzie: 1858 - Fondation du Collège Charles Doucette, Joseph St-Louis à Victoria par le Landry, François Beaulieu, Baptiste Bisson, François Courtois et Jacques Beauchamps.

1805 - Plus de vingt Canadiens-français accompagnés de Simon Frase commencent le premier d'une série de voyages qui aura comme résultat la construction de compte de la compagnie des Territoires du Nord-Ouest.

1808 - Arrivée de Jules trouvaient à Victoria. Maurice Quesnel qui fut le premier à explorer la région du Cariboo. Une ville et une rivière furent nommées en son honneur.

1817 - Plus de trois cents Canadiens-français se trouvent dans les vallées de la province faisant le commer- apostolique devient le prece des fourrures et, certains, commençant à travailler la terre. Ils furent les premiers principaux colonisateurs de notre province.

1838 - Plus de 60% de la population blanche de la 1905 - "L'Union Canadien-Colombie-Britannique sont des Canadiens-français, sur une population de 6,900 âmes. (Celà comprenait les 1912). Territoires de la Colombie-Britannique, l'Orégon et le 1909 - C'est en juillet que 1941 - Fondation du Club Washington).

çais à Fort Langley.

toria.

1847 - Mgr Modeste De-Nouvelle-Calédonie

Père Michaud.

- Fondation des deux premiers journaux de la Colombie-Britannique, l'un qui publia en anglais le 25 juin sous le nom de Victoria Gazette et l'autre qui commença à publier le 11 septembre sous le nom de "Le Courrier de la Nouvelle-Canombreux forts pour le lédonie" et qui était "l'organe des Canadiens-français dans les possessions anglaises". Ces deux journaux se

> 1863 - Mgr d'Herbomez devint le premier vicaire apostolique français à New Westminster.

> 1890 - Mgr Paul Durien O.M.I., deuxième vicaire mier évêque de Vancouver.

> 1894 - A la demande de Mgr Paul Durien, les Soeurs de la Providence fondent l'hôpital St-Paul à Vancou-

> ne-Française", association fondée à Vancouver, en vue de grouper les nôtres (1905-

Théodore Théroux, accom- Canadien-Français de Victopagné par un Oblat, le Père ria qui fonda, par la suite, la 1841 - Le Père Demers O'Boyle, partent au Qué- paroisse St-Jean Baptiste, baptise quelque 700 enfants bec recruter des ouvriers en majorité Canadiens-fran-qualifiés dans l'industrie du bois.

1843 - Le Père Langlois premier contingent de Quécélèbre en français la messe becois arrive pour travailler de fondation de Fort Vic- à Fraser Mills et fonde par le fait même la Paroisse Notre-Dame de Lourdes.

messe est dite par le Père mière assemblée générale le

dateur de cette première paroisse franco - colombienne. La communauté de cette paroisse prendra officiellement en 1912 le nom de Maillardville en l'honneur du Père Maillard.

- Rencontres fréquentes des francophones à Vancouver et Maillardville et formation d'organismes sociaux. (1910-1920).

1921 - Arrivée des Soeurs de l'Immaculée-Conception à la demande de l'Archevêque. Elles ouvrent une mission pour s'occuper des immigrants de langue chinoise et une école. En 1924, elles déménagent de la rue Keefer à l'avenue Campbell et ouvrent un dispensaire en 1924. En 1944, elles commencent les travaux pour la fondation d'un hôpital qui en 1948, deviendra l'hôpital général Mont St-Joseph, sur Prince Edward.

1929 - Fondation de l'Association des Dames et Demoiselles de langue française de Vancouver.

1930 - Seconde formation de l'Union Canadienne-Fran-

1935 - Fondation du "Club Montcalm".

- Fondation de l'Association des Canadiens-fran-- Le 27 septembre, le çais du Québec à Vancouver.

> - Fondation de l'Association Canadienne-française de Vancouver (1941-1945).

1945 - Fondation de la mers fut nommé évêque de 1910 - Inauguration de Fédération Canadienne l'Île de Vançouver, de l'Île de l'église Notre-Dame de Française de la Colombie la Reine Charlotte et de la Lourdes le 11 décembre. La britannique le 24 juin et pre-

mes francophones devenaient des Cercles de la F.C.F.C.B.

1945 — Publication du journal "La Colombie" (1945-

1946 - Fondation de la Paroisse St-Sacrement .à Vancouver, première paroisse nationale canadiennefrançaise dans cette ville. L'inauguration de l'église St-Sacrement se fera le 27 juin 1948.

 Fondation de la Paroisse Notre-Dame de Fatima, deuxième paroisse à Maillardville, et une deuxième

 Fondation de la Caisse Populaire de Maillardville.

- Fondation de la troupe Molière - 68.

- Le siège social de la Fédération canadienne-française de la Colombie-Britannique est à Victoria. En 1948, la F.C.F.C.B. comprend 10 cercles: Notre-Dame de Lourdes, Notre-Dame de Fatima, Vancouver, Victoria, Port Alberni, Duncan, New Westminster. Kelowna, Nanaimo et Chemainus.

1949 - C'est en novembre 1949 que fut fondée la deuxième Caisse Populaire en Colombie-Britannique. qui prit le nom de Caisse Populaire St-Sacrement à Vancouver.

1951 - Fondation de la Paroisse Notre-Dame des Victoires à Port Alberni. "Grève" des élèves des écoles Notre-Dame de Lourdes et de Notre-Dame de Fatima. Près de 900 élèves du niveau élémentaire et secondaire "inondent" en avril les

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ucien Senneville

Gens Du Pays

écoles publiques de la com- l'existence de ces écoles mission scolaire de Coquit- n'auraient pu durer sans le lam. Cette "grève" ne réus- dévouement, l'abnégation et sira pas malheureusement à l'excellence de leur enseifaire changer la politique du gnement, des communautés gouvernement de Victoria religieuses que nous avons de ne pas financer les écoles pu citer. indépendantes de la province. Seules, ces deux éco- 1958 - Fondation de la les souffriront de cette ac- Paroisse Notre-Dame de la tion à répercussion provin- Paix à New Westminster. ciale et même nationale. Les Sixième et dernière parois-Soeurs du St-Enfant Jésus se fondée à date par les qui enseignaient dans ces Franco-Colombiens et cinécoles partent au Québec.

Notre-Dame de Lourdes roudes n'aura plus de cours secondaire. Les Soeurs des Dame de Lourdes et les biens à Terrace. Soeurs du Bon Pasteur à Notre-Dame de Fatima.

Elles seront remplacées en 1968 par les Soeurs de Ste- tous les francophones de Croix à Notre-Dame de Fati- Dawson Creek et de la ma. Graduellement des enseignants laics viendront également enseigner dans ces écoles.

1954 — C'est en septembre que s'ouvre l'école St-Sacrement avec un corps d'enseignants composé de quelques tion publique de monsieur hebdomadaire. Pierre Laporte, à l'époque journaliste au journal "Le 1968 - Création de plu-Notre-Dame de Lourdes, (1974) et Kamloops (1973). Notre-Dame de Fatima et la nouvelle école St-Sacrement 1970 - Les membres de la des neuf membres fondas'est faite grâce aux sacri- F.C.F.C.B. décident de re- teurs de la Fédération des fices de ces trois paroisses, voir la structure de la Fé- Francophones hors-Québec.

quième en l'espace de 12 ans.

En septembre, les écoles 1960 — Les Franco-Colom-Notre-Dame de Fatima et biens de Prince George deviennent le Cercle des Canavrent leurs portes mais cette diens-français de Prince fois-ci, Notre-Dame de Lour- George, affilié à la Fédéra-

Ursulines de Rimouski vien- 1964 - Première formation nent enseigner à Notre- d'un club des Franco-Colom-

> 1967 - Le club "Les Amis" est fondé pour rejoindre

 Radio-Canada se décide enfin à étendre sa "voix" jusqu'à la côte du Pacifique. CBUF-FM 97,7 naît en décembre.

1968 — Naissance le 28 avril laics sous la direction des du journal "Le Soleil de Soeurs du Bon Pasteur. Cet- Vancouver" qui deviendra te école fut construite en plus tard "Le Soleil de partie grâce à une souscrip- Colombie". Le Soleil est un

Devoir" et la générosité des sieurs organismes culturels Pères et des paroissiens de ou sociaux, tant à Vancoula paroisse St-Sacrement. Il ver qu'à Maillardville que est à noter que si la cons- dans les autres régions, teltruction des trois écoles, les Nanaimo (1974) Kelowna se fait au Congrès de la

1971 - Réorganisation des structures administratives de la Fédération qui change aussi de nom et s'appelle "La Fédération des Franco-Colombiens". Il est décidé aussi, de changer le siège social de Maillardville à Vancouver pour faciliter les communications avec les media et installer la F.F.C. dans un endroit plus facile d'accès.

colombienne connaît une gues. Les media d'informaévolution parfois difficile tions se déclarent en géné. mais néanmoins positive, ral en faveur de la télé-Des organismes de jeunes, vision française. culturels, sociaux et de l'Age d'or voient le jour pendant cette période. (1971-1974)

1973 - Présentation, par la F.F.C., d'un mémoire pour demander des écoles françaises au Ministère de l'Educa. tion.

1974 - Présentation d'un mémoire au C.R.T.C. afin qu'un canal V.H.F. de télévision soit réservé à Radio-Canada.

1974 - Décentralisation de la F.F.C. par la création de neuf régions: Ile Vancouver Nord, Ile Vancouver Sud, Grand Vancouver, Bas Fraser, Okanagan, Prince George, Rivière de la Paix, Kamloops-Cariboo, Vallée du Skeena.

1975 - Fondation de la Fédération Jeunesse Colombienne par des jeunes de Victoria, Vancouver, Maillardville, Prince George et Terrace. L'annonce officielle F.F.C. en mai.

- La F.F.C. devient l'un

1976 - C'est en février qu'a lieu la soi-disant bataille de la télévision française à Vancouver. L'opposition est menée principalement par cinq députés fédéraux (4 conservateurs et 1 libéral). L'opposition s'avère plus un "ballon d'air chaud" qu'autre chose. La Fédération présente un mémoire aux audiences du C.R.T.C. et obtient l'appui de beaucoup d'organismes francophones et anglophones, ainsi que de beaucoup - La communauté franco- de citoyens des deux lan-

> - Après plus de dix ans de promesses aux parlant français de la province, Radio-Canada ouvre le 27 septembre la station de télévision de langue française CBUFT-TV canal 26 à Vancouver. Le "ballon d'air chaud" est crevé et la station n'est saluée que par des...encouragements. Le C.R.T.C. autorise la diffusion de CBUFT par les compagnies de cablevision sur deux canaux imparfaits jusqu'à novembre 1977.

> -Novembre 1976, fondation de la Société Historique Franco-Colombienne par un groupe de Francophones intéressés.

COURS D'ANGLAIS

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vous rendez compte qu'il y a un in- perature du chauffe-eau a moins de trus dans la maison, resistez au 54°C. besoin de crier ou de vous confron- NE laissez pas les miettes de pain ter avec lui. Allez plutot chez le s'accumuler dans le grille-pain, vous voisin pour appeler la police.

maison ou vous aller servir des risquent de prendre feu. Il faut vider cocktails, commencez toujours par régulierement ces grille-pain. S'il offrir des canapes, des bouchées de vous arrive de voir de la fumée sortir viande ou de fromage. Ces du grille-pain, il faut le déconnecter produites ralentissent l'absorption tout de suite et le vider comde l'alcool par le sang.

LES petits enfants peuvent se bruler avec l'eau chaude du robinet.

Dans plusieurs cas l'on peut Si en revenant à la maison vous prévenir cela en abaissant la tem-

risqueriez de faire griller plus que SI vous donnez une réception à la vos tartines du dejeuner, car elles pletement dans l'évier.

La prevention au Canada mai-juin 1983

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Bob Emmerson Nanaimo Realty Insurance Courtenay, and call 334-3124 or home 339-5259 ARRAN HOUSE

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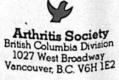
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affects more than 350,000 people in the province, and costs millions of dollars to control. Contact the B.C. Division of The Arthritis Society for information about how you can support the



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Daycare

Wanted mature adult to share home on quiet 7818 after 4 pm.

VIC 20 Computer Game 1 Minolta super 8 movie VIC 20 for rent: \$2/day, tamera and Canon Tapes to Large selec-

Items can be seen at Will babysit your pre-339-6975 A broken cigarette is a little freedom gained. Generation.

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CFB COMOX RESTAURANT GUIDE



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11 a.m. - 10 p.m.

1743 COMOX AVE., COMOX 339-5322 fried chicken

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Sports

Pacific region running

Capt Don Switzer of Esquimalt min. 30 sec. and a 26 min. 40 sec. Lt dominated the Pacific Regional Run- Gary Saundrs and Maj Jack Stow will ning Championships, winning both the also represent the zone in Borden in 15 kilometer road race in a very fast this category. time of 49 min. 59 sec. and the cross Although Joyce Burghardt easily country portion the next day in 24 min. won the womens competition she can-7 sec. Second place went to MCpl not represent the region due to Barry Whillans of Comox with technicalities. The zone will be well Masset runner MCpl Frank Ar- represented by Pte CindyMurray and D seneault third. Capt Nelson Hui, Lt Pam Soame. Esquimalt was the another Comox runner finished fourth team champion as they won by and PO2 Brian Clark of Esquimalt default. We will have to change that in round out the mens open team that Comox as we should be able to will represent the Pac Region in CFB organize a team. A special mention to

Pte Francine St. Hilaire from Comox In the Men's Masters (over 40) for competing and to all runners that category Capt Tom McCarthy led two took part in the event. All results other Esquimalt runners with a fine 56 listed.

| OPEN | | ROAD RACE | | X COUNTRY | |
|---|---|-----------------------|--------------------------------------|-----------------------|---|
| J. 2.11 | | Pos. | Time | Pos. | Time |
| Lt (N) Don Switzer MCpl B. Whillans MCpl Frank Arseneau Capt N. Hui Poz Brian Clark Pte D. Windrem Lt. Cdr Jim Bradbury | Esquimalt Comox ltMasset Comox | 1 2 - | 4959 5621 5732 | 1 3 2 | 24:07 26:56 26:44 |
| | Esquimalt Chilliwack | 4 5 6 | 5800 6225 6354 | 6 5 | 28:00 29:03 28:32 |
| MWO J. Edwards SLt O'Connell Pte A. Letourneau SLt Randy Stenner | Esquimalt Chilliwack Esquimalt Chilliwack Esquimalt | 7 8 9 10 | 6426 6644 6740 7456 | 7 8 9 10 | 29:51 30:23 31:20 31:41 |
| SENIORS Capt Tom McCarthy Lt (N) Gary Saunders Maj Jack Stow | | 11 1 2 3 | 5630 5818 5920 | 11 1 2 3 | 26:40 27:26 28:02 |
| LADIES SLt J. Burghardt (Res.C) Pte (W) Cindy Murray Lt Pam Soame Pte (W) Carol Grolean Pte (W) F. St. Hilaire | Nanaimo Esquimalt | 1 2 3 4 5 | 3241 3531 3607 3702 4425 | 1 2 3 4 5 | 30:50 32:31 33:26 34:21 47:45 |

Ladies Golf Club

(67), Claire Rathbun least putts (30) Grycan (69), 3rd LG Sarah Chase while Jean Grant won the com- (89), 3rd LN Alice DeGroot (70). petition putting with only 16. Good Ginny Kuzeletski least putts (29). players; a challenging, rugged cour- This being a Pin ardent golfer. Marj White of presented with a burl trophy, as well Nanaimo topped for LG and Brigett as individual burl keepers, and a with LN. Presentation of beautiful our co-sponsors, Ernie Alberti and prizes, several draw prizes, diver- Len Krindill, to all participants and sified with entertainment by an out- those who helped to make this a standing cartoonist and humorist, successful, fun day. Another pin prior to partaking of a delectable day on 23 August was won by Kay buffet provided voluntarily by sup- Banks with a net 66. Concluding the porting members, made this one of month on 30 August with 18 holes the most outstanding tournaments play, Frankie McCaffery came in of District VI. Sheila Bradley, Club with a LG of 89, Vi Wilander LN Captain, deserves a standing 71, and Kathie Plume broke a tie for ovation for her untiring efforts. She putting 30 strokes. welcomes one and all to Gabriola Golf Club, a 15 minute ferry ride submitting this report but with out of Nanaimo. On 16 August the summer and all it offers, what the ladies of Glacier Greens were heck, I'm sure you understand. pleased to host the lady golfers from Here's to better golfing in Septem-Campbell River. Everything being ber!

Golfing activities at Glacier favorable, was proven by the Greens during the month of August following winners of CR. First LG were competitive and enjoyable. On Faye Dahoy (77), 1st LN Gwen August 9. Frankie McCaffery Modras (62), 2nd LG Carol claimed LG (90), Kay Banks LN Strachan (87), 2nd LN Gladys Show. 14 August eight ladies from Home Club winners: 1st LG G.G. attended the Gabriola Golf Katherine Salter (94), 1st LN Corinand Country Club 1st Open Tour- ne Innes (61), 2nd LG Claire Rathnament - one which will never be bun (96), 1st LN Joan McMillan forgotten. The field boasted 71 (68), least putts Mona Ledgard (30). se, demanding precision shots, not congratulations to Corinne Innes. to mention the ability to putt the Our annual Mr. and Mrs./His and rolling greens. It is a 5600 yard hole, Her competition was won by Rose 72 par course; a tester for the most and Alex McCliesh who were Browne of the home base came in golf sweater each. Many thanks to

My apologies for being tardy in

Terry Fox Run

SUNDAY 18 SEPTEMBER, 1983

> Comox Rec Centre 10 am - 4 pm

Lewis Park, Courtenay 1 pm - 4 pm

Get Involved!

Intersection Sports

Our winter program planning is now well underway with the following intersection programmes; Broomball, Hockey and Volleyball. Meetings are as follows:

| Intersection Broomball | 1000 hours | 23 September 83 | Rec Centre |
|-------------------------|------------|-----------------|------------|
| Intersection Hockey | 1300 hours | 23 September 83 | Rec Centre |
| Intersection Volleyball | 1000 hours | 26 September 83 | Rec Centre |
| | | | |

All meetings shall be held in the Allcan Lounge (In the Rec Centre). Sections interested in entering a team must send a representative. For more information contact Cpl (W) Ryan, Local 2315.

Wood **Hobby Club**

The Wood Hobby Club commences operation on 20 September 83 for the 1983/84

Hours of operation are as follows:

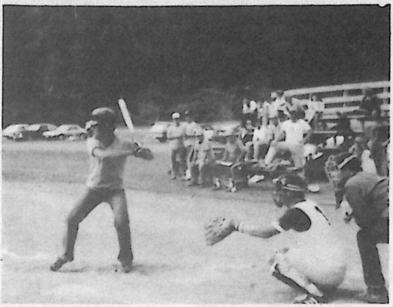
Tuesday, Wednesday, Thursday - 1800-2100 hrs. Saturday - 1200-1600 hrs.

For more information - contact Sgt George Murphy Local 2505

Auto Hobby Club

Volunteers are needed to re-establish this worthwhile club. Personnel interested in assisting in the formation of the Auto Club are to contact WO Dupuis, Local 2542.

I.S. Softball Fun Tournament



Classic Style



Tired, wet and dirty, but still smiling!

Here are the proud "Champions" teams gathered at the Totem of the intersection softball tour- Lounge to unwind and loosen up a nament, held at CFB Comox on bit and sample some of MCpl (W) Saturday 6 August. There were 10 Betty Duncan's delicious cheese and teams in all and it was a long day for crackers. LCol J.E. Jackaman all concerned, umpires, coaches and commented that the tournament final 3 games (good work people). tsmanship. On completion of the tournament

the BAdmO Lt Col Jackaman. The ran very well even though we almost tournament began at 0900 hrs and got flooded out due to an over acthe last game between Base HQ and tive drinking fountain which closely AVSO finished at 2100 hrs. AVSO resembled a "fire horse", ha ha. All had to play 6 games before making it participants are to be congratulated to finals and beating Base HQ in the on their fine skills and good spor-

Adventure Training

Base personnel are reminded that the OPI for Adventure Training in accordance with CFAO 9-58 and ACO 9-58 is the BPERO.

Requirements for approval are quite detailed and must be into command 30 days prior to trip dates; therefore, must be submitted to OPI 45 days prior to trip date.

Children's lost clothing

Did your child lose clothes this summer? During the summer swim programme numerous items of clothing have been left at the Rec Centre. This will be on display Wednesday 21st September from 0900 hours to 1100 hours. Items may be claimed at this time.

Basic Programming Introductory Course

Course starts September 26 - Airport School - Room 24, 7 pm. Late registration possible before class starts. 339 - 6337

> "If you watch a game, it's fun. If you play it, it's recreation. If you work at it, it's golf." Bob Hope

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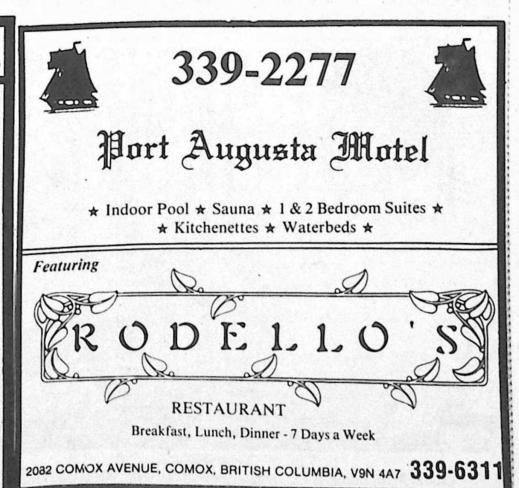
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Promotions and Awards



After 29 years of service MCpl Stan Schumph, Mess Manager, WOs' and Sgts' Mess, is cashing in his IOU's and bidding farewell to military life. Stan is shown receiving his retirement certificate from the BAdO, LCol Jackaman.



Pictured above is the BAdO branch man for all seasons, WO Moe Foote, being presented with his retirement certificate by the BAdO, LCol Jackaman. It must have been a fish story.



LCol Gwyn Mack, BTSO, presents Mr. Timmie Hulsman with his retirement certificate after thirty years of public service. A native of Alberta, Timmie's career spanned 24 years of military service as pilot, instructor and CFB Comox Operations Officer. After six years in the Base Transportation Section, Mr. Huisman retired to the tranquility of the Comox Valley.



Capt F. Mills, acting BCEO, congratulates MCpl W.R. Wallace on his recent promotion. MCpl Wallace is a water, sewage, and POL Technician.



Master Corporal Paul, a photo tech on 407 Squadron, proposed and designed a locally manufactured protective cover for the KA-107A camera in the Aurora aircraft. Her proposal was adopted and she was given a certificate and an award of \$150.00. This is the second award MCpl Paul has received. Maj Caddey, the Squadron Aircraft Maintenance Officer and the Chairman of the Base Suggestion Award Committee, made the presentation.



Sgt Eagles receives his promotion from BOpsO, LCol Berntson.



MCpl Gary Stamp is being presented with his MCpl hooks by Capt. F.G. Mills, the acting BCEO and Lt J. Johnson, BFC; (we call him smiling Jim). MCpl Stamp has been with us at the Fire Hall for 21/2 years now and has been doing an excellent job.

He and his wife Arlene and their son live in MQs. Congratulations Gary from all the fellows and keep up the good work.



Is he going to let him keep it or not? Lt Caws congratulating. Cpl Guerette on his promotion.

Etc.



A job well done CDR Cumminings, CO HMCS QUADRA, presents a plaque to Maj Low, BCEO, in appreciation for the excellent work done by the construction engineering section in erecting and servicing new accommodation units at the QUADRA Cadet Camp. Looking on are the QUADRA Executive Officer LCDR Payne, QUADRA TSO LCDR Mealing, Comox BTSO LCol Mack, and some of the CE personnel involved in the project.



Pictured from left to right are: Mr. A Mathus, Lt Hatton, Maj Montgomery, Lt Hyslop and LCol Berntson on the occasion of the Lts Hatton and Hyslop receiving their Met Observer Certificates and also their Air Traffic Control licences.



While employed in our Military Police Pass Control Section, MCpl Tinnion made a suggestion that was not adopted, but did bring to light a problem that required corrective action. For his concern he was granted a minor award (\$50.00) and a certificate. Lt McLaws, the Acting BSecurO, made the presentation to Sgt Tinnion who is now a Crew Chief in the WSA.



Maj Montgomery, BATCO receives his Canadian Forces Decoration from BOpsO, LCol Bernt-

Taking steps to safeguard your home

Burglary generally happens to people who are not prepared for it.

No home, whether house, apartment or cottage, can be completely burglar-proof. However, according to Insurance Bureau of Canada, the security of every home can be improved to the point that a burglar will be frustrated or discouraged in a break-in at-

It is most important that door locks are properly mounted, are of good quality and able to be deadlocked. Night chains on doors provide virtually no protection against forced entry and are merely privacy devices to bar immediate access. While it is true that from the standpoint of physical force, a lock should be as strong as the door to which it is attached, the reverse is equally true. Outside doors, therefore, should not be of hollow construction.

Even the best locks and doors can be defeated by a burglary method known as spreading. When building a new home or cottage, consult your contractor about reinforcing all exterior door

Sliding glass doors or windows can be lifted out of their tracks and this possibility can be eliminated by inserting one or more self-tapping screws in the upper metal track, leaving the heads partially exposed. This will allow the door or window to be moved laterally, but will render it impossible to be lifted out of the track. A square-edged length of wood, placed in the bottom track, will resist lateral forcing when

security is desired. You should know where all the keys for your locks are distributed and never hide them on door ledges, under door mats or in mail boxes. These are the first places experienced burglars look. If you have lost or mislaid your keys, have the locks changed immediately.

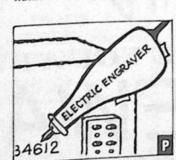
When inspecting your

home for weak points, keep in mind that burglars will use ladders, garbage pails, trellises and low roofs to reach windows and doors that are not normally accessible.

Your garage should also be locked not only to prevent theft but to discourage burglars from using your tools and equipment to break into your home.

It is suggested that valuable possessions, such as expensive jewellery, stocks and bonds, be kept in a safety deposit box at your bank, trust company or credit union. Another recommended practice is the marking of driver's licence numbers or social insurance numbers on small value items that are common targets for burglars, by means of a special engraving pencil or invisible ink pen. Ask your insurance agent or local police for advice on this "identification" pro-

You should keep a record of numbers and special identify-



ing marks on all valuables, including furniture and ap-

pliances. One of the best things you can do to supplement your insurance coverage and your inventory list is to keep a set of photographs of the interior of your house as a graphic il-lustration of the contents.

For more information on how to discourage burglary and vandalism in your home,

Common Sense Guide, Insurance Bureau of Canada 181 University Ave. Toronto M5H 3M7.

Stamps by Larry McInnis

Stamps on the Rise and Orbitting

rates around the world was brought home to Canadian stamp collectors earlier this year with the issue of a \$5. definitive, a first, which shows a marsh scene from Point Pelee. South of the border, Americans have just had a similar awaken-

On Aug. 14, a \$9.35 express mail stamp was issued.

The U.S. Postal Service launched it, literally, into outer space.

Some 260,000 of the stamps were affixed to official USPS covers not first day covers, mind you - and sent into orbit with the Challenger space shuttle. The stamp had its first day on Aug. 14 (and first day covers are available, as for any issue), but the blast into space came later, and so no FDCs for the flight, although each cover has been suitably cancelled to show the date of liftoff and the date of arrival back on old Mother Earth.

The USPS ruled that only two covers per person were to be sold, thus causing problems for dealers who could not corner the market. The price per cover was a reasonable \$15.35, U.S. funds, of

course. Although astronauts took covers into space - right to the moon, actually - in 1971, this is the first time that USPS has officially got into the act. Proceeds, which are to be conside-

The steady rise in postal rable, are to be split equally between USPS and the National Aeronautical and Space Administration. Well, not quite equally: USPS gets all the proceeds from the sale of the \$9.35 stamp, which means it also gets \$3. for each cover, and NASA gets \$3, for each

The stamp sets another record: at 49 mm by 43 mm (1.93 by 1.69 inches), it will be the largest stamp ever issued in the U.S. It is roughly the equivalent of a block of four standard-

sized U.S. definitives. Collectors who read the philatelic press should be warned about the U.S. space covers: Some dealers are wording their ads in such a way that customers who are paying inflated prices for normal first day covers believe they are getting space-flown covers. Beware.

Back in 1981, Canada Post flirted with large-size stamps, with the Canadian painter set, Scott Nos. 887-9, as a test of reaction to what the public and collectors wanted in size for commemoratives Each commemoratives. measured 48 mm by 40 mm, or 1.89 by 1.57 inches. That's 3.26 sq. in. for the

U.S. compared to 2.96 sq. in, for the Canadian stamp. Canada Post hasn't seen fit to repeat the biggies; Perhaps because they were so big, a large percentage were damaged when placed

on envelopes. Besides, it would take a really friendly Saint Ber-

nard dog to moisten the stamps, which are now strictly a U.S. problem.

By the way, the express mail stamp by itself doesn't guarantee next-day delivery: that takes the stamp plus a special label.

ROYAL GREEN JACKETS

Britain has recently issued a set honoring famous British regiments. The 26p stamp honors the Royal Green Jackets, only formed in 1966 in that name, the end result of a long series of regimental amalgama-

The Green Jackets is a rifle regiment, as in the Queen's Own Rifles of Canada (it exists as a Toronto-based Militia unit), for example.

The first rifle unit was formed in 1800 by Sir John Moore. He was killed during the British retreat to Corunna during the Peninsular war in Spain and Portugal in 1808.

I remember a rifle regiment officer (of more modern times, of course) telling me of the legend of Moore's death.

It seems he hated bagpipe music with a passion. There was nothing as abhorent to him as the skirl of the pipes.

During the battle, as Sir John was sitting astride his horse (no fast-paced marching for him), he was hit in the chest with a cannon ball that knocked him to the ground, but did not kill

As he was lying on the ground, pinned by the heavy cannonball embedded in his chest, a piper chanced to pass by. Seeing Sir John so badly wounded, and fearing death was near for him, he starting playing

a Scottish lament. Although Sir John was near mortally wounded, he had not been deafened.

At the sound of the pipes, he grew so angry that he started to rise up to go after the piper. That dislodged the cannonball and that's what killed Sir John Moore.

I did not hear what happened to the piper.



by donating when a canvasser calls Oct. 2 - 8



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OFFICERS' MESS

REGULAR TGIF'S: 1600 - 1700 hours. Food as indicated below, 1700 - 1800 hours. Free taxi - ask at Bar.

September 16 - TGIF LAZAGNA September 23 - "BATTLE OF BRITIAN" - TGIF CHICKEN & CHIPS September 30 - TGIF POOR BOY SANDWICH

Friday, September 23 "BATTLE OF BRITIAN" TGIF: Free beer - 1600 hours. Chicken & Chips - 1700 hours. Cred Tournament - Sqn/Section Chanllenges.

> COMING EVENTS: OCTOBER 1983 15 October - Oktoberfest

Around the Base

BACK TO SCHOOL

SCHOOL BUS

School buses are equipped with alternate flashing red lamps and when they are flashing, traffic in both directions must stop and remain stopped until the red flashing lamps are turned off. The alternating lamps are to indicate the school bus is loading or unloading school children.

SCHOOL ZONES

Vehicles driven between the hours of 8 am and 5 pm must obey school traffic signs and restrict speed to posted maximums.

PLAYGROUND ZONES

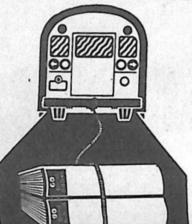
Vehicles approaching or passing a public playground must obey playground maximum speed signs and reduce speed to the posted maximum between dawn and dusk on any day.

SCHOOL CROSSWALK

Vehicle operators must obey the instructions of a school crossing guard or of a student acting as a school crossing

Children are returning and/or entering school for the first time this month

> PROTECT THEM KNOW AND OBEY THE LAW



Answers to Trivia Quiz

The Douglas Aircraft Company built the Havoc and France was the first country to operate them.

England, Italy and Germany combined their forces to design the TORONADO.

Canada's first helicopter was the Sznyler SG-V1 and flew in 1951.

The Japanese team is called the Blue Impluse and they are currently flying Mitsubishi T-2.

> Help Fight Arthritis now! Be Generous when your canvasser calls.

THE ARTHRITIS SOCIETY

Adults \$3.75, OAP \$1.75, Child \$1.75

NOW SHOWING - Thursday, Sept. 15

"RISKY BUSINESS"

Warning - "Some nudity, suggestive scenes and very coarse language." - B.C. Director

Friday to Thursday-Sept. 16, 17, 18, 19, 20, 21, 22 The Adventures of BOB & DOUG McKENZIE

"STRANGE BREW"

Warning - "Occasional swearing and suggestive scenes."

- B.C. Director

WATCH YOUR LOCAL NEWSPAPER FOR

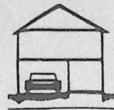
THE NEXT EXCITING FILM FEATURES

Military life style stress test

What are the everyday stresses and strains of service life?

How do the stresses of service life affect the general health and wellbeing of the service person, the spouse, marriage, children and

Ouestions such as these are being asked in a force wide survey of military family life/work stress and in the next couple of weeks you and your spouse may be asked to complete a questionnaire and give your views on service life. The results of the study are intended to provide an understanding of family life in the forces and to guide future DND policies. Clearly, the survey is an indication that the forces is concerned about the well-being of service life Make every effort to come out and express your views if you have been included in the survey.



YOU & YOUR INSURANCE

CARS STOLEN FROM 0 COMOX TOTEM TIMES READERS

It's likely that more than 0 readers of The Comox Totem Times newspaper will have a car stolen from their household this year.

How big is the problem? In 1981 there were 93,436 motor vehicles stolen in Canada. That's an average of one car stolen from every 90 Canadian households -- or 0 cars stolen from approximately 0 households served by The Comox Totem Times

If you left your car un-locked today, be thankful if it is still there. Car theft is a major crime in our country today and it is safe to say that many stolen car incidents could be avoided with just a few seconds of thought by the owner.

Who pays for this loss? You do in the form of increasing automobile premi-

Police break car theft down into three main categories: joy riding, quick transportation, and organized theft rings. While automobile manufacturers continue to "build in" features to outsmart thieves. police say that if a skilled thief really wants your car, then he'll usually get it.

However, by taking common sense steps to deter a thief, you can greatly reduce the chance of your car being stolen. For instance, latest statistics show that 40 per cent -- or 0 households served by The Comox Totem Times newspaper -- have their cars stolen because they left keys in the ignition. So, for a starter, always lock your car and take the keys with you - even if you are leaving your car for only a few minutes.

What are some of the other ways that you can help to protect your car?

Roll up your windows. There's no sense in locking the doors if the windows are Make sure that you keep all of your valuables in the trunk of your car.

Cassettes, cameras or tape recorders that are left on the seat are an open invitation for theft. (Although the car itself might not be taken, you'll have to replace a smashed window as well as the stolen valuables.)

Park in well-lit areas. The majority of cars are stolen under the cover of darkness.

Don't hide spare keys under bumpers or fenders. It only takes a thief a few seconds to check all the possi-

If you have a garage, use

The various sounding devices that are on the market are useful when you consider that anything drawing attention to your car when it is being forced open will deter a thief. But remember that if your car is parked in the middle of any empty, dark, parking lot, alarms won't be muchuse.

Park with front wheels turned sharply to right or left, making it difficult for the professional thief to tow your car away.

Criminals find it profitable to steal equipment and Engraving accessories. tools are available to mark items such as batteries, hub caps, CB radios, and stereos. Ask your insurance comrepresentative or broker about this.



BOTTLE DRIVE

The 1st Lazo Scouts, Cubs and Beavers will be holding their first "BOTTLE DRIVE" of the year on 24 September 83, starting at 1000 hours.

Please have your bottles, pop cans, etc. ready.

Areas to be canvassed are as follows: PMQ area, Little River Road, Knight Road and surrounding area.

If you are not going to be home please leave bottles on the

BeginsWednesday - Sept. 21 Courtenay Jr. Secondary School

SCHOOL

334-2858 after 5:30 pm for details

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Across my

kitchen table

- by Rosemary Gibson

September seems a time for nostalgia. Recollections of past summers and distant friends and family linger in the memory. How long is it since you've written - last Christmas? Why not take time to write, now that the family are back at school and you can find a few peaceful moments to sit in the warm autumn sunshine with pen and paper. Imagine how pleased your friends will be to find your letter in the mailbox. Take time to tell them of your summer fun, the youngsters' accomplishments, the places you have explored. Take time to let them know that you care about them, that they matter to you. You'll be happy you did - you'll find yourself smiling for days. Remember:

- If there is someone waiting for our love - now's the time to love.
- If there is someone waiting for our care and concern — the time is now.
- If there is someone waiting for the warm, hopeful, encouraging word — now's the time to speak and be heard.

For the past is gone, and the future unknown. Now is the only time we will ever really have for love, light and hope.

There seem to be a lot of zucchini peelings in water for a few minutes.

loaf recipes around, but here's one that is a little different. I got this one from my mother's neighbour last summer, and it is really most divine passion of the human delicious.

BECKY'S CHOCOLATE

ZUCCHINI CAKE Cream together:

3 eggs

2 cups sugar 1/2 cup oil

1 teaspoon vanilla

2 cups grated zucchini rind of one orange, grated Combine:

2 cups flour

1 teaspoon cinnamon

1 teaspoon baking soda 1 teaspoon baking powder

1/2 cup cocoa

1/2 teaspoon salt

3/4 cup buttermilk alternately with

dry ingredients to creamed mix-Bake:

greased and floured, at 350°F for

In bundt or angel food pan,

11/4 to 11/2 hours. HINT: Kitchen Scent: Sweeten the air by

boiling a few cloves or some apple

THOUGHT FOR TODAY: Next to love, sympathy is the

The New Woman Warriors Handbook

THE NEW WOMAN WARRIORS HANDBOOK BY Marjorie Curtis

Marjorie Curtis speaks to you as a woman who is emergin victorious in the battle of life. From an art student in Boston to an artist in New York; from a houseboat in San Francisco to a homestead in Maine, Curtis believes in living life to the fullest. Now available at: THE BOOKSHELL DRIFTWOOD MALL

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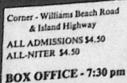
outside patio

reservations suggested for large groups

Pub Hours: Mon. - Thurs.: 11 am - 1 am. Fri. & Sat.: 11 am - 1:30 am Kitchen Hours: 11 am - 10 pm

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Fri., Sat., Sun. - Sept. 16, 17, 18 MICHAEL DOUGLAS "THE STAR CHAMBER" (14 years-Limited admittance) "Some violence, very anguage & swearing" - B.C. Dir.

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Around the Base



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CHAPLAIN: Maj Julien Rheault: Tel. 339-2211, local 2274

MASS SCHEDULE HOURS:

Saturday 1900 hrs Sunday 1000 hrs Week Days

0900 hrs (No Mass Thursday) BAPTISMS & MARRIAGES: By appointment notice well in advance.

CATHOLIC WOMEN'S LEAGUE: Second Tuesday of the month in the Parish Hall, preceded by Mass in the Chapel at 7:30 p.m. (no meetings during July and

PARISH COUNCIL: Second Wednesday of the month at 1300 hours in the Parish Hall.

CATECHISM CLASSES: Each Wednesday in the PMQ School from 1830 to 1930 hours commencing 28 September.

ST. MICHAELS AND ALL ANGELS PROTESTANT CHAPEL

CHAPLAIN: Padre Bob Risch (UCC) Tel: 334 - 3575

CHAPEL: St. Michael and All Angels Protestant

Chapel, Bldg. No. 88 OFFICE: Headquarters Bldg. No. 45, Rm No. 48.

Tel: 339-2211, Local 2273 ORGANIST: Nancy Nowosad, Tel: 338-9843

PUBLIC WORSHIP: Sundays - 1100 hours COMMUNION: First Sunday of the month.

FAMILY SUNDAY: Second Sunday of the month. SUNDAY SCHOOL: Registration will take place, Sunday, 11 September from 0930 - 1030. Classes are available for all students from age three through youth. Classes will begin the following Sunday, September 18. Kindergarten through youth meet from 0930 - 1030. Pre-kindergarten classes will be held from 1100 - 1200 during the worship service.

JUNIOR CHOIR: Rehearsals will begin September 15, from 1830 - 1915 at the Chapel. Children in grade two and older are eligible to join. Choir members will be expected to be at rehearsal each week and attend worship services.

CFB COMOX MILITARY CHRISTIAN FELLOWSHIP Geographic Times, etc.



Meetings held from Monday to Thursday from 1200-1300 hours in the R.C. Parish Hall next to the Tennis Courts.

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NEW BOOKS:

Eighth Moon - Bette Bao Lord

I would journey anywhere to be with my real family. It might seem strange to people that I should love someone I have never really known. I don't blame them for not understanding. My feelings have no logical explanation, but are deeply rooted in my heart. They can't understand that I'm not forsaking China for America. I am only going to my mother.

She is Sansan of Tientsin China, who was separated from her parents when she was a one-year-old baby, and not to see them again for sixteen years.

Here is Sansan's own brave funny, often heartbreaking tale of her extraordinary ordeal growing upthe years of backbreaking labor, the terrible hunger, the small fleeting joys, and her final daring journey across an unknown border to truimphant reunion with her true family.

Go Slowly, Come Back Quickly - David Niven

They met in London on the brink of war and immediately fell in love - handsome and adventurous Stani and beautiful vivacious Pandora. Stani became a courageous RAF Pilot and Pandora a small part actress surviving separation and danger for five long years. Then together they embarked for post-war Hollywood at its craziest, Stani to be welcomed as a hero and Pandora to be launched on her dream of Hollywood stardom.

David Niven, storyteller and humorist without equal, has written a love story as frothy and as entertaining as any he played on screen!

1915 - Roger McDonald

MacKenzie as bold and arrogant, a youth alternately fascinates and repels with his mixture of crude sexuality and blunt honesty. Walter Gelchrest is dreamy, scientific and shy, a man-child unsure of his desires, taunted by his dreams. Unlikely as it seems, these two are friends who, despite their vast differences are inextricably bound to each other - first by their ties of childhood and then by their love for Australia, which thrusts them into the army in the fateful year of

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PMQ Council Notice

A PMQ Council meeting will be held at 0900 hours on 22 September 83 in the Base HQ conference room. All councillors are to attend. Councillors whose term expired in June are also to attend. If you are unable to attend, please contact the Mayor, Sgt Reg Gionet, at local 2279 or at home 339-5009.

As we will require new councillors in the near future, any PMQ residents interested in volunteering for the positions are to call the Mayor. If we do not have volunteers we will have elections in the near future. Remember it is better to have a person who wants to help his community rather than someone who has been elected and does not really want to help.

GIRL GUIDES OF CANADA ★ KWAH-NICE DISTRICT ★

THERE WILL BE REGISTRATION FOR GUIDES AND BROWNIES AT THE "CANEX" ON SATURDAY 17 SEPTEM-BER BETWEEN 10:00 am and 12:00 pm. AT PRESENT THERE ARE 2 BROWNIE PACKS AND 1 GUIDE UNIT IN OPERATION ON THE BASE. FOR ANY INFORMATION REGARDING ANY ASPECT OF GUIDING PLEASE CON-TACT:

Kwah-Nice District Commissioner Mrs Pat Jackson 339-5091

Deputy

Mrs Pam Gionet

339-5001

Should you feel you could help in any way your

talents would be most welcome.

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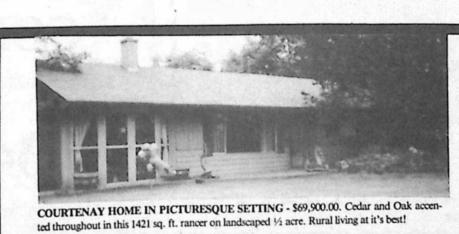
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Canadian Forces News

Commander's message

live up to the high standards that I augurs well for the future of our mission effectiveness. know you seek from the incumbent fighter operations. The nature of I expect all of you do you best in of this office.

It is clear that this great Command demanding years. has evolved since its inception in It is a cliche to say that people are Finally, I look forward to meeting of my predecessors, into an effective is perfectly true. I will dedicate my time as Commander. and efficient force. With the recent myself to your well-being and to Lieutenant-General P.D. Manformation of Fighter Group and 14 sustaining the exceptional personal son, Commander Air Command Trained Group, Air Command has quality and skills that are the founbecome a well structured and balan- dation of this Command. It has ced entity. I therefore do not see any been profoundly gratifying to obmajor new organizational changes serve, over the past few years, the in the foreseeable future; rather, I development of a true spirit of Air look forward to a period of con- Force family within our ranks, and solidation and stability during the emergence of a sense of identity which all of us will be able to con- that binds us together. There has centrate on the various challenges also been a renewal of interest in our that face us.

Command, like the Canadian Forces many events being planned for next at large, is experiencing a period of year in celebration of the sixtieth heavy fiscal restraint. All of us must anniversary of the RCAFs founwork hard at maintaining our high ding. operational standards in the face of this pressure, this will inevitably identity, we must, at the same time, mean finding new, better and more ensure that Air Command plays its efficient ways of applying our full part as a major component of assigned resources to the job at the Canadian Forces. The working hand. This won't be easy, but it is relationship that exists between this very important.

Command is now stable, we are en- Likewise, our loyalty upward to the tering a very dynamic period, Chief of the Defence Staff must be operationally speaking. Several new firm and unwavering, in keeping fleets of aircraft are being in- with the best Canadian military troduced, the ROCCS have recently tradition. come on line, and growing attention is being given to the concept of mobilization and the importance of the Air Reserves. New concepts of North American Aerospace defence mand. These include flight safety, are emerging and these will impact supervision, good training, the fair

rich history and tradition, which I For example, I know that Air expect will allow us to enjoy the

While nuturing our Air Force command and our sister commands Whereas the structure of Air is excellent and will remain so.

During my tenure I will emphasize certain themes which I consider to be of primary importance in the effective functioning of Air Com-

I wish first of all to say, on the heavily on Air Command before the and humane treatment of our occasion of my accession to com- end of the decade and probably people, community relations, mand of Air Command, how proud much sooner in some respects. The general safety, and above all the I am to be your Commander. I will introduction of the CF-18 is off to a maintenance of the highest standardo my best to serve you well, and to remarkable good start, which ds of operational readiness and

Search and Rescue is changing with these and other areas related to the Allow me to take this opportunity the introduction of new high accomplishment of our tasks. It is a to give you my thoughts on the state technology systems. In these and in lot to ask, but your exceptional perof Air Command and the way all operational respects, Air Com- formance in the past indicates to me mand is in for some exciting and that you can do that much and even more in the years ahead.

1975, under the excellent leadership our most important resource, but it as many of you as possible during

Got Arthritis? **Get The Facts!**

Arthritis is Canada's number one chronic disease. It affects more than three million Canadians. 30,000 of them are children under 15 and nearly a million are between 30 and 45. Get the facts about arthritis! Contact the office of The Arthritis Society nearest you.

THE ARTHRITIS SOCIETY

Is someone injured?



For these two Air Cadet canso students at Cadet Camp Penhold their six-week training included lessons in First Aid to the injured.

Cadet instructor (far right) Joan Traversy, Gloucester, Ontario, is seen giving instructions to cadet Stephanie Foreman 386 Comox, British Columbia. Receiving the instruction from the floor level is Air Cadet Verna Williamson 691 Indian Head, Saskatchewan.



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