



# TOTEM TIMES



Canadian Forces Base Comox B.C.

Vol 27 No 20

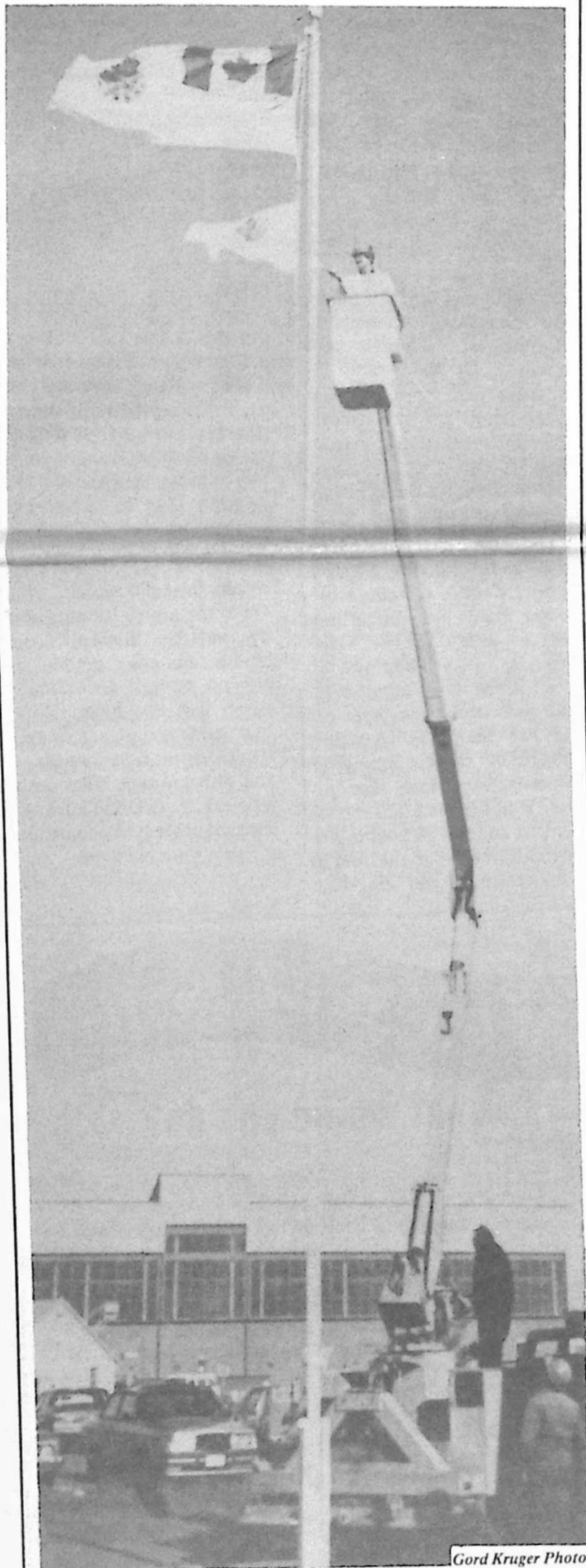
Thursday November 7, 1985

Deadline is Monday November 18, 1985

Cost: Priceless

## The high and the mighty

...poles & flags painted on site!



Gord Kruger Photo

## Why wear a Poppy

"Please wear a poppy," the lady said,  
And held one forth, but I shook my head.  
Then I stopped and watched as she offered them there,  
And her face was old and lined with care,  
But beneath the scars the years had made,  
There remained a smile that refused to fade.

A boy came whistling down the street,  
Bouncing along on carefree feet.  
His smile was full of joy and fun,  
"Lady," said he, "May I have one?"  
When she'd pinned it on, he turned to say,  
"Why do we wear a poppy today?"

The lady smiled in her wistful way  
And answered, "This is Remembrance Day,  
And the poppy there is the symbol for  
The gallant men who died in war  
And because they did, you and I are free—  
That's why we wear a poppy, you see."

"I had a boy about your size,  
With golden hair and big blue eyes  
He loved to play and jump and shout,  
Free as a bird he would race about.  
As years went by he learned and grew  
And became a man — as you will, too.

He was fine and strong, with a boyish smile,  
But he'd seemed with us such a little while  
When war broke out and he went away.  
I still remember his face that day  
When he smiled at me and said, "Good-bye,  
I'll be back soon Mom, so please don't cry."

But war went on and he had to stay.  
And all I could do was wait and pray.  
His letters told of the awful fight,  
(I can see it still in my dreams at night)  
With the tanks and guns and cruel barbed wire,  
And the mines and bullets, the bombs and fire

Till at last, at last, the war was won —  
And that's why we wear a poppy, son."  
The small boy turned as if to go,  
Then said, "Thanks lady, I'm glad to know.  
That sure did sound like an awful fight,  
But your son — did he come back all right?"

A tear rolled down each faded cheek  
She shook her head, but didn't speak,  
I slunk away in a sort of shame,  
And if you were me, you'd have done the same  
For our thanks in giving, is oft delayed  
Though our freedom was bought — and thousands paid!

And so when we see a poppy worn,  
Let us reflect on the burden borne  
By those who gave their very all  
When asked to answer their country's call  
That we at home in peace might live  
And wear a poppy! Remember.....and give!

## SECTION NEWS



## As The Beacon Turns

This past week Sgts Don McLean and Greg Templeton attended a Sergeant's seminar and are currently demonstrating their new ideas on unsuspecting Jr NCO's within the section. Lt Mike Maillet left for an extended holiday of Edmonton. MCpl Frank Johnson volunteered for the AirTCon Position offered in the Sinai. He is on standby for the deployment in the spring and most likely will depart next fall with Sgt Phil Nakashima to fulfill our ATC commitment.

Lt Jim Hatton expresses his thanks to the section for the excellent support to the United Way campaign. Sgt Don McLean also advises that there is only one week left to get Canada Savings Bonds from him.

The Hallowe'en party at the Lion's Den was a success to all those who dressed up and attended. The dinner was a pot-luck extravaganza prepared by the gents, the dishes were all tasty. WO Dale Campbell concocted the best main dish of *Dales Special chicken* (although we all know of his penchant for cats.) Sgt, yes Sergeant Greg Templeton won the entree dish as his spinach balls were untouchable. And Al Collins presented Big Dave with the section plaque and the scroll for lifetime membership to the famous Gravel Pit II. Capt Lothar Hopp said a few kind words about Dave's tenure at Comox. And then we all wished Dave success in Cold Lake. Good luck! Dave.

The section hockey team has been busy over the past few weeks. After losing to the Old-timers they came back with an impressive win over the RCMP by a 7 — 4 score. Jim Hatton and Paul Anderson both contributed two goals while single markers went to Pete Foley, Paul Worthington and Tom McQuade. Pete should have had two but missed an open net. Dave Ryan played a strong game in the nets. They next came against BamTelO and lost by a 6 — 2 score. Michelle Millet played well in goal. The Orcas goals were scored by Paul Worthington and Jim Hatton. Their final game last week saw the Orcas trailing by a 4 — 2 score with less than five minutes remaining in the game. The Orcas responded scoring four times to win by a 6 — 4 victory.

Leading the overwhelming comeback was Steve Tinker with two goals and Pete Foley, Paul Anderson, Dennis Parkin MCpl Frank Johnson delighted everyone with his dessert of cold dogs. The best costume was won by Pte Paul Fluery who came as Dr. Jekyll and Mr. Hyde. Lt Jim Hatton came as a Hawaiian girl and was definitely the cutest, with Cpl John Koidhis as Maid Marian a close second. During the evening, a bottle draw was held. The winner of a 64 ounce bottle was MCpl Gene Graham, Capt Lee Burnham won the 26 ounce bottle and new arrival to the technical

staff, Pte Mike Lambert won the mickey. Thanks to all the people who sold tickets and a very special thank you to the volunteers which decorated the Lion's Den into a hallowed atmosphere. They are Heather Walsh, Paul and Brenda Fluery, Paul and Linda Mitchell, Marian and Frank Johnson, Tom White and Alex Bedard. Well done everyone! The next formal function will be the Christmas dinner to be held at the D'estere House on the 13 December at 1830 hours. Entertainment representatives from your area will be approaching you to confirm your appearance at this special section function, lists have to be finalized by 22 November.

The mugout for Cpl Dave Jensen turned out great. WO and Paul Worthington (excellent two way effort) all scoring once. The players especially appreciated the fans from the section namely John, Diane, Sandra and Cathy.

The lineup for the ATC Orcas is as follows: Line One is Tom Sniper McQuade, Paul Pass the Puck Anderson and Pete the hammer Foley, Line Two is Jim Deke Hatton, Gord Gums Jones and Paul Cardiac Fluery, Line Three is Wade Talk Aucoinn, Lothar Mondays Hopp or Steve Motion Tinker and Andy Longshift Lukowitz. On Defense is Paul Shots Worthington, Jerry Longhair Greentree, Dennis the Shine Parkin and Dennis Boeing Mahonry Bruer. In goal are Michelle Legs Millet,

Richard Not the King Champagne and Dave Redneck Ryan. Holdouts are Kevin Farmboy Young, Mike the Stache Maillet and Marcel Preppy Pepin. Good luck Orcas in your bid to become a hockey legend.

Is it true that the "secret admirer" is actually a B Stand sending flowers to a tower controller. No, couldn't be!

The next segment has a new perspective of the adventures at Camp Wainwright during Rendezvous 85. This is Part one of "There's No Life Like It."

## There's No Life Like It

You too can become an ATCCU augmentee. Even if you don't become an augmentee you can still sample the pleasures of wilderness camping at CFB Wainwright. All expenses paid, free transportation and gourmet meals. How about hot tamale spaghetti?

How did I, an RCAF vet, let myself get into this mess? Caveat emptor!

I knew that things weren't going to be cushy on this swan when I went to clothing stores to get fitted. Now understand that as a RCAF vet I was brought up on things like officers only wear tailor made uniforms (true- you greenies.) Anyway the dolly in supply dragged out these refugee green pajamas supposedly for my size. Well I guess I had shrunk 6 inches and lost 50 pounds since I walked through the door as I settled for midget size. That

was only the beginning, it went on and on, inners, outers, liners, outer outers — ad nauseum.

Well three hours later I staggered out under two huge kit bags and the admonition to come back next week to see if half of the kit not in stock could be ordered from Chilliwack. It never made it. Oh! by the way, the combat boots are great, you fall over and you roll upright again, just like a punching bag. With a flexible wrist you never spill a drink!

The great day to depart the fix arrived. I had all the sympathy of my comrades, (glad its not me,) to back me up as I slithered from Pillar to Post lest anyone see me dressed up like this. Little kids looked at me and ran crying to their mothers. The flight and bus trip to Wainwright was uneventful. However, arrival at Camp Wainwright was a scream. I was always under the impression that on army (land element) bases that if it moved you saluted and if it didn't you painted it white. At Wainwright they do neither. Mud! Up to the armpit! Roads muddy, vehicles muddy, people muddy, buildings muddy and even the damned chairs muddy. After half an hour, Bobby "O" came and picked us up in his muddy truck and we slipped and slithered nine miles out to air field 21. QUESTION. Are there 20 others? My controllers imagination went hyper

RTF



WO Joe Ireland presents the "Willy Tell Shoot" trophy to Col "K" in recognition of the recent opening of the new range at CFB Comox. The range is a great looking facility and is much appreciated by its many users. Rumors have it by the way, that Col "K" is an "ace". Courtesy Base Photo

## M.S.E. Driver Safety

## What would you do?

You're on a two-lane highway running 80 kph. There's a car ahead of you. You come up to a straightaway and pull out to pass. Just as you get abreast of the car he speeds up and starts racing you. What should you do?

☐ Floor the accelerator to get past him

☐ Reduce speed, return to right lane and drop back.

Answer on page 14

## SECTION NEWS

## Air Command SR NCO's seminar



Our indomitable Base Chief Warrant officer, Instructors, and students of the latest Air Command Sergeant's Seminar pose for the traditional class photo. The seminar is a mini-Senior Leader's Course designed to motivate Senior NCO's to be better

leaders. (We think CWO DelFabro was a poor choice to put in the centre of the photo — but then, what do we know.)

Courtesy Base Photo



## VU 33 Squadron

## AIRCREW

We'll start this weeks article trying to account for the whereabouts of VU-33 aircrew. Nick (HJ) Murgatroyd left Friday for the Twin Otter OTU in Edmonton; Dave Bekolay is leaving this week for Staff School in Toronto; Rollic Acorn is gallivanting around SOCAL with a sexy young nurse; Wayne Cuthbert is on course in Summerside; Dave Gibson missed Wayne and joined him in Summerside (true Navy); Mick Bradshaw is resting in hospital, and Blearie Van-Boosle is somewhere, although he's not quite sure where. That doesn't leave a huge number of survivors.

Apparently Bob Ouellette is back this week after ten months of courses. We're all wondering if Louise went along with Russian Ouellette's request for a Hallowe'en costume. We all thought she looked great when Louise appeared at TGIF wrapped in Saran Wrap. What does the Russian judge give her??

Dave Bekolay has worn out the knees of his flying suit (and the CO's carpet) begging for a reprieve from Staff School. Dave is normally a quiet, soft spoken individual who rarely

steps out of line but we have found there are exceptions to everything. Attempts at bribery (it almost worked), pleading, weeping, pouting, work slowdowns, and de-moralizing the ranks have come to no avail. You'd better enjoy Toronto, Dave, because we're looking forward to flying your hours.

We thought we'd heard the last of Rollic for awhile when he headed out on vacation but we were wrong. The casino's and gambling clubs have been contacting Maj Owen inquiring into a certain Mr Acorn's credit rating. The questions related to various personal items Sir Rollic was using in gambling. Does Mr Acorn drive a Mercedes? Does Mrs Acorn own St Joseph's Hospital? Does Mr Acorn own the city of Halifax? We'll have to ask him ourselves on his return to Comox.

Our newest squadron pilot Mick Bradshaw was involved in a serious accident and looks like he'll be laid up for a good six months. We extend our sympathy and "get well" wishes to you and hope you'll be back at work sooner than the Doctors predict.

The aircrew would like to congratulate the newly appointed "Tech of the Quarter" Pete Moro. It was a well deserved award and you've certainly

worked hard to achieve it. Well done Pete!

ANKR99

## TECHSIDE

This month marks a year of informing readers of occurrences around the squadron. Some of which were unmentionable but mentioned anyway and the rest just plain filler. My imagination for the past couple of articles has been failing along with a slip or two in the memory stage — all this being the reason for a plea to find someone with a suit of armour and a pen to carry on with the writing of our bi-monthly column. Not to take anything away from Rob Butler, but in the past couple of months we both have been pretty busy with other squadron duties: Rob with aircraft snags and myself with the preoccupation of finding a place to work. In a month from now I will be shifting over to Base Arm (still belonging to VU 33 and don't forget it!) and without first hand info to print, our articles will become smaller and smaller, and heaven forbid, disappear to leave the Techside believed Missing In Action. So as to not scare anyone off, it doesn't require a whole lot of penmanship (after all if an Armourer can do it).

There are a few important

things that my replacement must remember:

1. Pete Morro wishes his name not to be used without prior consent;

2. Randy Arrowsmith will always decline comment on his picture being that one on the front of a well known baby cereal, we probably all have eaten.

3. Dave Coyne refuses to divulge his gold panning worth, although I believe it is as bad as Ray's;

4. Bruce Driver dislikes having his name associated with those names of great motorcycle fame.

5. Don't bug....

.....Scott about his car not running;

.....Wayne Hay about his fair bald complexion;

.....Bernie upstairs about haircuts;

.....Woody about his inability to tell good jokes;

.....Ian Taylor and Denny Gagnon about laughing at Woody's jokes.

The list is larger but due to space in the paper I'll leave it at that. Now you know why it gets harder to write an article, as each week passes another unprintable is added to the list.

Now to get down to what has happened lately. Michelle spent an unexpected night in McChord after going down to rescue a North Bay bird. Len Mallette went down to rescue Michelle and only spent one night, although he was prepared for more. And finally Merv Larrivee went down to

rescue them both, in case he doesn't realize it, that was his trip for the year.

A beer call last week was a great turnout, only one or two were not able to attend. Pete Morro was awarded the Tech of the Quarter, we all were awarded a free brew (thanx boss) and the presence of Ken Farrar was an added trick if you want to call it that, being of the hallowe'en spirit. The buzz is another get together is in the planning to be called just prior to the Christmas Party on December 4.

After our last loss on the ice we found it necessary to contract a coach who can bring some shape and form to our team. Clive insists that he is waiting for crests for our sweaters but won't comment on being seen purchasing tickets to the Bahamas. This past weekend he was practicing suntanning in the back room, some felt it looked more like sleeping. Would Clive do that?

We have one departure from the Squadron. Jocelyn "Who me" Fontaine is leaving us to go Labs.

A late flash: It seems another member of our force has shaved his upper lip. He was last seen applying measured amounts of water to enhance it's growth. I really don't think that is going to work Randy.

In closing, if you are interested in jotting down the good and bad news let me know so I can hand over my pen, pad and 'the don't' list.

G.L.

## EDITORIALS

### If you can't remember...think!

On November 11th, Canadians all across the country will stop and remember the 112,000 men and women killed in wars.

That is why November 11th is called Remembrance Day.

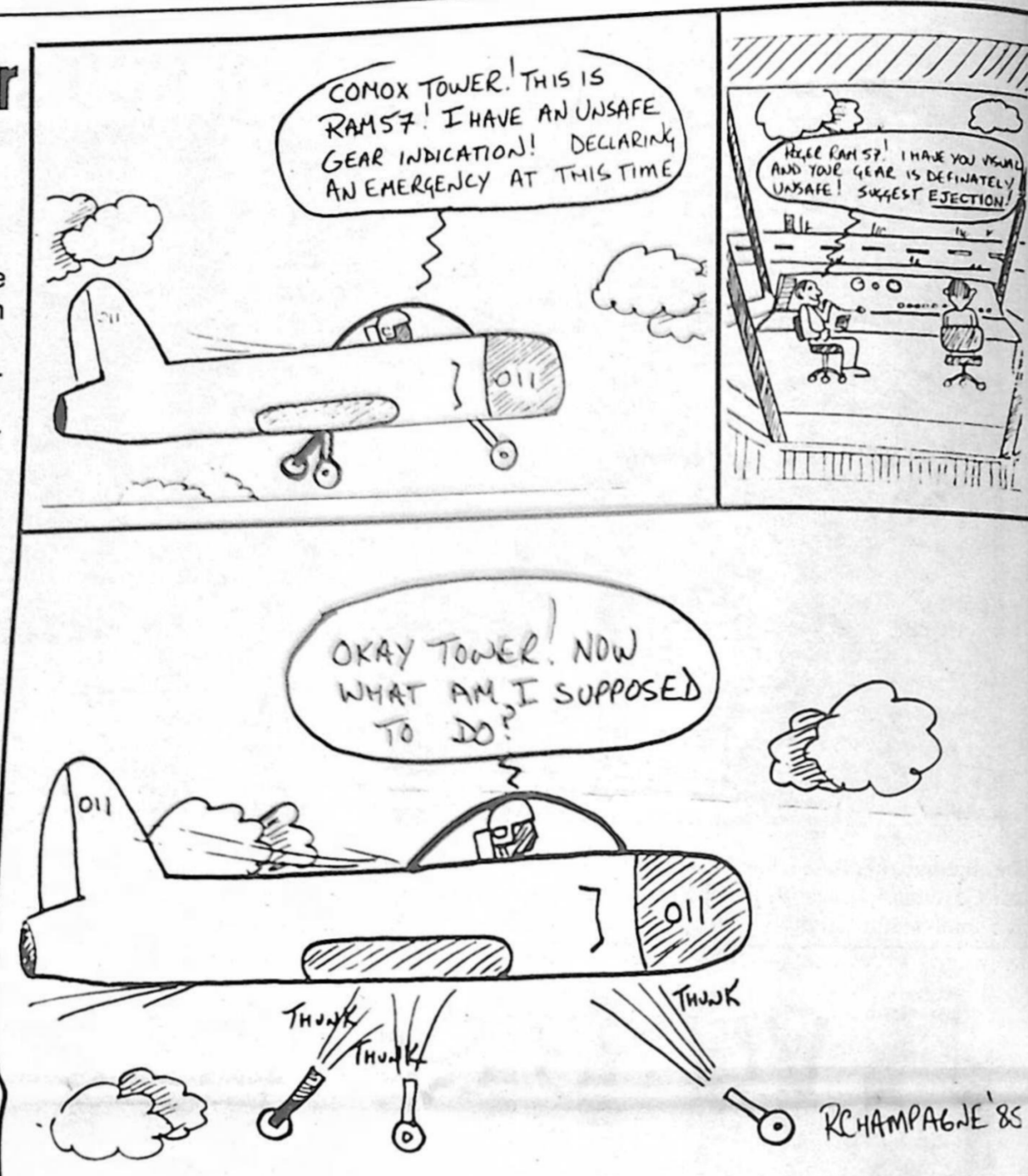
But what about those who can't remember Canada's wars?

Well, let's look at our theme: "IF YOU CAN'T REMEMBER...THINK! What does it really mean?

In the first place, there are more Canadians today who cannot remember war than at any time in this century. Since 1953, we have enjoyed a longer period of peace and freedom from a major war than any other period in this century.

Imperfect though the peace has been, it is much better than war. So when we think about the poppy, we might be reminded that Canadians who died liberating Europe created a world a little better than the one they knew.

We might also think of where Canadians first found poppies. In the First World War, the soldiers noticed that the red poppies often grew over the graves of their friends. And they remembered this later when peace came.



## Letters

We are currently working on a book on the famed "Golden Hawks" aerobatic team which we plan to publish next year. In order to meet our planned release date of mid-June next year we will have to have the book ready for press by the end of February. It is therefore important that we get in touch with as many former team members as soon as possible, and so I am writing to you in this regard.

So far we have been able to contact about a dozen of the team pilots and several members of the groundcrew. There are many more that still remain "lost" to us, however, many of whom are sure to have stories and/or photos which would be valuable additions to our book.

We would like to hear from anyone who might have photos that they took personally of the team during airshows. Although it will be impossible to avoid using many of the "official" photos of the team, we would like to have as good a selection of previously unpublished photos as possible too.

Contact Rick Johnson, The Hangar Bookshelf, P.O. Box 1513, Belleville, Ontario, K8N 5J2, Canada. (613) 962-4652.

**TOTEM TIMES**  
Read in the best messes in the Canadian Forces  
C.F.B. COMOX  
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V0R 2K0

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CANADIAN NATIONAL ASSOCIATION OF INSURERS

You might think about this for a moment: their desire that you live in peace and freedom was more important to them than life itself.

But the poppy is not all in the past. It has a lot to do with you and the future. The poppy asks you to think of how you can work for peace and a better country.

It invites you to think about your freedom.

Today, some people misuse freedom. They think it is a license to burn buildings or call other people pigs. Freedom without a sense of responsibility is worse than the evil Canadians died trying to destroy.

Therefore, the poppy finally asks you to think about your sense of responsibility; in your classroom; in your home; in your community.

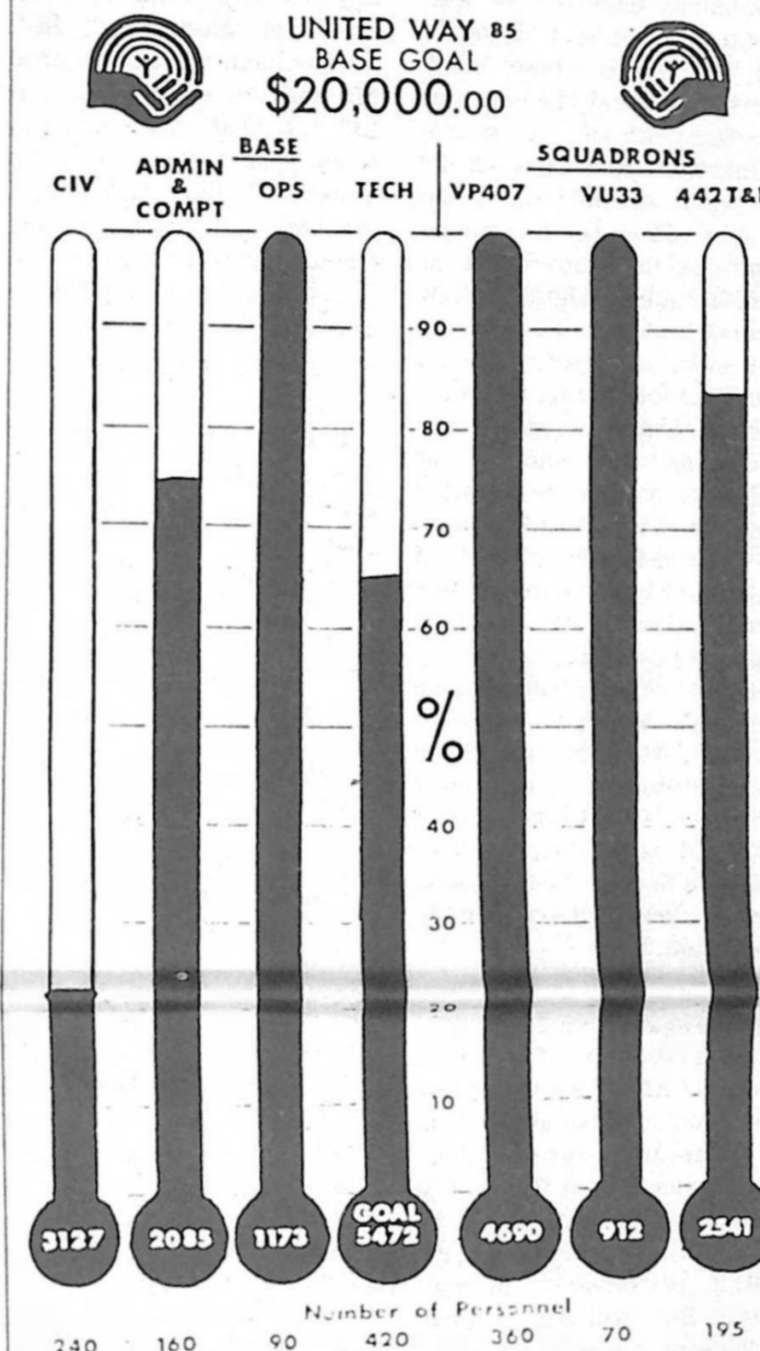
The poppy urges you to use the peace to help mankind; to promote a more lasting peace, understanding and above all...the dignity of man everywhere.

The Canadians who died believed in a better future. It is up to you to work for this future. If you do, you will have remembered.

## EDITORIALS

### Flash report

United Way total...\$20,165.



The response for this year's Campaign has been outstanding. The section canvasser's have done a terrific job. The key to this year's success was the support given to the campaign by the CO's and Section Heads. The Campaign's final report will be published in the next Totem Times.

### 10 FTTU celebrates

"10 FTTU Cold Lake will celebrate its 25th Anniversary on 14 June 1986. All former staff members are invited to attend. If you have any photographs, memorabilia or anecdotes to share, or want information on planned events please contact:

Sgt. Goodall  
10 FTTU Cold Lake  
Box 2045, Medley, Alta  
T0A 2M0"



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### As I See It

Gord Kruger



Does our wilderness have a price tag? The wonders of nature around us touches our soul in a way that money can't buy. This is the message that must go out to those thinking resource extraction at any cost is the end all. I speak specifically to those who threaten the park and wilderness areas of our province. They are in danger of being gobbled up by industries hungry for profit.

At present there is a strong lobby within this province to allow more access to our natural areas for mining, logging and whatever else the

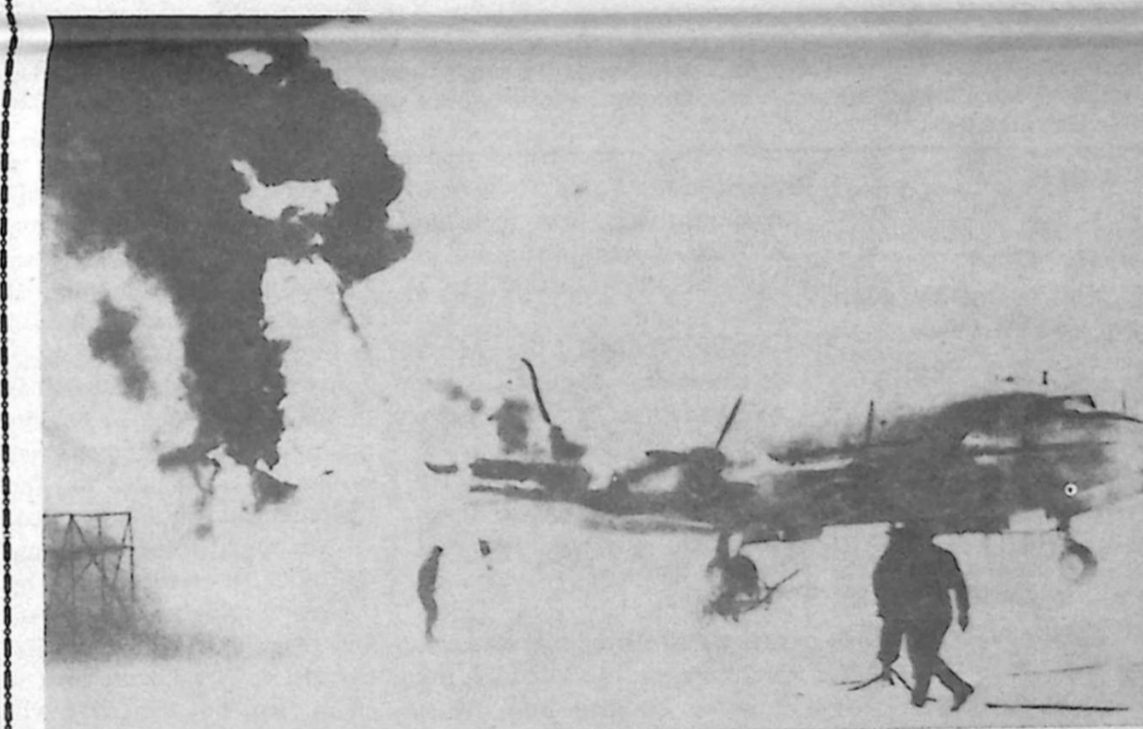
eager money grubbers have in mind. Industry is relentlessly chewing up the scenery and the dwindling accessible areas are becoming packed with monster motor homes and goliath sized ghetto blasters. Are we very far away from the day when unspoiled beauty is nowhere to be found?

Now I don't want to be an alarmist or an anti everything environmental freak, but I am very concerned. There is no place for industry within the parks — that is for sure. The greatest need is to set aside wilderness areas that can never be touched, and that need is urgent — Now!

Is not a simple topic for no man can set a price on unspoiled wilderness. Appreciating it a unique experience of ones soul. For over 100 years far sighted men and women have laboured to preserve at least something of this great frontier. They believed that our wilderness was something beyond dollars and cents — that it was a sacred trust to pass on unspoiled for future generations.

So lets not let them down! There is nothing that can replace the natural beauty we enjoy — no sex, drugs, rock 'n roll or even a late model Mercedes in the carport. There are those who think it will always be there — well think again my friends!

### Air Force Trivia What? Where? Why? When?



Answer from last issue



3 Fighter Wing  
Zweibrücken, Germany. Summer 1954. F/L Ken Lett takes F/O (Nursing Sister) Jean Rowan for her first family flight in an I.R.F. T-Bird.

## SECTION NEWS



## Demon Doins

## Suggestion award



Cpl Fleet, an AERO Engine Tech on 407 Squadron, designed and suggested the use of a special tool to remove CPl40 engine mount bolts. His proposal was not adopted but did bring to our attention that a suitable wrench was already available in the supply system. Maj Caddey, his SAMO, presented him with a certificate and a \$50.00 award for bringing a problem that required alternative corrective action to light.

Courtesy Base Photo

## 407 AIRCREW

Lightning flashes and creatures howl,  
The Flight Commander wears an evil scowl,  
For he is once again this Hallowe'en,  
Entombed in paper n'ere to be seen!

Shakespeare, eat your heart out! This short verse refers of course, to the strange rumblings heard emerging from the Flight Commander's office during the past few weeks. Something to the effect of how much paper was generated by ASW OPS 86-1 and why do MAG Commanders always visit just when everything is starting to go right. However, rumour has it that Maj T has taken out his frustrations on a few luckless individuals, hence the fast repainting of his office walls to hide the gory evidence. By the way, has anyone seen Carino or Byam lately?

As previously mentioned ASW OPS 86-1 has come and gone with great success. The flying was fast and furious there for a while with the vast majority of crews (yes, even Crew 1) getting a lot of seat time and experience. But there was one question that weighed heavily on everyone's minds

throughout the whole evolution. Why was it called ASW 86-1 when we are still in the year 1985? Smells like a type-O to me.

BGen Patrick, the MAG commander, spent last weekend talking to the officers and men of the squadron. All the subjects he spoke of were interesting and a few were even downright shocking. Many pertinent questions were raised with all of us having the opportunity to question him directly. Nevertheless, I feel that it is my duty to enquire into BGen Patrick's obvious disregard of the beautiful silver tray upon which his water pitcher was resting during his briefing. Perhaps if you had mentioned it again O.B.

Before anyone takes exception to my last line, I must come to my defence by saying that I feel fully justified in taking "Potshots" at Mr. O'Brien because in another week he will be no more. Yes, the mighty OB is going to get married and we should all bow our heads to honour this great man. In a gesture of his commitment to his now spouse, Ken is offering — for a limited time — five volumes of his six volume series "Girls You Should Know". First come,

first served, to which we reply that the Squadron PIO will pay good money for any "revealing" photographs of Ken's stag. It would make for an interesting issue.

In the week gone by there has been a rash of Hallowe'en parties but by far the brightest star in our social calendar was the "Moosemens" holiday soiree. It was highlighted by some ingenious costumes and by "Alpha" raids on the DIAC and the CO's house. The Colonel & Mrs Rogers took it all in step, but their dog will never be the same. It should be mentioned here that MCpl Welin must be reminded to hold onto moving vehicles when they are accelerating and thus refrain from falling on the pavement. Of special note too was Dixie Walkers giant bunny costume. That man really does look good in ears and a tail. Finally, speaking of hairy objects d'art, it was suggested that Major Gibb's thighs be photographed as the world's largest naturally grown forest in history. He declined this honour. Needless to say, a good time was had by all.

Last week was not all fun-and-games. The Air Tactics Committee visit to 407 from 29 — 31 October presented some

new and some not-so-new ideas to the squadrons as food for thought. More importantly, it allowed us to talk to, both formally and informally, members of the Maritime community based on the East Coast that we seldom get to see, especially those from theHS world and The Maritime Warfare School. A special thanks must go to Capt Bowers for organizing the meeting and to Maj Mazey for the salmon barbecue that sent a lot of people back to Halifax a few pounds heavier.

Last but not least, and on a more serious note, Remembrance Day is rapidly approaching and with it our thoughts should be directed towards those Canadians who have served their country in years gone by. A more concrete contribution to Remembrance Day can be made by supporting the Royal Canadian Legion Women's Auxilliary as I hope you did, when they conducted their Poppy Drive, November 5th here at CFB Comox. Funds collected go to help veterans who are in need of assistance. That makes them very special. 'Nuff said...

## 407 SERVICING #2 CREW

Hello again from 2 crew.

Things have been fairly quiet since MARCOT 85, with a few exceptions. First of all, we wish to congratulate Sgt Campbell, Sgt Stoyles, MCpl Peters, Cpl Trescher, and the rest of the "Sub Busters" crew for an excellent performance in Fin-castle. But, will we see them with the mustaches again?

We bid farewell to Doris who is now on one crew, and we welcome Theresa to our crew. Moses will soon have a new member of the family and his wife is expecting sometime in November. "Kay-" Dwane has recently been married and we wish him the best.

Recent promotions to Cpl are Cpl Wilson, Cpl Wetmore, Cpl Aubertine and Cpl Caron — Congrats to all. (They pooled together and will donate a healthy sum of money towards 2 crew's Xmas party on December 12.)

The most recent highlight of the crew was "Punch's" Annual Ugly Shirt Fiasco. Cpl Nethery won the grand prize for the ugliest shirt. WO Kolins, who was not informed that it was an ugly shirt party, won the "regular", or rather, Boner Award, which was a most imaginative award. Cpl Nethery spent a lot of time, hard work, and money picking out just the right shirt — In his speech, he said he couldn't have won it alone. The other

ugly shirt belonged to Pte Penny, as every time one looked at his shirt, a piece would be ripped off until finally, towards the end, no one could take it anymore and the ugly shirt was ripped to shreds. Rumour has it that Cpl Fleet's red Bell-Bottom pants will be auctioned off and the starting price is \$300.00 That style of pants cannot be found anymore anywhere!! Stay tuned next year for "Punches Second Annual Ugly Shirt Fiasco. Until next time — so long from 2 Crew.

## 407 PHOTO

It was a bleak, blustery day. The aircraft are all chained down. The winter parkas appear like forerunners of a momentous occasion. Yes, summer is at an end. Winter is soon upon us. As the season changes, Photo carries on.

Almost everyone is away on some kind of course. It's a wonder the country doesn't tilt toward the east.

MCpl Joanne Paul is learning the fine art of high reliability soldering in Borden. Also in Borden are Pte Rick Bonin and Pte Jeannette Matthews. They'll be back in December with all the tricks of the trade up their sleeves. MCpl Rod Mattson is in Greenwood on the 2nd line maintenance course and MCpl Terry Wood is also there. He'll be well versed in the principles of Bersamat sensitometry. Cpl John Plante is attending the XG course in Kingston.

Congratulations go out to the newest photo Warrant Officer, WO Ray Evans. All those rumours have finally come true.

The 407 Sqn Family Day appears to have been a big success. Everyone enjoyed themselves immensely. Attendance is rumoured to have been even larger than last year. Popcorn scattered all over provided the seagulls with a tasty treat! (I'll bet they're looking forward to next year!)

Our best wishes go out to Pte rob Granger who's still in hospital in Victoria. Get better soon.

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## SECTION NEWS

## BADO Burlblings

There are times when it becomes very apparent that our civilian fellow citizens view us differently and have rather unusual views about us and our jobs. I suppose that if they do not have any direct contact with us and the Base their understanding of military personnel is gained from other sources such as movies and TV shows. Not perhaps the best interpretation of the military lifestyle as we know it. One thing is for sure and must be apparent to even the most disinterested person is the example military personnel and those civilians who are employed on the Base set in regard to their civic responsibilities. You will all note in another section of this paper an update on the United Way Campaign. It is with enormous pride that I am able to report to Delbert Doll the Chairman of the Comox Valley United Way that the Base has once again met its target. We are now over the \$20,000 total. At present this represents a very high proportion of the total of the Valley Campaign. There is no question that the generosity of CFB Base personnel military and civilian is most impressive. In addition other charitable organizations, although not part of a Base Campaign as such also receive considerable support.

In my dealings with various organizations in town I am able to speak with authority on CFB Comox's efforts to support the

Valley. There are few clubs, organizations such as Scouts and Guides, sports leagues etc that do not rely to some degree on military personnel support. I am very proud of the military family and these most recent efforts for United Way are particularly rewarding. My sincere thanks go to everyone who made a contribution. The Base is indeed demonstrating that as Canadian Citizens they are fully aware of the responsibilities, duties and obligations required of them by this great country of ours.

Once again I must remind all personnel to make sure that their personal records are fully up to date. A recent accident again pointed out this need. We were trying to contact next of kin and found we had two addresses listed for the individual's home. When one is trying to make sure that the next of kin is informed before they hear about an accident from the press, this sort of problem becomes a critical one. Similarly, please ensure that your Supplementary Death Benefit, SSIP, and other insurances are all up to date and reflect your present family circumstances. Base Administration gets involved in too many situations where an injustice is done due to the fact that an individual has failed to properly annotate records and report a marriage or birth of a child. Please check your docs. The BOR is there to serve you but we cannot do everything.

## Base Supply

Welcome to Louise Ouellette, the new typist in Customer Services who replaced Hazel. Hazel has taken over Marg's position in MCO since she retired.

There was a tie, 21 to 21 in the recent football game of the Junior Ranks meet the Senior Ranks. We will be better next time bosses.

Congratulations to the people who organized the Halloween Party as it was very successful. The best costumes were Jeff Buxcey as Mr Planter

Peanut and Donna Midlebrook as a Nun. Neville and Lori Russell were big and little brussel sprouts. We also had a vampire who's costume didn't change her normal taste for blood, nice costume Starr. There were Mr & Mrs Planter Peanuts (Jeff and Lee Anne Buxcey). We still don't know who has the best legs. Lorena came as herself, you heard cackles everywhere. What's orange and black and looks like a Trivia Pursuit Card?

The TQ5 Coarse may be

dangerous for your waist line as Cpl Brad Hutchinson on his return has a little weight problem.

We have new candidates for upcoming TQ5 courses, Good Luck Lee Anne and Cathy.

The Logistics Curling Bonspiel in Germany starts on the 13 November 1985. Our Base Supply Team consists of Darrell, Donna, Doc and Steve. We wish them luck.

We wish the best to Shelley Hutchinson on her upcoming Junior Leaders Course.

## 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

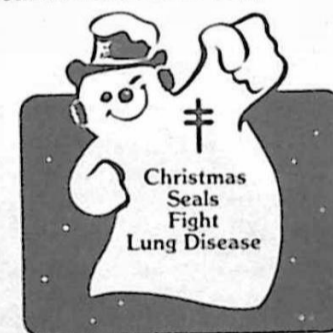
To celebrate the 75th Anniversary of the formation of the Canadian Navy.

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



## TANDY

## LEATHER SUPPLIES

Coleman Road Store  
5908 Bates Road

Wallet Kits etc.  
Catalogues Available  
Come In And Browse  
Phone 338-0661

**J.C.M.  
CUSTOM LEATHER  
CRAFTING & Repairs**  
Includes YOUR DESIGNS Too  
That's Why The  
SPECIALTY  
JOHN at 339-3090  
Evenings



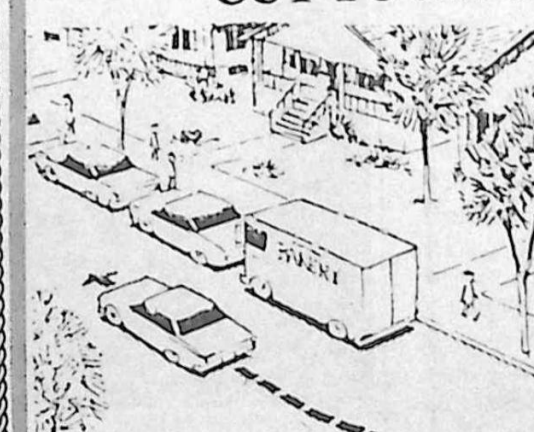
## Blue Heron Books

## THE MAMMOTH HUNTERS

By JEAN AUDEL 25<sup>95</sup>  
Order Now

339-6111 1777 Comox Avenue, Comox

## CUT YOUR RISK!



SINGLE  
LESSONS  
or  
FULL  
COURSE

334-2858

UPPER ISLAND  
DRIVING SCHOOL

Learn Right from the Start

**CHRISTMAS  
SEALS  
FIGHT  
LUNG  
DISEASE**



Birthday Parties Weddings  
**CAKES**  
For All Occasions etc.  
Call for Gingerbread Houses  
NOW! 339-2170



**THE  
LEEWARD  
NEIGHBOURHOOD PUB**

• Reservations suggested  
for large groups

339-5400

649 Anderton Rd., Comox

- Country cooking
- Rural hospitality
- Reasonable prices
- Outside patio

## SECTION NEWS



Retirin' (left to right)

MCpl Zwaagstra....27 yrs

"The Boss"....LCol Bowes

WO Chamberlain....28 yrs

MCpl Majden....27 yrs

Courtesy Base Photo



Missed deadline

"ALMOST LIVE"  
**Pilot Audio**  
 DANCE MUSIC FOR ANY OCCASION  
 REQUEST LINE  
**339-6662**  
 Book Now For Your  
 FUTURE PARTIES

## Wo's &amp; Sgt's Mess

NOVEMBER 1985

- November 1 — TGIF Food and Games  
 November 8 — TGIF Food and Games  
 November 15 — Mixed TGIF Food, Games, DJ  
 November 22 — TGIF Food & Games  
 November 23 — Pre Gray Cup Celebration Dance  
 (Food and Live Band)  
 \$10.00 Per Couple  
 November 29 — TGIF Food & Games

[Reminder]

PMC'S DRAW

December 14, 1985

Bingo &amp; Dance Food &amp; Live Band

WO's & SGT's  
**CHILDREN'S XMAS PARTY**  
 Open to dependants 10 years & under  
 Add your children's names to the list  
 before December 1st.

JR. Ranks' Mess  
ENTERTAINMENT

Nov 8 - DJ Summit Music  
 Nov 09 Breakfast Darts - 9:00 hrs, DJ Summit Music  
 Nov 11 - Welcome Legionnaires / DJ Audio Express at 1400 hrs  
 Nov 15 - Country & Western Nite, Admission \$3.00  
 Nov 22 - DJ Terrible, Terrible, Terrible  
 Nov 23 - Miss "GAY" Cup Pageant / DJ - Terrible, Terrible Terrible  
 Nov 24 - Grey Cup  
 Nov 29 - DJ Waynes Mobile Music

SNACK BAR: 339-4333

CRAFT AND HOBBY SUPPLIES  
LIQUIDATION SALE

50% OFF Everything

Nov. 5, 1985 to Dec. 21, 1985 While Stock Lasts

Tues Thru Saturday 10:00 am to 4 pm

1496 Ryan Road at Irene's House of Tole

Next door to Good's Groceteria — GREAT FOR CHRISTMAS  
 Games, Puzzles, Craft Books and Supplies, Model Paint, Models,  
 Rocket Supplies, Dremel, Balsa Wood, Colouring  
 Books...etc!...etc...

Hmmm!.....



....a very strange crew indeed

## SECTION NEWS



## BAMSO

"RC" is away on leave and reportedly heading for California (it hasn't been that wet and cold yet Bob!). As to his comments about the cost per pound of fish caught...we all can't be Ken Fehrs...for some of us the cost per pound is still running at several (multi) hundreds of dollars per pound especially when the old boat trailer had to be replaced this Summer. Catching your own fish gives a person a chance to experience multiple motor failure, getting a tow back to the Airforce beach, and getting ones hip waders full of water when fighting the boat back on to the trailer. Other fun bonuses are losing lures, feeling nauseous as the boat pitches and rolls, breaking your rod, and seeing a piece fall off the trolling motor into the chuck...lots of good fun!!

Safety Systems take note: Ken is gone from the fold but not forgotten by many of us; he'll likely surface again on or before 13 Dec. (BAMSO Christmas Party).

The World Series screaming has subsided and soon football fever will cool off after BC Lions win the Grey Cup!!! The abominable snow people in the Section are starting to appear...some already into hockey and curling, with the downhill and cross-country skiers not far behind. The closest this writer wants to get to that ice stuff is to occasionally scrape it off my car's windshield.

Our two Quality Assurance inspectors are hard at it with Al even checking out a "sky pilot's" bird. On the other hand Paul has been on the inside track of inspection procedures at St. Joseph's.

Now to see what the shop reporters have up their sleeves (pens)!

SAFETY SYSTEMS

The latest from the Safety Systems shop is the absence of Ken Lanphier. Ken retired on the 23 October after 31 plus years of Dedicated service. A farewell get-together was held at Ian Neilson's on the evening of the 23rd with an excellent turnout of fellow tradesmen. Thanks Ian for the use of your beautiful home, and thanks to Ed for organizing it...good job! A lot of stories were told and a lot of food and refreshments consumed. As expected, Ken was the last to leave but I guess that's allowed. Good

luck Ken and I'm sure the people in the shop will miss your guidance.

MCpl Williams has arrived from 442 Squadron and has fitted in very well...welcome to the shop and we hope you enjoy your tour in the BAMSO organization.

Gil Bullock's family has decreased by one with the marriage of one of his daughters. How many more to go Gil?

Diane will be riding her bike for the winter, seems she put her car up on blocks. Haven't you got the seasons mixed up Diane?

Ian has finally started his physical fitness training after telling us about it for a month or two. Next thing he'll be out jogging!

Bill seems to be processing a lot of leave passes since he arrived in the shop; maybe there's a message there?

Everything else in the section seems to be running normally. Lots of work with no complaints so I guess everyone is happy!!!

Well, not an awful lot has happened out of the ordinary since last time. VU 33 and 442 are still sending us a fair supply of work and for 407, well things picked up a bit.

(Cpl) Blake Beyers has just finished writing his CGSB (Canadian Government Standard Board) exams for his level one Radiography and also the AECB (Atomic Energy Control Board) Operator's exam. In all he had four exams to write with the Radiation Protection exam being the most challenging. The rest of us here are sure Blake will achieve an excellent mark.

Recently we received a new ultrasonic instrument, a UFD-7A. This little unit is a beauty, with adjustable I.P., variable frequencies, audible alarm, and many extras. All this unit needs is a set of white-walls and it would probably do the quarter-mile in 5.7 seconds.

Things are quite interesting in the SOAP (Spectrometric Oil Analysis Program) lab. A couple of the questions going around here are: Is the problem the Standards or our Atomic emission spectrometer? Is the forward transmission the aft and the aft the forward? Well, 442's SOAP monitor, Karen, should be able to figure it out for us. The last dizzying question is: Will George ever be able to stop burning his fingers

on the electrode discs?

One on-going problem here in the shop seems to be that of UNCLEAN parts. We receive many parts in the shop that have not been cleaned. All of our techniques work quite well ON CLEAN PARTS! Dirt, grease, oil and other contaminants inhibit the transmission of sound, inhibit the penetration of penetrant, prevent the flow of Magnetic Particle solution, and contaminate penetrants. So please try to have your parts cleaned prior to bringing them to the shop or we will have to send them back. (PS: if any Techs have problems in cleaning parts, go see "Chief" Ford...he's good at cleaning dance floors and majestic loads.)

Thanks much and we'll see you next time.

## BASE ARMAMENT

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When the smoke cleared, the arrow that was used was mounted on a plaque and presented to the Base Commander by WO Ireland on behalf of all personnel of Base Armament.

Now its time for the old Phantom Armourer to blend in with the shadows until the next deadline pops up. "Keep your powder dry" says the Phantom Armourer.

Well it looks as if 99.9% of CFB Comox has finally figured out where Base Armament is hidden. Not only that but it seems that penny for penny (up to a total of fifteen) that the best cup of coffee in the Comox Valley has been located. In other words things have been happening around the Armament shop. We have been extremely busy with annual musketry training/qualification, VU 33 loading and support, EOD work, and anything else that crops up along the way. Who's complaining though?... it's very refreshing to get active after such a long warm summer.

Now for the local shop news. Big bad Cpl Harold "H" Haskell has returned from his JLC. It must have been hard on the poor lad because he immediately took annual leave and hasn't been heard from since. Cpl Don Wilson has returned from CFB Shearwater much to the delight of the naval personnel who were being upstaged by a mere armament type Crabfat. Sgt Al Rice is back from the EOD conference held at Connaught Ranges outside Ottawa. Following the conference Al made a quick trip home where he obtained an official unofficial-for-real-Cape Breton passport. He is now free to re-enter Cape Breton for a nominal fee payable at the causeway. Going on TD soon are Cpl Jarly Olson and Cpl "H" Haskell on the same POET course. An assortment of armourers are also undertaking HAI training in Edmonton.

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## SPORTS &amp; RECREATION

## Sports shorts...

## CFB COMOX SERVICEWOMENS VOLLEYBALL TEAM

During the weekend of the 25th October, our Servicewomen's Base Volleyball team travelled to RRMC Victoria to participate in an exhibition tournament. The girls represented their Base extremely well by defeating both RRMC and Esquimalt teams. Coach Josee Descoteaux says the girls played well and that all the hard work at their practices was a definite asset to their wins.

We wish them all good luck in their future games and tournaments.

## 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 8:30 pm. All are welcome, 14 years and older. For more information contact Bruce 339-7761 or Russ 339-3745

## SERVICEMENS VOLLEYBALL TEAM

The CFB Comox Servicemen's Volleyball Team are currently participating in the Coval Volleyball League. Their record to date is two wins and a loss.

They're looking forward to a lot of league and tournament play to prepare themselves for the regionals next spring.

Practice times are every Tuesday and Thursday from 1800 — 2000 hrs. Any military personnel interested in playing are urged to attend these practices. For more information Contact MCpl Graham, Local 2350 or Pte Harvey, Local 2601.

## INTERSECTION FLAG FOOTBALL

Flag football comes to a dramatic close with previously unbeaten 442 playing 407 in the final. When the dust cleared 407 came out on top with a 9 to 0 win thus taking the intersection crown. Congratulations go out to 407. I would also like to thank everyone who helped out during the 85 season.

## CFB COMOX SERVICEMENS BROOMBALL TEAM

The CFB Comox Broomball Team are recruiting military players, to come out and be part of their team. Practice times are every Monday and Wednesday at 1130 hrs and Saturday at 1800 hrs at the Glacier Garden Arena.

For more information please contact MCpl A Bedard or Cpl S Beaudoin, Local 2487.

## HOCKEY OFFICIALS CLINIC 17 Nov. 85

CFB Comox will be conducting a level I and II Hockey Officials Clinic on Sunday 17 November, 85 at the Base Rec Centre from 0900 — 1600 hrs. Cost of the clinic will be \$10.00 for Level I and \$15.00 for Level II.

Any personnel wishing to attend this Clinic are urged to contact the Base Rec Centre, Local 2315 no later than 13 November 85.

## Pipe Smoke

By Gerry Gerow

I've got a great book for dog lovers this week. *The Complete Book of Dog Health*, Collier MacMillan, Canada, Don Mills, Ontario.

This book is written by various members of the staff of the animal medical centre, New York, assisted by Elizabeth Randolph. Every conceivable dog health problem is covered by experts.

It is divided into three sections: "A Healthy Dog" covers the dog's lifestyle and focuses on such items as setting up a personalized routine for your dog, knowing when to spay or neuter, and caring for newborn puppies as well as the older dog. The second section is "People — Pet Relationships", with emphasis on discovering your dog's personality, traveling with your dog, and coping with a dog's death. The third section is "Disease and Illnesses", and covers anything that can happen to your dog.

Such things as eye problems, ear problems, cancer, infectious and contagious diseases are all described. How to care

for and feed an orphan pup, what to do about fleas and worms, and much more is included.

This large sized, 253 page, hardcover edition is well illustrated and indexed. It will be a valuable addition to any dog owner's library. Hot off the press, the book is well worth the sticker price of \$28.95, and should be in bookstores soon, or it can be ordered from the publisher.

Definitely the most interesting publication that shows up in my mailbox is *International Wildlife*. This magazine comes free with membership in the Canadian Wildlife Federation. The C.W.F. takes a common sense approach to the preservation of the earth's resources for the enjoyment of all. Membership, at \$19.50 per year is an economical method of helping conservation and the magazine alone is worth the price. The latest issue contains some tremendous underwater photography pieces.

How long is it since you thought about our environment and natural resources? Or are you one of the people who figure they'll last forever, no matter how much we abuse them.

There are over 100 species of plants and animals on the endangered list, right now. How many realize that two or three species of plant and animal life become extinct every day. Think about that the next time you're tempted to violate laws designed to protect our environment.

There is a large anti-hunting lobby, right now, that is very vocal. So far I haven't heard of anyone trying to outlaw sports fishing, but it's only a matter of time. Every time someone gets caught violating a game or fish regulation these people get more ammunition for their cause.

If we don't soon wake up and smell the coffee, it'll be too late. Hunting and fishing as we know it will be a thing of the past.

## Disabled skiing on V.I.

Disabled skiing on Vancouver Island got in the Gold last season as Chris Thulin a single above knee amputee, pulled out all the stops and went for Gold.

During the season Chris trained hard and entered local races with normal skiers and always finished in the middle of the pack.

His first real test came at the B.C. Championships Disabled Races on Grouse Mountain where he surprised everyone and took third place in both slalom and giant slalom.

At B.C. Winter Games three Gold medals, slalom, giant slalom, and dual slalom at the 7 — 11 on Whistler more Gold in the giant slalom.

Then the real test - Chris was lucky to be allowed to race in an International Ski Race at

Sunshine Village Banff. Skiers from U.S.A., Canada, Austria, Switzerland, Sweden, Australia, Italy and Germany took part, the best in the world, Chris raced well and placed a dandy 13th in a terrific downhill race the first downhill he had ever entered, 9th in giant slalom and 8th in slalom, a very fine show.

Disabled persons on Vancouver Island wishing to take part in a learn to ski program or those that already ski and would like to do a bit of racing will have lots of opportunity this coming season. Programs will be offered on Mt Washington and Forbidden Plateau and if possible on Mt Arrowsmith.

A course for training instructors and leaders to help with

the programs is being held on Mt. Washington for 3 weekends: November 16 — 17, 23 — 24 and November 30 — December 1st. There is no charge for this training but we do expect candidates to do volunteer teaching a few hours a week.

Candidates must also have their own lift tickets available at a reduced rate for this course. Should be good strong skiers willing to learn and have a desire to help people.

For Further information on skiing for amputee, visually impaired, deaf, mentally handicapped, cerebral palsy and other difficulties providing they have some form of mobility contact Herb Bradley at 1561 Dingwall Road, Courtenay B.C. V9N 3S8 — Phone 334-3868.

**NEXT TOTEM TIMES DEADLINE**  
**November 18th**



## SPORTS &amp; RECREATION



## BTSO Kingpins

Base Supply Team #2 were winners in the recent second annual BTSO Branch Ball Tournament. Pictured are.....Front Row: J.P. Ullock, Wally Berger, Cathy Duerell, Shelley Hutchinson, LCol Bowes (Papa). Rear Row: Darrell Sears, Doc Fleming, Adam Simpson, Ron Pearce, Donna Middelbrook, Jack Picard, Lil Davis, Pat Armstrong, Dave Boudreau, Wayne Bowerman. Missing: Karen Parrott.

Courtesy Base Photo

## Soccer Totems hot

## A "BIG" WIN

Sunday October 27th was a big "first win" for the Totems.

Port Hardy with a win could have been sole possessors of first place, had it not been for a superb come back by the Base side.

Totems managing only 1 point in 5 outings previously upset Hardy 2 — 1. Hardy, a well drilled team with excellent ball playing skills were out hustled in the second half by the "Green Machine".

Keeper Wade Acquino put in a gutsy performance foiling many of Hardy's scoring chances. Hardy took the lead however, late in the first half, Base Team inspired by attacking the dry end of the field, found new direction as to "where to put the ball" between the freshly painted uprights, in the second half.

Bill Strachan tied the game 15 minutes into the 2nd half with a hard shot deflecting off a Hardy defenseman.

Both teams obviously were not going to settle for a tie. Good build up by both teams were thwarted by good defences both ends of the field.

Persistence set up the winning goal, Yves Carignan, lost and regained the ball, working down the right wing from

where he released a hard drive on net only to hit the cross bar, however, Bill Strachan was all alone in front of the goal and headed the ball home for his second and game winning goal, with 12 minutes left in the game.

Hardy were now relentless looking for a tie, but the Base defense were not willing to oblige.

Needless to say the final whistle was the only way to spell "relief".

Totems have two league games left in the first half of "season play", before entering the "league Cup Games".

Outcome of these games, depend on the same players being able to play.

This years league standings, have only 4 pts separating 1st and 7th place in the 9 team league, showing a well balanced level of competency amongst the teams involved.

## A TIE WITH THE RAVENS

Campbell River Ravens were given a hard soccer game by CFB Totems on Sunday 3rd November. Final score of the game was a 3 — 3 tie. Totems dominated the first half of the game with a 2 — 0 lead. The Ravens came back with a goal

given to them in front of the Totems net, then tied the game up when they were awarded a penalty kick for tripping. Goals by the Totems were scored by Glen Rooke, who with a blistering left foot shot, left the Ravens goalie standing flat on his feet with the ball in the back of the net. Yves Carignan popped the second goal in putting the Totems ahead, but the game was tied when the second half kicked off.

Both teams were relentless in the second half of the game with great offensive and defensive work from both sides. CFB Totems were awarded a penalty midway through the half, and Harold Haskell slammed a goal in with such accuracy he put it in off the goal post. Totems were ahead again, until one of the Ravens let a blistering shot go from 25 meters out, putting it into the back of the Totems net. The game went back and forth and finally ended in a 3 — 3 tie. CFB Totems left the field with smiles on their faces, they had upset one of the top teams, moving themselves ahead slightly in the League standings.

CFB Totems next game is played at home, on Sunday 10th November against Campbell River Strikers, all support is greatly appreciated.

**HAPPY 31st BIRTHDAY MOM**

Love Krista & Scott

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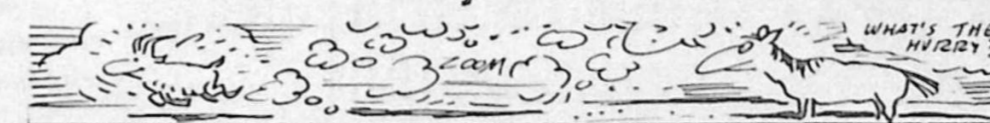


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## Comox Legion

It has been 67 years since the Armistice was signed to end the war of all wars. The 11th hour, 11th day of the 11th month 1918. A supposedly end to the years of fighting, sleeping, eating and dying in the wet, filthy trenches of Europe. Why did they go? What makes people react in that sort of manner?

As remembrance day draws near, the 11th November makes us think back to the days when husbands, fathers, brothers and sisters left home for the service not knowing what they would be up against. Some of those brothers and sons were barely 15 — 16 years of age. Today we look back on those 15 — 16 year olds and find many fine outstanding senior citizens, slightly stooped, some still walking, some in wheelchairs and some confined to hospital beds. Time has taken its toll. These are the elite citizens of our community.

Some served their country a second and third time since the war of 1914 — 1918, either overseas or at home as air raid wardens, fire-fighters or lookouts. When these members took on the task of the war effort the second time, was it for remembrance of the past or was it to protect the peace so their families and loved ones could be safe?

Once again we of the Comox Legion will hold our parade and service Monday 11 November with fall in at 1030 on Comox Ave in front of the Legion building. An open house will be held after the cenotaph service until 8 pm. Please feel free to drop in, say hello and have a look at our memorabilia within the Airforce/Army or Navy equipped rooms.

## Courtenay Legion

Once a year the Royal Canadian Legion calls on the Citizens of Canada to remember those who died in war. And at the same time, help those who survived the slaughter.

When you buy a Poppy and wear it, you are honouring the dead and saying 'Thank You' for their sacrifice. You are providing employment for handicapped veterans and you are providing food, shelter, and medical care for needy veterans or their dependents.

Saturday morning (November 9) Air and Army Cadets will be in downtown Courtenay with a supply of poppies.

Please give generously — The need is still great.

### CALENDAR OF EVENTS AT THE COURTENAY LEGION Branch 17

- Nov. 09 Downtown Courtenay Poppy Sales by Cadets
- Nov. 10 Legion Party 1 to 7 pm. Bill and Alice Edgar accompanied by Linda Jeffries — a vaudeville type sign-a-long. Members and guests only.
- Nov. 11 The 38th Annual Breakfast at 8:45 am  
Parade starts at 10:15 am  
Ceremony at the Cairn at the foot of Mission Hill, 11 am. After the Parade, Open House at the Legion.

## Cumberland Legion

On the 10th November, at 2:00 p.m. in our Branch Hall we will be holding our Remembrance Church Service, with our Padre William Johnston officiating. Following the Church service we are having fellowship until 6:00 p.m., then we are having a Veterans supper and fellowship until 9:00 p.m.

On the 11th our Parade falls in at the Cumberland Fire Hall at 10:30 a.m. to march to our Cenotaph in front of the Legion Hall for our Armistice Service. Fellowship to follow in our Legion Hall.

Everyone welcome.

WE WILL REMEMBER THEM!

# LEST WE FORGET



## The Poppy

....the flower of remembrance

On November the 11th, Canadians all across the country will stop and remember the men who were killed in wars. There will be parades to memorials in cities, towns and villages. Then everybody will stand in silence as they remember the more than 112,000 brave Canadians who were killed.

That is why November the 11th is called Remembrance Day.

On that day everybody wears a poppy, a reminder of the blood-red flower which grew in the fields where many of these men died. Much of the fighting was done in a place called Flanders. This was during the war of 1914 — 1918. Every spring, the soldiers fighting in the trenches noticed the red flowers blooming on the battle grounds. And as more and more of their friends were killed, the soldiers noticed that the poppies bloomed over the graves.

When the war was over and when the soldiers came home, they still thought of all their friends who were buried in Flanders. Each time they thought of the graves, they thought of poppies which grew around the graves. Then the men who came back from the war decided that they would wear a poppy each year to show that they still remembered their friends.

November the 11th was the day on which the fighting stopped in 1918. The men who had been in the war picked that day each year to wear a poppy. Other people who had not been in the war, but who loved the soldiers who had been killed, also wanted to show that they remembered the dead. So they also wore a poppy.

### First Poppies

There were not enough real poppies to go around. Then some of the men who were wounded, and couldn't work at other jobs, began to make poppies out of cloth. That is why today everybody wears a poppy which is not a real flower but which reminds us of the flowers which grew over the graves of the men who died.

For many years after the first war children stood with their parents on Remembrance Day. Everybody was silent, and everybody wore a poppy and they all thought hard about the men who were killed.

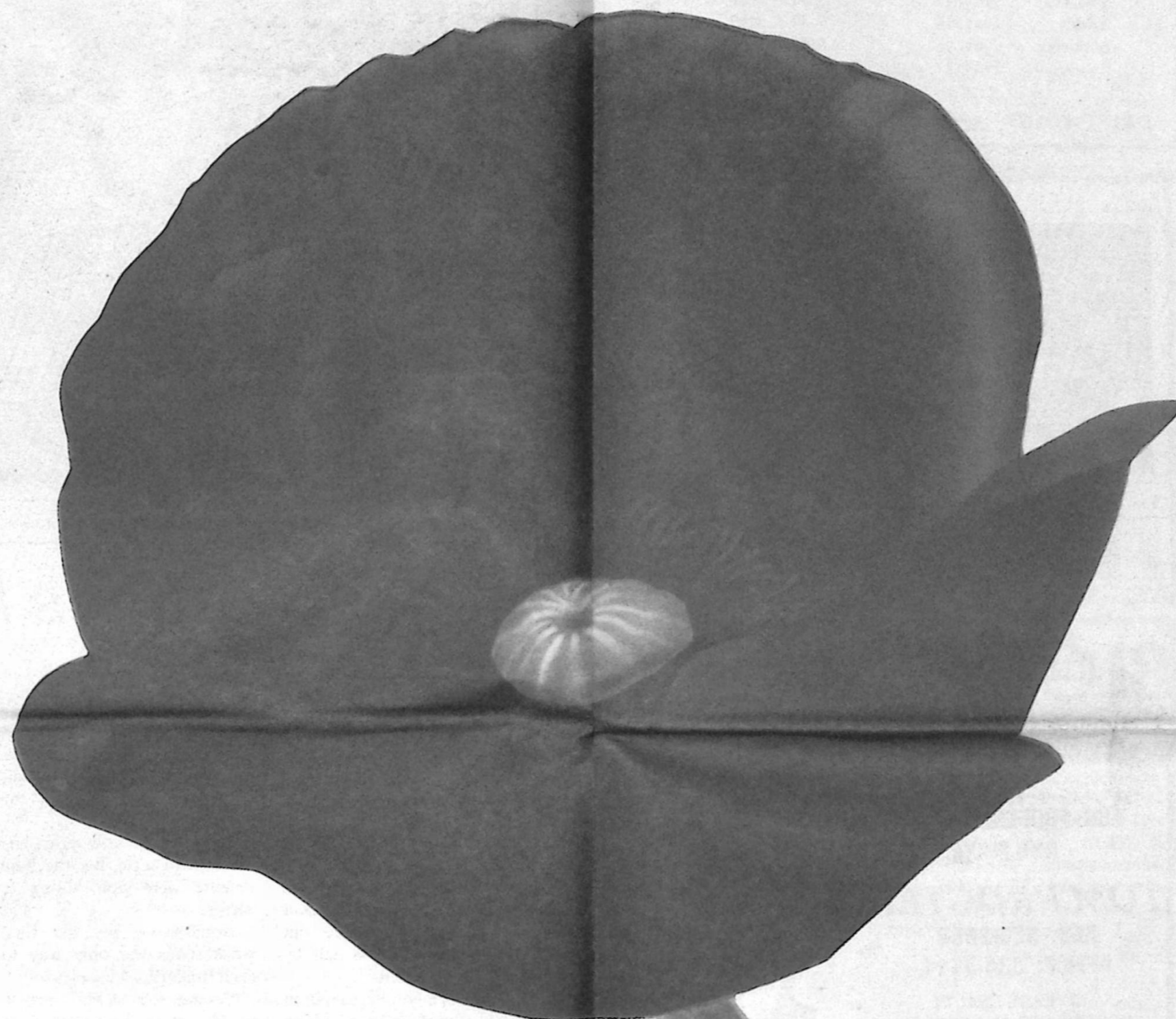
By the time many of the children grew up there was another war. The boys who were now young men went to war. Many of them went to the same places as the men they used to remember. In the fighting in those places, a lot of the young men died.

When the second war was over, more people than ever wanted to wear a poppy; now there were more dead soldiers than ever to remember. There were also sailors and airmen. All of these people went to war to protect Canada. They went to war to protect the people who were in Canada then, and also the people who would be born in the future — people like yourselves.

They died so that you could enjoy all the good things in your life. They died so that your home would be safe so that you would be given a chance of going to school and going to the church of your choice. They also died so that you could make friends with whomever you please.

So perhaps you didn't know those men who died in war. But they knew you. They wanted you to live in peace.

Therefore, on Remembrance Day when everybody wears a poppy and stands in silence it is like 'thank you' to those who died for us.



## In Flanders Fields

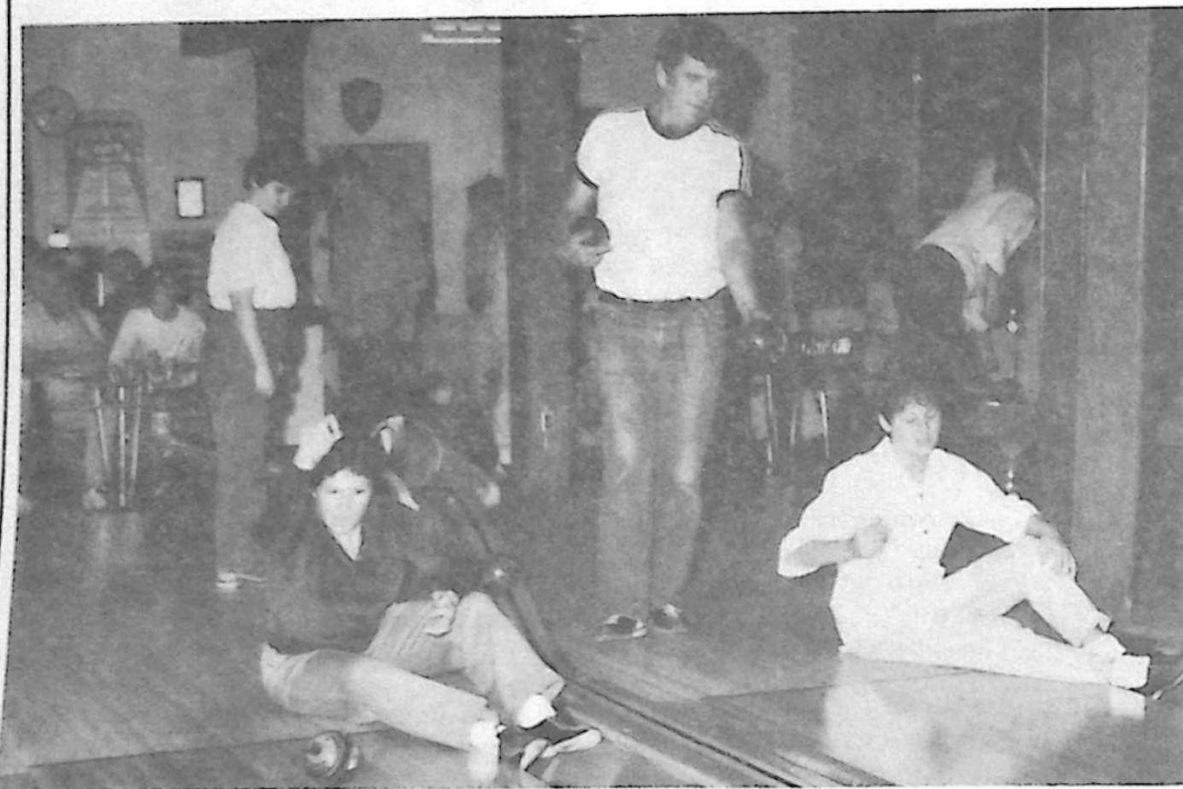
*In Flanders fields the poppies blow  
Between the crosses, row on row  
That mark our place and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.*

*We are the Dead, Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.*

*Take up our quarrel with the foe;  
To you from failing hands we throw  
The torch; be yours to hold it high  
If ye break faith with us who die  
We shall not sleep, tho poppies grow  
In Flanders fields.*

## SPORTS &amp; RECREATION

## Log—ers have Field Day



Bo—Ling

...doin' it Log—er style



Lorena Charles accepts for Supply

...Maj Tilley presents

## Answer to MSE Safety Quiz

Reduce speed, return to right lane and drop back is a smart decision.

This is a guy you don't want to fool with, but it may be that he had slacked off his speed without knowing it and was just building it back up. If you decide that he's not deliberately trying to irritate you, try again. Then if he speeds up a second time, drop way back or even pull off the road and wait until he gets way ahead.



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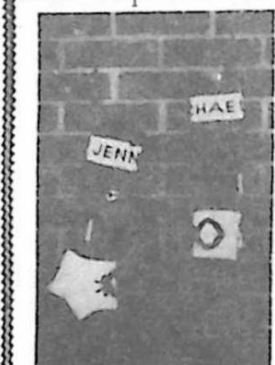
SHIRLEY &amp; CLIFF FLETCHER

## ANTIQUÉ &amp; COLLECTIBLE SALE

Thursday	Nov. 14	9:30 — 9:00
Friday	Nov. 15	9:30 — 9:00
Saturday	Nov. 16	9:30 — 6:00
Sunday	Nov. 17	12:00 — 5:00

DRIFTWOOD MALL COURTENAY

## Add a special touch to your Christmas celebrations!



Knit these unique, personalized Christmas stockings for your loved ones to treasure! Each Christmas stocking kit makes TWO stockings approximately 49 cm (19 in) long as shown, and sells for \$11.99.

The kit includes: • easy-to-follow graph-style pattern • 100% acrylic yarn in rich shades of red and green, and crisp white • star sequins and beads to decorate the Christmas trees • beads to adorn the holly wreath • bells for the stocking hanger. Suggested knitting needles No. 3 3/4 mm (Canadian size 9) not included.

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## RCAF Association news

## Garneau recognized

Canada's first man in space, Commander Marc Garneau of Ottawa has been awarded the Gordon R McGregor Trophy by the Royal Canadian Air Force Association.

Cmdr Garneau on secondment to the National Research Council, from the Navy will receive the trophy at a private presentation by the Royal Canadian Air Force Association later this month. The McGregor Trophy is awarded in recognition of outstanding service in the field of aerospace transportation in Canada.

A 36-year-old native of Quebec City, Cmdr Garneau graduated from the Royal

Military College, Kingston, Ontario, in 1970. He joined the Canadian Navy and supplemented his degree of Bachelor of Engineering Physics with a doctorate in engineering in London, where he married Jacqueline Brown. The couple have nine-year-old twins, Yves and Simone. In the Navy Cmdr Garneau worked in the area of electronic warfare.

As a mission specialist he flew in NASA's shuttle flight 41-G from Kennedy Space Centre, Fla, 5 October 84. He is one of six Canadians who have been selected for participation in US space missions.

## Airman of the year

Capt R.G. (Bob) Morgan, a reserve officer flying Twin Otter aircraft with 418 Sqn, CFB Edmonton, has been selected by Air Command Headquarters as Airman of the Year. As such he will be the guest of honor at the Annual General Meeting of the Royal Canadian Air Force Association in Sarnia, Oct 8 — 11.

Capt Morgan had a long and distinguished career with the RCAF and Canadian Forces before retiring in 1975 and taking up his duties with the reserve squadron. He earned the Canadian Decoration with second clasp for his 36 years service, the Queen Jubilee Medal and the George Medal. The George Medal for bravery, other than against the enemy, was awarded in 1957 for heroically rescuing the pilot

from a burning, armed Sabre jet which had crashed on landing.

Prior to enlistment, Capt Morgan spent five years as an Air Cadet where he obtained his wings and private pilot's license from the Vancouver Flying Club on an Air Cadet scholarship in 1944.

He joined the RCAF in 1949 and after pilot training was posted to 416 Squadron in Ottawa flying Mustangs. In 1952, Capt Morgan converted to Sabres and was posted to Gros Tenquin, France. In his 26 years with the regular force, he logged over 10,000 hours, amassed during tours instructing on Harvards, as a Fighter Controller flying the CF 104 in Europe and Cold Lake, and flying the CC 130 Hercules in Edmonton.

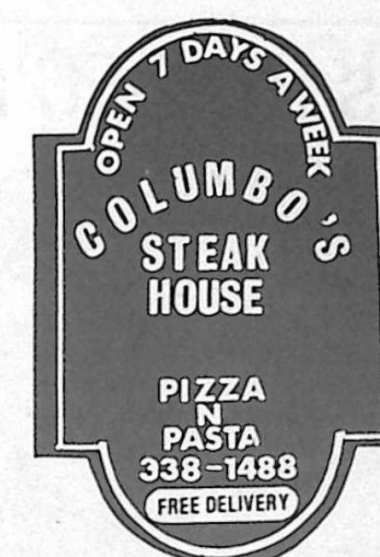
## Mynarski Winner chosen

Air Command of the Canadian Forces has selected the Rescue Coordination Centre (RCC) Victoria as the winner of the Mynarski Trophy for 1985. Named for Pilot Officer Andrew Mynarski, who won a posthumous Victoria Cross in WWII, it is emblematic of excellence in Search and Rescue (SAR) activities during the past year. It will be presented to Maj R.A.D. Arthur, commander of the RCC Victoria, at the Annual general Meeting of the Royal Canadian Air Force Association in Sarnia Oct 8 — 11.

The RCC based at CFB Esquimalt has expended outstanding efforts towards reducing the number and serious nature of SAR incidents within the Victoria region, Lt Gen D.M. McNaughton, commander of Air Command reported. The efforts of the

RCC Victoria Commander and his staff in moulding the various government, Canadian Forces and volunteer SAR agencies into a smooth-running and cohesive force has provided the Canadian public with the most efficient SAR response possible.

Gen McNaughton cited particularly the high degree of professionalism shown by the RCC controllers in two incidents in the past year — SAR Silver Tryton/Miss Robyn Oct 12 — 17, 1984 and the SAR Hecate Straits Apr 25, 1985. Eight fishing boats of the halibut fleet ran into difficulties during a storm with 60 knot winds, gusting to 70 knots and very high seas. Twenty-five fishermen were aboard the boats which reported by radio that they were taking on water and suffering structural damage.



Canadian Radio-television and  
Telecommunications Commission  
Conseil de la radiodiffusion et des  
télécommunications canadiennes

## NOTICE

CRTC — Public Notice 1985-234. The CRTC has received the following application: 19. Courtenay, Comox, Cumberland, Comox Valley, B.C. Application (850675000) by CABLENET LIMITED, 1200 Sheppard Ave. East, Suite 100, Willowdale, Ont. M2K 2S5, to amend the licence of the broadcasting receiving undertaking serving the above-mentioned localities, by increasing the authorized maximum monthly fee from \$7.38 to \$13.00 effective on the date of the decision. The present maximum monthly fee was authorized on 7 November 1984 (Decision CRTC 84-946). In Public Notice CRTC 1985-221 dated 25 September 1985, the Commission announced an application by this licensee which proposes to increase the authorized maximum monthly fee from \$7.38 to \$7.50. Should both applications be approved in full, the authorized maximum monthly fee would be \$13.12. The application may be examined at: 1591 McPhee Ave., Courtenay. The complete text of this notice and the application may be viewed at CRTC, Central Building, Les Terrasses de la Chaudière, 1 Promenade du Portage, Room 561, Hull, Quebec: and at the CRTC regional office: Suite 1130, 700 West Georgia, Box 10105, Vancouver, British Columbia V7Y 1C6. Interventions must be filed with the Secretary General, CRTC, Ottawa, Ontario, K1A 0N2, with proof that a copy has been served on the applicant on or before 2 December 1985. For more information you may also call the CRTC Public Hearing Branch at (819) 997-1328 or 997-1027, CRTC Information Services in Hull at (819) 997-0313 or the CRTC regional office in Vancouver (604) 666-2111.

Canada

## B.C. PAVILION REPORTS

## LET'S CELEBRATE.

EXPO 86 — it conjures up images of breathtaking pavilions and plazas, a global celebration of new technology. And for the first time in history, British Columbia is at the centre of it all.

This has created a unique challenge for the B.C. Pavilion — host of this major event. Because unlike other pavilions at Expo 86, we're at home. Many of our estimated 3.7 million visitors will be British Columbians while many, many others will be newcomers. Our challenge is to create a B.C. showcase that will thrill and inspire everyone.

That's why we're taking the discovery approach with our exhibits — presenting the landscapes and innovations of B.C. in a new and fresh way. So that British Columbians will marvel at the province they thought they knew, and visitors will want to know it better.

**ON THE ROAD TO DISCOVERY.** A visit to our main Discovery B.C. Pavilion begins with a gentle introduction — the 'Walk In The Forest,' a quiet path winding past rows of 12 metre Douglas Firs to the pavilion entrance. Inside, 3 metre carved figures spread their arms in welcome, while skylights illuminate a waterfall and the forest nearby. These are images of British Columbia — bright, airy and natural.

But the real thrill lies in our 520-seat Showscan Theatre beyond. To show you the B.C. you've never seen before, we enlisted a Genie Award winning producer to film 16 minutes of images from across the province. Again, the everyday scenes of British Columbia are presented in an astonishingly new light — through the high-resolution film technique of Showscan. And we're showing it in a theatre that will recreate sights and sounds like never before — with a screen 20 metres wide and six audio speakers located throughout the theatre.

**OUR INNOVATIVE SPIRIT.** That's for openers. An escalator ride away are the Trees of Discovery — four exhibit towers stretching from the floor of the main hall to the glass-covered ceiling 28 metres above. Among these is an underwater simulator featuring a dramatic illustration of B.C.'s emerging submersible industry. Other towers portray other discoveries — on land, sea and in the air — and show how B.C.'s modern technology has developed from our spirit of innovation.

Similarly, our Regional Marketplace is an invitation to discover the landscapes and people of the province. Visitors here will literally stroll through British Columbia, discovering attractions, foods and diverse landscapes from each region along the way. And we've got a full slate of regional entertainment at a bandstand nearby.

In short, Discovery B.C. is more than a showcase. It's a voyage of discovery that will thrill all visitors from all places.

Including British Columbians.

Next Month: Challenge B.C.

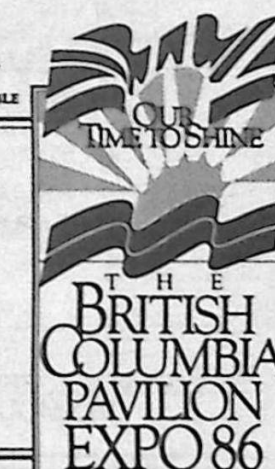
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## UPDATE

NOVEMBER 18-23: OUR  
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CHILLIWACK

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Next Totem Times Deadline November 18th

## AROUND THE BASE

### Angie is the BFC at CFB



Miss Angie Bostock, daughter of Sgt and Mrs James Bostock, was the winner of the Plan to Get Out Alive program presented during Fire Prevention Week. Angie, a Grade 6 student, was chosen from the entries at Airport School and became Fire Chief for a day.

After being escorted to the fire hall, Angie was presented with her prizes by the Base Commander at which time her new position was established and the assumption of her duties began.

All fire hall administration duties were first on the agenda and Angie signed the leave passes with little effort. Her sweet tooth was next to be satisfied and when shown an array of goodies she quickly lost her shyness by selecting one of each.

After a tour of the fire hall, the Chief selected a fire truck for her tour of the air-



field and hangarline. The Ex-Chief soon realized that Angie was well versed on the facilities at Comox and what he wasn't sure of, Angie was able to explain. It was obvious that she was prepared to accept her responsibilities.

The ATC facilities were next on her order of business and, as always, the Tower folks are most willing to cooperate. Angie thought they were great computer games — the ex-Chief didn't know what they were.

Back to the fire hall for more high energy nourishment (all Fire Chiefs like junk food) and another ride in a fire truck back to the school. As her duties of Fire Chief came to a close, Angie commented that these trucks are noisy and bumpy, but in true diplomatic fashion she quickly noted that the people were nice and the food was good.

Courtesy Base Photo

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## LEST WE FORGET

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WE REMEMBER THEM

## AROUND THE BASE

### KIWI's hold annual race



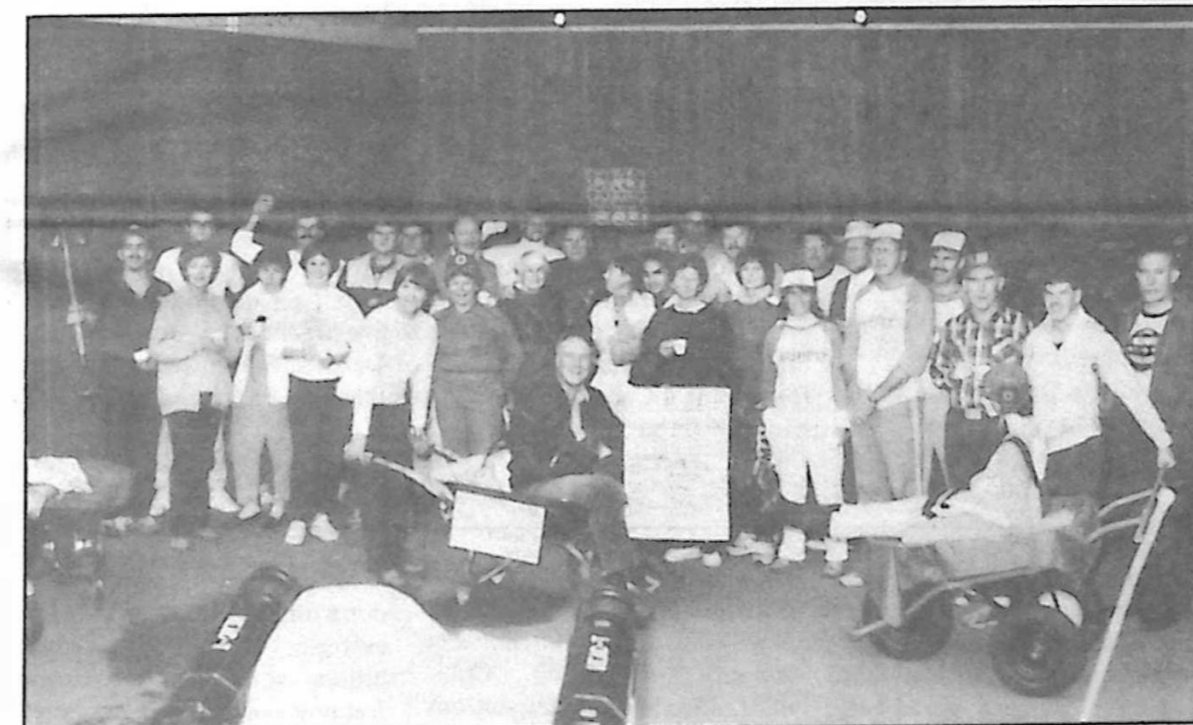
Moving through the PMQ patch...the KIWI ensemble moves onward to the Leader's Residence for "after race" soothing.

On the 17th of October the KIWI club held their annual wheelbarrow race. The purpose of the race was to raise money for the United Way. Each team was required to push a wheelbarrow containing one of the team members over a grueling distance of 1375 fathoms.

In all, six teams from the various technical branches of the base (CE, Base Supply, BAMSO, BCOL/BSecuro/BTNO(MSEO), VU33/442/BATCO, and VP 407) participated. The race started off at the Officers Mess (with a cool one) and then the entourage of barrows proceeded towards the WO/Sgt's mess with the team from VU33/442/BATCO taking an early lead setting a lightening pace. Upon arriving at the WO/Sgt's mess team members were graciously treated to yet another much needed frosty.

The stopover not only provided time for rest and replenishment but also proved to be an excellent opportunity to collect additional pledges. The race was once again started and the various teams moved through PMQ's and slowly made their way to the Base Commander's residence for post race refreshments and final judging. The award for the fastest wheelbarrow went to the BAMSO team and the award for the most unusual wheelbarrow went to Base Supply. There was tie (thanks to the BTNO, LCol Bowes) for the team with the maximum amount in pledges. The BCOL/BSecuro/BTHO (MSEO) team and the 407 team both managed to collect a total of \$489.25.

The race proved to be a success with pledges of over \$2000. being collected for United Way. The KIWI Club would like to thank Col and Mrs Kadonoff for graciously hosting race participants (great nachos Mrs K...!). In addition, thanks to LCol Bowes (His Feathership) for providing his services as race marshall. And finally, thanks to all those who participated/supported the KIWI wheelbarrow race. See you next year!



Post Race Rowdies...Col & Mrs "K" entertain the "KIWIS" after the tally of pledges have been completed.

Courtesy Base Photo

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Member's Name .....

Child's Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Child's Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Child's Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Child's Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Child's Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

All children to be registered at P.M.C.'s Office on or before the 29th of November 1985.

Christmas Party takes place Sunday December 15, 1985.

Children up to 6 yrs — 1:00 to 3:00

Children 7 — 12 years 3:30 — 5:30

on the Lounge side.

**J.R.C.**

## CANADIAN FORCES UPDATE

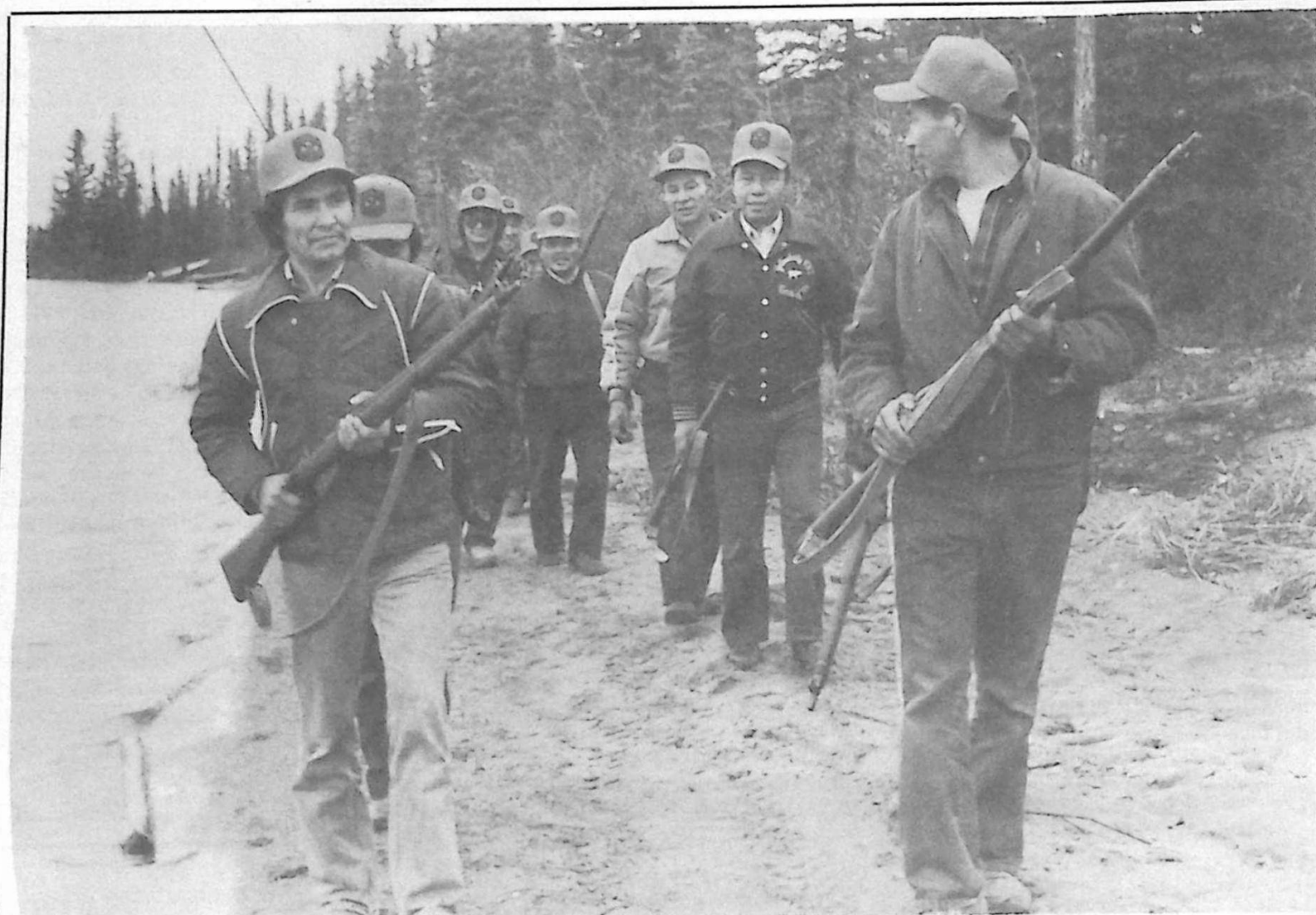
# Canadian Forces in the north

### Historical

The Canadian military presence in the North dates from 1898 when the army's Yukon Field Force was sent to the Yukon Territory to assist in the maintenance of law and order during the Klondike gold rush era. In 1923, the Royal Canadian Corps of Signals erected a communications system throughout the Yukon and Northwest Territories and this system was maintained and operated by the military until 1960 when it was turned over to the Department of Communications and civilian agencies. The Royal Canadian Air Force (RCAF) established bases in the North during the Hudson Strait expedition in 1927 — 28 and also carried out early aerial survey work with the assistance of army ground parties. The air force continued its northern operations during and after the Second World War, notably a complete arctic survey (1944 — 57) in which the RCAF, assisted by Royal Canadian Engineers on the ground, photographed and mapped the entire region. The combined American/Canadian military construction of the Northwest Highway System/Alaska Highway in 1942 was a major engineering feat that, combined with an existing system of airstrips, was instrumental in expediting the development of the Yukon.

The Canadian portion of the highway was maintained by the Royal Canadian Engineers until the early 1960s when the responsibility was assumed by the Department of Public Works.

In the immediate post-Second World War era, the Canadian Army was tasked to prepare for major conventional operations north of 60. An arctic warfare training school was established in Churchill, Man., which also provided limited support to northern exercises. In order to develop a specialized concept of operations and equipment, a number of major exercises took place. The first Canadian icebreaker capable of sustained operations in the High Arctic was HMCS Labrador which accomplished extensive surveys and other research work in that area in the mid 1950s. She was the first icebreaker to navigate the Northwest Passage.



LAC LA MARTRE, NWT — Northern Patrol — Sergeant Nick Matla (left) and Master Corporal Charlie Nitsiza lead a training patrol by the shore of Lac La Martre, NWT. Three members of the Canadian Forces from Northern Region Headquarters in Yellowknife conducted a seven-day training course at this community to qualify and upgrade the local ranger force.

Sixteen members of the Dogrib tribe of the Dene nation at this settlement are enrolled in the ranger program having trained in first aid, military map reading, patrolling, and marksmanship.

A total of 620 rangers are active in the Yukon and NWT. Each

one receives a rifle and 200 rounds of ammunition per year. Most travel extensively over the land hunting and fishing. Their task is to report any activity of military significance they might encounter.

On larger military exercises they often act as guides and train members of the Canadian Forces to live off the land. Last year two rangers were awarded the Chief of Defence Staff Commendation for helping a Canadian Forces patrol make it back in safety after it had encountered a blizzard.

Canadian Forces Photo by Sgt. Dennis Mah

During the late fifties and early sixties, three major radar chains were built across Canada. One of them, the Distant Early Warning (DEW) line was constructed along the northern rim of the continental land mass (70 degrees N) and created a string of airstrips and communications facilities across the Arctic. Military engineers constructed two bridges across the Eagle and Ogilvy Rivers in the late 1960s and mid 1970s, thus opening the Dempster Highway to Inuvik, N.W.T.

The Canadian Forces currently maintain a permanent presence in the North with Northern Region Headquarters (NRHQ) in Yellowknife, N.W.T. and a detachment in Whitehorse, Yukon. NRHQ supports ongoing Canadian Forces activities in the North and serves as the primary DND contact for other federal agencies in the area as well as for governments of the Yukon and Northwest Territories.

NRHQ personnel visit northern communities to support the Cadet movement and to conduct Ranger training. The Canadian Rangers are a sub-component of the Reserves. Their role is to provide a paramilitary presence and demonstrate a means of visible proof of Canadian sovereignty in the sparsely-settled northern coastal and isolated areas of Canada.

Rangers, who as local residents are intimately familiar with the terrain and weather, often serve as guides and survival instructors for Regular Force units exercising in the North and may assist the Royal Canadian Mounted Police in emergencies. A detachment of two Twin Otter aircraft of 440 Transport and Rescue Squadron is located at Yellowknife to carry out transport, search and rescue, reconnaissance, resupply and emergency evacuation tasks.

Communications squadron detachments are located at Yellowknife and Whitehorse in support of NRHQ. Communications research stations are located at Inuvik and Alert N.W.T. Canadian military personnel associated with the operation of the DEW Line of radar stations are based at Cape Parry, Cambridge Bay, Hall Beach and Cape Dyer, N.W.T. A DND data communication system, using a chain of repeaters across Ellesmere Island, provides year-round communication between the High Arctic and southern Canada.

In addition to the permanent presence of the Canadian Forces in the North, CF units based in other parts of Canada conduct periodic operations and training in the region.

Canadian military engineers have, since the 1950s, conducted extensive surveys to establish ground control stations and produce 1:50,000 scale maps of Canada's North.

Mobile Command carries out a total of six company level exercises every year. In addition, small-scale adventure training exercises are held each year. Operational reconnaissance missions are conducted regularly by both the Special Service Force and 1 Brigade.

Northern patrols are flown over the Arctic by CP-140 Aurora long range patrol aircraft of the Maritime Air Group from CFB Comox, B.C. and CFB Greenwood, N.S. In addition to their military missions, these aircraft often assist with such diverse tasks as ice reconnaissance, pollution and fisheries patrol, search and rescue or other emergency operations. CP-121 Tracker aircraft also conduct regular familiarization flights in the Eastern Arctic. Maritime Command ships and submarines periodically deploy to the North in late summer when ice conditions are favourable.

## CANADIAN FORCES UPDATE

...More about our forces in the north

### THE DEFENCE OF THE NORTH

The governments of Canada and the United States have, over the past 45 years, entered into a number of military bilateral arrangements under the aegis of the Ogdensburg Declaration to ensure that North America is adequately defended. Among the best known of these bilateral instruments is the North American Aerospace Defence (NORAD) Agreement which has been in effect since 1958. The objectives of NORAD are to safeguard the sovereignty of airspace in Canada and the

United States, to contribute to the deterrence of an attack on North America by providing aerospace surveillance, warning and attack characterization; and should deterrence fail, to respond to an attack by bombers and cruise missiles with the forces of both countries.

As part of the North American Air Defence Modernization Plan, which calls for the establishment of a warning perimeter around the continental mainland, Canada and the United States will construct a new line of radar stations called the North Warning System

(NWS). The Canadian portion will consist of eleven minimally-attended long range radars and 36 unmanned short range radars in the Canadian Arctic and the coast of Labrador.

Canada — United States (CANUS) military agreements exist for conventional land, sea and air operations anywhere in North America, including the Canadian Arctic, in times of war.

### SOVEREIGNTY

The Canadian Forces activities in the North are in addition to other Canadian activities in the public and private sectors. The Governments of the Yukon and the Northwest Territories, coupled with the ongoing activities of more than 30 federal government departments, Crown corporations, agencies or committees operating north of 60 have long contributed towards a permanent Canadian presence in the Arctic.

### ALCOHOL QUIZ

Try this quick test...

	Yes	No
1. A person can become an alcoholic by just drinking beer.	___	___
2. Most alcoholics are on skid row.	___	___
3. Eating while drinking slows down the absorption of alcohol in the body.	___	___
4. A person can be allergic to alcohol.	___	___
5. A person can die from alcohol overdose.	___	___
6. Alcohol is a drug.	___	___
7. Alcohol is the perfect remedy for fighting off a cold.	___	___
8. Black coffee helps to sober up a person who has "tied one on".	___	___
9. A big tall person can get drunk.	___	___
10. Alcohol is a sexual stimulant.	___	___

Answers: For a perfect score you have checked "yes" for statements 1, 3, 4, 5, 6 and 9; "no" for statements 2, 7, 8 and 10.

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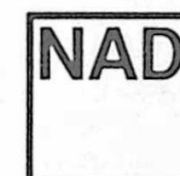
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**MASS SCHEDULE HOURS:** Saturday - 1900 hours.  
 Sunday - 1000 hours.  
 Week Days - 0900 hours.  
**BAPTISMS & MARRIAGES:** By appointment - notice well in advance please.  
**CATHOLIC WOMEN'S LEAGUE:** Second Tuesday of the month in Parish Hall, preceded by Mass in the Chapel at 7:30 p.m. (No meetings during July/August). President: Mrs. Edna Sinclair, telephone: 339-6883.  
**PARISH COUNCIL:** Second Wednesday/month at 1300 hours in Parish Hall.  
**CATECHISM CLASSES:** From September - May in the PMQ School at 1830 hours.

### CFB COMOX MILITARY CHRISTIAN FELLOWSHIP



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### Across my kitchen table

by Rosemary Gibson



#### PROVENCALE SAUCE

**Ingredients:**  
 2 tablespoons butter or margarine  
 1 thin slice onion, chopped  
 2 tablespoons flour  
 1 cup beef broth (bouillon)  
 1/4 teaspoon salt  
 1/8 teaspoon pepper  
 1 large tomato, chopped  
 1 clove garlic, crushed

#### Method:

Heat butter in skillet over low heat until golden brown. Add onion. Cook and stir until onion is tender. Remove onion (save). Blend in flour. Cook over low heat, stirring until flour is deep brown. Remove from heat. Stir in broth. Heat to boiling, stirring constantly. Boil and stir one minute. Stir in salt, pepper, onion, chopped tomato and crushed garlic clove. This is delicious with hearty meats, spaghetti or noodles.

various festivities. Even the weatherman cooperated, letting up on the rain and wind for a few hours so the little ghosts and goblins could fill their goody-bags without getting soaked to the skin.

And now it's November, a month of rest and reflection. A time to rest and recoup before the excitement and preparations of December. A time to reflect and remember those who gave their time, their health, or even their lives to keep our homes safe and free. November 11th isn't a vacation day. It is a day to thank God for our freedom and to remember with humility those who earned it.

Here are a couple of sauce recipes I like.

#### EASY HORSERADISH SAUCE

**Ingredients:**  
 1/2 cup chilled whipping cream  
 3 tablespoons prepared horseradish, well drained  
 1/2 teaspoon salt

**Method:**  
 In chilled bowl, beat whipping cream until stiff. Fold in horseradish and salt. Makes about one cup of sauce, and is delicious with roast beef or ham.

#### HINT

Too many bananas ripening too fast? Freeze whole bananas, unpeeled. Then when required, simply peel, thaw and mash, for use in blender drinks, cakes, muffins, etc., or as is on ice cream.

#### THOUGHT FOR TODAY

Old age is when you get out of the shower and you're glad the mirror is all fogged up.



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Next Totem Times Deadline November 18th

## HOME & FAMILY

### Transplant Society planned

Vancouver — Health Minister Jim Nielsen announced plans for the formation of the B.C. Transplant Society, which would co-ordinate transplant and organ donation activities in the province.

Mr. Nielsen said the society would be a joint venture of the Health Ministry, the University of B.C. medical school and

the province's three transplant hospitals — Vancouver General, St. Paul's and Children's.

The transplant society would be funded by the provincial government and based at Vancouver General.

The society's activities would include public awareness and educational programs

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## PEOPLE &amp; 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...

**...GUEST LIST GROWING** More than 500,000 invitations have rolled in to the Expo offices since the launch of the B.C. Invites the World program on September 10. B.C. residents are asked to add as many out-of-province names as they like to the Expo guest list. Each guest receives a personalized invitation to EXPO 86. And the list continues!

**...DINNER IN THE DINER:** Visitors to Vancouver's VIA Rail Station during EXPO 86 will be treated to an inside look at the great era of luxury passenger train travel, thanks to a group of Cranbrook, B.C. residents now in the process of refurbishing the Trans-Canada Limited. The vintage 1920s passenger train will be part of the Station's colourful exhibit on the history of passenger rail.

**...BOSTON PIZZA SIZZLES:** Boston pizza has the right ingredients to become the official supplier of pizza and pasta to EXPO 86. Not every pizza parlour will deliver to the ends of the earth but Boston Pizza must be the record holder for the furthest delivery ever. When the call came in from a potential franchise buyer, Boston Pizza set to work. Six pizzas were assembled, pre-cooked, blessed, packed in dry ice and shipped to Dubai in the United Arab Emirates. They arrived in perfect condition. Now that's the Expo spirit!

**...EXPO 86 AT THE BON:** A gigantic 1:100 scale model of the EXPO 86 site is now on display at the Bon department store in Seattle, Washington. Representatives give daily tours of the 27 by 14 metre model which features 200 buildings, 1000 flags, 3000 trees and 20,000 miniature site visitors.

**...VIA RAIL ON TRACK FOR EXPO 86** The official participation of VIA Rail Canada Inc. in the 1986 World Exposition was honoured recently when July 21, 1986 was named by EXPO 86 as Passenger Rail Heritage Day.

The year 1986 is a historic one for VIA Rail. It marks the 150th anniversary of passenger rail service in Canada and the 100th anniversary of the first run of the western transcontinental trains in July 1986.

The announcement of Passenger Rail Heritage Day was made at Vancouver's VIA Rail station, now under renovation. During EXPO 86, from May 2 to October 13, more than half of the VIA Rail Station will become a major exhibit telling the story of passenger rail from earliest times to the present and into the future.



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## The fun side of travel

Transportation, the theme of EXPO 86, has been a vital consideration among humans since the dawn of history. The need to move goods and people has given rise to marvelous technologies, with exciting developments, many of them featured by EXPO 86 in the near future. But human transportation is not always a response to material necessity.

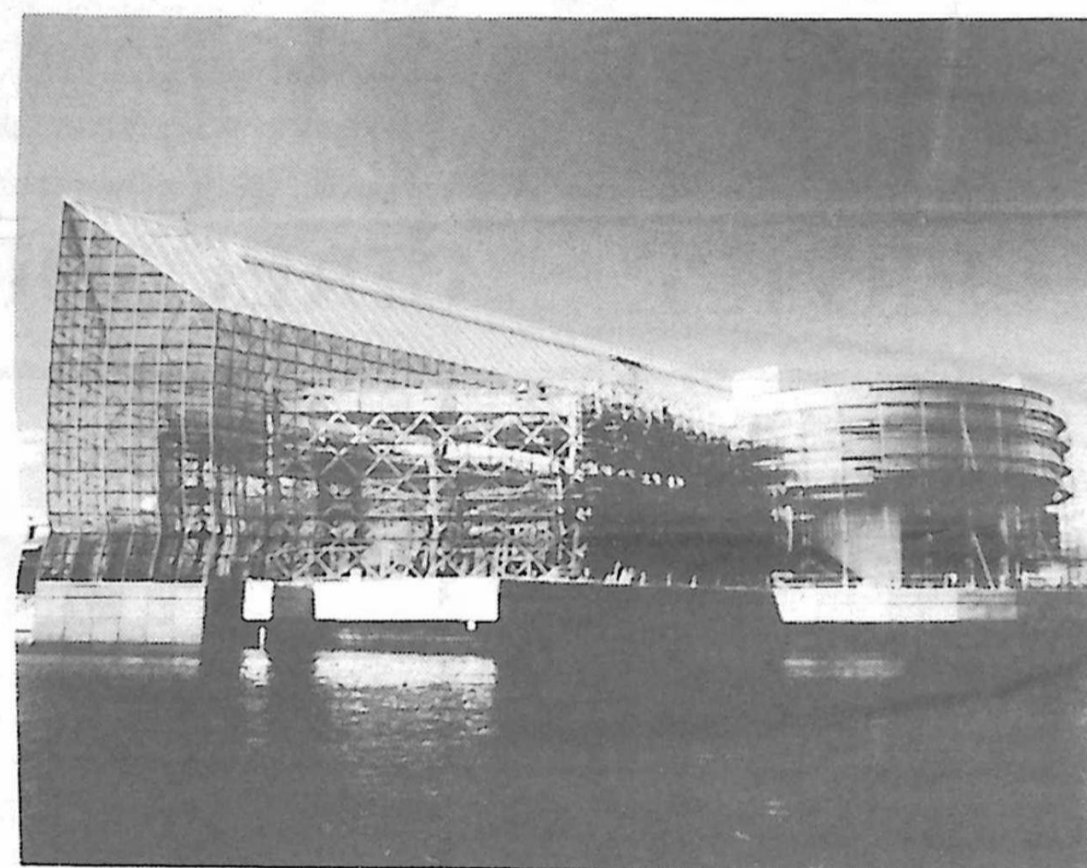
In the past, British Columbians have accomplished remarkable feats in transportation for gloriously non-utilitarian reasons.

In the summer of 1983, for example, 27 British Columbians between the ages of 60 and 77 completed a bicycle trip from Victoria, B.C. to St. John's, Newfoundland, in exactly 100 days.

But the award for following a distant drummer, in spite of pain and fatigue, must surely go to a Victoria steelworker named Clint Shaw, who won the world championship roller-skating marathon in Reseda, California, in August of 1975.

Shaw skated for seven days, 15 hours and seven minutes, a total duly entered into the Guinness Book of Records.

## The Expo Legacy...



## It's For Every B.C. Community!

1986 is B.C.'s year. And like our B.C. Pavilion, we'll be front and center as the world glimpses the future.

And when it's all over, the Expo Legacy Committee of Cabinet will ensure B.C. communities are left with a practical and useful legacy of the year we welcomed the world.

Helping communities commemorate our world's fair, the Legacy Committee has invited applications for funding to develop and build local projects.

Parks, cultural centres, recreation facilities, and community halls are just some of the eligible community projects. For more information about the Expo Legacy Committee and funding opportunities, just write:

Hon. Jim Hewitt, Chairman,  
Expo Legacy Committee,  
Parliament Buildings, Victoria,  
V8V 1X4

Expo legacy. Its time is coming!



**Province of British Columbia**

Hon. Bill Bennett, Premier

Hon. Jim Hewitt, Minister

EL1

## PEOPLE &amp; PLACES

## Engineers Reunion

**Petawawa** — This year, Engineers in Petawawa marked the 40th anniversary of the end of World War II in a special way. The occasion was marked by the members of 2 Combat Engineer Regiment, the Base Construction Engineers and many former members and wartime veterans with a Sapper Reunion (a sapper is an engineer) September 6 — 8 at CFB Petawawa.

Many retired members from the 23rd Field Coy, 23 Field Squadron, 1 Field Squadron RCE, 1 Field Engineer Squadron, 1 Airborne Field Troop, 1 Airborne Field Squadron, 3 Engineer Supply Depot and the present day 2 CER made their way to Petawawa to celebrate this event. The guest of honour was Colonel Malcolm Sutherland-Brown, Colonel Commandant of the Canadian Military Engineers. Brigadier-General (Retired) A.B. Connelly, a former Company Commander of 1 Field Coy in 1937 and later Chief Engineer (CRE) of 1

Canadian Corps from 1943 — 45 was also present to partake in the festivities.

The weekend was spectacularly opened with the Sky Hawks Parachute Team under Engineer Captain Doub Hubbs conducting an amazing descent on Friday evening into the parking lot of the Centennial Centre where the reunion meet and greet was just beginning. On Sunday morning the Engineers paraded under the command of Major Chip Bowness, CO of 2 CER.

The weekend was a great success, and the largest

Many retired Sappers travelled great distances and enjoyed a weekend well worth the efforts of getting to Petawawa. Many saw comrades whom they had not seen for decades, including several members of the 1st Field Coy who had not seen each other or their then Company Commander, LGen George Lilley since 1944. Today, two stained glass windows are present to remind us of the Sappers who have served their country and especially those who died in the World Wars and Korea. Ubique.

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## AROUND THE PROVINCE

### MOLSON'S BUILDS PARKWAY JOGGING PATH

Molson Brewery of B.C. Limited has donated to British Columbia Parkway funds to build The John Molson Way, a jogging path in the Parkway alongside the new rapid transit line. The John Molson Way is a component of the 19-kilometre parkway, which stretches from New Westminster on the Fraser River through Burnaby to the EXPO 86 site on False Creek in Vancouver.

The Parkway is under construction along the Vancouver rapid transit right-of-way, as a park for the enjoyment of all residents of the Lower Mainland, enjoining Vancouver, Burnaby and New Westminster with a recreational social and attractive ribbon of beauty.

There's something for everyone: a jogging path, cycle trail, playgrounds, landscaped features, sculpture and ethnic gardens.

### ICBC PAYS OUT

The Insurance Corporation of B.C. will pay close to \$2.3 million in lieu of 1985 taxes to 25 municipalities.

As a provincial Crown Corporation, ICBC is not required to pay business and property taxes, but makes annual grants equal to the amounts which would be levied if it were a private business.

The grants are payable on claim centres, administrative offices, storage and salvage yards. They vary according to the size and location of the premises and differences in municipal mill rates, and whether the property is owned or leased by the Corporation.

### FILM PRODUCTION IN B.C. BOOMING

Vancouver — British Columbia's popularity as a location for feature films gets a boost as shooting begins on two productions, one starring Katharine Hepburn, and another featuring Bob Hope, Don Ameche and Red Buttons.

The fact that performers of such stature are involved in made-in-B.C. movies is evidence that this Province has made gigantic strides toward achieving increased global exposure.

The Ministry of Tourism's film promotion office has been involved in encouraging the production of more than \$141 million worth of movies in British Columbia so far this year.

This year's total production budgets will triple those of last year, when \$60 million was spent on movies and television shows made in British Columbia. Activity in 1985 will provide employment to more than 3,500 British Columbians.

### NEW ACID RAIN AGREEMENT

Victoria — British Columbia will participate with the other western provinces and the Canadian government in a new \$9.5 million research program to combat acid rain in western Canada.

This new initiative will allow British Columbia to develop a strategy for controlling the destructive affects of acid rain. This strategy will be based on the environmental sensitivity of our province, and will be designed to prevent the kind of environmental damage that has occurred in eastern Canada and other parts of North America.

### REAL ESTATE MARKET IMPROVING

Vancouver B.C. — A number of key factors in the economy are combining to create an extremely favorable market for buying and selling real estate, according to Cora Toth, B.C. Regional Director for REALTY WORLD Canada, one of Canada's largest real estate organizations.

According to REALTY WORLD offices throughout the province of B.C., sales are growing in all property groups including residential, commercial, agricultural and recreational.

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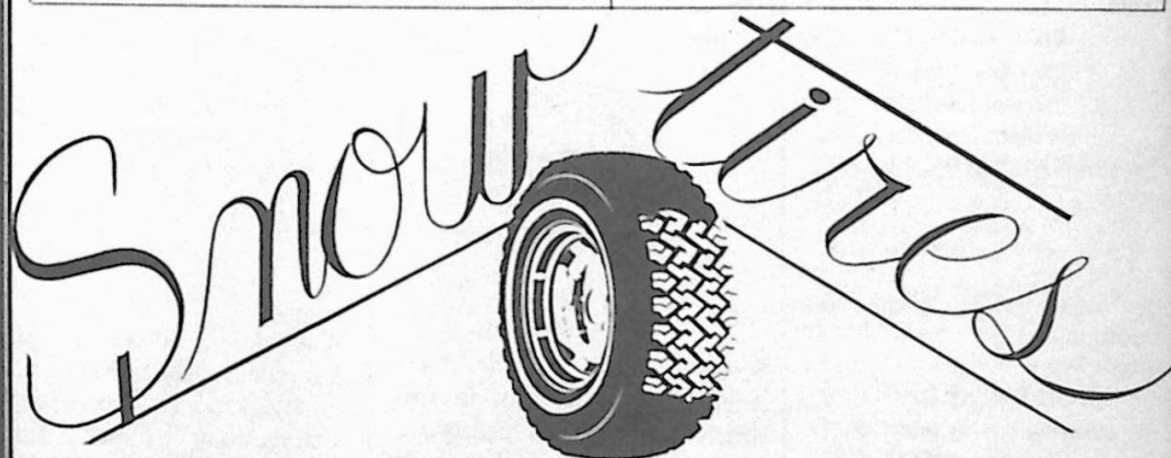
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