



TOTEM TIMES



Canadian Forces Base Comox B.C.

Vol 27 No 19

Thursday October 24, 1985

Deadline is Monday November 4, 1985

Cost: Priceless

Shorties....

BETTER NEWSPAPERS COMPETITION

Ottawa — The quality of Canadian Forces newspapers has been recognized by the Canadian Community Newspapers Association (CCNA). The content and format of service newspapers has improved considerably in recent years, according to judges of the 1985 Better Newspapers Competition.

CFB Chatham's "Chathair" took top honours in the category for papers with some professional paid staff. "Der Kanadier", CFB Lahr, placed second and the "Borden Citizen" took third place.

CFB Montreal's "Parapet" was judged best in the papers with voluntary staff only. Placing second and third respectively were the "Totem Times" of CFB Comox and CFB Bagotville's "Phare/Beacon".

MYNARSKI TROPHY 1985

Each year the Royal Canadian Air Force Association presents the Mynarski Trophy to the most deserving SAR Sqn, Unit or deserving Crew or individual employed in SAR duties. The 1985 Mynarski Trophy has been awarded to RCC Victoria.

In announcing this selection, the Comd of Air Command commended RCC Victoria for their outstanding efforts over the past year. Towards reducing the number and serious nature of SAR incidents within the Victoria Search and Rescue Region (SRR) and in providing the Canadian Public with the most efficient SAR response possible.

SOLDIER PEACEKEEPER DIES

Ottawa — A military funeral was held on September 18, 1985, in Manotick, Ontario, for one of Canada's most distinguished soldiers and statesmen, Lieutenant-General E.L.M. "Tommy" Burns.

Official Visit to CFB Comox

Lieutenant-Governor visits Base



....and a warm Comox Valley Good Morning to you Sir! BComd Col Bob Kadonoff greets his honour, The Honourable Robert G. Rogers on his arrival at CFB Comox on Tuesday morning. The

Lieutenant-Governor and Mrs Rogers spent Tuesday and Wednesday on an official visit to the base.

Their Honours, the Honourable Robert G. Rogers, K. ST. J., LLD, Lieutenant-Governor of British Columbia and Mrs Rogers paid an official visit to CFB Comox on Tuesday and Wednesday.

The Rogers arrive by B.C. Government aircraft on Tuesday morning amid pomp and ceremony. BComd Bob Kadonoff welcomed them to the base and George DelFabro's finest were on guard.

After inspecting the Honour Guard the official party proceeded to the Officers Mess for the BPIO 'S VERSION OF LIFE AT CFB Comox. The Lieutenant-Governor fielded many pertinent questions but a team of experts was on hand to fill in with all the details.

AFIS was the next stop and the Rogers and party met with the students. His Honour addressed the school. Lunch followed with hosting by the WO/Sgts Mess.

VP 407 provided the afternoon activity as the Lieutenant-Governor was treated to an Aurora flight. Decked out in flying suit, VP407 hat and unit badges from the 3 squadrons, the Lieutenant-Governor rose to the occasion. Mrs Rogers meanwhile entertained invited guests at the Officers Mess.

The day's activities were capped off with a Mess Dinner at the Officers Mess. The Vice-Regal party remained at CFB Comox overnight and departed Wednesday morning.

The visit was an outstanding success and a tip of the old Sou'wester goes out to all of you who helped make it work. The effort extended by base personnel was a clear demonstration of our positive attitude and our willingness to show our best side. Bravo Zulu to all!

Xmas discount

Ottawa — Canada Post announced today a two-cent discount on postage for Christmas cards mailed to destinations within Canada. Special stamps packaged in booklets of ten will sell for \$3.20 and will be available for general sale at all postal outlets on November 4.

Gazetteer available

A new edition of the British Columbia Gazetteer is now available from the Ministry of Environment. The last edition was published in 1966.

The Gazetteer contains over 42,000 registered names of the physical features of the province. Creeks, lakes, mountains and all the cultural features such as cities, towns, villages and railway stations are listed. For the first time the publication contains a list of 1,600 Indian reserves.

The Gazetteer is available from the Maps B.C. offices of the Ministry of Environment in Victoria at a cost of \$22.50

Demon Doins

The victorious "Sub Busters"



...Fincastle winners return home AIRCREW

The big news around the squadron recently is still crew Three's victory at the Fincastle Competition, and in particular their return to Canada. The Sub-busters arrived back in Comox to a large gathering, including the Base Commander, fellow Demons, families of the crew members, base personnel, and the media. The first to exit the winning aircraft was the Head Demon, LCol Terry Rogers, with the Fincastle Tray held above his head, to a resounding round of applause from the crowd. Once all had departed the aircraft, they gathered in 7 hgr, where the BComd and CO gave short speeches after which the champagne corks were popped, and photos were taken. The entire event was recorded by CHEK-TV and was later replayed on the 6 o'clock news. These tapes are presently being obtained for retention in the 407 Sqn archives. Welcome back and Congratulations to all the Sub-busters!

This event, however, marked the end of an era for the Sub-busters, as shortly thereafter the crew was somewhat broken apart. Leaving the crew are Sam Ness, who has converted back to a Mooseman, as he is crew 7's new Tacnav, Rick Kidlark has become the LFE on crew 4, and the VPCC of the Sub-busters, Cal Bagby, has left the crew, the country and the USN. Cal has gone to the US Customs to fly P3s there. Cal didn't get away easy, though — a few days after his

return a 'Welcome back Crew Three/Farewell Cal Bagby luncheon' was held at the Officers Mess. This turned out to be a supreme roasting of Cal, and there was no shortage (pun intended) of jokes or speakers. In the end, Cal was definitely well done, and he departed the squadron with a speech not completely void of emotion. Cal's achievements on 407 Sqn were numerous, and he leaves behind a hole which will be very difficult to fill.

One story related to me by the SOPS says that during an attempt to requisition an item from Supply recently he was informed that a CF 2302 Supply Form must be filled out in order to receive the goods. Upon investigation, it was discovered that the orderly room had run out of these invaluable forms. Being the investigative person that he is, Maj Eby thus decided to phone Supply and have more of these forms sent over. You guessed it — he was told that you must fill out a CF2302 in order to receive more CF2302's. Catch 22?

Congratulations go out to Susan and Nick Ierfino, as she recently gave birth to their first Bambino, a girl.

The annual monsoon season is once again underway and although it may put most of us in a rather sombre mood, Moe Palahicky was seen recently rubbing his hands in anticipation, for if the rain doesn't let up, he is accepting early reservations on the Ark he is building.

Suggestion award



Sgt McKay, an Aero Engine Technician on 407 Squadron, was given a \$150⁰⁰ award for his suggested method of improving the CP140 Aurora Crash Response Trailer at CFB Comox. Major Caddey, the Squadron Aircraft Maintenance Officer, made the presentation.

JR. Ranks' Mess ENTERTAINMENT

November 1, HALLOWE'EN DANCE
Band LINK — Prizes for Best Costume
"Belly Dancer" starting at 20:30...Adm. \$3.00

November 15 HAL WILLIS BAND from Nashville
Country & Western Dress...Admission \$3.00

SNACK BAR: 339-4333



407 SERVICING - CREW 1

Before we knew it summer slipped by us and we're in that unspeakable lull between summer beach parties and Christmas parties. This is the time when we'll come up with any excuse for a bash, housewarming being the most popular, although people are tiring of moving house just for the sake of a party! Everyone thoroughly enjoyed themselves at Cpl Nolan's housewarming. Thanks Marie, you sure know how to throw a party!

Alas! Christmas is coming and the joyous season will soon be upon us. The 'One' Crew Christmas party will be held December 10th at the Washington Inn and, no doubt, will be as successful as the last. Tickets will be available sometime in November.

Not many people have left us in the last few months. Stu Waldron has gone to Torpedo Shop where he figures he'll be able to save enough money for a downpayment on a house since he's not paying One Crew coffee fund anymore. Sgt Jean Maltais will be taking his place. Cpl Wilson returned from BAMSO after a year of being overly "productive". Welcome back "Needa". Pte's Laliberte and Cassie have joined us fresh from Borden, and Pte Perreault from a short stay on Two Crew. Cpl Eckert came all the way from Shearwater (mainly because her husband is in Vancouver and commuting was getting a tad expensive). Needless to say, all that money she's saving will go to a good cause in the One Crew bank account!

Sgt Wayne Sloan and Sgt Cal Jefford have been kinda quiet these past few days. I wonder if it has anything to do with the slaughter they received in shuffleboard at the hands of WO Bob Bailey and Sgt Stan Lawson? The target hanging in the Chief's office is Chief of One Crew's challenge for anyone to beat his score. Good Luck!

As we all know by now our boys were outstanding at Fincastle. Although its no great surprise because we're also aware that we are always the best!!

Congratulations to Don Vinette and Bernie Lebel on their recent promotions to Corporal. (Yet another excuse for a party eh guys).

Well, that's all the news from One Crew so until next time, stay tuned.....

ARM'T

Dear Mom:

Well, life in 'warm(?)' sunny (?) Comox, B.C., is still plodding along, although there has been a bit of excitement.

You know that Crew 3 — 407 represented Canada at Fincastle, held in Kinloss, Scotland, this year. Well, they won, with a little help from Chris Stoyles, Dave Colquhoun, and Mark Wells. The rest of the armourers also tasted victory by winning their first game of intersection volleyball against BAMSO-2. Congrats to all winners!

It's very difficult to keep up with all the moves our people are making! but I'll try to fill you in. Stu Waldron and Jean Maltais switched places between Training and 1 Crew. Bob Earl flew the coop and landed in Training, leaving Research in the capable hands of Pam Begin. You remember Pam, don't you, Mom? She's been travelling across Canada in the CF Tattoo the last six months, performing with the Drill Team. Heard it was a really impressive show, one to be proud to have been a part of.

Sgt. Zotek is due back soon from his 04 Course in Greenwood, probably on the same flight as Dev Reynolds, who is finishing his Torp Course, also in Greenwood. Also, Bud England will be leaving for his HA Course, and Mike Labrie is coming back from HA and Maple Flag. What a combination — Mike probably got quite a bang out of both places.

In the Torp Shop, things are as normal as they could ever get: "Courses, courses, everywhere; and nary a soul to work." Glenn Rooke is just about finished his POET, and Ron Burrows is just starting. Good luck to both guys. The resident RS Tech, Barrie Wilford, has submitted his last voucher, having started terminal leave in August. (Don't worry Mom, "Terminal" doesn't mean fatal.) Our torp techs will miss his wisdom, insight, and nasty letters to Unemployment.

Tony Wells, and his wife Karen are visiting from No 1 Air Maintenance Squadron, Baden. He arrived in time to be slated for POET in November. And speaking about arrivals — Jean-Marc "Me" Gagnon is expecting a baby in April. (Rumour has it that his wife had to submit a MACR.) Also, Morley Turton is expecting — a bouncing baby house — in the new Highwood Subdivision off Guthrie Rd., in Comox.

Well, Mom, coffee break is over, must get back to work. Take care, God Bless, and say hi to everyone for me.

Love,

Your "Demon" Daughter

P.S. Art is still losing at badminton, so he's trying his hand at ping-pong. (A paddle would probably work better.)

Promotions



Rod Mackinnon to Sgt

Maj Caddy presenting



Roger Skidmore to MCpl

Maj Caddy presenting

Retirement



MCpl "Jim" Naso

Maj Eby presenting

Editorial

Changing faces

Notice anything different? We have put on a new face! Yes, today the 'old Fishwrapper' goes back to tabloid size after many years of spread sheet format.

We like it...and hope our readership does too. Not simply change for the sake of change, but change with the times. The tab format with its more convenient size is considered to be a "today newspaper". Walk down any major city street these days and the hawkers are peddling the "morning tabs". Splashy, gaudy things with huge headlines and multi-colored front page.

We don't plan to take it quite that far but we do think you'll like the more manageable size. Now you can hide it flat on your desk top unseen by that snarly old MWO who keep "tabs on you. You can even keep it handy on your car seat to read during the wait as the authorities check ID's in the morning. And best of all, you can keep smaller fish! Much easier to wrap small fish in a small paper.

So that's it then — the old full size is history and the Totem Times now comes in a new formula.

Anyone for "Totem Times Classic"?...Let us know!

G.M.K.

Young Offenders

Custody — A 17-year-old is found guilty in Youth Court of assault. His record shows that he has previous convictions of car theft and break-and-enter. In the past he's also failed to live up to the conditions of probation.

Though not yet an adult, he's reached adult levels of dangerousness and may have to be confined for the protection of society.

This is the last resort envisaged by the Young Offenders Act, the federal law which

applies to young people between their 12th and 18th birthdays who commit crimes. The Act, while increasing the criminal responsibility for young people, recognizes that they have special needs and problems. It encourages the authorities to use every means of treating young people short of custody if possible. But it also stresses the need to protect the public from young offenders and so allows their incarceration in very serious cases and under very strict conditions.

The young offender we have described here is, according to Allan Markwart, programme analyst with the Correction Branch of B.C., typical of the kind of person held in custody in B.C.

There are two kinds of custody arrangements available under the Act. The less serious of the two is open custody, similar to a group home or a wilderness camp. In B.C., the open custody facilities are found in Campbell River, the Chilliwack Valley and in Burnaby.

The most serious kind of custody is secure custody in a detention centre where the young person is confined. In B.C., these are in Burnaby and Victoria. In neither the case of open or secure custody may the young person be detained for a period longer than three years. The Youth Court must review all custody dispositions after one year. In neither case are youths to be confined with adult offenders.

One of the major impacts of the Young Offenders Act for B.C. has been to bring 17-year-olds into the youth justice system and out of the adult system. Previously in some provinces, including B.C., 17-year-olds were treated and jailed as adult offenders.

Don Morrison, prosecutor with Vancouver Family Court, approves of this change, noting "I have not yet seen a kid coming to this court who I honestly think could cope with Oakalla."

Another major change under the Act is that the Youth Court retains control over all sentences (dispositions under the Act), including those regarding custody. This means that only the Youth Court may shorten the amount of time a youth is required to spend in custody. Previously, under the Juvenile Delinquents Act, corrections personnel in some provinces were able to order the release of young people without the necessity of returning to court.

One trend, according to Brian Pollick, Senior Project Officer with the Attorney General of B.C., is that judges seem to be giving longer sentences to those whom they do place in custody.

Markwart notes that B.C. "incarcerates kids at a lower rate than any province in Canada" but rejects the view that the province is soft on young offenders: "Even though we have a low incarceration rate, I think we intervene more in the lives of young people than we do with people over 18. People say that a

youth faces only three years maximum but, if you're 14, three years is a long time, the better part of your youth."

Hank Mathias, Project Director of the Young Offenders Act with the Corrections Branch of B.C., predicts that the new custody arrangements will eventually lead to a "significant growth in the in-custody population."

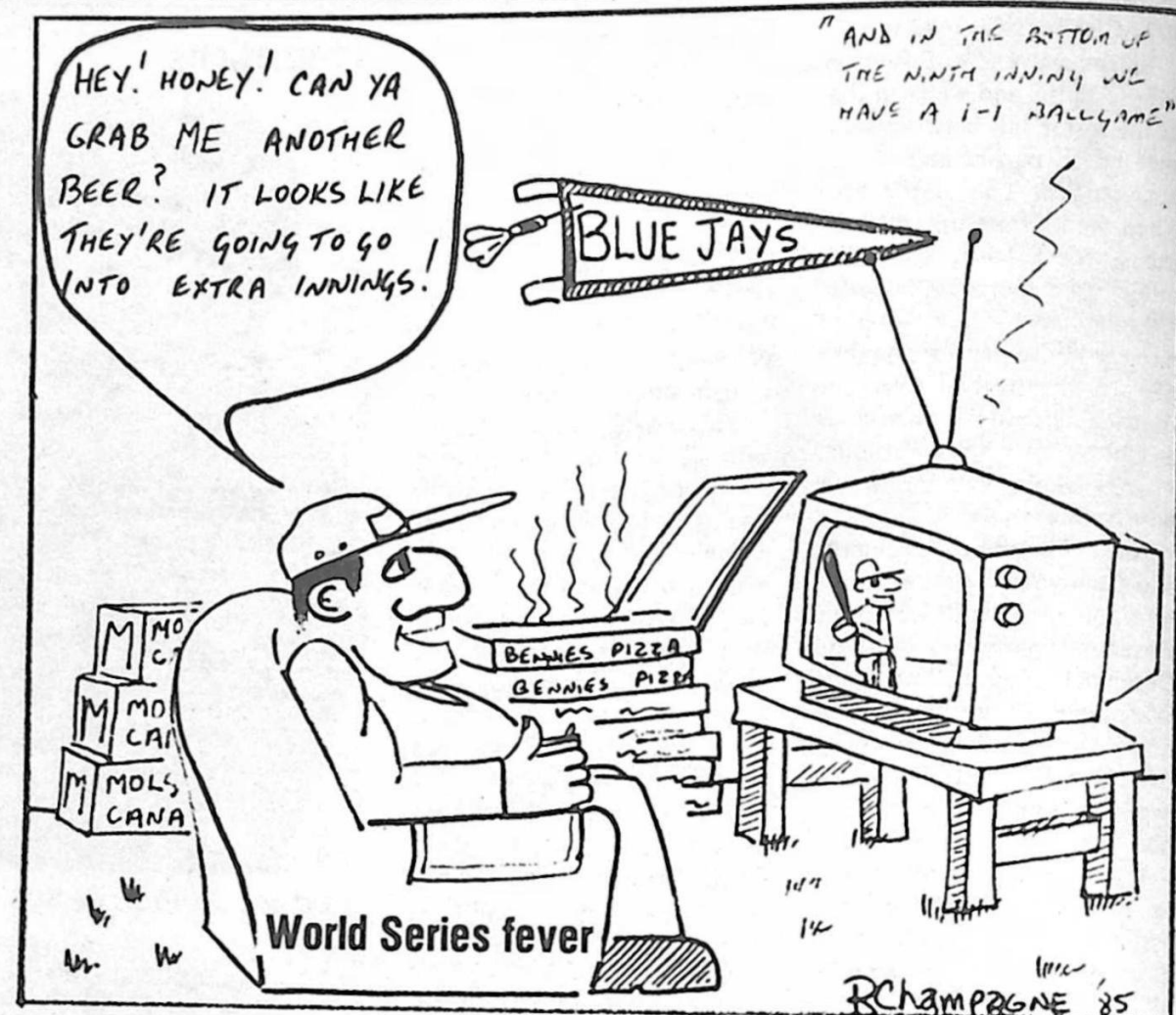
"Creating the new category of open custody will bring more people into custody," he says, noting that judges may find it easier to order offenders into open custody facilities than they previously did under the Juvenile Delinquents Act when there was no legal distinction between open and closed custody.

A young person who violates provincial laws may, as well, face custody although, as under the Young Offenders Act, this is seen as a last resort and occurs rarely.

According to Peter Insley of the Criminal Justice Branch, Attorney General of B.C., a Youth Court judge may sentence a youth to custody to a period of up to 30 days under the Young Offenders (B.C.) Act for a serious offence against provincial laws. An example, he says, would be where the youth was convicted of violating a court order not to drive.

Courtesy Gordon Hardy of the Peoples Law School

Next Deadline
November 4th



...custody of the young

Editorial

Young offenders

Youth Court — What happens if your 16-year-old brother is arrested and charged with holding stolen property? Will he have to go to jail with hardened adult offenders?

Your brother, first of all, falls under the Young Offenders Act, a federal law which applies to all young people of 12 to 17 years of age who commit crimes. Under this Act, your brother would, if convicted, be held accountable for his actions and treated accordingly. But he would not be treated as seriously as if he were an adult because the Act recognizes that young people have special problems and need special protections.

As many as 50 percent of young people charged with offences never go to court but are screened out of the court system. Given the seriousness of the charge against your brother, however, the prosecutor might not give him this option, and certainly not if this was his second offence.

According to Allan Markwart, a programme analyst with the Corrections Branch of B.C., a typical young person who goes to court is 15 to 16 years old, has had previous contact with the police, and who is charged with one of the more serious criminal offences, such as break-and-enter or possession of stolen property.

Because the Young Offenders Act holds your brother accountable for his actions, it also gives him the same rights and legal protections as an adult. From the moment he is arrested, for example, the police must inform him that he has a right to talk to a lawyer. Because your brother is charged with an indictable offence — one of the more serious crimes — the police may take his fingerprints and photograph. In less serious cases, the police are not permitted to fingerprint and photograph young people.

Before and during the trial, your brother has the same rights to be released on bail as an adult. If the prosecutor feels that your brother should not be released on bail, he or she will have to "show cause" in court, i.e.: establish that detention of the young person is necessary because the young person will not return for the trial or will be a danger to the public.

Detaining a young person because he or she doesn't have a fixed address or is in need of a "lesson" are not valid grounds for denying bail.

The Act, in fact, encourages judges to re-unite young people with their families unless there are good reasons for not doing so. The judge may simply release your brother or may release him on bail. Additionally, the judge might impose conditions on the release, that, for example, the young person be home by a certain time each night prior to the trial.

When the trial does take place, it is quite similar to an adult trial but with some important differences. Firstly, the trial of a young person takes place in a special court for youths called the Youth Court. All Provincial Courts are also Youth Courts. The trial is open to the public and the news media, but it is forbidden to publish or broadcast any information which reveals the identity of any young person involved in the trial, whether as accused, victim or witness.

Under the Young Offenders Act, the young person has an absolute right to counsel, i.e.: the right to be provided with a lawyer in court. In terms of the trial or bail hearing, the judge may appoint a lawyer to act for the young person if he or she appears without one. This lawyer may be one of the lawyers available at the court — called **duty counsel** — or one supplied by the Legal Services Society.

The young person's parents or guardians must be informed of the trial dates and be encouraged to attend. If they do not wish to, the judge has the authority to order them to attend.

As with an adult court, the prosecutor or Crown Counsel must convince the judge beyond a reasonable doubt of the young person's guilt. If this is not done, the judge will find the young person not guilty and any records of the case must be destroyed.

In certain very serious crimes such as murder, a young person of at least 14 years may be transferred to adult court after a special hearing of the Youth Court.

"It's more difficult to convict juveniles now," says Don Morrison, a prosecutor with Vancouver Family Court, "but I feel comfortable in this situation. Like any other new legislation, the Young Offenders Act is having some growing pains, but the good side is that everyone's rights are protected."

...the happenings of youth court

In passing sentence, one of the things that a judge may consider is a report on your brother's medical and psychological state. According to Dr. Roy O'Shaughnessy, Clinical Director of Juvenile Services to the Courts, this is one of the major impacts of the Young Offenders Act.

"A substantial number of young offenders show medical or psychological disturbances," he says. "If treated, a number of these kids will grow up without engaging in future anti-social behavior."

Prior to the passage of the Young Offenders Act, he says, these kinds of examinations were performed on a "hit-or-miss" basis. Now, such examinations have become routine and the costs are shared between the federal and provincial governments.

The life histories of some young offenders, he says, often show such factors as child abuse or head injuries at an early age.

According to Markwart, if your brother is a typical case, he might be placed on probation and assigned 20 hours of work in the community. He might be ordered to attend school, stay at home after curfew and avoid friends who've led him astray.

If the medical and psychological examination has shown that your brother has offended because of a psychological disorder or drug and alcohol abuse, his participation in a treatment programme may be ordered, if your brother agrees.

To make sure that he obeys these conditions, he will probably have to report to a probation officer.

Courtesy Gordon Hardy of the Peoples Law School.

Air Force Trivia What? Where? Why? When?



Answer from last issue



C-119 Flying Boxcar is a heavy cargo carrier and is used in paratroop training and re-supply of Arctic bases. It can carry 40 paratroops, fully equipped.

Sports & Recreation

Glacier Greens

Glacier Greens held its final tournament for the year on October 13th. A little rain and wind didn't dampen anyone's enthusiasm in this mixed best ball event which saw Bob Marshall's team of Lori Cameron, Ted Sutton & Kyle Jones take top honours, followed by Doug McArthur's and Gary Brown's teams tied for 2nd.

In the ladies division, Rose McCleish won low gross with a 94, followed by Trudy Berger with 96. Low net was won by Vi Wilander (70), with Lori Cameron coming in 2nd with 71.

Gary Brown was 1st low gross in the men's competition, followed by Doug McArthur. Kyle Jones won 1st low net and D'arcy Miller was 2nd.

Closest to the pin awards went to Jan Verbeek and Andy Blazacka.

Stay tuned for an announcement of the starting date for our winter golf.

NEWS FROM THE BLUE TEES

Tuesday October 8th, the ladies of Glacier Greens held their final Windup Day, 9 holes of golf for the Dubious Distinction Trophy followed by a putting competition. The awards for the year were presented, and the 1986 executive elected. This was

followed by a very entertaining skit put on by Frankie McCaffery, Rose McCleish and Claire Rathbun. The ladies then enjoyed a pot luck luncheon.

The award winners:
Dubious Distinction, Vi Wilander; Putting, Millie Legg and Marg Shaw; Birdie and Ringer Board, Francine Fredrickson; Most improved Ringer Board, Inge McArthur; Match Board "A" side, Claire Rathbun; Match Board "B" side, Pat Verchere; Challenge Board, Kay Banks; kMost Improved Differential, Marg Shaw.

The 1986 executive:
President: Martha Campbell
Captain: Pat Verchere
Vice Cpt: Judy Fellbaum
Secretary: Jan Verbeek
Publicity: Marg Shaw
Handicaps: Millie Legg
Prizes: Jan Riordan
Boards: Inge McArthur
Food: Kathrine Salter

Our sincere thanks to the outgoing executive for a job well done and a warm welcome to the new ladies on the executive we look forward to next year when we hope to entice a few more of you ladies out there to come out and join us. It's your day ladies, so take advantage of it to make new friends and have fun.

'Till next year, thanks again everyone. See ya on the tees.

by Marg Shaw

Pipe Smoke

By Gerry Gerow

Recreation: A word from the Bible. Meaning to make new or to re-create. What does it mean to us? To many it means to take our gun and fishing rod into the fields and streams, to hunt and fish. To others it has an entirely different meaning.

Some get their relaxation playing physical sports such as hockey, football, baseball, tennis, etc. Then there are others who get the same enjoyment from reading, painting, or listening to music. Some ride horses, ski, walk, run, or watch T.V. Then there are the individuals who go in for wood working, model building, or even bird watching. It's all recreation. While it may not seem like it, with a little thought, one comes to realize that every thing we do which is not connected with our job, or our life support functions like eating and sleeping is recreation.

Many will claim that playing sports is the only true recreation because it builds your body, physically, but what about the mental part of our make-up.

The interesting thing about recreation is that most individuals tend to think of their "thing" as the only one worth while, and all others should be discouraged. An individual who will enthusiastically vote to build a new arena or sports complex will write vehement letters to the editor if it is suggested that some tax money should go to support a symphony orchestra.

Outdoor sportsmen are particularly bad hit in this regard. As they are a minority of the population, the majority thinks their rights should be curtailed. Few realize, or at least, will admit, that if it wasn't for revenues generated by the outdoor organizations, our environment would not be the pleasant place it is.

So, when somebody asks for support for his particular type of recreation, don't be too quick to say no. You may want them to support your

request some day.

One of my personal forms of recreation is reading dog books, and the latest to come along is interesting. *The New Complete Samoyed* by Robert and Dolly Ward, Howell Book House, New York, is another of the exceptionally good breed books published by Howell.

The Wards have been involved with Samoyeds for over forty years, and their book is a tribute to their knowledge of and dedication to their breed.

Everything that should be in a good breed book is included in this one and more. The chapter on the origins of the Samoyed in Siberia and the taking of these dogs to England is very interesting. Other chapters discuss all aspects of the breed which is lovingly known as the *Sammy*. History, breeding, special care, grooming, showing and obedience are all covered.

There is a chapter on the Samoyed as a working sled dog and a special chapter on spinning Samoyed fur into yarn for knitting. I found this part of the book, fascinating.

The Canadian scene, all too often neglected in American written breed books has not been forgotten. There is a complete chapter on the Samoyed in Canada, and another chapter regarding the dog in other countries, including England, Holland, France, Sweden, Denmark, Australia, New Zealand, Guatemala, Brazil and the Orient.

Anyone who owns a Samoyed or is contemplating getting one, should read this book. For others it is still an interesting insight into the world of this beautiful working dog. It's a 320 page hard cover with over 290 photographs used to illustrate the text. It's just published, but should be available in book stores soon, or it can be ordered from the publisher at 230 Park Avenue, New York, at U.S. \$ 17.95.

Wallace Gardens news

The first official Wallace Garden's Community Council meeting was held on October 10 with the new members being welcomed to the council. A new list of ward members with a ward map will be going out in circulation shortly.

The Community Council would like to extend its appreciation to its resigning Deputy Mayor Martial Harvey, who for the past three years has greatly contributed to the growing success of this community council. The Community Council wishes the best of luck in any future endeavours Martial may undertake. Martial will be sadly missed.

PMQ residents: with school in active session and the Comox winter upon us with its rain and early darkness, our

streets present an extreme hazard to our children. Therefore please use caution when driving through PMQs and observe its 30 km/hr speed limit.

Halloween is coming and the Community Council is providing a patrol to assist the Military Police for added safety during this special night.

Community Council meetings are being held on the third Thursday of every month. The next meeting is scheduled for November 21 at 7 pm in the Protestant Chapel Annex. Christmas is coming and any suggestions you may have for activities please come out to a meeting or submit them to your ward member.

Moms & Tots has been running for two months now with

a modest turnout. It's been very informative with meetings with Lt. Col Jackman BAdmO, and the Drug and Alcohol counsellor from the Base and Courtenay. Scheduled in the future are meetings with a speaker from the Cross Roads Crisis Centre and a selection of child development films.

Moms & Tots has turned into a place for both moms and children to meet and have fun.

Come out and find out for yourself, meetings are held on Monday, Wednesday, and Friday from 1 to 3 in the Protestant Chapel annex.

Beauty Pageant contestants are to have their entries in by October 27, 1985 at the latest.

Lets give a little of ourselves for a better community. Have a Happy Day!

Next Totem Times Deadline November 4th



Sports & Recreation

Sports shorts...

MILITARY PHYSICAL FITNESS CLASSES

All military personnel are cordially invited to attend the Physical Fitness Classes being conducted at the Base Gymnasium on Tuesdays Wednesdays and Fridays from 0730 hrs — 0830 hrs (Summer) and 0800 — 0900 hrs (Winter). Come out and enjoy an hour of Fitness and Recreation.

SERVICEWOMENS' VOLLEYBALL

Presently the CFB Comox Base Team practice twice a week on Tuesdays and Thursdays between 1800 — 2000 hrs at the Base Gym.

They will have an exhibition game on 25th October 1985 at Royal Roads Military college in Victoria. We wish them Good Luck.

KARATE CLUB

The CFB Comox Karate Club meets every Sunday, Wednesday and Friday at the Airport Elementary School gymnasium.

The class starts at 6:30 and ends at 8:00 pm. All are welcome, 14 years and older. For more information contact Bruce 339-7761 or Russ 339-3745

BASE SERVICE WOMENS BROOMBALL

The Base Service Womens' Broomball is presently practicing on Monday and Tuesdays from 1130 — 1230 hrs. The team still has a few positions open and is looking for more players.

For more information contact Cpl S. Migneault at local 2417.

FREE SKATING

The Base Arena is offering free skating on Monday and Wednesday at 1130 — 1300 hrs. The ice is available to Military and DND employees.

BADMINTON CLUB

Now is the time to keep fit indoors while having fun at recreational badminton. We have — fun tournaments, occasional wine and cheese nights. Annual membership \$4.00, new members welcome Sunday and Wednesday nights at 6.00 pm at the Rec Center.

MENS VOLLEYBALL

The Mens' Base Volleyball Team commenced their 1985/86 season on October 1st, 1985. Practice times are every Tuesday and Thursday from 1800 — 2000 hrs. Military personnel interested in playing are urged to attend these practices. For more information contact MCpl Josee Descoteaux at the Base Rec Center, Local 2315, or MCpl Graham, Local 2350.

Jog for joy

Jog for the fun of it and jog safer. When you begin to push yourself and try to out-perform your fellow joggers or even compete with yourself, you run a higher risk of sudden death during exercise.

Pushing yourself, even in friendly competition, increases the blood levels of the stress hormone, norepinephrine. This hormone has been associated with irregular heartbeats, can disrupt the heart's electrolyte balance, and can incite clotting.

Says psychologist Kenneth France, who conducted tests on various athletes at Shippensburg University in Pennsylvania, one should "abandon competitive thinking during workouts." He goes on to say, "Performance may even improve when you take the pressure off yourself".

Totem talk

It is said that eating, smoking and drinking are all related: when you stop smoking, you want to eat; when you eat, the first thing you crave is a cigarette; if you try to go on a diet and give up smoking at the same time, it'll drive you to drink.

The geritol set



Raising cash for the United Way....The "Geritol Gang" may not have finished first but the effort was sincere and the cash was real.

Road Trip

Yes, our Base Hockey Team has won its second game of the season, a 5 — 4 thriller over the Sabres from Campbell River. In their first win of the year they defeated the Penguins by the score of 1 — 0. It is very difficult to single out any one player as the best or the 1st star because the whole team played very well. Coaches Ford and Gilles were very pleased with the effort being produced from the 8 or 9 skaters who were getting for each game.

2'n a row for Totems

CFB Totems soccer team made an overland rally trek Sunday Oct 20 to Tahsis. The team almost lost three of its prominent members in a tire blowout on the treacherous gravel track. Tahsis was reached after four hours on the road. The game was a super workout for both teams in difficult conditions. Rain puddles, drainholes and a gravel baseball diamond all hampered play. The game was dominated almost exclusively by the Totems but the team was unable to seal a victory. Several "close-misses" were made by Pte Justin Parsons, Cpl Jeff Buxcey and Lt Alistair MacKay. The final outcome was a 0 — 0 tie. A certain van driving member of the team who will remain nameless, but can be contacted in the claims office, will probably be thinking twice about taking up rally driving.

Schedules

INTERSECTION HOCKEY LEAGUE

Intersection Hockey is in full swing for 1985. Ten teams are participating in this years quest to be Intersection Champs.

GAMES:

Monday 28 October

1800	RCMP	vs Devils
1925	BAMTelO	vs ATC/MP
2105	Base Old Timers	vs BTNO
2230	Demons	vs 442

Wednesday 30 October

1800	VU33	vs ATC/MP
1925	FH/CH	vs Base Old Timers
2105	BAMTelO	vs Devils
2230	BTNO	vs RCMP

Monday 4 November

1800	FH/CH	vs RCMP
1925	Base Old Timers	vs Demons
2105	ATC/MP	vs 442
2230	Devils	vs VU33

Wednesday 6 November

1800	442	vs Base Old Timers
1925	ATC/MP	vs Devils
2105	RCMP	vs Demons
2230	BAMTelO	vs BTNO

INTERSECTION VOLLEYBALL

Intersection Volleyball commenced its 1985/86 season on Tuesday, 8 October. This year we have twelve teams competing for the coveted trophy. Games will be every Tuesday and Thursday at 1130 hrs and 1215 hrs.

UPCOMING GAMES

Tues	1130 hrs	407 SAMO vs CE	BAMSO I vs BsupO
29 Oct	1215 hrs	BTNO vs 407 AdmIn	BSupO vs CE
Thurs	1130 hrs	BOR vs 442 Sqn	BAMSO II vs BTelO
31 Oct	1215 hrs	407 Maint vs 407 Armt	BTelO vs 442 Sqn
Tues	1130 hrs	407 AdmIn vs BAMSO I	BTNO vs 407 SAMO
5 Nov	1215	BSupO vs BTNO	CE vs BAMSO I
Thurs	1130 hrs	407 Armt vs BAMSO II	407 Maint vs BOR
7 Nov	1215 hrs	BTelO vs 407 Maint	442 Sqn vs BAMSO II

Sports & Recreation

Fitness facts

STRETCH - BEFORE AND AFTER

Almost all athletes add stretching and flexibility exercises to all training not only to enhance their ability to perform, but also to avoid injury and soreness. You'll see Olympic Athletes stretching before events. Part of flexibility training involves 10 - 15 minutes of stretching both before and after a workout, and the other aspect is specific techniques to expand your range of motion in each body part.

BENEFITS OF STRETCHING

1. Stretching prevents injury. Most athletic injuries are caused either by trauma (a fall, collision, etc.) or by over extension of a muscle, joint or connective tissue. There are 50% fewer over extension injuries among athletes who practice regular, progressive stretching than among athletes who don't.

2. Stretching is a good warm-up/cool down activity in conjunction with athletic training sessions. Besides being a warm up, pre workout, stretching improves neuro muscular coordination. As an added cool down benefit, stretching

reduces the chances of delayed on set muscle soreness and promotes faster physiological recovery.

3. Stretching allows you to more easily master the movement skills of your sport. Regular stretching improves your kinesthetic awareness — your sensations of muscular action — particularly in ranges of motion you previously lacked due to inflexibility of joints and muscles.

HOW TO STRETCH

Correctly applied, stretching is a gentle form of exercise. Don't stretch too hard or bounce into a stretch, or you'll actually lose some of the benefits of the practice. That's because the body has special nerve endings to protect against overextension. One type signals overextension to the brain by sending pain signals and the other type causes a resistant contraction against stretches done too quickly. This reaction occurs during ballistic, or bouncy, stretching, halting a stretch before it is complete.

Ease into the stretch. Take 30 - 40 seconds to ease into the stretch to the point you feel slight pain in the muscle — the "pain edge." That is the maximum point of your stretch.

ch; more can cause tiny muscle tears. Hold in the pain edge for 20 - 30 seconds, working eventually hold the stretch for one or two minutes. Relax a minute and repeat the stretch. Breathe shallowly at a normal rhythm.

Incorporate stretching into your routine. Due to scientific training techniques, athletes needn't fear inflexibility due to too much muscle around a joint or muscles so highly toned they shorten. Athletes should not be inflexible because of too much fat, either. The only reason an athlete might give for inflexibility is a congenital bone or tissue deformity, but science has a stretching program to combat that situation as well, called proprioceptive neuromuscular facilitation (PNF), the technique is fairly new (see PERI Staff for more information). It's advantage over other types of stretching is that it helps promote a high level of strength in extreme ranges of motion, and it does it in a short period of time.

Remember, stretching is not only necessary adjunct to weight training or other exercise, but can be used to improve your ability to perform sports skills. Expand your sports proficiency by stretching.

NEXT TOTEM TIMES DEADLINE November 4th

M.S.E. Driver Safety

What would you do?

You're running on a city four-lane divided roadway in the right-hand lane. You're going 50 kph, the legal speed limit. Ahead you see a pedestrian standing on the curb. He is not at a crosswalk. You have the right of way and don't expect the boy to step into the roadway, but he does 75 feet in front of your car. There is traffic on your left. What should you do?

☐ Hard brake, ease up to medium brake and steer up over curb.

☐ Honk, stomp on brake and hold.

Answer on page 14

A rethink on diet

Twenty years ago the American Heart Association recognized the relationship between diet and heart disease. A diet high in fats and cholesterol, it contended, contributed to the development of fatty-cholesterol deposits in the arteries.

Consequently, the AHA recommended that Americans reduce their intake of fats (particularly saturated ones) and cholesterol. Specifically, its recommendations were that cholesterol be limited to not more than 300 mg. per day and that fat consumption be held to thirty percent of the total caloric intake.

Now the American Heart Association is suggesting a stricter regimen...with fat consumption reduced to as low as twenty percent of total calories and cholesterol limited to 100 to 150 mg. per day. There is an "if" involved here, however.

The "if" has to do with your blood cholesterol level. Knowing that diet does affect the level of cholesterol in the blood, the stricter regimen is for those whose cholesterol levels have not responded to the initial reduction in consumption of fats and cholesterol.

If, however, your cholesterol levels are in the low — normal range, diet restriction need not be so stringent. The purpose of the diet, contends the AHA, is to get cholesterol levels down to an acceptable range.

Interestingly, the AHA believes that its newer recommendations are much more likely to be followed than their more moderate ones of two decades ago. Back then, Americans were binging on fat, and the suggestion that fat be reduced represented a major change in eating habits. Now that we are much more diet conscious, further reduction as needed will be more likely to be tolerated.

Forest Congress

A Major conference, the National Forest Congress will be held in Ottawa, April 8 - 10, 1986. The Congress will provide an "excellent forum" for the consideration of the policies and strategies needed to meet the challenges in Canada's forests, according to Forestry Minister Gerald Merrithew, who announced the plans for the Congress next year.

The National Forest Congress, to be sponsored by the Canadian Forestry Association, "will have as its goal the building of a national commitment to the future of Canada's forests... and to the drawing of a strategic blueprint for the management, development, and renewal of our forest resources."

"It is intended that positive courses of action will result from conference deliberations and that policies will be announced or initiated to strengthen Canada's positive response to major issues affecting the forest sector.

Drawing together opinion leaders from federal and provincial governments, labour unions, the private sector and academia, the Congress will focus on forest management

OFFICERS' MESS

NOVEMBER 1985

OFFICERS COFFEE HOUR

Coffee will be served in the Lounge every Wednesday at 1000 hrs. Dress will be dress of the day. All Officers are invited to attend.



Fri. Nov. 8

NAVY NIGHT

To celebrate the 75th Anniversary of the formation of the Canadian Navy.

Saturday Nov. 16

CANDLELIGHT DINNER
Cocktails at 1900; Dinner at 1930
Dancing to DJ at 2100 hrs

Coming Events: Dec 31, 1985 NEW YEARS EVE BALL

BAMSO

As I drive around this beautiful valley and see the leaves as they turn into yellows, oranges, and reds I realize that summer is finally gone and that we are well into the fall season. Looking back over the past few months all I can say is that we sure had beautiful weather this summer. This is really a nice place to be stationed, isn't it.

As usual, many things are happening around here. Larry Thompson is quite involved in procuring BAMSO "T"-shirts that can be purchased through BAMSO Orderly Room at \$6.75 each. He also has ball hats at \$5.25 each. Both of these items display the new BAMSO crest. I think that most people will be pleased with the finished product and, when they consider what specialized items like those normally sell for, will be pleased with the selling price.

The boss is in CFB Penhold this week where he is attending the Junior Leader's Course graduation parade and mess dinner. Cpl Haskell from Armand and Cpl Maloney from NavCom labs will be graduating the day that this is being written. That brings up a good point. If any senior NCO, Warrant Officer, or Officer would like to attend one of these events, preferably when one of their personnel are graduating, just see MWO Elliston. The school very strongly encourages attendance by parent unit supervisors.

Mike Wells has finally returned. We missed you Mike and were concerned that you wouldn't make it back in time to be on the honour guard and to take part in the Great Annual KIWI Wheelbarrow Race.

Despite the inconveniences caused by the construction of the new Lead Acid shop, coffee and good conversation are still available in the Nicad shop. But don't be fooled by their humble surroundings and relaxed atmosphere. Each job is carried out with the same professionalism as is shown in the IE/IS Labs.

Upstairs in IE/IS Labs we have Sgt Ken Sullivan, who likes to spend money. He recently invested all his money in a new house, only because they threw in the outhouse for free. Our other Sgt Mike Gauthier, just bought himself a new car. He was so excited about his new venture, he had to run home and show his mommy and daddy. His parents live in Quebec.

The two Karens in our shop (Stockklauser and Thompson) took the week off to visit Victoria. While they were there, they became two very experien-

knowledgeable of the scripture which reads "And so it is that the last shall be first and the first last", otherwise he couldn't have awarded our team the prize for the "fastest wheelbarrow". We would also be remiss if we didn't thank our large cheering section along the race route. Thanks Annalyn. Also a hearty thanks to those NCO's who supported us at our "pit stop" in their mess. All kidding aside though, the real winner was the United Appeal and we thank all those who so generously gave some of their "have" to the "have nots".

Carl Charko has asked that the authorities be thanked profusely for their efforts to get the 7 hangar personnel elevator back into service the day after he finally had his leg cast removed. Oh well, at least Sue will be able to use it for the last portion of her pregnancy.

Don't hear much talk these days about fishing so I can only assume that most of the boats have been put away for the winter. So far no one has taken up my challenge to tell me how much per pound they paid for all the fish they caught this year. I promise I will publish the figure if anyone will give it to me.

That's about it from the front office staff and now we will hear from the...

IE/IS LABS

Contrary to popular belief, there is life in the battery shop. MCpl Mike Roy and his team of twisted sisters, Cpl Therese Boyer and Cpl Rhea Pretsell, are alive and well.

Despite the inconveniences caused by the construction of the new Lead Acid shop, coffee and good conversation are still available in the Nicad shop. But don't be fooled by their humble surroundings and relaxed atmosphere. Each job is carried out with the same professionalism as is shown in the IE/IS Labs.

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The two Karens in our shop (Stockklauser and Thompson) took the week off to visit Victoria. While they were there, they became two very experien-

ced young ladies. They learned how to pack things properly. (in boxes).

Cpl Tim England is now back in our shop. He's modeling the latest fashion in airforce blue. He's not really a model, but don't tell him I said that.

You're probably wondering about Sue McKay. In answer to all your questions, yes, she is pregnant. I don't know how much longer the freight elevator will continue to work. Sue's due pretty soon so cross your fingers.

James Scally will be leaving us for a while. He's going to Trenton on a Buffalo course. He was going to drive down, but his roommate needed the Mercedes at home. Oh well James, flying is the only way to go.

Our frenchman, Dan Lefebvre, wrote his English exams about a month ago and aced them all. They must have been real easy.

The IE Techs have a new MCpl. His name is Steve Lazar. His motto is cleanliness is next to Godliness. Have you seen our lab since Mr Clean, oops, I mean Steve moved in?

Claude Ouellette is a hard worker, but these days he seems to have acquired a disease known to us as "Computerphobia". Of course we know that this is only a temporary ailment, and that Claude will certainly become a computer whiz in the near future.

Kent Storie is in GSE for good now. We don't see too much of him lately, except during lunch hour. He's a growing boy and needs his nourishment.

Suggestion award...



Cpl Lewis, an Aero Engine Technician on 442 Squadron, proposed and designed a special tool for securing the oil line to the aft transmission oil inlet on CH113 and CH113A Helicopters. LCol Lett, the Squadron commander, presented Cpl Lewis with a certificate and an award of \$150.00



move.

Having said all that, the Refinishers rest their case until the next time.

REFINISHING

Big things are happening in the Refinishing Section since the last report.

Our new boss, Sgt. Keefe, has become a land baron and should be moved into his new home by the time this hits the presses.

The refinishers have been hard at work the last couple of weeks giving the old Argus a new face lift. Note: It sure looks good, thanks guys. Bamso Note: Amen to that.

MCpl "Bert" Brown and MCpl "Ernie" Nicholson, two old sea dogs, have hung up the fishing rods and are polishing up the brooms in preparation for the curling season. Rumour has it that they are burning up the ice and not a thing in the valley can touch them.

Cpl "Beaker" Harvey and Pte Al Behmer wrote their TO4 exams and are sweating it out until the results are received.

Pte "Scooter" Gervais recently moved into PMQs and "Chef" Roger has settled in and taken charge of the paint shop. No one dares stand still in his shop these days as he paints anything that doesn't

AMSE

Hello, it's news time again from the AMSE Section.

Cpl Slater has returned from Borden where he was attending the GSE course. In February we can wave good-bye to him again as he will then be off for his Junior Leader's Course.

Pte Martin started work at VU 33 this week. She will be there for a few months obtaining the "on-job-training" she requires before writing her TQ4 exam in June of next year. Pte Jones is here with us while she is away.

Cpl Wessel is taking over in supply/tool control while Pte Kelly will be out working on the floor until the end of October.

Cpl Farina was in Vancouver for a couple of days correcting a snag on the ground power unit at the international airport. When questioned about his trip he had "no comment" but we note that he hasn't stopped smiling since he returned.

That's all for now. See you next time.

442 Squadron

"Golden Eyeball" Award

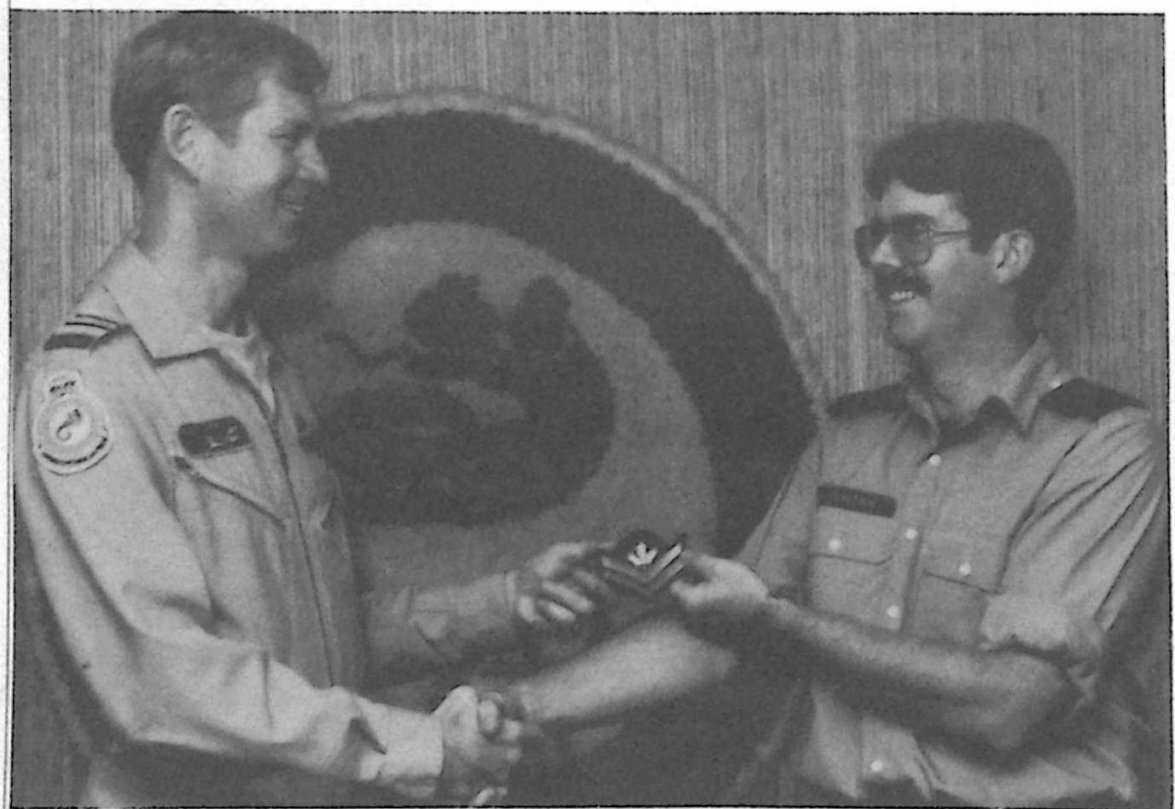


SAR Tech Cpl Bob Ridgway is presented with the "Golden Eyeball" award for spotting the wreckage of a Piper Aztec near Pender Harbour. SAR "McKinnon" took place in May 1984



Dave Reid to MCpl

LCol Lett presenting



Dennis Rouleau to MCpl

LCol Lett presenting

AIR CREW

Despite less than balmy weather conditions on the West Coast, the past couple of weeks have been fairly quiet on the operational side. Early on the evening of October 8th, the standby Buffalo with Capt Mark Zwanski and crew was despatched on an ELT search on the mainland, about 200 miles north of Powell River. The signal was finally localized however visual contact with the ground was impossible due to low cloud in the vicinity, and nightfall. Returning to Comox, the crew set out again at first light, but were again prevented from sighting anything due to poor weather in the area. The standby Labrador, with Capt Paul Vanderbasch and crew was launched from Comox and managed to make it into the area under the cloud layer, locating a helicopter broken down on a river bed with four persons that by this time were very cold and more than a bit hungry. The Lab ferried the pilot and his three Fisheries Dept passengers to Bella Coola for assistance in servicing their helicopter.

In the only other incident of note, the standby Labrador under command of Lt (USCG) Garry Daniel was despatched by RCC Victoria on 12 October to rescue an injured man at the 1900 foot level of Rough and Tumble Mountain. With a doctor and Med A on board, the helicopter located the victim 100 feet down the side of a cliff in a gorge. The SAR Techs were hoisted into the site, and recovered Sgt Bob Gould of 442 Servicing Section, who had suffered multiple injuries. The patient was transported to St. Joseph's Hospital directly from the scene.

On the training side, Capt Marv MacAuley and crew returned Saturday from an uneventful sojourn to Alameda NAS. The trip, which departed on Friday, provided high density airways training for the pilots, while the Navs managed a navigation leg overwater. Early next month, Capt Mike Dorey and crew head North on a Southern trainer with a Labrador. (Can't make up your minds which way to go, eh guys!)

Also in training, the OTF has a new pilot course starting this week. A big 442 welcome to

Capt Dave Amberley and Gary Ivings from 424 Sqn, Trenton, here to convert to Labradors and to Lt Alain Goyette, recently graduated from the Basic helicopter course in Portage La Prairie, and posted to 103 RU in Gander. Good luck on course! Speaking of courses, we're still missing the smiling faces of Capt Ron Hilborn, away on Snowbird try-outs and Capt Rick Hanna, attending Volleyball U. (Staff School for you uninitiated) in Toronto. Leaving soon for the ICP Course is Capt Tom Lindsey of Buff Flight.

Word has it that Capt Bob Grant of the Lab Flight has found his next career in front of the Klieg lights. Bob was tasked (with GREAT reluctance!) to act as Squadron OPI for the filming of an episode of the CBC-TV/Disney Channel production "Danger Bay" during the first two weeks of October. As the television crews and actors took over No. 1 Hangar for several days, we understand Bob, (nattily attired in a designer flying suit) searched diligently for a folding director's chair with his name on it. Not to be deterred by an unsuccessful quest, we understand Capt Grant cast himself as the dashing helicopter pilot in the action scenes. Watch for this action-packed, thrill-filled rival to Raiders of the Lost Ark on your local CBC Channel, time and date to be announced later. By the way, we understand Capt Grant has been signed to do a sequel, co-starring with "Danger" the sea otter in a show entitled "Romancing the Otter" or "Captain Strangelove". We'll be looking forward to that one, at a theatre nearby! Break a leg, Bob!

Lastly, but not least, Capt Harv May, our CASARA man-on-the-ground is busily organizing the CASARA Air Chiefs Conference to take place at Comox 15 - 17 November. We'll be hosting some 15 or so of the Provincial volunteers who co-ordinate the PEP program in B.C., so valuable to us in past air searches.

In the vein of the showbiz world, "That's all, folks!", for this time, anyway...Snakes, Out!

Continued on Page 11.

Dance music for all Occasions

Westwind

For your Section Parties

Call Gord at 339-4389

VU 33 Squadron

Promoted



Al Beasley to MCpl

Maj Owen presenting

442 Sqn continued. FROM THE MAIN FLOOR

I was away for the last deadline, hence the news for we mushrooms has piled up a bit. Some of it is not so cheerful, but the good fortune of others, and the ongoing saga of our flag football super-heroes does tend to balance out the story a bit, so here goes:

To start with, I'm sure all of us are aware of Bob Gould's accident in the mountains, with injuries which will take some time to heal. Bob is a well-liked member of the technical staff; we who are his friends wish him a complete recovery, and look forward to seeing him back on the floor again soon.

Still with the less than good news, we say farewell to Dorothy Shuttleworth — the kind of person every orderly room should have. Wish we could say, 'Stick Around Griswold' to our own super-secretary, who has made so many and varied contributions to this squadron, but the Service has its say, so we wish her all the best in B.O.R. I will remember Dorothy mostly for her PA announcements — not for what she said, but for the way she said it. Our new Gal Friday is Daniele Saunders, who came in from B.O.R. Welcome Daniele!

Those volcanic rumblings and seismic shudders

originating in Log Control tell us that trophy bowling time is here, and that Mr. T and his team are working themselves up to tackle Awesome Ab and the boys again, along with any other challengers who fancy themselves as bowling's version of Conan the Barbarian. There are two trophies this year, and play starts at the Base lanes on Friday afternoon (Oct 25).

Our flag footballers are undefeated going into the playoffs on Oct 22, but are missing quarterback Rick Macnab for the duration of the wrap-up tourney. He is at Bagotville on course. Let's hope that this is not history repeating itself; last year we lost the final game, due to lack of key players.

In volleyball, 442 has won all three of its games so far, in the Base Inter-section league. Our hockey team dropped its first game 5 - 8 to BTeIO.

Turning to promotions, we congratulate new MCpls Dave Reid and Dennis Rouleau and Cpls Diana Dunham and Blaine McMillan, both of Safety Systems. And finally, those two characters tiptoeing around the hangar growling at everybody to stay away from their spitshines and quoting QR&Os and CFAOs to anybody who will listen, are Tommy (Torquewrench) Furlotte and Tom Ford, who have just returned from JLC.

VU 33 Aircrew

"Let me tell you your future! Zelda knows all". Shirley Zelda Acorn seems to have taken on a part time job to help pay for the new car. At OWC, Shirley flaunted her new-found skill in card reading and forecasting the future while dressed up in an outrageous costume. Apparently the lab over at the hospital has been consulting Zelda for diagnostic information when time does not permit running the full tests.

On Thursday, 17th October, VU-33 held a historic event with a first ever squadron all ranks mess dinner commemorating 25 years of Tracker and T-Bird service. Held over at the Junior Ranks Club, we enjoyed a delicious meal served up in class and enjoyed as our guest speaker Col Kadanoff. Maj Owen recounted in very interesting detail the history of our two airframes showing that we have a right to be proud to have flown the T-33 and Tracker for 25 years. We received our first T-Bird and CS2F in 1960 at Pat Bay in Victoria, changed locations to Comox..... and still fly the same aircraft in 1985.

We thank our guests Col Kadanoff, BCWO Delfabro and LCol Gibbon for joining us in our celebration. I bet that Blearie couldn't keep his mouth shut for the mess dinner and walked away with a few extra dollars. Blearie came up to me later and handed me the following confession: "I admit that I talk too much, that I put my foot in my mouth, that I say the wrong things and I am truly sorry." Sure Blearie, and we all know it will happen again at the next squadron function.

On Friday, the other half of the exchange visit with VRC-30 became a reality. Arriving with a C-1 and a T-39 they came with eleven people and high hopes for a good time. Well, we certainly didn't let them down. After enjoying TGIF and learning crud, we took them down to the Leeward for good food and brew followed by a night on the town. On Saturday, fishing, touring and shopping were the order of the day winding up at the Octoberfest bash to finish their Canadian visit. Sonja I'm sure will particularly appreciate certain 3 hangar camera pics taken of Rollie and Nick in a conspicuous location. Best of luck in Playgirl guys!

Last week was a busy one and we thank Maj Owen and MWO Gerow for their hard work with the Mess Dinner and Rollie for co-ordinating the VRC-30 visit. Definitely a very successful week.

TECH SIDE VU 33

It shouldn't be too hard to get rolling with this week's article. It sure helps to have a Squadron member working on the paper and you're late with your write-up. Thanks to the boss for the reminder and the hour to get it done.

Our first (hopefully annual) Mess Dinner has come and gone. The theme for this year's dinner was "25 Years and Still Flying". For those who work on aircraft that are not older than they are do not realize the satisfaction of getting an airplane in the air that is older than most of your squadron. Both the T-33 and the Tracker have over 25 years in service and VU 33 has the distinction of servicing and flying both.

The dinner went off without a hitch and was enjoyed by those who attended. Our thanks to Col Kadanoff for his appearance and words, as well as Maj Owen for giving us some insight into the past of the two aircraft types. Others involved in putting the dinner together were our PMC Lt Reimer and MWO Gerow who did all of the leg work and Daniel Dureau for showing us the effects of toasting with Port. Daniel's face turned three shades of green before he was able to inform us to sip and not throw your port back in one shot. There is one other thing that can not go unmentioned, our junior speaker Trevor Owen not only forgot his cue cards with his speech on them, but found it more appropriate to wear cufflinks shaped like dumptrucks at the bottom of his sleeve. Hidden I might say quite well from our other guest the Base Chief, last but not least our duty driver for the evening Scott Hanna did a fine job of sifting through our multitude of directions to get us home safely before sunup.

On the sports side of the Sqn our hockey team is still warming up and sits with a 0 - 2 record having fallen to RCMP 4 - 3 and BTeIO 5 - 2. Although we are getting off to a slow start we don't expect to give anyone else the satisfaction of beating the best team. Harry Weeds, our bowling team informer, tells me the team is a half point off first place and is

bowling a team average of two hundred. This despite the fact that Lyle McManus is back off course.

The Sqn CO and XO recently had bare top lips and are now well on their way to sporting a half decent upper lip. Because of their endeavour involving facial hair a few more have gotten involved. Having discussed the matter sensibly and deciding no one would be under any major pressure a deadline time was set up. Five baby faces showed up at Monday's hockey game trying to establish who looked funnier. It was of no surprise to find all those originally involved in the bet to have gone through with the shave. Considering that we would have had one heck of a party if only one had not followed through. I was not going to mention anything but why not, Chris still looks funny and Clive doesn't look any different. Those comments coming from non-biased hockey fans.

Promoted last week was Jenny who now becomes the newest Cpl and no longer is the only female private.

Have a good day and hope to see you at the next hockey game.

G.L.



Bob Sleight

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BEING GOOD TO YOURSELF

Do you know your neighbours? If you do, you have already taken a step towards preventing crime. Burglary and vandalism, for example, can be prevented when neighbours keep in touch with each other and keep an eye on each other's property.

Everyone has heard stories of burglars dressed as movers emptying a house of its contents without the blink of a neighbouring eye. The truth in these stories is that non-involvement with our neighbours actually makes our communities less secure. But they don't have to be that way.

An Open Mind

Preventing crime starts with our attitude— opening our minds to the idea that working together with our neighbours can make a difference and that our personal involvement is essential.

Of course, we need to be good neighbours to ourselves first by taking steps to protect our person and property. But crime prevention efforts can be truly successful only when we are looking out for others too. We will likely find neighbours who are just as concerned as we are and who are willing to join with us in building a safer community.

Getting Involved

A first step might be to get involved in programs that have already proved successful — and may already be operating in your community. For example, the police have initiated the Neighbourhood Watch program in many communities.

Residents commit themselves to watching their immediate neighbours' property and reporting any suspicious activity to the police. This program helps prevent crime while still respecting the need of privacy. The Neighbourhood Watch idea has been adapted to many other contexts: marinas, apartments, cottage areas, and rural districts.

Another established program is "Block Parents". The Block Parent logo placed in a window identifies that residence as a safe place to go when a child needs help. Participation in the program can be adapted to the individual Block Parent's lifestyle — the card comes down when the "Parent" is away or too busy to help. This idea has also found a home in other situations. Some convenience stores have become "Block Stores" and are safe refuges not only for children, but also for the elderly or anyone who feels threatened on the street.

There is so much that can be done at home, work or school to foster the idea that a larger sense of neighbourliness can prevent crime. There is a growing awareness that public areas — streets, laneways, schoolyards, and parks — belong to us, too, and need our watchful concern and care. Good neighbours, whether children or adults, realize that damaging or destroying public property hurts everybody, and are finding ways of working together to prevent such damage.

On The Job

A sense of shared responsibility can also be encouraged in the workplace. Employees need to feel that they have a secure place to work, and employers need to feel that company property is secure in the care of their workers. Theft in the workplace whether of time, property or information, eventually affects both employees and employers, but both can work together to build a more positive, secure work environment.

Being a good neighbour on the job can mean more than a secure workplace. No matter what kind of work we're involved in, we can find opportunities to prevent crime — it's just another way of being neighbourly. For example, drivers

Neighbours being neighbourly by participating in crime prevention activities, whether at home, in the street, at school, at work, or at play is one of the most effective and least costly ways of reducing crime. Ask any police officer — including those whose whole job is crime prevention. They'll tell you that they can't do the job all by themselves.

KNOWING WHEN TO CALL THE POLICE

Calling the police is always a good idea when you want to get involved in crime prevention. But sometimes calling the police or other authorities is more than a good idea — it's a must.

Surprisingly, many people hesitate to call the police out of fear of getting involved, or of being identified, or even out of fear of sounding silly or over-suspicious. But the police need and want your help in preventing crime.

When You're Not Sure Whom To Call:

In some cases, the police might not be the first people to call when you are reporting an incident, but if you're not sure whom to call, it's always right to call the police. They will be able to deal with the problem or tell you who can.

What Happens To Me When I Call The Police?

Naturally, the police need to know as much as possible when they deal with actual or suspected criminal activity. When you call, the police operator will take as much information as is required to be able to send police to deal with the situation. But more information may be needed later, or facts may need to be checked out, so always leave your name and telephone number with the police. You can still remain anonymous. This means that your name will not be made known to anyone. Neither the victim nor the suspect that you have reported on will know who called the police. Simply tell the person to whom you are reporting that you wish to remain anonymous and your privacy will be respected.

Tips To Remember When You Call The Police:

1. Stay calm and concentrate on relating those details that will be most helpful to the police.
2. Let the police operator control the conversation. He or she will likely be filling out a form and will need the information in a certain order to be able to dispatch police help as quickly as possible.
3. Tell the operator the number of the telephone you are calling from.
4. Stay on the line until the police arrive or until the operator tells you to hang up.

Write It Down

Whether you are reporting an emergency or a suspected criminal activity you have observed over a period of time, write down any details such as the time of occurrence, licence numbers, or descriptions of people and voices. This applies to everything from nuisance telephone calls to suspicious salesmen and charity solicitations to vandalism. Your notes may help to prevent harm to a person or loss of property and aid police in apprehending a criminal.

Police — The Professionals

Part of being a good neighbour is knowing what to do and when to do it. Citizens can do a great deal to prevent crime — and sometimes the best thing for us to do is simply to call our professional partners — the police.

THE PARTNERSHIP

Across the country, people from all sectors of Canadian life are partners in community crime prevention. During the Week, all orders of government, the police, business and industry, schools and community groups, service clubs, and professional and volunteer workers will be turning the public spotlight on their activities to show others what they are doing and that community crime prevention programs really do work.

Canadians for Crime Prevention/Alliance Prevention (an alliance of major national organizations formed in 1983 to encourage community crime prevention), as well as provincial and local planning committees, will reach out to the public in many ways. Their activities will highlight the success of existing crime prevention programs as well as the need for more Canadians to participate.

YOUR ROLE

You, too, can have a special role in this national event. You can raise important issues in your community and work with others to address them. Whether as a participant in the affairs of your business, church, profession, school, community association or service club, you know your people and their needs and abilities. You can help them become aware of crime prevention opportunities and encourage them to take advantage of those opportunities. Whether or not you are involved in a crime prevention program, National Crime Prevention Week provides a focus for you to mobilize your resources and join in the partnership.

PROMOTING CRIME PREVENTION

The opportunities are unlimited during National Crime Prevention Week. The best activity for you or your organization depends on the needs of your community. The following are just a few of the activities which others have found successful:

- Distribution of crime prevention information at booths or mall displays, or door-to-door.
- Home security checks sponsored by service clubs or police.
- Campaigns to establish such proven programs as Neighbourhood Watch, Block Parents, or Operation Identification, and the launching of new programs.
- T.V. and radio public service announcements.
- Poster displays in stores, schools, churches, community centres, hospitals or on buses.
- Posters and essays by school children.
- Seminars focussing on crime prevention programs for specific issues, such as street safety for children, employee theft, drinking and driving, or home security.

A TIME FOR RECOGNITION

In addition to providing an opportunity to promote existing programs or get new ones underway, the Week is an occasion to recognize individuals and organizations for their dedicated efforts to reduce crime in their communities. Presentation of the Solicitor General of Canada Crime Prevention Awards is a highlight of the Week. Several provinces and many communities have also chosen this time to show appreciation of their citizens' crime prevention efforts by honouring them with special awards.

GETTING STARTED

If you are interested in organizing activities for National Crime Prevention Week, some resources are available. A planning guide with artwork for organizers along with crime prevention posters and booklets for general distribution can be obtained from the Ministry of the Solicitor General of Canada. The "Partners in Preventing Crime" newsletter reports on National Crime Prevention Work and on on-going crime prevention programs, and can give you an idea of what others are doing, both at the national and local level.

For more information write to:
National Crime Prevention Week
Ottawa K1A 0P8

MAKING YOUR CHILDREN STREET SMART

Making your children "street smart" — readying them to look out for themselves — is a gradual process. You can't wait until the night before they start to school and then tell them everything they need to look out for. Too many "Be carefuls" administered at the same time may arouse an unhealthy fear instead of the healthy sense of precaution you want them to have. The line between the two is very fine.

Unwelcome Attention

Ask what they would do if they thought someone was following them. Tell them if they think someone is, to walk faster, to go into a neighbourhood store, or head for a busy street. Tell them to walk toward a group of people and wave as if they saw someone they knew or to attach themselves to the group as if they were part of it.

If the children think they are being followed by a car, tell them to change directions and run. It takes time for a car to turn around. Teach them what to do if someone offers them a ride.

Ask your children what they would do if they started to get on an elevator (or enter a stairway) and there was someone there who gave them a funny feeling. If it happened to you, you wouldn't get on. Tell the children not to. If the person holds the elevator for them, tell them to say that they have to wait for their parents or that they forgot something and have to go back. If they are already on before they notice, and if the other person in the car is scary tell them to press the button for the next floor and get off.

Tell your children if someone grabs them to scream — and keep screaming. It's their best defense. And to kick. (Ever try to hold a kicking youngster when he or she didn't want to be held? Next to impossible.) And tell them, if they can, to bite the hand that's holding them. Bite hard. That hurts. The molester just might loosen the grip long enough so that your child can run away. And tell them to keep screaming while they are running.

Above all, teach your children that police officers are friends. He or she need never be afraid of a police officer. Children can always go to one for help. The police officer will be glad your child came to the right place for help even if it turns out there was no real danger after all.

Knowing that is an important part of being "street smart."

Start Early

Begin to instill a sense of awareness as soon as you start taking your children out on the street. Not jaywalking is not enough unless you explain why you don't. Point out possible problems. Wait for the green light or the "WALK" sign even when there's no traffic in sight, and explain why. It's worth the extra 15 seconds to teach your child about safety. Where there is no sidewalk, they should know to walk on the shoulder of the road, facing oncoming traffic.

When they do start to school, walk with them and show them the route, several times if necessary. Point out landmarks. Show them the safest streets to walk on and the best corners at which to cross. If there are streets they should never walk down alone, tell them why.

Teach them how to enter and leave buses to ensure their safety, and to say as far as possible from the roadway while waiting for the bus.

If there isn't an older brother or sister, perhaps you can ask a trusted neighbour child to come by and escort your kindergarten to school for a few days. He or she will likely be proud of having been asked to help.

If a suspicious-looking person is loitering around the playground, say: "Let's go for a walk. Maybe that person will be gone when we get back." Explain why you don't want to stay there right now. When the children are old enough to go alone, they will know not to stay if something doesn't seem right.

"MOMMY I GOT LOST!"

Sooner or later, every child gets lost.

It may only be for a minute or two in a crowded store, but even that can be traumatic. So don't wait until it happens to your child to explain what to do when it does; otherwise, he or she may panic — and accept help from the wrong person.

Make a game of it: "What would you do if you got lost in the supermarket?"

"I'd cry."

"Then what?" Explain that he or she must never, never leave the store, alone or with someone who says, "I'll help you find your Mommy."

Point out who the clerks are — they usually wear a uniform of some kind and a name tag — and explain that one of them can always be asked for help. The clerk can take the child to the manager if necessary, and the manager will find you.

Explain similar things to do if he or she gets lost in another place: the department store, on the way home from school, or anywhere on the street.

Very early, teach your children to use a pay telephone. Make sure they always have a quarter or whatever it takes to use one in your locality. Stress that this is *not* spending money — it's to be used only for an emergency telephone call. See that they memorize their telephone number and perhaps the number of a neighbour who's to be home if you're not.

Block Parents

If yours is a Block Parent neighbourhood, explain what signs in the windows mean. Make a game of finding the houses with the signs so your children will know at all times where the nearest one is (If yours is not a Block Parent neighbourhood, perhaps you are just the one to get the program started. Call your police for information.)

If your child needs help on the street, and doesn't see a Block Parent sign, point out the kind of stores it is safe to go into if he or she is scared. Most neighbourhood or convenience store operators will call you if something is wrong, and keep your child safe until you get there.

Of course the storeowner cannot call you unless he or she can find out from your child whom to call. So teach your children to say their name, address and telephone number clearly — and then let them know when it's okay, or even important, to give out that information. Impress on them, however, that they should not tell just anybody who asks who they are and where they live.



People and places

405 Sqn History Book

In the spring of 1986, 405 Squadron will have for distribution a history book.

It is with great pride that we present the book to the public and, in particular, to those individuals who have created the 44 years of aviation history represented.

The book, presently being published by The Hangar Bookshelf, will be hard bound, of high quality material, print and layout consisting of 10 chapters illustrated with many original photos and charts.

The war years, post war and present periods have been thoroughly researched and we are confident that the book will become a collector's item.

The initial 500 copies will be flown on an operational mission by a 405 Squadron crew in an Aurora aircraft. These copies will only be available from 405 Squadron and will be stamped and signed by the Crew Commander of the mission.

We are soliciting your support and interest in purchasing a first edition of the book.

Please contact: 405 Squadron History Book Committee
Canadian Forces Base Greenwood
Greenwood, Nova Scotia B0P 1N0
Canada
Attention: Major D.A. Jones

Answer to MSE Safety Quiz

Hard brake, ease up to medium brake and steer up over curb is the only possible decision.

Whenever a human life is involved there's no question about what to do. It's possible that the pedestrian would get out of your way when he hears your horn and squealing brakes...But it is just as possible that he wouldn't. You already know that he's not very smart, that he's sick or preoccupied because he stepped out in front of you in the first place...so you can't count on him to do the predictable thing now.

You choose the only way to be sure you won't hit him.

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Outstanding Service Award



Mrs Shirley Ladret receives an outstanding Service Award from LCol Jackman. The award was for her outstanding contribution at CFS Baldy Hughes while she and her husband MCpl Ladret of the Military Police were stationed there.

CLARESHOLM REUNION

JUNE 20, 21, 22, 1986



No. 15 S. F. T. S. — No. 3 F. T. S.

GENERAL GERARD C. E. Theriault CMM CD

ALL RANKS, ALL TRADES, ALL SEXES AND SPOUSES ARE INVITED TO ATTEND THE FIRST REUNION OF WARTIME PERSONNEL OF NO. 15 S.F.T.S., R.C.A.F. AND ALL PERSONNEL OF N. A. T. O. NO. 3 F. T. S. CLARESHOLM ON THE ABOVE DATES.

EVENTS OF THE WEEKEND WILL BE:

Friday Afternoon

REGISTRATION at the Community Centre

Friday Evening

Registration and Get Together at Community Centre
HOSTS - Royal Canadian Legion Branch No. 41 Clareholm

Saturday Morning

9:00 a.m. Buses leave the Community Centre for tour of the Porcupine Hills.

Saturday Noon

Buses arrive at Airport for Beef on a Bun in front of Hangar 4, followed by a tour of the Base.

Saturday Afternoon:

Parade, Military Band, Harvard Fly Past, Memorial Service.
General G. C. E. Theriault will take the salute
Buses will leave for the Community Centre

Saturday Evening:

6:00 p.m. Refreshments - Community Centre
7:00 p.m. Banquet and Dance

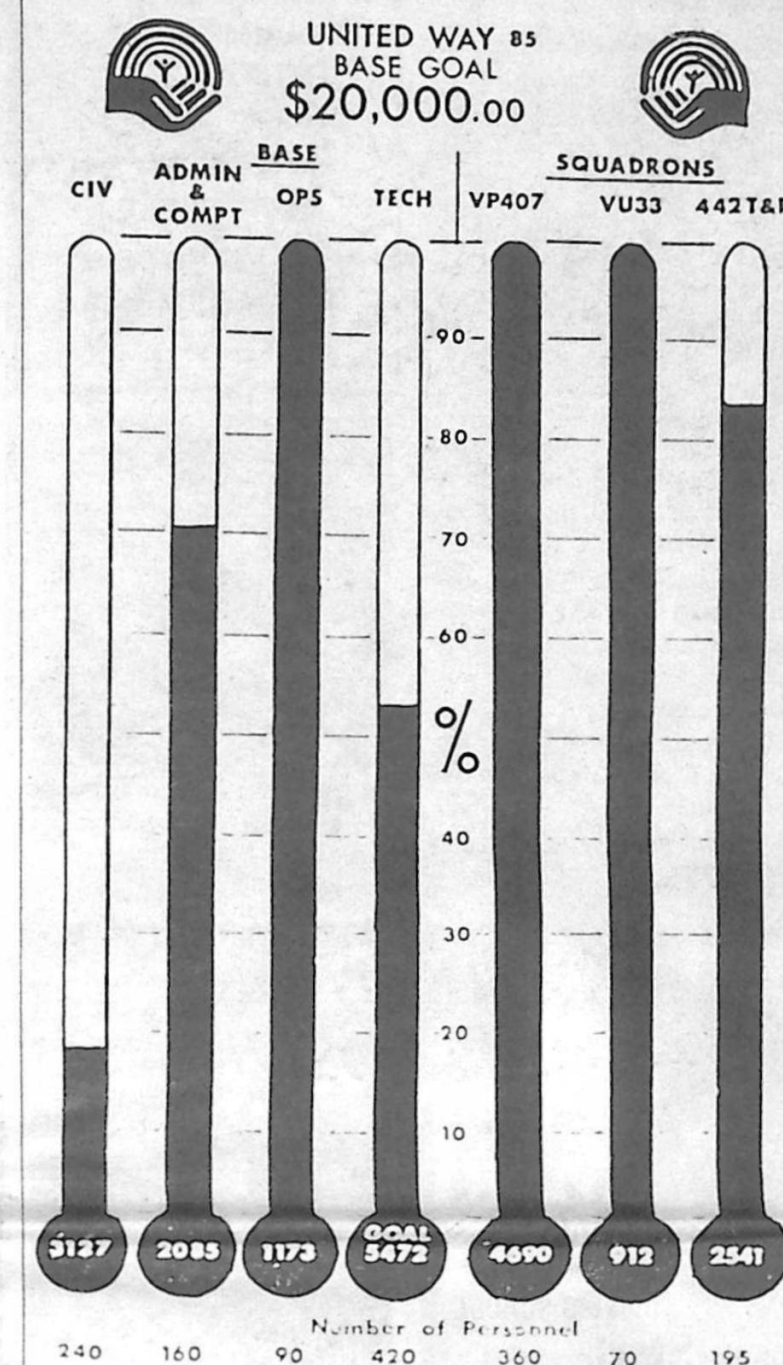
Sunday Morning:

8:00 a.m. - 12:00 p.m. at the Airport
Western Breakfast
Hosts - Clareholm Flying Club and No. 702 Wing R.C.A.F.A.
Static Display, Warbirds, Ultra Light - Para-Drops

If you served at Clareholm, and whether you can attend or not, please send us your name and address for our mailing list to receive further information and invitations to future reunions.

Bill Minor
Clareholm Reunion Committee
Box 1117
Clareholm, Alberta
T0L 0T0
Telephone (403) 625-2128

People and places



The CFB Comox 1985 United Way Campaign has already exceeded last year's total. The total from the Base Campaign is now \$15,731.00 and still growing. As you can observe on the graph, 407 Sqn, VU 33 and OPS have already reached, in fact well exceeded their goals set for 1985. The other sections are still actively canvassing to reach their goal.

The Kiwi Club held their annual wheelbarrow race last Thursday, 17th of October. They raised \$2044.00, which they will donate to the United Way to help out charitable organizations in the Comox Valley.

The Base Committee congratulates everyone who participated in the campaign and Keep Up The Good Work.

BASE TOTAL
\$15,731.00 + \$2044.00 (Kiwi Club) = \$17,775.00

The world is full of willing people: Some are willing to work, others are willing to watch them.

BINGO

888 (KOMOX) WING
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Sponsoring
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ALL PAPER BINGO

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Mini-Bonanza, Floating Jackpot, Late Birds.

Each Thursday **LIONS DEN, COMOX**
Doors Open 6:45 pm * Start 7:30 pm

Call for photographs

The combined information bureau is producing an historical photographic album to commemorate the Navy's 75th anniversary encompassing all the events that took place on the West Coast this year.

The CIB invites you to submit photographs taken at any event/activity/festivity where the navy was present in honour of the 75th. This includes port visits, Nanaimo bathtub race, Freedom of the City, regattas, sports events, Seas to Sea run, Ceremony of the Flags, fairs, Naval assemblies, Naval review, Tattoo (all scenes), Goldcrest.

Forward photographs to Combined Information Bureau Bldg 74(D), Esquimalt, prior to 1 November for consideration. Color or B&W, 5 x 7 preferable. This pictorial history will be an important document. It is our opportunity to record a wonderful year.

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- ★ Sharon Fleet Dancers
- ★ A "Cinderella" 3-Part Make Over Story
- ★ Designer Joan Leonard
- ★ D.D.'s Fashions
- ★ Touch Of Class
- ★ Pure Pizazz
- ★ Lingerie by Madeline Boran
- ★ A Duet by Katherine and Kent

A Glamorous Finale Featuring The Entire Cast Singing "Tears Are Not Enough"
Donations for those in the Comox Valley in need.

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DOORS OPEN 7:30
Limited Seating... Tickets at door or D.D.'s Fashions

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Section News

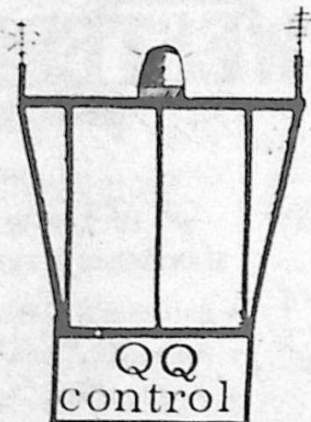
As The Beacon Turns

The ATC section has been relatively quiet over the past few weeks. We welcome LS Dave Ryan to our section from CFB Esquimalt. He is on TD for the next 6 - 8 weeks familiarizing himself with his new trade before going on course in Cornwall in January 1986. Sgt Nakashima will be returning from the SIT 1 course in Borden later this week.

Maj Larry Harker and Capts Tom and Jan McQuade will be attending an ATC seminar in Vancouver next week. Capt Lothar Hopp, Capt Joe Pacowski and WO Al Collins will be going to Trenton on a TRACS supervisors' course the last week in October.

The "Birdman" Pte Dan Hutchinson has been extremely busy over the past month with all the rainy weather. At times it seems he is fighting an impossible foe. The birds have become used to his tactics of removing them from the aerodrome. Keep up the good effort Dan!

The mugout for Cpl Dave Jensen will be on Thursday 24 October at 1530 in Gravel Pit II. Dave will be leaving for Cold Lake the end of next week. We all wish you the best Dave. Good Luck.



Also the ATC Hallowe'en Party is going ahead as planned on 2 November at the Lions Den in Comox. The gentlemen are going to be preparing the food for this occasion.

We have been entertaining many groups of people this past week. A group of senior ATC officials from Vancouver and a contingent of Japanese Air Traffic Controllers on a tour of Canada's Air Traffic systems.

The ATC hockey team got off to a slow start this season. They lost their first game of the season 4-0. But it is just a lack of offense for the defense played a strong game. Goalie Michele Millet and defenseman Paul Worthington had an outstanding game.

Finally, who is the tower person who received flowers at work from a "secret admirer?"

Base Supply

'DID You Know??

Halloween developed from ancient New Year Festivals and Festivals of the Dead. In the AD800s the church established All Saints Day on November 1 so that people could continue a festival they had celebrated before becoming Christians. The Mass was called "Allhallowmas" which is now Halloween.

In ancient Britain and Ireland the Celtic festival of Samhain was held October 31, the end of summer and also the eve of the New Year. Huge fires were set on hill tops to drive away evil spirits. As well, the souls of the dead were supposed to revisit their homes on this day. In addition, Halloween was thought to be the most favourable time for

divinations concerning marriage, luck, health and death. It was the only day on which the help of the devil was invoked for such purposes. Later, this festival developed into many different customs and practices which included different games, costumes and pranks.

The most common symbol of Halloween is the Jack-O'Lantern carved from a pumpkin. In Scotland the original symbol used was a turnip but this was later substituted by the pumpkin in the USA.

Lets remember to make this October 31 a safe and enjoyable one.

We will get back to the business of Supply gossip in the next column.

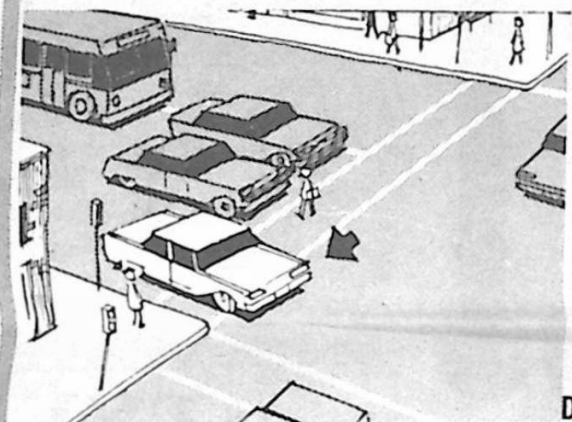
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Around the Base



CD1....back row
MCpl Forbes
Capt Squire
Capt Vanderbasch
Capt Johnson
Sgt Waldron

CD2....front row
WO McCluskey
LCol Brown
MWO Edens

Col Kadonoff...presenting

OFFICERS' WIVES CLUB

The second function for the Officers' Wives Club was an informative and fun evening for all of the 50 ladies who attended. Following the business portion of the meeting conducted by our President, Susan Ierfino (who incidentally, had a baby girl, Samantha Nicole, just six days prior), the ladies heard the Mess President, Maj Doug McGill speak about matters concerning the Mess and how it affects our club. Maj McGill was followed by LCol Jack Jackaman, who informed the group on what we can expect in assistance from our association with the armed forces in the event of problems caused by accident, etc. to our spouse. A big Thank You to both these individuals for their time.

The mood lightened considerably after the speeches when we were paid a visit from our Crazy Clairvoyants, Carol Wolfe, Shirley Acorn and Laurel Harris, who gave us a glimpse into the future with their finesse in tea leaf reading, palmistry, and fortune telling

cards. Laurel Harris introduced her band of gypsies with an original gypsy dance. Thank you Girls! The entertainment fit into the festive Halloween mood in the mess aided by the Jack O Lanterns on each table and the seasonal baking by the volunteers from the refreshment committee. The evening was thoroughly enjoyed by all and especially by Andrea Champagne who went home with the door prize and Robin MacAuley who won the raffle. Congratulations to you both and to Laurie Russell on the birth of her daughter Sarah.

Reminder: November's function is our Annual Craft Show to be held at the Mess on Wednesday, November 20th, 7:30 for 8:00 pm. If you wish to book a table, give Heather Rodgers a call at 339-6472. SEE YOU THERE!

O.W.C. Bridge — meets the 2nd and 4th Wednesday of every month at the Mess. For more information call Heather Ferraby at 339-4692 or Jackie Lanthier at 339-6176.

The Nova Cafe

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On October 31st

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Nov. 1 & 2

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WITH ANY MEAL OVER \$5.00

FOR INFORMATION PHONE 334-2465 after 3 P.M.

888 Wing

With all of the other "Fests" being held in the valley, we hope our members and friends won't forget the Wing Oktoberfest this Saturday, October 26th, at the Lions Den, Comox. Tickets are only \$5.00 at the door, authentic German food by Doris Cameron.

The bingo's are picking up, and while not up to initial expectations, we are steadily adding to our building fund. If you would like to help with this activity please contact Joyce Hallowell.

Dave Breese is trying hard to run the sponsoring committee for 386 Sqn Air Cadets, but he

needs more assistance. If you can help us in supporting this important youth program, please contact Dave at 407 Sqn or give President John Haughton a call.

Finally, keep an eye on the local TV for announcements concerning upcoming events. Or better still, drop out to the "Hangar" and find out what's going on.

NOTE TO BASE SECTIONS — if you would like to use the "Hangar" for a Christmas or Section party, please contact our Bar Manager, John Wood (late of 407 fame!)

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See dealer for details.



People and places

Night driving hazards

On a mile-for-mile basis, night driving is more than twice as dangerous as daytime driving, and as the hours of darkness extend into the early-evening and late-afternoon commuter rush hours in the fall, the night driving hazard increases.

Traffic congestion, haste, and fatigue all contribute to the increased fatality toll during the evening commuting hours, but the earlier hours of darkness during the fall and winter months add an especially deadly component to the mix of rush hour hazards.

Darkness reduces the clarity of the visual cues essential for safe driving. Judging distance and speed become more difficult, and a driver's peripheral vision is reduced so that pedestrians and bicyclists along the roadside can seem to appear out of nowhere.

The first rule of safe night driving is to slow down and stay alert.

Motorists often overestimate their night vision when they are driving in familiar areas because they can easily pick out objects that they are expecting along the roadway ahead. However, it takes much more time to recognize unexpected hazards at night, and that longer recognition time means that a driver must keep his speed down and his eyes moving in order to spot dangerous traffic situations before he drives into them.

Night driving speeds can vary depending on visibility conditions, but a driver should never travel so fast that he cannot stop within the distance illuminated by his headlights. Under clear weather conditions and on a straight stretch of road, most low-beam headlights will illuminate the pavement ahead for a distance of about 250 feet. By comparison, most automobiles can come to a complete stop within 226 feet on dry pavement from a speed of 55 miles per hour.

However, headlight glare from an approaching car can reduce visibility to as little as 100 feet, and rain, haze, or road conditions such as curves and hills can reduce visibility even further, while stopping distance remains the same or increases.

Keeping headlight and other vehicle lighting systems properly maintained will maximize their efficiency. Lenses should be cleaned frequently in wet weather when road spatter drying on the glass or plastic can cut illumination in half. Also, a check of headlight alignment should be part of every motorist's periodic vehicle maintenance check list.

Proper headlight alignment is essential to put the most illumination on the road and to keep the beams out of other drivers' eyes. A headlight beam that is out of alignment by one degree will be off-target by 21 inches at a distance of 100 feet.

Headlights — not parking lights — should be turned on just before dusk. During the twilight hours, headlights may not make it much easier for a driver to see, but they will make it easier for other road users to see him. Being readily seen is almost as important an ingredient of safe night driving as seeing clearly.

Headlights should be dimmed about 1,000 feet before meeting or overtaking another vehicle, and drivers should avoid looking directly into the headlights of an oncoming car. Instead, drivers should focus their eyes on the right edge of the road to maintain a steady lane position.

The human eye adjusts more quickly to bright light than to darkness, and after looking into an oncoming car's headlights, it usually takes about seven seconds to regain clear vision. That means a motorist driving at 55 miles per hour would travel about 600 feet before he could see clearly after getting a dose of headlight glare.

A driver's vision can also be improved by regular windshield and window cleaning — both inside and out. Many drivers neglect to clean the inside of vehicle windows and, as a result, a film builds up that reduces vision and increases glare.

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

CATECHISM CLASSES: From September - May in the PMQ School at 1830 hours.

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Across my kitchen table

— by Rosemary Gibson



We took another couple of days to continue playing tourist in our home area. We packed up our little trailer — with enough supplies to last a month — and headed north on Vancouver Island. Finally the names became pictures to remember — Sayward, Kelsey Bay, Port Alice, Port McNeil, Port Hardy, and even Holberg. Each different, each picturesque and interesting. We certainly enjoyed the scenery. Much of it is spectacular, worthy of much more time than the few days we had to enjoy it.

Most of the road is a great highway. Not including the road to Holberg. Definitely not including the road to Holberg! People posted to Holberg should receive a medal for getting over there with a clasp for each trip over that rocky washboard laughingly called a "Good gravel road" on B.C. Government maps. But the warmth of our welcome in Holberg made the ride back to Port Hardy less of a trial. (We had been warned to watch out for wildlife, such as cougar and bear, but the only thing we saw was a tiny fieldmouse scurrying across the road.) I think I heard a sigh of relief (or was it a groan?) from our dear old truck when we arrived back safely to join our trailer in Port Hardy.

Do find time while you are here to visit the northern part of the Island. but, I'd suggest an all-terrain vehicle to visit Holberg!

Here's a little poem that goes

back to the days of the B.C. Electric Home Service Centre.

Dishes that simmer, bubble or stew

For long patient hours — like soup or ragout,

Should be given their herbs the last hour or so

For too lengthy cooking lets herb flavours go.

But casseroles that cook while you hurry and fix

Should receive their herb quota right in the mix;

While cold things like cocktails should really sleep

Overnight with their herbs to allow them to steep.

Casserole cookery is a definite part of today's way of life. Easy to prepare, simple to serve and delightful to eat, casseroles make nutritious, delicious additions to daily menus and to party menus as well.

Here's a simple casserole that would be fast-to-serve on Hallowe'en, when supper must be cleared away quickly before the ghosts and goblins start ringing your doorbell.

Salmon and Almond Casserole

Ingredients:

2½ cups potato chips coarsely crushed
14 ounces canned salmon
2 cups cooked rice
2 tablespoons butter
1 large onion, chopped
3 tablespoons chopped green pepper
2 cans cream of mushroom soup

THOUGHT FOR TODAY
Grandparent — something so simple even a child can operate it.

Happy Hallowe'en!

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Over the limit

The phone call came at 0300 after a holiday. Petty Officer Jones, a sharp young metalsmith, had been killed in a motorcycle mishap. Shaking off the initial shock, I got into uniform and drove to the hangar to join a grim-faced skipper, CDO and SDO as we set about the task of notifying the next of kin. I gathered the available details from the SDO and began the safety investigation. It's probably human nature for me to have a first thought that the dead sailor was an unfortunate victim. I knew Jones to be an experienced motorcycle operator and conscientious about wearing protective equipment; an unlikely prospect for an accident. His roommates indicated nothing unusual in his activities that day.

A statement from the base security patrolman at the scene about the passenger in the car appearing drunk led me to suspect that the other guy had been drunk and was at fault. However, the truth became painfully clear as the morning passed. The road surface had been scarred where Jones' motorcycle hit the oncoming car head-on in the oncoming lane. A tip from one of his friends gave me the name of a bar he frequently visited. An emotional confession from his drinking buddy confirmed Jones had been there until 0100 and had been drinking heavily. Finally, the coroner ended all doubts; The blood alcohol level was .26 percent, way over the legal limit.

The sequence of events was very easy to reconstruct. Jones had left the bar and rode toward home at a high rate of speed. Approximately three-quarters of a mile down the road his motorcycle crossed the centerline and hit a compact car head-on, literally stopping the car in its tracks. First his wrists, then his legs were broken as he was flung forward, hitting the handlebars and bending them into a forward pointing "V". He hit the car's windshield head first, bounced heavily on the roof and landed 40 feet from the crash on the side of the road. The front end of the car was smashed in two feet and the engine was pushed back into the passenger compartment. Petty Officer Jones died quickly from a 2-inch tear in his aorta that resulted from the tremendous hydraulic pressure in his chest at impact. A skull fracture and cerebral hemorrhage completed the list of injuries. The other driver survived the impact, but was trapped for minutes in the tangled wreck before being extracted.

With the facts established, parents notified, memorial service scheduled, we were able to take time to consider the things we could have done to avoid this tragedy. One of the first things that came to light was that we missed a number of hints that Jones was headed for trouble. The officer who inventoried Jones' effects found a number of bar chits from his favorite watering holes. His service record showed a previous DWI and a captain's mast for an incident of drunkenness. A reputation for being a "heavy partier" and a fast, hard motorcycle rider surfaced as his

squadron mates reflected on Jones' death. I could only speculate how many other times Jones might have been late to work, slow on the job or involved in some minor scrape that would have revealed a problem.

Our job as supervisors, division officers, department heads, etc. in combatting alcohol abuse is two-fold: prevention and detection. For prevention, ensure your informal programs such as squadron picnics or parties are consistent with formal programs by playing down the use of alcohol as the source of entertainment and by providing alternatives. Make your formal programs more than a check in the box by assigning your quality people as substance abuse counselors and by making your required training meaningful. For instance, invite a coroner or highway patrolman for your driving safety presentation. He will probably bring pictures that will get the attention of the most grizzled veteran. Even with a strong prevention program in place, there is still a need to detect problems and intervene before an individual is involved in a mishap. Be alert for adverse trends such as tardiness, poor work performance and problems with conduct. Work with available experts (squadron flight surgeon/substance abuse counselors) to analyze these trends. By knowing your people, their distress signals, and procedures to get help, you may be able to prevent the painful loss of a squadron mate.

Courtesy LCdr C.P. Langford
VAQ-34 USN

Home & family

Corridor program

Victoria: Lands, Parks and Housing Minister, Tony Brummet, announced today that the first Provincial Recreation Corridor Program System Plan has been approved.

The Recreation Corridors Program, announced by the Minister in September, 1984, was designed as a procedure for citizens and government agencies to work together to identify, protect and manage the recreation values of significant trails and waterways.

The initial requirement of the Recreation Corridors Program was to prepare a system plan listing corridor candidates known to have significant potential for inclusion in the program.

Thirty-two candidate areas have been identified for study as potential Provincial Recreation Corridors. These thirty-two Recreation Corridor candidate areas include twenty-one waterways and eleven trails distributed throughout the Province.

Three of these candidates, Adams River, Bowron Lake and the Skagit River, are already designated under the Park Act and have been placed on the register for Recreation Corridors. The remaining candidates will be subject to further study during the next three years. Those selected for registration as Recreation Corridors will be afforded appropriate protection under existing legislation.



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NOVEMBER 1 & 2
1985



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Thursday, October 31st	1500 Hrs. to 1600 Hrs. 1900 Hrs. to 2000 Hrs.
Friday, November 1st	1300 Hrs. to 1400 Hrs. 1500 Hrs. to 1600 Hrs. 1900 Hrs. to 2000 Hrs.
Saturday, November 2	1300 Hrs. to 1400 Hrs. 1500 Hrs. to 1600 Hrs.

PUNTLEDGE HATCHERY No. 38 POWERHOUSE ROAD OPEN HOUSE FRI. AND SAT. (Nov. 1 & 2)

- There will be a free shuttle bus to the hatchery leaving Driftwood Mall every hour on the hour commencing 1000 Hrs. until 1600 Hrs. (Shuttle service available on Saturday only)
- Watch adult fish return for harvesting
- Guided tours of the hatchery facility
- View the salmon runs • Free Coffee

COMOX

COMOX MALL (November 1 & 2)

SALMONID ENHANCEMENT DISPLAYS OF LOCAL SALMONID PROJECTS

- Comox Elementary School • Comox Rotary Club
- Courtenay & District Fish & Wildlife Protective Association
- Small Craft Harbours

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People & Places



Expo Update

Only seven months to go before the gates open on the 1986 World Exposition. Here's an update on what's happening at EXPO 86, to be held in Vancouver, British Columbia, May 2 to October 13, 1986...

...NORWAY JOINS EXPO ROSTER: When the Norwegian Viking Bjarni Herjulfson drifted off course and discovered North America, little did he realize that his accomplishments would be celebrated a millennium later at EXPO 86. The 1000th anniversary of the Viking discovery of North America, plus Norway's great explorers, from polar expeditions to Thor Heyerdahl's adventurous sailings with Kon Tiki will be part of the celebration next year at EXPO 86.

...EXPO CENTRE ON THE MARK: More than 500,000 people have visited the Expo Centre, almost double the original estimate. And in the first four months of this five-and-a-half month preview of EXPO 86, food sales topped the \$1 million mark. We've gone through 47,000 litres of soft drinks and 1000 kilograms of (unpopped) popcorn!

...FROM PAVILION TO PLAZAZ: Millions of visitors will ride the SK System, the people-mover developed by the French company Soule. The 130-metre, elevated track whisks visitors from the France Pavilion across the European Plaza. It's free with the price of admission...and so are the skyrides, monorail, ferries and Japan's HSST mag-lev train.

...B.C.'s BIGGEST RECRUITMENT PROGRAM EVER: The search is now on for the more than 5,000 seasonal employees for EXPO 86. Thirty satellite recruitment centres have been established throughout British Columbia. A wide variety of jobs are available in Guest Relations, Security, Food and Merchandise Operations and Ground Services...to name just a few.

...EXPO TO AVIATION BUFFS, COME IN: The sky's the limit for exciting aviation events and exhibits next year at Expo. During the EXPO 86 Specialized Period on Aviation, August 1 to 10, AIR FAIR 86 will host Canada's first international aviation trade fair, August 4 to 7. Expo then joins forces with the world-renowned Abbotsford International Air Show to stage aerospace exhibits and fast-flying performances, August 8 to 10. And don't forget to look up June 7, as the DC-3 Airmada, a flying parade, soars overhead!

A CHORUS OF 1,986-VOICES RISE AT EXPO 86

Vancouver, B.C.: A chorus of 1,986 voices will join together in song on opening day of EXPO 86, May 2, 1986. The British Columbia Choral Federation has agreed to recruit and rehearse both the adult and young singers to take part in what will be a spectacular celebration.

The BCCF will seek participation from community church and school groups as well as individual choral singers. Groups will be provided in advance with the score of a special work being commissioned by EXPO 86 for the event. Full rehearsals will take place in Vancouver's B.C. Place Stadium in the two days preceding the opening.

EXPO 86 TO SHOWCASE CANADIAN TALENT

Vancouver, B.C.: EXPO 86 is inviting Canada's amateur ethnic, school and community performing arts groups to entertain the world at the 1986 World Exposition in Vancouver from May 2 to October 13, 1986.

The Amateur Entertainment program, a component of the Exposition's overall on-site entertainment program, will enable Canada's finest amateur dance troupes, choirs, and bands to perform before millions of Exposition visitors.

Three on-site venues will showcase the school, ethnic and community performing arts groups: the Plaza of Nations, located at the B.C. Pavilion complex, the European Bandstand at the European Plaza and the Expo Centre Bandstand.



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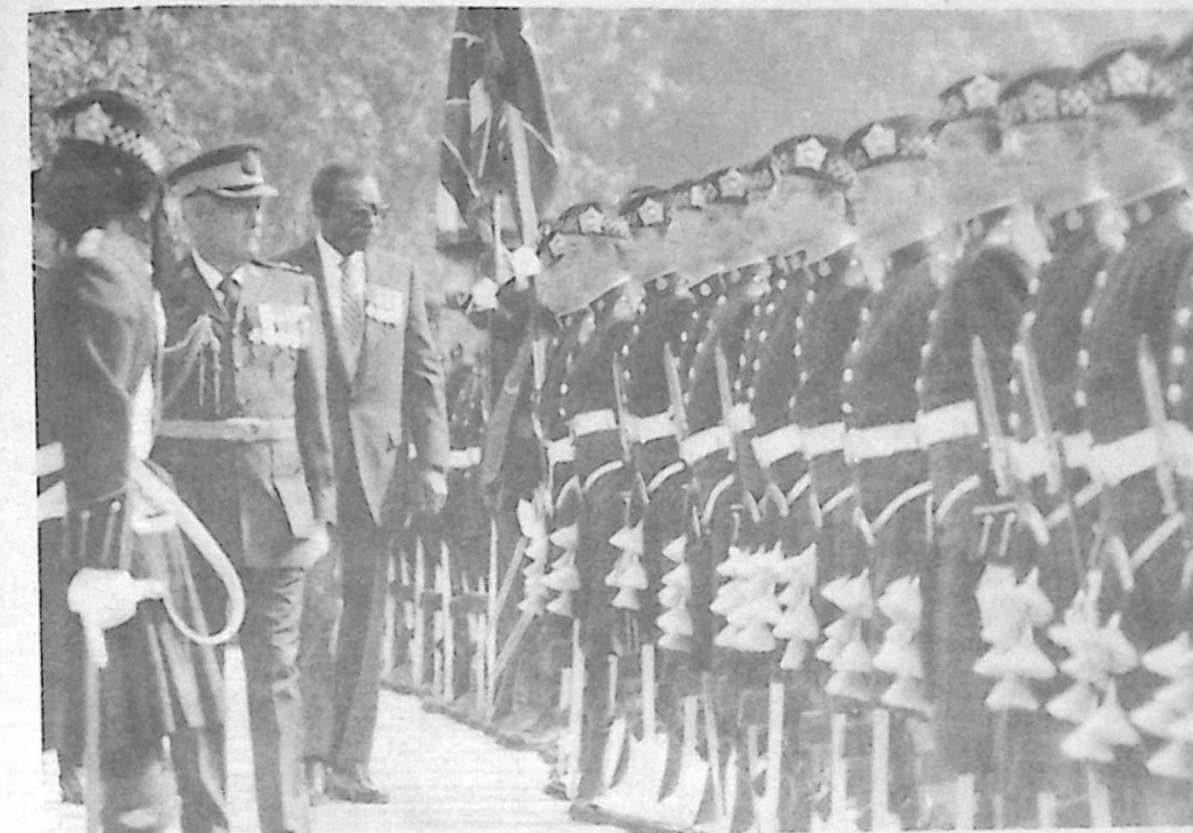
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Canadian Forces update



The newly installed Lieutenant Governor of Ontario, the Honorable Lincoln Alexander, inspects the Argyll and Sutherland Highlanders of Canada (Princess Louise's) at Queen's Park, Toronto. At request of the Lieutenant Governor, a Hamilton native, both this unit and the Royal Hamilton Light Infantry (Wentworth Regiment) provided 50 men each for the honor guard for the investiture ceremony.

Canadian Forces Photo by Sgt DJ Brakele

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Around the province

WELLS GRAY PARK DRAFT MASTER PLAN RELEASED

A draft master plan has been released for Wells Gray Park. Release of the draft plan for full public review and comment, met the commitment given last July that ample opportunity would be provided for public input.

In making the announcement, the government indicated that a number of opportunities were being made available to the public to inform themselves about the park and to provide the Government with formal comment on the plan.

CANADA'S PAVILION LAUNCHES RECRUITING DRIVE

Vancouver — Canada Pavilion, at Expo 86, is launching a nation-wide recruiting campaign to find dynamic men and women who will represent Canada to the world at next year's world exposition in Vancouver.

Canadian Pavilion representatives will travel to major Canadian centers in November to interview candidates for the host and hostess positions available during the term of the exposition — May 2 to October 13, 1986.

CANADA'S PAVILION LAUNCHES RECRUITING DRIVE

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Canada Pavilion representatives will travel to major Canadian centers in November to interview candidates for the host and hostess positions available during the term of the exposition — May 2 to October 13, 1986.

CHRISTMAS SEAL CAMPAIGN LAUNCHED

The British Columbia Lung Association has launched its sixty-third Christmas Seal Campaign in the province of British Columbia. The annual campaign, with a provincial goal of \$925,000, began with the mailing of 125,000 appeal letters to homes throughout British Columbia. By the middle of November, almost one million homes in the province will have received their traditional sheet of Christmas Seals in the mail.

Over five million Canadians suffer from some form of lung disease. It ranks as the number one cause of absenteeism from work and school. The Lung Association hopes to reduce the incidence of lung disease through programs of public and professional education, medical research, patient rehabilitation, and health education programs.

TIMMY'S CHRISTMAS TELETHON

Companies, Schools and various community groups are planning fundraising events this Fall for the ninth annual Timmy's Christmas Telethon, November 30 — December 1.

The Telethon brings people together from all over the province, united in their desire to brighten the lives of disabled children in their communities.

Any group interested in holding an event to raise money for Timmy's Christmas Telethon should contact The British Columbia Lions Society for Crippled Children at 873-1865.

Proceeds from Timmy's Christmas Telethon support the British Columbia Lions Society's four special services for the disabled — Easter Seal Houses in Vancouver and Prince George; Easter Seal Buses serving 41 communities; the Patient Care Grant program; and three Easter Seal Camps.

Timmy's Christmas Telethon is broadcast live from the Queen Elizabeth Theatre in Vancouver and carried province wide.

SOVIET SPACE LAB FEATURED AT EXPO 86

Vancouver, B.C. — Visitors to the 1986 World Exposition will be able to experience the vast frontier of space firsthand inside the U.S.S.R. Pavilion.

During an official signing ceremony between EXPO 86 officials and the U.S.S.R. delegation in Vancouver, Commissioner General Nicolai Filippov announced the Soviet Union would be bringing a 33-metre-long orbit complex, called the "Soyuz-Salyut-Progress." The complex contains a working space laboratory.

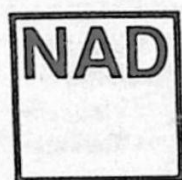
COLLEGES AND INSTITUTES WEEK

The provincial government has proclaimed Colleges and Institutes Week from November 4 to November 9 in British Columbia.

The proclamation — which was announced by Education Minister Jack Henrich — recognizes the contribution provincial institutions make to the well being of individuals, society and the B.C. economy. British Columbia has 20 community colleges and institutes which teach technical skills, trades and academic (university transfer) courses.

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