



TOTEM TIMES



Canadian Forces Base Comox B.C.

Vol 27 No 21

Thursday November 21, 1985

Deadline is Monday December 2, 1985

Cost: Priceless

Shorties.....

NEW BOOK ON BLACK WATCH

An updated history of the Black Watch (Royal Highland Regiment) of Canada from 1958 until the present is currently being compiled by retired LCol H.P. Klepak, who is looking for personal accounts of services with this regiment.

The update of the regiment's history is to co-incide with the one hundred and twenty-fifth anniversary celebrations in 1987, of the Black Watch's gazetting into the armed service of Canada.

The book will include details concerning training, special parades and events, battalion and company movements, extra-unit employment, and interesting personal accounts of adventures and mis-adventures experienced by former serving members of the Watch.

All those who served with any of the Black Watch battallions are strogly encouraged to send any photos, stories, dates of movements and special events or other such information to:

Canada's Black Watch: The Next Twenty-five Years, Regimental Headquarters, The Black Watch (RHR) of Canada, 2067 Bleury St., Montreal Quebec. H3A 2K2

NEW NAVY STAMP

A NEW Naval Stamp was unveiled to the public at HMCS Scotian on November 11 — Remembrance Day. The Navy stamp was designed by two Toronto illustrators and features naval personnel from three time periods: a gunner's mate from HMCS Niobe, a World War II officer in duffel coat, and an enlisted person in the new summer white dress uniform. The last day of sale for the stamp will be 7 May 1986, assuming the stock of 18,000,000 lasts that long.

LITTLE BLACK DEVILS GET NEW HONORARY COLONEL

Senator Gildas L. Molgat C.D., who has had close to 40 years' service with the Royal Winnipeg Rifles, was installed as the Regiment's Honourary Colonel at a 2.30 pm ceremony Sunday, November 10, at Minto Armoury.

He succeeds the late Brigadier R.S. Malone, O.B.E., E.D., C.D., who served as Honourary Colonel from November, 1971 until his death June 24 of this year.

Senator Molgat, 58, first joined the Regiment in early 1946, on completion of officers' training and served with the unit's Militia Battalion as platoon commander, adjutant and company commander until April, 1966. At that time he was appointed Honourary Lieutenant-Colonel of the Royal Winnipeg Rifles, a position he will continue to hold until his November 10 installation as Honourary Colonel.

A smashing success...



Mrs. Val Yanow, wife of Adm R D Yanow, Commander MARPAC launched one of the brand spanking new crash boats. The new boats will greatly enhance the capabilities of the marine section...
Courtesy Base Photo

Over the top

CFB Comox campaign a success

The 1985 Base United Way Campaign has been by far the best campaign to date. We have exceeded our goal of \$20,000⁰⁰, the final results are not yet in — some donations are still coming in.

The Base UW Committee is still overwhelmed by the generosity of our base personnel. We want to take the opportunity to thank everyone who

helped us succeed in our campaign. We wish to thank Colonel Kadonoff for accepting the title of co-chairman along with the valley Mayors for this year's valley campaign. We greatly appreciated the support received from all the Branch and Section heads, without you our task would be impossible.

In a campaign of this magnitude, we cannot emphasize enough the importance of a dynamic and dedicated team of canvassers. Many thanks for your precious time. Even with all this support, we could not have achieved our goal without our base members' generous donations. A very special mention goes to the Kiwi Club for raising in excess of \$2,000⁰⁰ for the campaign through their fun-filled Annual Wheelbarrow Race.

The statistics show that we had slightly less than 50% participation, the committee was hoping for greater involvement but we understand that not everybody can give or will give.

Speaking on behalf of the Comox Valley United Way Campaign Committee, we congratulate you for your tremendous contribution to the valley campaign. Once again

you have demonstrated how much the military population cares about the community they live in.

Good Show Comox!!

Jean Langevin

Capt

Base UW Coordinator

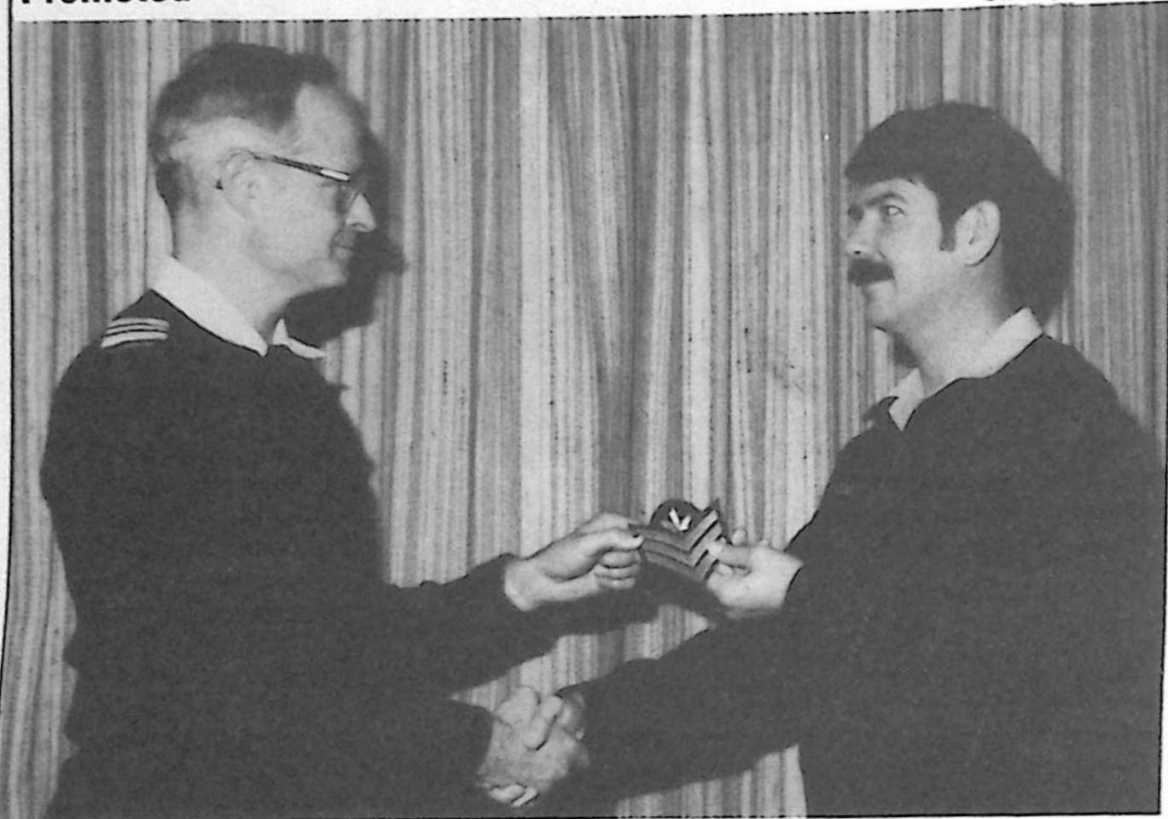
**NEXT TOTEM TIMES
DEADLINE DEC. 2**

SECTION NEWS



BAMSO

Promoted



Maj Monahan presenting

Dave Crittenden to Sgt

First of all I must thank Capt McPhail for so ably filling in for me while I was away with my wife on a trip to Edmonton and Anaheim California for a couple of weeks. I'm not even going to try and explain why we travelled to California via northern Alberta or how we were able to take a trip of that calibre and not spend much more than we would have spent if we had stayed at home. Also, I must thank Bob for being so honest in reporting how much his fish cost per pound. In defence of his writing though I must explain that the type setter changed one word on him which kind of changed the whole story. What should have come out was that Paul Hiebert had been on the inside "tract" of inspection procedures at St Joseph's Hospital. Guess what he was in there for.

We were pleased the other day to meet the future Mrs Wells when Mike brought her around to the work spaces. Welcome to our group Lisa and we look forward to having you around permanently after the marriage next April (that is, if the boss lets Mike off to attend the ceremony.)

I have been so busy trying to empty my basket that I haven't had time to find out what the local gossip is so this will be short. I did, however, find out that Andy, one of our Clerks, is having trouble finding the proper keys on the typewriter. Let her explain that one to you.

We have an interesting situation in one of our shops now that Dave Crittenden made Sgt as that makes two of that rank in a four person shop. Only the career manager knows what is going to happen or when it is going to happen.

While I was on leave we finally received our new BAMSO crested "T" shirts and ball caps and I must say that I like them. Karen Stockklauser from IE/IS Labs was given a complimentary set by the BAMSO as it was her art work that created the crest. You are in good company Karen as LCol Bowes is the only other person to get a free shirt. Both of these items may be purchased from the BAMSO Orderly Room.

I see that we are now advertising the BAMSO Christmas Dinner that will be held at the Westerly Hotel on Friday the 13th of December. It sure would help Larry a lot if those of you who are planning to attend would let him know as soon as possible so that he knows where he stands financially.

That's it for now but the exciting portion follows. Here are the reports from some of our shops.

BRAKE AND WHEEL

Well folks, the smallest section on the base is back in full force. Pierre L'Arrivee is back from a month's leave in Montreal. We understand that there

might be an addition to his collection of expensive toys; a computer!! Mind you, it's only a rumour at this stage.

Jerry Bodner is back from his Patch Test course in Borden. He's still driving that grey firebird of his. Watch out for those female RCMP's Jerry.

As for Caroline, rumour is that she is moving off base. She's still studying to become a dental assistant.

Doug has been giving the section history lectures during coffee breaks. It sure beats hearing about sports. Right Dave?

As for Ted, he's still looking for his matches. Good thing that we have a toaster oven eh Ted?

PHOTO

Felicitations to Cpl Tammy Boucher who was recently promoted to that rank. Even corporals have to spend their time in the Twilight Zone, where the sun never shines. But it's almost time for an adventure because (drum roll please) we are almost operational for colour. With the installation of the new processor came many renovations. It gets mighty confusing looking for stuff in the new Wing Lynch room, or the old Wing Lynch room. And, moreover, moving cabinets, light boxes, chemistry, chemistry, and more chemistry, leads me to believe that a new trade should be introduced in the CF —

Renovation Technician. Any volunteers?

Besides all those renovations we have been kept real busy with a project straight from the brass as Air Command Headquarters. We, along with four other bases, have been tasked with taking photos of various Engineering Officer classifications at work for college type recruiting posters. There have been a few added twists to make the job a "real challenge." It has been a real education so far and, of course, there have been a few laughs — like the Military Engineer who offered to climb the tower, do a triple pirouette and a glide (?) down the guy wire.

The bowling team "Doug and the Slugs" has lots of room for improvement. We changed our name from "Flashers" thinking it would bring us some luck. Ha ha (note the bitter sarcasm.) Oh well, as the old adage goes, "We've no place to go but up."

On that note I shall close leaving our faithful readers wondering "Oh yeah, why do photo techs always take two pictures anyway?"

BASE WORKSHOPS

Here we are with another edition of "As the Machine Turns."

Sports and fitness are very much a part of our lives in Workshops. When it comes to physical fitness, trends don't start easily. Those of us in Workshops devote many duty and off duty hours towards fitness. Two Workshop members, Ken Fehr and Terry Orcutt, have received physical fitness awards.

In our running club we have Terry Orcutt (20 to 25 miles per week), Yvon (Ivan) Tremblay, Ken Fehr, and Barry Silk (16 to 20 miles per week) and Mel Bolton (10 to 12 miles per week.)

Hockey is holding a strong second place and I feel we have the best hockey players on the base. Larry Kozakevich plays on the base team and Barry Silk and Russ Parker play on the intersection team. Stop the Presses Larry isn't skating very fast these days. Apparently the hockey got the best of him as he has been seen lately walking around with a large cast on his leg. As the writer said above, trends don't start easily, and now we can add that they aren't that easy to keep up either.

On the intersection volley-

ball team we have Shawn Elliott, Larry Kozakevich, JC Marquis, Russ Parker, Mel Bolton and Bob Portman.

Our bowling team consists of Yvon Tremblay, Ken Fehr, Barry Silk, George Rispin and Russ Parker.

Many of these people also have personal fitness programs involving weight lifting, cycling, skiing, and swimming and, all in all, I'd say that Workshops personnel are a pretty fit bunch of guys.

(Editorial Note) Understand the Lt Wells has been working out in the gym as well as playing hockey...Is it because he is having trouble pushing those workshops hulks around, or is it pre-marital preparedness?

NAVCOM LABS

Sex, violence, and war...were notably absent from the past month's events here in NAVCOM. (What a cheap way to open a story!) It's not even true though as all three of these topics were well covered.

As far as the first subject is concerned one of our Techs 'claims' to be writing an essay for a college psychology course covering all aspects of sex. If you'd like to contribute any information please send you letters in plain brown envelopes to the first locker on the left in the NAVCOM coffee room.

The section volleyball team members provided the violence but have yet to threaten to take anything other than an iron grip on last place in the league. The NAVCOM members of the BAMSO squad have made their reputations as rough competitors; as the bruises on the body of team star 'Gunship' Sam Dunsmore will attest.

Finally, the spectre of imminent war loomed over the lab as hostilities between the second line Comm Techs and 442 and 407 Squadrons reached a head. 407 lead the attack with repeated barrages of intercom jack boxes and 442 ran interference by not picking up their equipment for an entire week but cooler heads prevailed and an all out holocaust was averted.

On a lighter note, Perry and Louise Johnson are pleased to announce the birth of their second baby girl. Betsy-Ann Allison was born on the 25th of October and weighed in at a healthy 7 lbs 11 oz. Congratulations from the entire shop Perry and Louise.

Another happy event was the

SECTION NEWS

more news from BAMSO

wedding of Duane and Cathy York which was attended by many members of the lab; most notably Sylvie Locas who caught the bouquet.

Sylvie, by the way, has moved out of Tyee Park and into a house in Comox. We've been assured that this latest development has nothing to do with the bouquet incident.

Our two gimpy Radar types, Bob Gauvin and Carl Charko are almost fully recovered. Carl had his cast removed and is up and around and without a cane and Bob had the steel pin removed from his toe. The doctor says that Bob will be able to play hockey this season (A true medical marvel as everyone knows that Bob could never play before.)

Another marvel is the fact that something worth mentioning has happened in the RTT lab. Dave Crittenden received his sergeants and both shops send their congrats and are looking forward to the celebration on the 15th.

Sam had her own celebration as Ed Majden FINALLY left the lab to retire to a life of star gazing and a tour of the famous brothels of eastern Asia. Good luck Ed.

Speaking of going out with a bang. It seems that Perry Johnson got a little carried away with the Lieutenant Governor's visit. When the VIP party was touring the shop Cpl Johnson

turned on a radio and a small explosion ensued. Perry had just invented the "Navcom One-Capacitor Salute". Well done 'Boomer'.

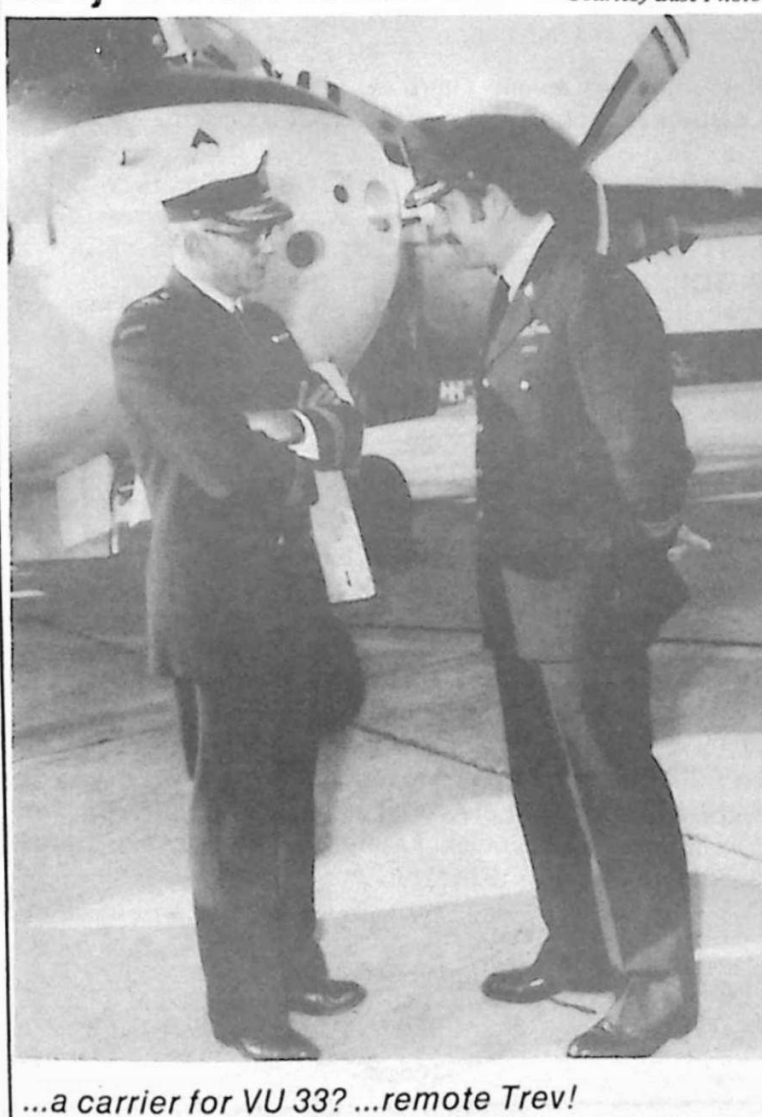
The salute was almost as successful as the First Annual Navcom Invitational Apple Bobbing Championships. It was organized by Dave Maloney and Bruce Aitken and saw the competition from I&E labs totally outclassed by the obviously better prepared Navcom team. The victors were Sylvie Locas, Perry Johnson, Bruce Aitken and the game star, Steve Walters.

Also in sports, MCpl Barry Whillans was in Chilliwack representing the Pacific Region at the CAF Nationals in the 15 kilometer road race and the 8 kilometer cross country, finishing 16th and 18th respectively. The Pacific region as a team finished fourth and Barry described the competition as "top calibre".

In conclusion, here's a quick roll call of courses and leave., Bruce Aitken is on course in Shearwater until Christmas. Marc Neumann is on leave in Kitchener. Warren Sutton is going to Trenton on course for the month of December and Joe Glidden has showed up again between flight simulator courses. The rest of us are just going about business as usual, which is what I should be doing right now, so until next time, ..bye.

Navy Veterans confide...

Courtesy Base Photo



...a carrier for VU 33? ...remote Trev!



VU 33 Squadron

AIRCREW

Throughout the last two action-filled weeks at VU 33, weapons familiarization and qualifications have taken place. Our token Frenchman took the time to set it all up and the aircrew fired the 9 mm over two days. The day I went, Bob "Russian" Ouellette showed his familiarity with weapons and took top honours but the second group had no braggarts so Bob probably took first place. Andy Clark, on the other hand, had a few problems and looking at Normus Potvinus' hole in the back of his head, it doesn't take much imagination to figure out what happened.

Demonstrating our proficiency in diversified areas of ability, the squadron's officers joined the actors guild, presenting the gala performance of "Navy Recruits". This brainchild of Sir Rolland of Acorn was written and cast to match each specific person's actual personality or fantasy. Our beloved CO performed his desire for future postings, acting out the part of Capt Mindgrinder — Naval recruiter. Normus Potvinus attempted to portray a fluently bilingual human rights advisor. We hope his French is as good as his English!! Hidden behind used axle grease, hair tonic, sunglasses and home-brewed tonic, Donnie "wonder" made an appearance trying to join the Navy and of course Normus demanded his admission — oblivious to Mindgrinder's complaints. Showing his true gay colours, Bobby Oh!lets jumped the scene and the audience found themselves at the mercy of a roving gay per-

vert. Bobby (using his street name Rodney), flirted with the Admiral because he'd heard the Naval Chief was looking for aids, but Rodney was looking for any new positions. Of course, Mindgrinder had no choice but to allow Rodney admission. The third recruit was Mountain Mike acting the part of "Mike the Knife", an ex-con and thief with his shirt rolled up and belly rolled out. (This didn't take acting). Arriving at the recruiting desk with a stolen purse, an arm full of watches and a switchblade, Mike was looking for employment where there would be a cash flow and naturally, the Navy was resigned to take him. Last of all, a true Easterner arrived on the scene clad in rain gear and rubber boots, toting his pet seal. Rollie shared his fishing experiences off the coast of Newfoundland and demonstrated that he indeed is a true sailor but alas, human rights can find no place in the Navy for a true sailor so our Navy must go on as it is today. The skit was wrapped up with a short song closing with a verse to our fiesty Admiral from the fiesty Squadron.

ANKR 99

TECHSIDE

Last week's plea for a replacement has gone unanswered to this point, so I will poke at the typewriter once again. Although my request was read by many I can only feel that those persons who might have been interested in writing the article, feel that I am doing a good enough job. (I won't hold my breath on that last statement.) The squadron hockey team is still having a tough go at the standings although we did get TV coverage. Wayne Southward

was kind enough to bring out his video equipment and tape our Wednesday game. We probably could have won if it were not for most of us being camera shy and the rest puck shy. One good thing came out of the video, we all got the opportunity to see just what mistakes we were making. We had somewhat of a hard time from the non-hockey players in the squadron whose constant laughing in the background of the canteen made it near impossible to converse with each other on the problems we are encountering. Saturday night last week brought about a game against a local team who showed us what the video didn't. The score, well you had to be there to appreciate how hard we played.

Away from the squadron are Chris Shelley, Ron Fortin and Lyle McManus. We have recently acquired a new face in the way of a rigger to help out and learn the way. Pte Oliver came to us from Borden and is the first of a few new faces who will be showing up in the next couple of months.

The bowling team is pulling through with no one in front of them in the standings. With a first place lead and Bill Kerekes' name plastered all over the high rollers board.

On the technical side, Monday morning brought a rash of green lights on the stat board. The long hours last week paid off and they are all capable of getting off the ground and that includes the one that has been off the ground and is still waiting for a piece or two.

Have a good week and give the writing of the paper another thought; it can be fun and a way to get back at someone (I didn't say that I just heard someone say it.)

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It's useless to try to hold a person to anything he says while he is madly in love, drunk or running for office.

EDITORIALS

Cops human too!

Policemen, believe it or not, are human. They come in both sexes but mostly male. They also come in various sizes. This sometimes depends on whether you are looking for one or trying to avoid one. However, they are mostly big.

Policemen are found everywhere: on land, on sea, in the air, on horses and sometimes in your hair. In spite of the fact that "you can't find one when you want one," they are usually there when it counts most. The best way to get one is to pick up the phone.

They are required to have the wisdom of Solomon, the disposition of a lamb and muscles of steel, and are often accused of having a heart to match. He's the one who rings the doorbell, swallows hard, and announces the passing of a loved one, then spends the rest of the day wondering why he took such a crummy job.

On TV, a policeman is an oaf who couldn't find a bull fiddle inside a telephone booth.

In real life, he's expected to find a little blond boy "about so high" in a crowd of half a million people.

In fiction he gets his help from private eyes, reporters, and "who-dun-it" fans. In real life, mostly all he gets from the public is "I didn't see nuttin'."

When he serves a summons he's a monster. If he lets you go, he's a doll. To little kids, he's either a friend or a bogeyman, depending on how the parents feel about it.

He works around the clock, split shifts, Sundays and holidays and it always kills him when a joker says, "Hey, tomorrow is election day, I'm off, let's go fishing." (That's the day he works twenty hours).

A policeman is like a little girl who, when she was good, was very very good, but when she was bad, she was horrid.

When a policeman is good, he's a grafter and that goes for the rest of them.

When he shoots a stick-up man, he's a hero except when the stick-up man is "only a kid, anybody coulda seen that."

Lots of them have homes, some of them are covered with ivy, but most of them with mortgages. If he drives a big car, he's a chiseler, a little car, "Who's he kidding?"

His credit card is good; that's very helpful, because his salary isn't.

Policemen raise lots of kids; most of them belong to other people. A policeman sees more misery, bloodshed, trouble and sunrises than the average person. Like the postman, a policeman must also be out in all kinds of weather. His uniform changes with the climate, but his outlook on life remains the same: mostly blank, but hoping for a better world.

Policemen like days off, vacation and coffee. They don't like auto horns, family fights and anonymous letter writers. They have an association but they don't strike. They must be impartial, courteous and always the slogan "At Your Service." This is sometimes hard, especially when a character reminds him "I'm a taxpayer; I pay your salary."

A policeman gets medals for saving lives, stopping runaway horses and shooting it out with bandits (once in a while, his widow gets a medal).

But sometimes the most rewarding moment comes when, after some small kindness to an older person, he feels the warm hand clasp, looks into grateful eyes, and hears, "Thank you and God bless you, son."

Courtesy Sealandair, CFB Edmonton.

Stress...use it to advantage

Nature equipped our bodies to cope with stress, a blessing in this ever-faster moving world. Being under pressure from time to time can be good for us, forcing our heart to beat faster and raising blood pressure to get us ready for "fight or flight."

In this situation we can become more alert, productive, efficient and successful if we control the severity and duration of these peaks. If we can't and it seems the stress never ends, then our bodies might begin to break down under the pressure. Headaches,

ulcers and chronic high blood pressure are just a few of the possible consequences of staying too long in the fast lane.

Most people welcome the lift the occasional stressful period can give. A person's mental make-up and conditioning determine whether stress improves or detracts from their performance. For example, if you're happy in what you do, even long hours of very hard effort will have no ill effects. On the other hand, a person who hasn't learned to use leisure time constructively may

become ill just from sitting and brooding.

Other mental factors which can lead to stress are an inability to accept change, allowing yourself to be bored and not doing anything about it, always putting things off until the last minute and trying to achieve unrealistic goals.

If dealing with stress becomes so unbearable it leads to depression or physical problems, consult your doctor. He or she will carefully seek out the cause of your problem and prescribe the right treatment.



Next Totem Times Deadline December 2nd

Did you know?

(NC) — The beaver has been used as a symbol of Canada's national parks for almost 50 years. The new stylized beaver also identifies Parks Canada's role in heritage preservation at national historic parks and sites and heritage canals. During 1985 National Parks Centennial, the beaver logo will be seen on banners, posters, T-shirts, sun hats, pins, etc. Some of these items will be for sale at Parks Canada sites and in the Canadian marketplace.



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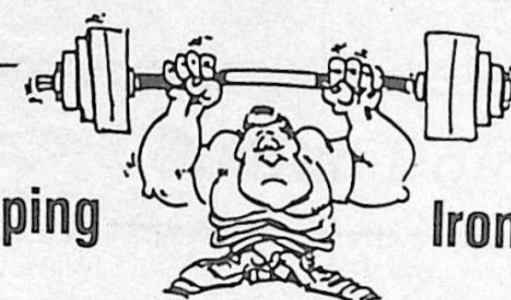
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EDITORIALS

Pumping



Iron

The dangers

"Pumping iron" may be a good way to raise a sweat and some extra muscles, but it also has its dangers.

Dr. Wayne Walker of Victoria is a chiropractor who has seen the results of training improperly with weights. He is president of the B.C. Academy of Chiropractic Sports Sciences and personally treats weightlifters and athletes in other sports.

"People can sometimes do lasting damage to themselves by not observing simple rules," says Dr. Walker.

"Damage could run from a simple muscle strain to torn or ruptured tendons and ligaments, and even joint dislocation."

To forewarn weightlifters about possible dangers, Dr. Walker offers a Code of Caution on the sport compiled for the Canadian Chiropractic Association.

Professional instruction is crucial. Routines should be personalized after an assessment of your balance, symmetry, flexibility, general build and age.

Start with a warm-up of at least three minutes per body part to be exercised.

It's not what you lift, it's how you lift it. Get your technique right before increasing weights. It is also best to work with a training partner. Balance, breathing and overall form should be right before trying a higher level.

Weight training may not help to heal a joint or back injury. If you do have an injury you should first seek the advice of a practitioner who is familiar with your sport and who can give you guidelines.

Proper nutrition is essential in weight training. That's because of the increased physical demand on the joints, bones and muscle tissue. Appropriate protein and mineral intake is essential for the tissue to maintain strength.

Use an aerobic exercise in conjunction with weight training. Try jogging, swimming or cycling to boost the cardio-vascular system.

Don't use steroids of any type as they ultimately cause serious damage to your liver, heart and other organs. Be natural!

If you are 30 or over, and in heavy training, exercise a specific body region only two or three times a week.

Breathe regularly during exercise. Don't hold your breath while forcing a weight. It could cause a blackout or a burst blood vessel. Inhale on a pull, exhale on a push.

"Training with weights can be an enjoyable and beneficial activity for people of all ages," says Dr. Walker. "But proper care must be taken to learn how to lift correctly."

M.S.E. Driver Safety

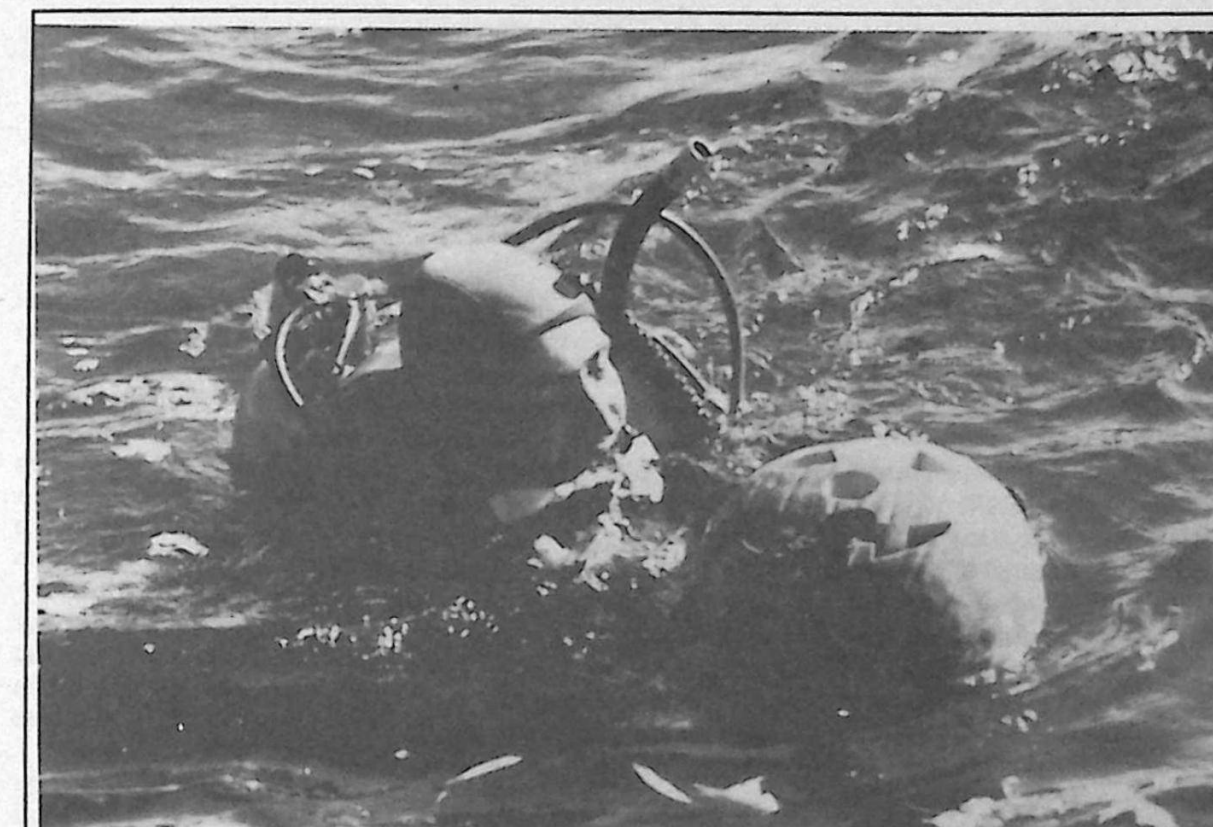
What would you do?

You're driving in a residential area at 50 kph. There are cars parked at the curb on your right. You see a girl standing in the roadway beside a van and then you see a ball rolling out into the street just about 55 feet in front of you. What should you do?

☐ Honk, medium brake to slow, cover brake and be prepared to stop.

☐ Honk, hard brake to stop and then proceed.

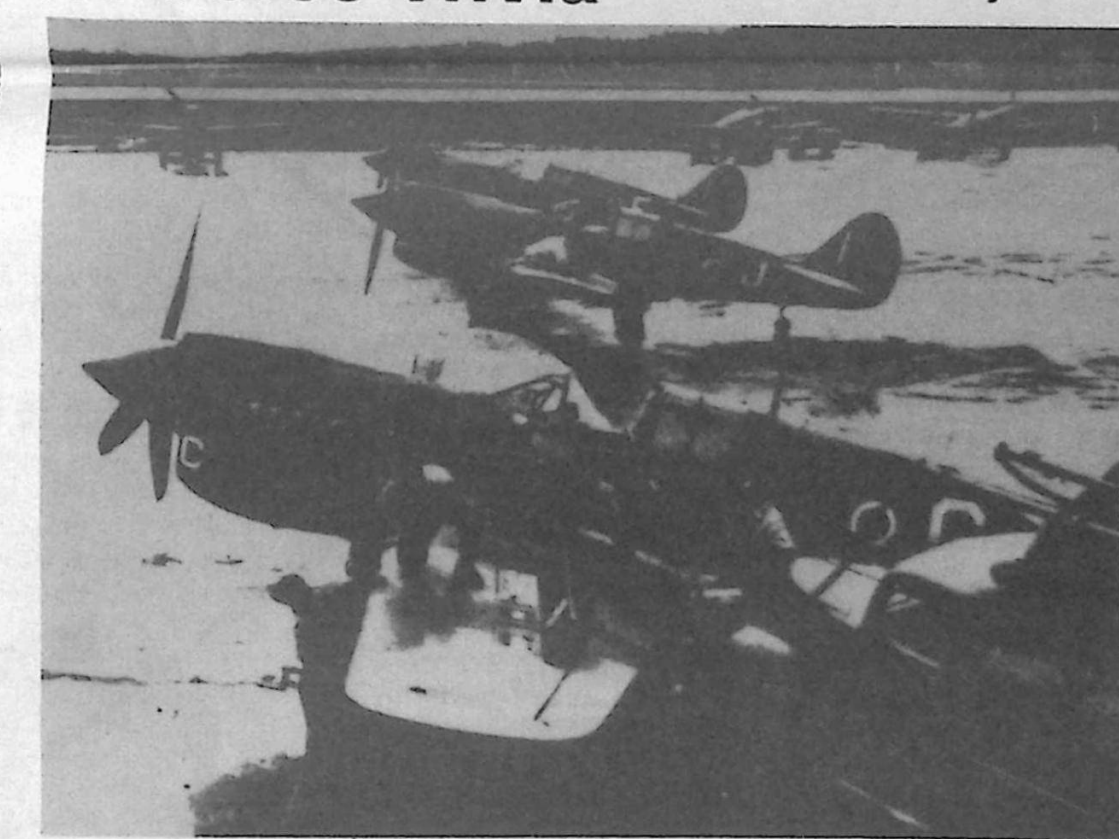
Answer on Page 22



Floating Jack-o-Lantern — Cpl Christian Jacques brings ashore a Jack-o-Lantern at Shanty Bay Ontario. He participated in the annual underwater pumpkin carving event held by the "Aquateers of Canada", the Canadian Forces Base Borden Scuba Club. Cpl Jacques, a photo tech, and his partner Cpl Laurent Levesque took approximately twenty minutes to carve the pumpkin three metres below the surface. The Jack-o-Lanterns were presented to the children's ward at the Alliston Hospital.

Canadian Forces Photo by Sgt D. Brakele

Air Force Trivia What? Where? Why? When?



Answer from last issue

RCAF North Star burning at Watson Lake, Y.T. during the winter of 1949.

Cause: static electricity!

SECTION NEWS



Demon Doins

AIRCREW

When the Big Boss comes to visit it can't be said that our squadron doesn't put on a good show — literally. During the recent visit of the commander of ParPac, RAdm Bob Yanow was treated to a presentation from our Squadron's funniest men, specifically the CO, SopsO, Flt Comd, SAMO, SStando, NStando and last but definitely not least, VPCC Crew 5. The skit was presented in the Officers Mess during the recent Navy Night. Unfortunately, no photos have yet crossed this writers desk, as I'm sure they would be a valuable item in a blackmail deal. Picture this if you can ... LCol Rogers, Maj Bishop, Maj Thomas and Maj Caddey dressed in their long undies, surrounded by cardboard in the shape of boats... Nice legs, guys. Maj Eby was doing his imitation of our very own CP 140 across the stage (if only he could really fly like that!) and Maj Mazey was the leader of this somewhat motley crew, decked out as the Admiral himself, whites and all. But the star of the show was Maj Hansen (I think), who did an outstanding rendition of the Goodyear Blimp in a dress, while holding the applause signs. The entire show was very well received, and I think the crowd enjoyed it as much as the cast obviously enjoyed doing it.

But you can't say this isn't a cautious group — the investigators and the XO immediately up and left town, leaving only Maj Caddey, who hasn't been seen on the second floor since, Maj Mazey, who hides out in his cubby hole in the *Think Tank* down the hall anyways, thus with no alternatives the CO quickly promoted Maj T, seeing he wasn't busy anyway, to A/CO and A/XO, and made Maj Small A/SopsO. The colonel wasn't without a heart though, to make Maj T's job a little easier, he also sent Crews 6 and 7 to NAS Moffett, California, under the pretense of a READIEX, and he sent Crew 3 to lovely Greenwood to do some OOA ops. The squadron is abuzz these days wondering if Maj Hansen brought that cute blue and white item along with him on the trip.

As mentioned in the last article, one of VP 407's most eligible bachelors is no longer. The infamous Ken 'OB' O'Brien was wed last weekend — but he didn't get away easily though — a stag to be remembered was held a couple of days prior to his wedding. Shortly after his arrival at the RCAF Association, the ball and chain (approx. wt 451 lbs — 20 kgs for the young folds) was attached. This was taken in stride by the hubble to be, however not long after this the local RCMP busted in and hauled him away to the local constabulary. The charge? Need you ask? After being booked, finger printed, and asked to blow into a little tube (somewhat over .08) he spent some time in the nice little bachelors pad they supplied. The suspect was finally released on his own recognizance? and was handed a summons to appear at the church the following Saturday. The much shaken up ex-con was then returned to his party, only to be grabbed by a vengeful Italian and his group of thugs, who attempted to shave a heart in the forest of chest hairs, which in the end appeared more like a large round hole. Having had enough fun for one evening, OB departed and the wedding went off without a hitch. One wedding gift of note was the Flt Comd's who gave OB an immediate all expense paid trip to Staff School in Toronto for 3 months. Hey, wait a minute — someone better tell Maj Gibbs and Capt Wilson that the Stag is over!

DIAC MAINT

DIAC Maintenance has been fairly active since our last article. Upgrading of section personnel qualifications created an almost constant juggling of maintenance crews.

In October John Hausen and Roger Skidmore ventured to CFB Borden for a couple of weeks. Successful completion of the SIT 1 course has given them a better insight on the preparations necessary to become part of the DIAC Training staff. Well done guys!

On October 30, the section organized a SAMO sports af-

ternoon. The turnout wasn't quite as large as expected but we hope everyone who participated had a good time. Congratulations to the AM-CRO staff who now have won the trophy for the third time. A special thanks is extended to the REC staff for their help in making the activities a success.

We bid a farewell to Sgt Jones after his short stay and extend out best wishes to him as a new member of the Base QA Section.

Lately Roger has found ways of spending his new-found wealth after his promotion. If anyone should see a white Toyota Tercel doing things meant for large 4 by 4's don't be alarmed. It's only Roger having fun with his new toy.

As Christmas is rapidly approaching, everyone is busy making preparations for this joyous season. The DIAC Christmas party is scheduled for December 16th. We hope everyone has almost completed their Christmas shopping and ready to enjoy the coming festivities.

ARMAMENT

The time has come once again, when one or two Armament personnel will be allowed to walk on water, a few

will wade in the water and the rest of us will splash like crazy.

Tidbits

Sgt Chris Stoyles was seen leaving WO Greg Clarke's office with dust on his knees. He probably was trying to get an exotic TD trip for 2 Crew. Armament maintenance "Phantom Movers" have struck again. Arm't Servicing has been relocated to a new winter domicile, away from the back porch. Sgt Jim Zotek is working frantically to get the old TV fixed. Seems like his men are downcast, they can't kick off the day right, unless they watch "The 20 Minute Workout", first.

Congratulations to Cpl Glen Rooke on his new promotion to that rank. Seen a lot of new faces over at the Torp Shop. Rumor has it Sgt Johnston may be taking a trip soon. Probably trying to get equal rights for his Torp Techs since Greenwood gave their Techs Saturday and Sunday off.

Back in Standards, Sgt Waldron and MCpl Bob Earl succeeded in bringing most of the Sqn to their knees, having everybody pick up brass. The RSOs did a super job, they controlled everything but the weather.

The price of Pacific salmon

skyrocketed in Ottawa the other day; ArmPO received overseas screening for the following Demon Techs: WO Greg Clarke, Cpls Steve Wilson, Mike Labrie, Mike Marlow, Alain St.Arneault and Ron Burrows. I will check out the D.D.R. Pavilion at EXPO as a consolation.

Courses, courses, courses — always going East never West. MCpl Bud Englund is off to CCMC, CFB Borden, Cpl Dave Colquhoun, Harpoon Famil. at Tuktoyaktuk. Cpl Pete Legault and Pte Tom MacInnis are heading to CFB Greenwood for Pre-POET. Cpl Ron Burrows and Pte Gary Mick, whose photos are beginning to fade on MWO Henwood's location board are still attending POET somewhere in Eastern Canada.

There was a tremendous upswing in the section morale recently, when WO Clarke's office was deluge with Armourers, volunteering for parades and Guard of Honour. Sgt Ray Steil's 3 Crew led the pack. Sgt Jean Maltais's 1 Crew was an emotional second.

Finally, we welcome all Armament personnel and their guests, to attend our upcoming Christmas bash.

Have a good one.

—Accelerated to Cpl...well done!



—Lynn Greentree accepts

—Capt Ray Cossette presents

SECTION NEWS

...more Demon Doins

UPSTAIRS UPDATE FROM AM-CRO

Well with summer long gone and winter fast approaching, it is once again time to pass on all of our late summer and fall news, prior to going into hibernation; so here goes—

Not so long ago in the land of the "Upstairs People" SAMO, threw down the gauntlet (challenge) to all of us, to try and defeat him and his partner at horseshoes. This was a good excuse to have the annual cornboil at Kin Beach and so the wheels were set in motion, unfortunately his challenge was stronger than his pitching arm. As this event progressed the DAMCRO and a darkhorse "ringer" a certain "Mr Miles" formerly with the CAF, defeated all comers until the settling of darkness, whereupon the Research Dept fielding the second senior team (AK Jones and Rock St-Pierre) made a startling come back to take the overall in this event.

Later, as the fire burned brightly, fueled by entire companies efforts in firewood gathering, which were led by the chief stoker, the food and drink flowed freely and a fine time was had by all, until at last the final cob of corn and bratwurst was eaten, and the fire was doused.

Birthday salutations this past month were given out in the form of a very large pumpkin shaped cake to the Tech Adj "E.T." Martin, DAMCO; Jim McKendry, ADAM Man; John Arbie and Kevin (QA) Buell. This turned out to be a farewell party for Kevin Buell as well as he has since been seconded to the Base QA Team as the VP 407 Rep. This organization is led by a former upstairs "SHORT-TIMER" Bert Keryluk, and has its HQ's in the former No. 1 FSU (Flying Suitcase Unit) spaces in down-

stairs No. 7 Hanger.

A hearty welcome to the following newcomers to the SAMO Dept, Sgt Wayne Irvine, the new Sqn TTO, recently arrived from Cold Lake and who has taken over the duties which were formerly handled by Vince Ruholl. Now Vince can devote more time to Log Control and should soon have a firm grip on things, particularly Marilyn! Next is Chris Rasmussen our new half day Clerk-Typist, who comes to us from the Squadron OR. We also have an internal transferee from servicing, Alan Brown, who is recovering from an argument with a semi-trailer and is presently employed as a rover for the Log Control/Research Office.

On the 30th of October the SAMO Section trophy went up for grabs and needless to say the AM-CRO Section were once again the winners!! followed closely by the Engine Bay Fitter entry. Incidentally, the DIAC Maint Team who were the last winners of this event are to be congratulated for doing such an excellent job in organizing the Sports Tableau. Our thanks to them as well as the Base Rec Centre for a job very well done. The Competitors/Supporters Party followed at the Glacier Greens Social Centre where the winners were presented with the trophy (third time out of four, not bad eh!). They also had their photo taken for posterity. Much merriment followed.

Once again we have expanded the work area and have been allotted another aroom which is now an integral part of research, complete with an archway which certainly aids in the air circulation. This area is occupied by the Avionics Wing of Research and is large enough to contain all the Course Precip' which Bob Shentaler has gathered while on his latest

course down in the "Valley". Welcome back Bob! This area also contains the Research Data terminal and records. Another possible reason for the improved air circulation, and consequent lower section temperatures has been the fact that Pam has been wearing her new "Blues" on a regular basis as this has definitely increased the number of "Viewing" visitors upstairs, as a matter of fact the door closer on Door #152 had to be repaired because of this!!

Musical desks has also been played once again by A.K., and Roch who are again out "in the arena" as the MWO, MFWIIC has claimed their office for his own, his former desk being allotted to the aforementioned half-day Cpl Clerk/typist.

SERVICING 3 CREW

Here we are approaching Xmas once again and the strange case of Party Fever seems to have hit once more. The Crew party will be held 13 December at the Comox Fire Hall — things are bound to be hot.

It must have been a long cold summer in the valley because the Stork will be making his appearance at the Haswell, McMahon and Boyer households this spring. Congrats to all.

The annual fall trip to Moffett Field is well under way. Good Luck to all.

A couple of promotions of note — Congrats to Sgt Doug Warriner and Cpl Ed Walker. Congrats also to Ed on his recent engagement. Wanted to be a rich Cpl first eh?

Seems Greenwood finally broke down and admitted they need help, so we sent Cpl's Levac and Carruthers. Hope they have a good time.

Thats about it this week so to all a good night.

P.S. Dev, phone home. We miss you. Love 3 Crew.

Junior Ranks X-mas Party Registration

Member's Name	Age	Sex
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 yrs 3:30 — 5:30

on the Lounge side.

J.R.C.



Truckin' tales

An update on the trucking world! (I know, I know, it also includes the Marine section, BM(L), and BTFC).

In case no one has noticed yet, renovations to the Bldg 101 (MSE garage) facade are completed and the new facelift has made it a nice place to come to work again. Our sincere thanks go out to all those working stiff-fs of BCE for putting up with the dumb questions from all and sundry such as to why this or that pipe should go here or there etc.

Base Transportation held a smoker recently at the Base Social Center. The event was well attended by a good cross-section of our organization. A plaque and retirement gift were presented to MCpl Swaagstra of BM(L) on the occasion of his retirement from the CF after 27 years. Peter and wife Greta have retired in the Valley and we wish them both many happy retirement years.

Pte Sylvie Boisvert is retiring early to become a full time homemaker and MCpl George and wife Jamie Bendell are heading for Petawawa.

From the MSE side of the house we said goodbye in absentia to Cpl Melissa Cave who has remustered to ATC and is now doing OJT with BATCO until her course begins in Jan 85. (It will be reassuring to all, I'm sure, that there is at least one professional driver now part of that organization.) Mr. John Monks of GPV is leaving us for shelter in the Coast Range. He has accepted a permanent MDO position at CFB Chilliwack. To John and all those others who have left — go with our very best wishes for the future.

During the same smoker we had the pleasure of welcoming Sgt Rick Holland who has joined BTFCO (F&E) also, lest my memory fails me, the "Chief" introduced PO Johnson to the Marine fold. The only thing that surprised me is why he got so upset when the BTNO said the Spit was "Such a pretty place"! That paltry 14 years of seniority over the Air Force got the better of him again.

Why have some of the men taken to the habit of hanging around the canteen lately when they hardly were ever seen before? Easy! The five new members of MSE — Cpl Linda Burton, and Pte's Lea Brandt,

Carol Perry, Maryse Poulin and Louise Boudreau. Ah well. The secret is out. MSE now has fourteen female drivers. We welcome the five new drivers and hope the men will now get back to work.

Our team of competing drivers have returned from the national Roadie in Borden unsuccessful in their bid to bring home the trophies. They did commendably, however, and we're proud they represented us. There's always another year lads!

Congratulations to the new Cpl's Cardinal and Saunders on their recent promotions. While we are on the subject of pats on the back, sincere best wishes from all of us to the Smallmans. Heather gave birth to a healthy boy on 21 October and, not to be outdone, Cheryl Snook also had a baby boy on 28 Oct. Kirk and Spud now don't have to go around explaining why they have such big grins on their faces.

Better late than never — Cpl Susan Gettis became Mrs. Peterson, having married MCpl P. soon after arriving Comox in June. Our best wishes to you both.

Dee Crawford won the First Snowball draw at the canteen and the pot is now fattening up for Christmas. We gave Dee a mini tractor-trailer last summer if she promised not to play golf again, now what can we give her to keep her away from bowling. I hope Delia Parker plays for us again next year, her form shows great promise. Sadly, I must announce her lateral transfer to BHQ effective 01 November. We shall all miss you Delia, thanks for putting up with us for 27 months.

Can anyone tell me why a sailor with over 33 years service would take a sailing cruise on his holidays? Welcome back ruddy faced one, we promise not to tell how much that new golfing hat cast ya! Before closing, for those who pride themselves with being baseball experts, here's a little brain twister for you:

If one player goes to bat three times in an inning and makes all three outs, what's the maximum number of walks his team could receive in that inning?

First person to call MSE with the correct answer gets a tour of the Base in a brand new black Reliant; we'll throw in a radio so you won't get lonely.



442 Squadron

No, sports fans, the flying snakes didn't miss deadline this issue! Herewith, submitted for your kind consideration and perusal, a report on the activities of B.C.'s favourite SAR Squadron:

Congratulations go out to our newest Buffalo Aircraft Commander, Captain Lauritz Mamen, who completed his check ride yesterday amidst two operational Medevacs with the Standby aircraft. Also on board, and getting more than she bargained for, was medical officer, Captain Cindy Boudreau, of CFB Greenwood, here for contact training in the flying environment as part of her flight surgeon course at DCIEM Toronto. Captain Boudreau, along with MCpl Mark Mayo of the Comox Base Hospital, supervised the Medevac of Pte Landry of 407 Servicing from Comox to Victoria in the morning, and then later that night, escorted a comatose civilian patient from Port Hardy to Vancouver. Interspersed among these operational duties, was a practice pump and SKAD drop, live para drop, mountain contouring and a streamer exercise as part of the check ride. In all, a busy day for the Buffalo crew incorporating both valuable training and operational experience.

During the past weekend, the Buffalo Standby crew managed several flying hours, as they delivered a pump to a 38 foot sailing vessel taking on water off Estevan Point; later in the day (Saturday) they conducted several airtests for the servicing section. Sunday morning saw the crew transporting another front-end crew to Sandspit to bring aircraft 456 home following an engine change. A good weekend's work for Captain Mark Zwanski and crew.

On the personnel side, Captain Tom Lindsey is away until Dec 20th on the much-coveted ICP course in Winnipeg, and Lt Rick McClure departed Monday for the Flight Safety Officers' course, also in the 'windy city'. Captain Ron Hilborn has returned from Snowbird tryouts, disappointed that he won't be a 'Zoomie' next season, but grateful for the experience and chance to loop and roll and go fast once againyou can make a pilot

out of a little boy, but you can't take the little boy out of a pilot!

From the rotorheads comes news that Captain Mark Levesque has departed the fix for the Marine SAR Course at TCTI (You ATC guys know where I mean....!) in Cornwall. In line for the next sojourn in Cornwall is Capt Mike Vermette, also of Lab Flight. While we're on the subject of courses, Flight Engineer MCpl Brian Cornish is away on JLC in Penhold, enjoying double-digit minus temperatures and no doubt a little more white stuff than we've seen here (so far).

The Lab Standby crew were 'scooped' on Saturday by the Buffalo on that Marine Distress, as the pump was dropped and the Coast Guard on scene before the helicopter arrived for a flypast and RTB. Major Reg Lanthier, our illustrious Flight Commander was undaunted however, as he and acting Aircraft Commander, Capt Ron Greenaway located and Medevaced a missing and injured hunter near Holberg on Monday. Later that same day they Medevaced an injured man from a fishing vessel near Egg Island to Port Hardy. Tears could be seen in the major's eyes as he broke the news to his weary crew that they were crew resting in Port Hardy that night!

Elsewhere in this issue are photos of the presentation of three Chief of Defence Staff Commendations to Squadron members. Master Corporals Gary Carter and Bruce Best garnered this prestigious award in recognition of their action during SAR 'Royal Princess' on 27 June 1984. The two, MCpl Carter in the Labrador operating the hoist, and MCpl Best in the water and in a zodiac lifeboat, succeeded in hoisting ten elderly and very cold survivors to safety from storm-tossed seas in high winds. Master Corporal Gerry Boucher was recognized for his efforts during SAR Goyette, in May, 1983 while he was posted to 424 Squadron, Trenton. MCpl Boucher was hoisted into the crash site of a Norseman aircraft in dense brush on a steep hillside near La Tuque, Quebec. Working in darkness and alone, MCpl Boucher treated a survivor for her in-

juries, and later dragged the victim in a litter some 200 yards through dense brush to a suitable hoist site on a logging road. Later, he searched the area for additional survivors, and locating another victim, treated him for a fractured arm and shock. Congratulations to these three Squadron members for their display of professionalism 'above and beyond'.

That's it for the aircrew side this issue. MCpl Norm Blondel has all the 'gossip' from the main floor, next...

FROM THE MAIN FLOOR

The Editor was too kind to us last issue: we didn't miss the deadline, there was nothing to write about. Everybody was hard at work, not doing amusing or unusual things. Nobody was promoted, or arrived, or departed or excelled in sports. The pickings are still a little slim this week too, but I did learn something new. It seems that a married Airlady in our group was bemoaning the fact that her attempts to start a family have been put on hold because her husband broke his foot. If that is a limb we're talking about, he has my sympathy. If it is a measurement, then he has my envy. Anyway, I'm sure that love will find a way, and eventually clothing stores will issue another special uniform. Hang in there Airlady.

Actually, there is news — of a sort. The renovations taking place over in Servicing are not confined to walls and furniture. Under cover of plaster dust, two of our more venerable members were whisked off to the new Base Quality Assurance Section. Bill Ouellette and Norm Blondel are 442's contribution to a project which will raise Base Techside to the already high standard set by 442 in the last AMIT. Gord Kehoe, Dick Lathigee and Mike Dunham were 442's original QA team. New arrivals at this time are Cpl John Raine from Baden-Soelingen and Pte Dan LeFebre from BAMSO. Welcome to 442.

I tried to elicit some sports news from the hockey team but it growled at me (something to do with being on a not winning streak), the trophy bowling teams seem to

be having start up problems, but Siren Sandy from Safety Systems is happy — her volleyball crew are 6 and 2 going into the last few games before the half season ends at Christmas, and this puts them

in first place. Ab MacDonald also has a big bowling achievement that I've not been able to contact him about, so we will save that news for the next Main Floor column, in two weeks time.

Gen Theriault presents CDS Awards...



MCpl Garry Carter

SAR Royal Princess — July '84



MCpl Bruce Best

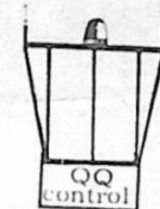
SAR Royal Princess — July '84



MCpl Gerry Boucher

SAR Goyette — May 1983

SECTION NEWS



As The Beacon Turns — Base Supply

Well as you all know last article was very long but in a very puzzling format. This article I will try to keep my train of thought straight forward but there are some things that are beyond my control.

The white stuff has finally started to fall around us and while many of us sleep the night away in our cozy warm beds, there are those lucky few who diligently work all night to try to keep the snow off the runways. The tower personnel call out the Snow Removal crews and they have the runways to themselves as they push, blow and scrape the snow/slush/ice from the runway surfaces and try to have the runways cleared by dawn. The ATC section expresses many thanks to the crews for all their hard efforts.

Congratulations Captain Jim Hatton on your recent promotion as it is well deserved. He will be heading to Cornwall in January for the IFR segment of Air Traffic Control. Good luck Jim! In checkouts around the section Cpl John Koidhis is doing as well as expected under the circumstances. Keep up the good work John. MCpl Frank John-

son has been busy doing all the Prescreen testing for his upcoming time in the Sinai. Cpl Marcel Pepin is off for a month in his hometown in Quebec. Capt Joe Pacowski is presently enjoying the sun in Palm Springs, he will be coming back next Monday. Capt Pat Wolfe-Milner is acting CC Tower in his absence.

A tour of the Campbell River Flight Service Station is leaving this week with Capt Wolfe-Milner leading the section OJTs through the FSS facilities. Next Monday, the BATCO and seven other personnel including two technicians are going to Vancouver ACC on a familiarization tour.

The entertainment is preparing itself for the BOPS Christmas dinner to be held on the 13th December at the D'Estere house at 1830 hours. Ticket sales begin on the 23 November and will definitely go fast. The committee has advised that persons attending will get a rebate from monthly section dues. The ATC/MP Orcas won one and lost two last week. They were defeated soundly by 442 and the 407 Devils. Paul

Anderson scored once in each game and Steve Tinker and Tom McQuade got a goal apiece. The fired up Orcas then played the 407 Demons and burned them 6-4 behind a total effort of everyone. This was the best game the Orcas have played this season. Legs Millet had a superb game in the nets, while Deke Hatton found some new moves and normally Slow Motion Tinker found a higher gear. Deke and Slow Motion both scored twice while Shots Worthington and Shine Parkin saw the red light once.

The ATC section also has a curling team consisting of members Joe 'Pacman' Pacowski, Lloyd 'Freezedried' Friesen, Dale 'Second' Campbell and Team Captain Neil 'Ice' Garlough with standbys Michelle Millet and Lorraine Comeau. Their record so far is two wins, three losses and a tie. Second Campbell figures he curls at 95%. Team Canada is looking for you!

Someone in the section has been extremely quiet about the "small" package they were told to pick up at the MOT Terminal. This could generate a lot of interest if anyone figured it out. Right Steve!

RTF

Well, Supply, it's nearing that time again. That's the Yuletide Season, with all the parties and gift exchanges (etc).

Let's just hope the Supply Team who went to Germany for the Curling Bonspiel remember this.

Now that we've all recovered (?) from Remembrance Day, what will be next?

For anyone who phones Upstairs Supply (mainly either Supply Admin or Stocktaking) please turn down all machinery and radios, as it might interfere with the mumbling on the other end. But alas, never fear, it will only be Pte Dan Martin answering the phone vainly trying to make himself understood with a jaw that's been wired.

Females, Beware!!! Don't bend over in Dan's vicinity! You never know when he'll try and zap you, with his "pinchers" But all kidding aside Dan, we all hope it turns out for the best, and you can eat normally again soon.

Warrant Beachey is off to

Ottawa for a week. You tell me if "it's a swan or what". She'll be supposedly talking about the problems in Base Supply and we all know how smooth Supply runs! How is Liz & Wayne Mitchell by the way Starr?

I'm pleased to write that the Supply Volleyball Team is holding 1st place. Keep up the good work team!

Cpl Donna Middlebrook has finally decided to "tie the knot" on Dec 28. Did this decision have any bearing on your decision to go to the Bonspiel in Germany Donna? One last "single" fling before settling down in matrimony?

Although Cpl Lorena Charles has won the T.G.I.F. Crib tournament two weeks straight, rest assured, soon she'll be otherwise occupied. Right Lorena? Rumour has it hubby's coming home soon eh?

Last, but not least; "Question Of The Month", Kevin, tell us, "How is your pitching arm and have you had an affair with a scooter lately?"

BADO Burlblings

CHRISTMAS SHOPPING 1985 — GIVE CANEX AN OPPORTUNITY TO SERVE YOU

Check in with Base Canex when doing your Christmas shopping. Our prices are designed to compete with other Valley outlets. We have a good selection of toys and gifts. Remember that we rely on our Canex earnings to provide the money required to support our many social and recreational facilities on the Base. Our NPF recreational budget exceeds \$100,000.00 a year. Your support of Canex is essential if we are to continue our recreational and social services to the present high standards. Canex continues to work hard to provide you with goods at competitive prices and with pleasant friendly personal service. If you are not satisfied for any reason, tell us so we can correct any areas that fall below what is expected of us by you our customer. Help us make Christmas a success for us all. Include Canex in your comparison shopping trips.



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Officers' Mess

December 1985

Wednesday December 4
MIXED MESS DECORATING PARTY
Bottle/Bird/Bingo

Thursday December 12
Officers At Home to
Warrant Officers and Sr NCO's
at 1500 hrs.

Children's Christmas Party

Sunday December 15th
1300 — 1500 hrs

NEW YEARS EVE

Buffet from 2030 — 2300 hrs
Dancing to the Band "Sideline"
2100 — 0200 hours

Reservations

Members only until 1200 hrs 16 Dec 85

Guests from 1200 hrs 16 Dec 85

Members \$45.00 Couple, Guests \$65.00 Couple

Coming Events: January 1986

01 New Years Levee

12 Sundry Brunch

17 Monster TGIF

24 Mixed TGIF

SPORTS & RECREATION

Sports shorts...

CFB COMOX HOCKEY TOURNAMENT

The CFB Comox Base Hockey Team (Totems) will be hosting a hockey tournament in the 6, 7 & 8 Dec 85 at the Glacier Gardens arena.

The tournament will consist of 16 teams in two divisions (A) contact and (B) non contact.

The participating teams are from the Pioneer Hockey League, CFB Comox Intersection Hockey League, Commercial League, Church League & Dept of Transport.

There is a small entry fee charged to all teams and all profits from the tournament will be donated to a local charity.

The admission is free, so come on down and support your teams. It makes for excellent hockey, the best in the Comox Valley and it's for a good cause.

BASE POOL

Effective Monday 25 Nov 85, and until further notice the Base swimming pool will no longer be open in the evenings.

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.

CFB COMOX SERVICEWOMENS AND SERVICEMENS VOLLEYBALL TEAMS

The CFB Comox Servicewomens and Servicemens volleyball teams meet every Tues and Thurs from 1800 — 2000 Hrs. Any military personnel interested in playing are urged to attend these practices. For more information Contact MCpl Descoteaux (Womens) Local 2315 or MCpl Graham (Mens) Local 2350 or Pte Harvey (Mens) Local 2601.

PAC REGION OLD TIMERS HOCKEY CHAMPIONSHIP

CFB Comox will host the PAC Region Old Timers Hockey Championship 8 — 11 Dec 85.

Teams from CFB Chilliwack, CFB Esquimalt and our own "Old Totems" will all meet to challenge their right to the coveted trophy.

Game Times Will Be:

Mon 9 Dec 85	1000 Hrs
Mon 9 Dec 85	1900 Hrs
Tues 10 Dec 85	1000 Hrs
Tues 10 Dec 85	1900 Hrs
Wed 11 Dec 85	1300 Hrs

(If Required)

This Championship promises to bring lots of exciting and competitive hockey so come on out and support your Base Old Timers in their quest for the gold.

DOUBLE HEADER FOR TOTEMS SOCCER TEAM

CFB Totems were out in force on Saturday Nov 16, 85 to play Tahsis. A win would get them into the O.B. Allen Cup. CFB Totems won without much opposition — Tahsis because of work commitments could not field a team.

The team then travelled up to Campbell River to play the C.R. Ravens whom they had tied in previous weeks. The weather was just perfect, both teams battled it out C.R. Ravens coming out with a 3 — 1 win. Glen Rooke smashed the Totems only goal into the net giving the Totems an uplift, but the goals would not come.

Now the first half of the season is over the Totems will be training indoors until the Winter Break is over, preparing for the second half of the season which commences in late January.

Pipe Smoke

By Gerry Gerow

The number of cats kept as pets by Canadians is astounding. To many people, their cat or cats are extremely precious. Many have more than one of these animals in their home.

Cats are the most predatory animals in the world. When a new area is settled, numerous species of wildlife will start to disappear. The simple truth is that this is directly attributable to the, so called, house cat.

There are a number of distinct breeds of cats. The most common is the American Shorthair. This is the cat we see every day. He comes in a variety of colors and sizes, and probably came to North America on the Mayflower.

The best known of the more exotic shorthaired cats is the Siamese. These cats made their way to America around 1890.

There are several other shorthair breeds that are not so well known. The Burmese cats in North America trace their ancestry back to one female which was mated with a Siamese male.

Manx cats, from the Isle of Man, are noted for their short tails. Actually they come in three varieties, normal tails (called longies), stubby tails (stumpies) and no tails (rumpies). The rumpies are the show cats. Unfortunately, when two rumpies are bred the resulting kittens are weak, so breeders are forced to use longies and stumpies in their breeding program, and as a result, only a few kittens are born completely tail less.

The Russian Blue is sometimes called the king of the shorthairs, and probably did originate in Russia. The Abyssinian is from Egypt and is slightly different from the others, in that he is clannish. The aby doesn't like other cats and they don't like him.

There are several recent breed developments in the shorthaired cats. These are all a direct result of kittens being born which are genetic mutations. These new breeds include the Cor-

nish Rex and the Devon Rex, which have curly coats, the Scottish Fold which has folded ears, and the Japanese Bobtail which has a bunny like tail, unlike the stump tail of the Manx.

Still others are the Korat from Thailand, the Egyptian Mau from the near east, the Havana Brown which is not from Cuba, but is the fine brown color of a Havana Cigar, Bombays, Sphynx, Chartreux, British shorthairs, Oriental Shorthairs and the world's smallest cat the Singapura from Singapore.

In the longhair varieties, the Persian comprises about 90 % of the population. Persians are a very old breed, which originally came from Asia. Another longhair is the Turkish Angora from Turkey, as the name implies. The Himalayan, however, has never seen the Himalayas. He was developed in Britain and America. The Maine Coon is often said to be native to America, but there is no proof of this.

Rounding out the longhaired varieties are the Birman from France, the Balinese, a Siamese mutation, the Cymric, a long haired Manx, and the Somali which is colored like an Abyssinian.

And you thought a cat was just a cat. Females make the best pets, although neutered males are also popular. Males which have not been neutered should never be kept as pets. They will disappear for days at a time and return home with the scars and injuries of many fights. Females, too, should be neutered. Cats are very promiscuous animals and if not neutered the female's life will be considerably shortened by the strain of many litters. There is also the problem of disposing of the offspring. Cats are extremely affectionate animals but seem to have more attachment to their home than to the people in it. If a cat's owner moves, the cat would sooner stay with the new residents than go with the owner to a new home.

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JR. Ranks' Mess ENTERTAINMENT

Nov 8 - DJ Summit Music
Nov 09 Breakfast Darts - 9:00 hrs, DJ Summit Music
Nov 11 - Welcome Legionaires / 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 Wayne's Mobile Music

SNACK BAR: 339-4333

SPORTS & RECREATION

INTERSECTION STATISTICS

BOWLING

TEAM	Points
BAMSO	103
CE (2)	97
VU 33	81
442	73
Workshops	69
IE/IS	61
BCOMPT (2)	60
BCOMPT (1)	57
Photo (1)	56
Photo (2)	54
SUP (2)	49
Admin	43
SUP (1)	26
CE (1)	17

HOCKEY

	Games Played	Wins	Losses	Ties	Points	Place
Demons	7	4	2	1	9	1
BAMTelo	6	4	2	1	9	1
Old Timers	7	4	2	1	9	1
BTNO	6	4	2	0	8	2
RCMO	7	3	4	0	6	4
Devils	7	3	2	2	8	3
442	6	2	4	1	5	5
ATC	7	3	4	0	6	4
VU 33	6	1	4	1	3	7
FH/CE	6	2	4	0	4	6

VOLLEYBALL

	Games Played	Wins	Losses	Place
A DIVISION				
BAMSO I	6	0	6	0 3
407 ADM	6	3	3	6 2
B SUP O	6	5	1	10 1
BTNO	6	3	3	6 2
407 SAMO	3	0	3	0 3
CE	6	5	1	10 1

B DIVISION

BAMSO II	8	1	7	2 6
407 ARMT	7	6	1	12 1
B Tel O	7	3	4	6 4
407 Maint	7	4	3	8 3
BOR	7	2	5	4 5
442 Sqn	8	6	2	12 2

CURLING

TEAM	Games Played	Wins	Losses	Ties	Points	Place
Jr Ranks	6	0	5	1	1	7
SAR	6	2	2	2	6	4
BAMSO	6	4	2	0	8	2
B Tel O 1	6	3	2	1	7	3
B Tel O 2	6	3	2	1	7	3
BTNO	6	4	2	0	8	2
B Secur O	6	1	5	0	2	6
BPADO	6	3	3	0	6	4
B COMPT	6	1	5	0	2	6
B Sup O	6	5	1	0	10	1
Totem Times	6	5	1	0	10	1
ATC	6	2	3	1	5	5

Next Totem Times Deadline

December 2nd

Table tennis

The Victoria Table Tennis Club is presenting its annual tournament, the Vancouver Island Closed Table Tennis Tournament. It will be held on Sunday, November 17, from 9:00 am to 5:00 pm at Henderson Centre, 2291 Cedar Hill Cross Road in Victoria.

There are events for the novice, average, average club

and expert and senior players. The result of this tournament will also be used as part of the selection for a Zone 6 team to go to the B.C. Winter Games. For more information please call:
Luc Cuypers 598-9911
Norman Shrubbs 381-5186
Tat Ma 479-8545, Or come down to Henderson Centre.

SKI CLUB

Upcoming Events

27 Nov. 1900 hrs
Alpine Waxing Clinic
At Black's Cycle
Please phone 339-5121 if planning to attend
13 Dec 0830 hrs
Fun Ski Day
at Mt. Washington

Lessons / Molstar Race / Prizes & Free Lunch.
9th to 12th February '86

Ski Trip to Whistler/Blackcomb. For further info contact Don Irvine Local 2416.

Anyone wishing to join the ski club contact **WO Fredrickson, Local 2249**. Memberships only \$15. per family or \$10. single.

5 pin champ

Many of you may recall that last year CBC TV aired a 5 Pin Bowling Championship involving the best 5 Pin bowlers in Canada, presenting the tournament winner with a cheque for \$10,000.

This year CFB Comox, being a member of the Canadian 5-Pin Association, is eligible to take part in the tournament.

The House Round was run 2 Nov 85 with 12 competitors bowling to be the CFB Comox representative in the Provincial round. The winner of the House Round was Sgt Ab MacDonald of 442 Sqn with an average of 283 over a period of

10 games. Ab MacDonald will be competing against each winner from all other bowling centres in BC, at the Loughheed Lanes, Burnaby B.C. on 30 Nov 85. He will be representing the only CFB/CFS unit that has entered the Provincial Round. Should he be successful at the Provincial Round, he will advance to the CBC TV finals. Our best wishes go out to you Ab.

Honourable mention should go out to Millie Davies who averaged 259, Fred Schwab averaging 247, and to all other participants who made the House Round a very successful event.

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Schedules...

INTERSECTION VOLLEYBALL SCHEDULE

Tues 26 Nov 85 1130 Hrs	407 SAMO vs CE	Court 1
BTNO vs 407 Admin		Court 2
Tues 26 Nov 85 1215 Hrs	407 Admin vs BAMSO I	Court 1
B SUP O vs CE		Court 2
Thurs 28 Nov 85 1130 Hrs	407 Armt vs 407 Armt	Court 1
407 Maint vs 407 Armt		Court 2
Thurs 28 Nov 85 1215 Hrs	407 Armt vs BAMSO II	Court 1
B Tel O vs 442		Court 2
Tues 3 Dec 85 1130 Hrs	BTNO vs 407 SAMO	Court 1
CE vs BAMSO I		Court 2
Tues 3 Dec 85 1215 Hrs	B SUP O vs BTNO	Court 1
407 Adm vs 407_samo		Court 2
Thurs 5 Dec 85 1130 Hrs	407 Maint vs BOR	Court 1
442 vs BAMSO II		Court 2
Thurs 5 Dec 1215 Hrs	B Tel O vs 407 Maint	Court 1
407 Armt vs BOR		Court 2

INTERSECTION CURLING SCHEDULE

28 Nov 85			
Jr Ranks	vs	BCOMPT	
SAR	vs	BTel O (2)	
BAMSO	vs	B SUP O	
B Tel O (1)	vs	BPAd O	
BTNO	vs	ATC	
B Secur O	vs	Totem Times	
5 Dec 85			
Jr Ranks	vs	BPAd O	
SAR	vs	BTNO	
BAMSO	vs	B COMPT	
B Tel O (1)	vs	Totem Times	
B Tel O (2)	vs	ATC	
B Secur O	vs	B Sun O	

INTERSECTION HOCKEY SCHEDULE

Mon 25 Nov 85

1800 Hrs	FH/CE vs Devils
1925 Hrs	Old Timers vs VU 33
2105 Hrs	442 vs BTNO
2230 Hrs	RCMP vs BAMTelo

Wed 27 Nov 85

1700 Hrs	Demons vs Devils
1855 Hrs	VU 33 vs RCMP
2035 Hrs	FH/CE vs BTNO
2200 Hrs	BAMTelo vs 442

Mon 2 Dec 85

1730 Hrs	ATC vs Old Timers
1855 Hrs	442 vs FH/CE
2035 Hrs	BAMTelo vs VU 33
2200 Hrs	BTNO vs Demons

Wed 4 Dec 85

1730 Hrs	FH/CE vs Demons
1855 Hrs	Old Timers vs Devils
2035 Hrs	VU 33 vs 442
2200 Hrs	RCMP vs ATC

Did you know?

That the first turbo-jet powered aircraft designed and built in the United States was the Bell XP-59A Airacomet which flew for the first time on October 2, 1942.

That the Curtiss P-40 series of aircraft was flown by more Air Forces than any other fighter-bomber.



FORBIDDEN

With the Comox Glacier over your shoulder and the Straits of Georgia at your feet, you can view the Comox Valley and the Coast Range in a single glance. Our open, sunny slopes allow time to enjoy the breath-taking view. **Forbidden is beautiful!**

Whether you're a beginner, intermediate or advanced skier, Forbidden provides services and terrain for all levels of skiers. Choose from a wide variety of ski delights. Something for every skier's taste, be it hot, fresh pastry or the gruelling Kandahar Downhill. **Forbidden is affordable!**

At Forbidden, we take pride in the job we do and the spirit of warmth and friendliness we have established. The only lift lines are smile lines. **Forbidden is friendly!**

Forbidden is quickly and easily reached by car or by Ski Bus from Downtown Courtenay just 25 minutes away. From December to April we offer programs and special events for every skier's needs, those who experience Forbidden become accustomed to the high quality of service that makes skiing and vacationing a relaxing and enjoyable time. Our commitment extends to the needs of the young skier as well. Kinder Ski. Forbidden's children's ski school, is one of the finest children's learning environments in skiing. Our helpful ski instructors are qualified in the techniques of the Canadian Ski Instructors Alliance and offer some European flair as well. **Forbidden is family!**

Special events at Forbidden are long established. This season is the 38th running of the Forbidden Kandahar Downhill, the annual Winter Carnival Torchlight Parade and Fun Giant Slalom, annual Kinder Ski Race and Bar-b-que plus Miller's High Life Match and Win. We also feature para-ski meets, slalom races, Uphill/Downhill Telemark races, birthday parties, weddings and numerous other special events. **Forbidden is fun!**

It was a banner year for Forbidden last season.

With a fresh approach, a new optimism and a great snowfall, the Island's original ski resort was reborn.

And that rebirth has taken another giant step in the right direction during the off-season with major improvements in all areas of the operation.

Crews were hopping during the hot months of the summer, clearing brush "like there was no tomorrow", opening a new run, and improving old ones.

Major changes have been made, most significantly the days of operation. Last year's four day opening has been changed to five this season. Thursday to Monday from November until April.

The lift prices remain the same, much to the delight of skiers who make the 25-minute trek from downtown Courtenay to Forbidden. At \$12 for a day's skiing, the temptation is too much for most skiers to resist.

Everything has been cleaned up, shined up, washed and rewashed. The cafeteria menu has been expanded and improved. Other minor changes have been made in the day lodge and other buildings on the mountain.

The past summer saw Forbidden open its lifts for those who wanted to experience the expansive view of Georgia Strait and the Comox Glacier. The lounge was also kept open, and the success of the off-season has introduced non-skiers to the area's beauty.

Besides the major renovations and cleanup, the runs will also be better this year. New grooming equipment was purchased enabling daily work on all runs and smoothing of areas that were left untouched in the past.

Many people choose Forbidden because of the ease in getting there. Chains are rarely required and the road now is always in good condition. Since the drive up is only 25 minutes, skiers often make last minute decisions depending on the day's weather.

The biggest piece of news for skiers is the opening (or re-opening) of new skiing terrain between Comox Bowl and the Logging Road. The new run, named Hobson's Hole, was skied 13 years ago but the area was abandoned and grew over. Major cutting and widening was done and the new run will give skiers that much more variety.

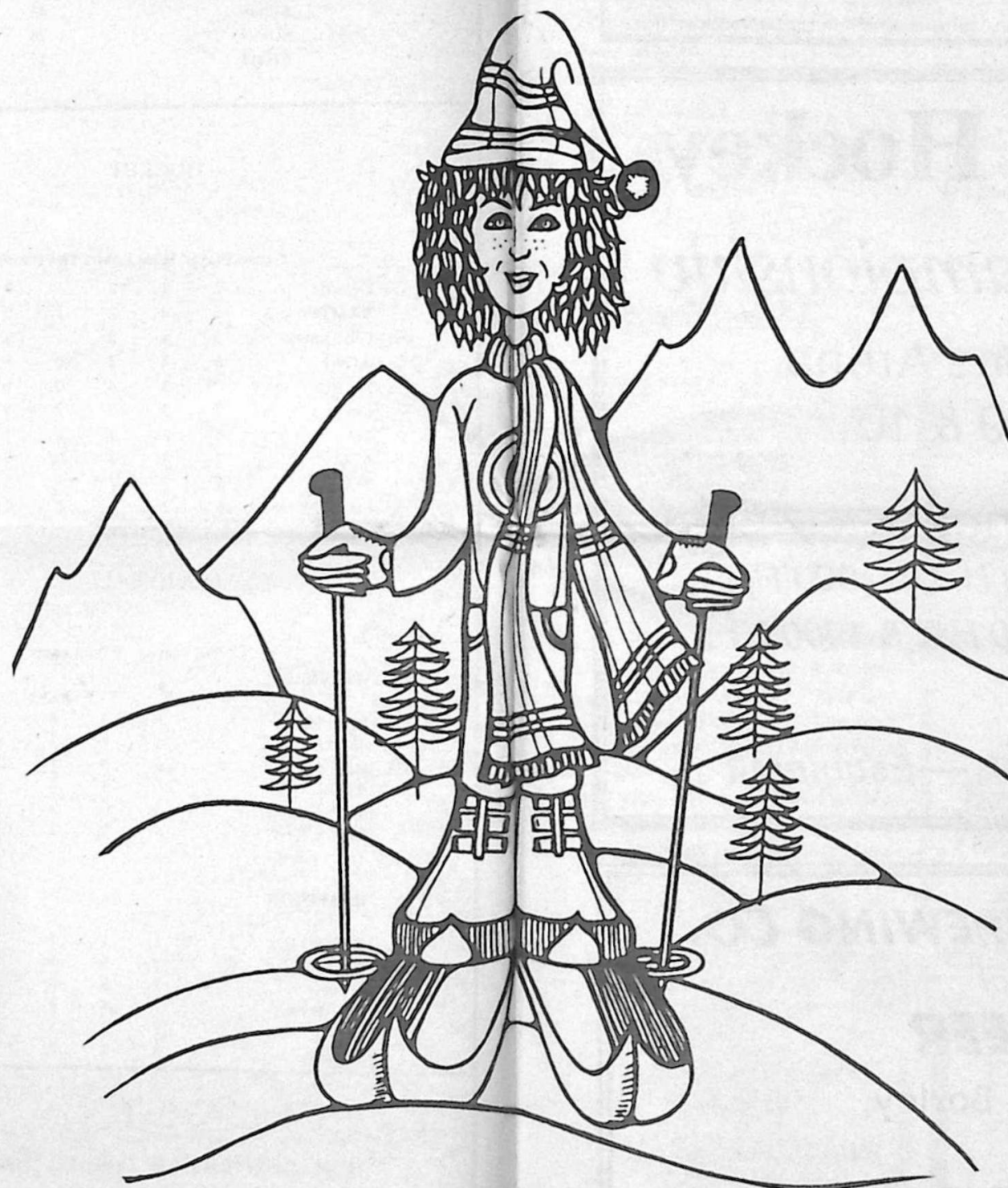
Major work was also undertaken to change the flow of traffic on the mountain. The Kandahar has been widened and brush has been cut on the Bone Shaker — both runs are popular with intermediate and advanced skiers.

Orange paint flew freely July and August — the six lifts are now color coordinated and renamed making identification easier. Forbidden's one chairlift, three T-Bars, handle tow and rope tow can move 4,200 skiers per hour up from the base elevation of 2,300 feet.

The new owners of Forbidden made a concerted effort last year, and the success has spilled over into this year's operation.

Courtesy The Ski Comox Valley Committee and The Comox District Free Press

SKI COMOX VALLEY



Nordic

Just picture it.

The air is crisp and clean in the early morning. The sun streams through snow-covered trees, piercing the still quiet of Paradise Meadows.

Experts will tell you that the Comox Valley has the best nordic skiing anywhere in the Pacific Northwest. Proof of that is the large group of skiers from around British Columbia who spend their vacations exploring the woods of Strathcona Park where 30 kms of trails offer everything a cross country skier could possibly want.

The addition last year of 10 kilometers of new trail, triple-tracked and patrolled, made a great nordic ski area that much better.

Four trails are available for all levels of skiers in the Mt. Washington area. Forbidden Plateau also operates a single five kilometre track which circles some of the lakes in the Plateau back country.

Telemarking

In addition to cross-country skiing, both Forbidden Plateau and Mt. Washington provide lessons and opportunities for telemark skiing.

The sport, whose name derives from the Norwegian district where it was first developed in the 19th century, is rapidly gaining a hold on the skiing consciousness of some Canadians.

Telemark skiing combines the esthetic benefits of nordic skiing with the exhilaration and challenge of alpine skiing.

Boots and bindings are different than those used for cross-country skiing. Advances in the design of these lightweight touring skis allow the telemarker to turn easily and achieve great speed on slopes normally used by downhillers.

The sport is rapidly approaching "rage" status among skiers.



MT. WASHINGTON

There's something very consistent about skiing Mt. Washington. Snow.

There's always lots of it from the usual November opening until the sun-drenched calm of spring. Snow depth totals are consistently among the best in British Columbia and Washington State with an average in the 500 cms during mid-season.

There's something for everybody at Mt. Washington. The west side of the mountain offers the excellent powder and tree-skiing while the east side has a number of well-groomed beginner, intermediate with expert runs.

Four chairlifts whisk skiers into the wild blue with a dazzling view of the island mountain range behind. From the top, the expanse of Georgia Strait and the mainland coastal mountains even further beyond.

And there's nothing like the feeling of looking down into the fog that sometimes covers the Comox Valley while sunshine pours down on the slopes.

There was relative calm at Mt. Washington during the summer months as the resort settles in and matures with age. That's not to say management wasn't busy improving the facilities.

The changes will appear subtle compared to the major work required during the first years of the ski resort's existence.

Crews were busy cutting trees, planting grass and widening where widening was required. Some major renovation has been done in the Alpine Lodge with the kitchen and bar storage area expanded. The Nordic Lodge has been enlarged by 1,200 sq. ft. with new washrooms and lockers added for the convenience of skiers. The Nordic snack bar has also been expanded and will offer a wider variety of food and beverages.

The village has also been a busy place during the summer with some new chalets being built and the roads improved. Last season's addition of telephones, a convenience store and a new Village Reception Centre has made it that much more attractive for those on ski weeks or even longer outings.

There's skiing for every ability and taste at Mount Washington — the lower slopes are excellent for beginners and the Powder Face or the steep-mogulled O'Henry are challenging even for the best of skiers.

Intermediate skiers are serviced by three chairlifts; the red chair, located on the west side, the yellow chair higher to the east and the blue chair which climbs to the top of the mountain. A leisurely, gentle-sloped journey can be taken down Linton's Loop which is kept in excellent shape with the latest in high-tech grooming equipment.

The mid-mountain runs like Whiskey Jack, Retirement and Connector add a more challenging dimension to the wide variety of terrain at Mount Washington.

Powder Face, the Westerly and West Bowl are steeper runs featuring excellent powder skiing.

Whether you're a one-day skier or you're part of the ski week package, there's plenty to do at Mt. Washington. The Ski Week has been a popular program which improved every year.

The fun begins Sunday with an official greeting from the Washington staff and ends five days later with a dinner in the lodge — in between, a week full of fine skiing. Two plans are available — Plan A includes six night accommodation, five day lift passes, wine and cheese party, two evening dinners, movies and entertainment.

Plan B adds two hour daily lessons by the certified Mount Washington Ski School instructors. Downhill day passes cost \$11. for 12 and under and \$18 for adults. Half-day passes are also available, as well as three, four and five day consecutive tickets with prices discounted accordingly.

There's plenty of high-quality rentals available, and the retail shop carries anything else a skier could possibly want.

Ladies' Day is every Tuesday — \$20 will buy a skier a lift pass, lesson and lunch.

Other special events are planned for the season but the most special event of all is the consistently great skiing on Mt. Washington.

The Alpine Lodge has all facilities for day use and apres ski activities. Included are all skier services. In the evenings, the Lounge is open until 11:00 pm most nights. Also here is an expanded retail shop, professional rental/repair facilities and a first class ski school. The Kid's Brigade operating during the day has activities in an atmosphere of supervision and fun. Returning also this year will be the very popular evening movies in the Brown Bag Area on our special 48" screen. On Mt. Washington, you're more than skiers, you are guests — experience the Vancouver Island Adventure.

PEOPLE & PLACES

Beer

The word beer is used generally to mean both ale and lager. However, a confusing note is introduced by the fact that the word *beer* is also sometimes used specifically as a synonym for lager. Pilsener is a style of premium lager brewed in Pilsen, Germany.

In Germany, beer is brewed from malt barley, water, hops and yeast. Under the Bavarian purity law these are the only ingredients permitted by law during the last several centuries. The success of this law is reflected in the fact that Germany consumes almost twice what Canadians consume per capita.

The Canadian product is made from the same basic ingredients. However, over the last forty years the quality of Canadian beer has declined to the point where it is

questionable if what you drink is beer. Under the Bavarian law, most, if not all of Canadian products would not be saleable in Germany as beer. This is because the average Canadian recipe contains ingredients other than malt barley.

The high cost of barley has led to the substitution of barley with other ingredients such as corn, rice and other cereals. This substitution creates a drink light in colour, flavour and texture. Additives, such as caramel are used to flavour and darken the beverage. Excessive carbonation of the product, along with heading and foaming agents create a nice head. Quick maturation of the product by chemicals or mechanical means reduces the cost of processing.

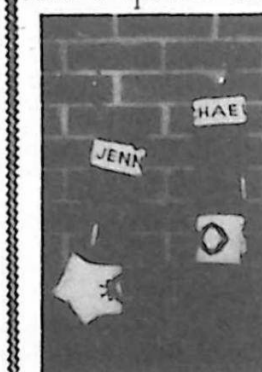
"Real beer" brewed the

same as the Bavarian law, uses none of the above techniques. The resulting beer is richer in colour, texture and flavour. The difference is noticeable to the educated palate. Many Canadians are tuned to the taste and texture of Canadian products to the point where *real beer* is a surprise.

Real Beer is for those who care about what they drink and what they put into their bodies.



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Old Timers Hockey Pac Region Championship

Glacier Gardens Arena December 9 & 10



Game Times:

Monday Dec 9th...1000 Hrs & 1900 Hrs

Tuesday Dec 10th...1000 Hrs & 1900 Hrs

Participants:

Comox — Chilliwack — Esquimalt

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AROUND THE BASE

888 Wing

For those of you looking for entertainment, here's the lineup for the remainder of 1985. On Saturday November 23rd we are trying to stage an amateur night. All we need is a few skit merchants and an audience. Maybe this is your chance to break into the Big Time! Sunday the 24th is Grey Cup. The Hangar will be open at 11 am with a big screen TV and a hot lunch. Members and guests welcome.

On the 30th of November we want to decorate the Wing for the Christmas season, so we'll be having a Potluck dinner starting at 7 pm to get everyone in the mood. Wednesday, December 4th will be a short General Meeting followed by our annual Christmas Party.

Saturday December 14th is the Wing Christmas Bingo, and

on Sunday the 15th we are starting something new. We will be hosting some fifty needy kids from the valley for a Christmas party from 2 to 4 pm, complete with Santa Claus. We could use some cash donations for gifts for these children, and if you wish to help please contact Resources & Projects.

The weekly bingo at the Lions Den appears to be picking up again, and we also note Squadrons/Sections from the Base using the Hangar for various events. We're pleased to see you, and let us know if there is anything we can do to make your visits better.

It is hoped to mail out "Contrails" around the end of the month, so if you have any contributions, please get them to the editor as soon as possible.

per ardua ad astra

Vitamins??...

Your body needs the right kind of vitamins in the right amounts to keep you healthy and protect itself from disease. As most of your vitamins come from the food you eat, making sure you get a balanced diet is usually as easy as following the recommendations of the Canada Food Guide.

Unfortunately, the pressures of job, school and everyday living lead many of us to eat on the run, picking up whatever keeps us going and not always what's best.

Some people believe they can make up for skipped or hastily eaten meals by swallowing huge quantities of vitamin supplements. Not only is this untrue, it's potentially dangerous. Supplements can be useful additions to our diet, but there's no substitute for good nutrition.

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Evenings

Wallace Gardens

The next Community Council meeting will be held on 21 November at 6:00 pm at the Protestant Chapel annex.

Mom's and Tots meet every Monday, Wednesday and Friday from 1 — 3 pm at the Protestant Chapel annex.

There are a number of parent and adult functions starting in January. Come out and find what's right for you! Mom's and Tots is supported by the community council. For more information contact Michelle at 339-2885. Have a happy day.

Westwind

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Office 334-3111



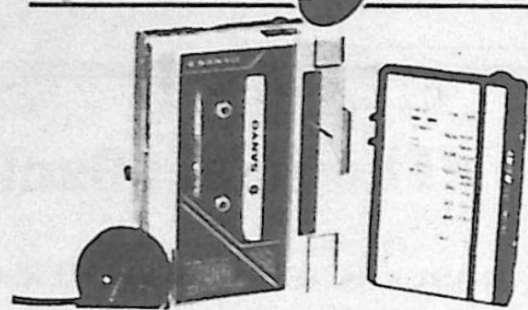
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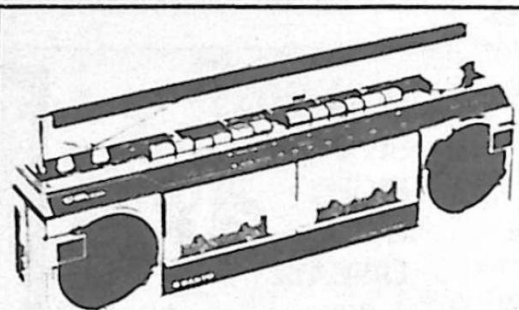
Festival of SOUND BIG BUYS



"Sportster" Stereo Cassette Player

- AM/FM tuner pack
- Dolby noise reduction
- Metal tape capability
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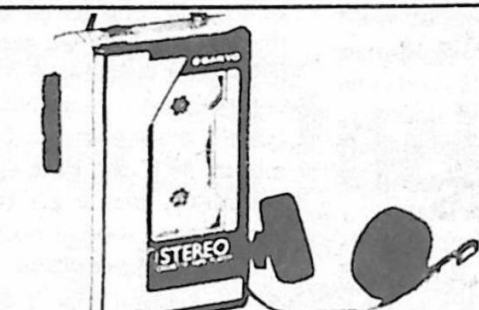
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Slimline AM/FM Double cassette

- High speed, synchronized dubbing
- 2 way, 4 speaker system
- Black, red or grey

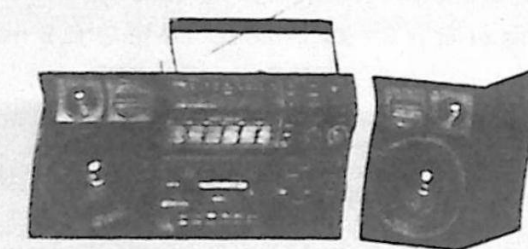
149.97



Portable Stereo Sportster Cassette

- Auto stop
- Locking fast forward
- Belt clip

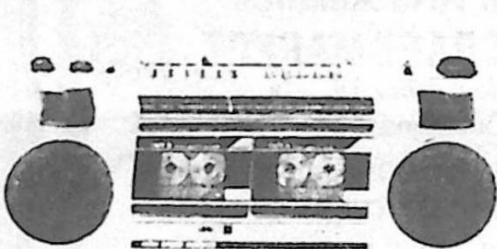
34.97



Portable audiomate Mini Stereo system

- Dolby noise reduction
- Cue and review functions
- 5 band graphic equalizer
- Detachable 2 way, 4 speaker system

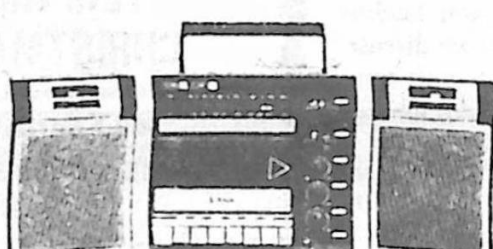
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AM/FM Double Cassette Deck

- High speed dubbing
- Continuous play
- 2 way, 4 speaker system
- Auto stop system

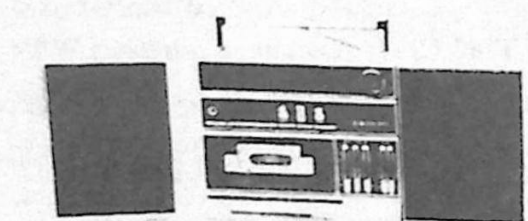
119.97



AM/FM Stereo Cassette Player

- Detachable speakers
- Built in condenser
- Auto stop

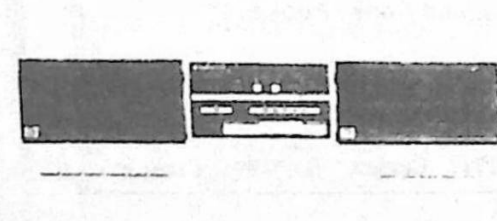
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Portable component Stereo System

- AM/FM stereo radio cassette
- 3 band graphic equalizer
- Detachable 2 way speakers
- 4 stage LED VU sound level meter

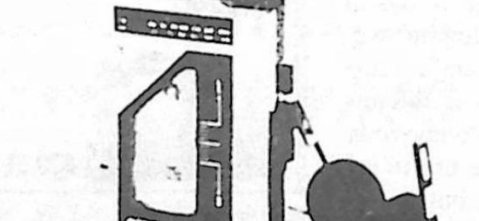
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Stereo Double Cassette Deck

- Synchronized dubbing
- Dolby noise reduction
- 5 stage LED VU sound level meter

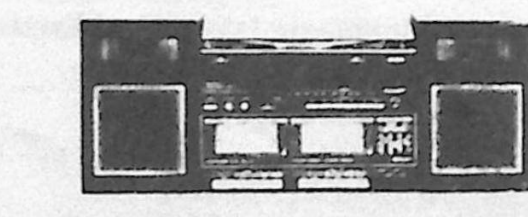
124.97



AM/FM Stereo Cassette Sportster

- Auto stop
- Built in condenser
- Detachable speakers
- Belt clip

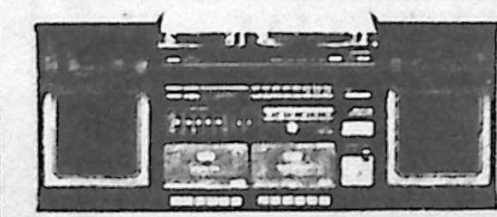
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Mini Size HiFi Stereo System!

- 10 watts per channel
- 3 band graphic equalizer
- Dual transport stereo cassette deck
- AM/FM stereo tuner
- Fully automatic turntable

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Mini Size HiFi Stereo System!

- 15 watts per channel
- 3 band graphic equalizer
- AM/FM stereo tuner
- Semi-automatic turntable
- Matching 2 way speakers

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14" Colour Monitor Television

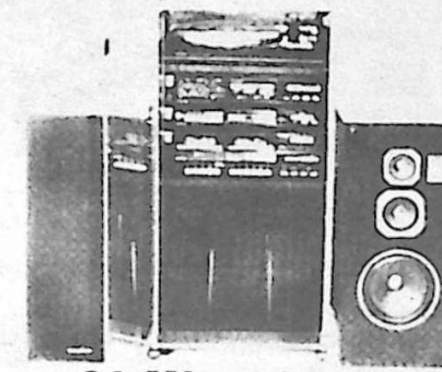
- 14" screen
- 140 lines
- 140 lines
- 140 lines

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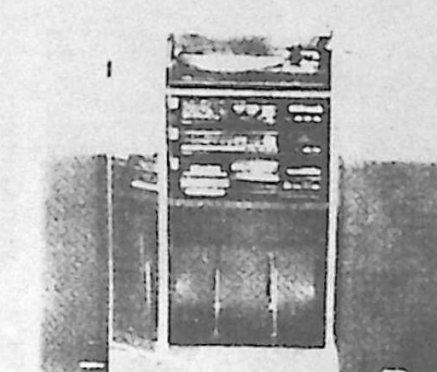
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- Powerful 3 way speaker
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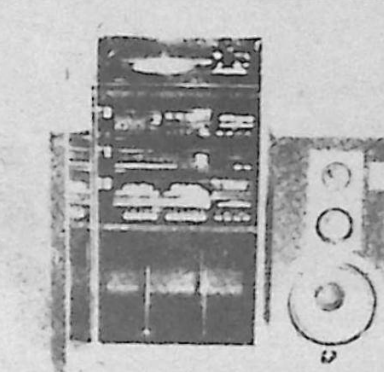
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20 Watt super Stereo System

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- Self touch cassette deck
- Matching 2 way speaker system
- Stand included

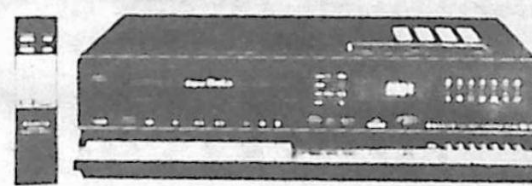
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- Dual transport cassette deck
- Dolby noise reduction
- 10" 3 way speaker system
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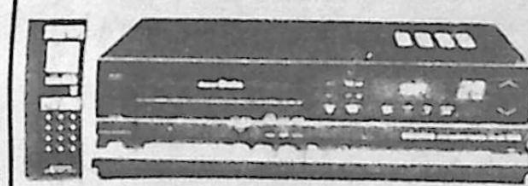
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4032 Super Beta Video Recorder

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- 105 channel, cable ready
- 14 function infrared remote control
- Betascan picture search
- Slow motion and still frame

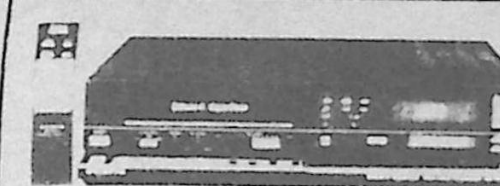
459.97



4035 Super Beta Video recorder

- 15 function infrared remote control
- 109 channel, cable ready tuner
- 14 day, 8 event timer
- Betascan picture search
- Slow motion and still frame
- Auto rewind

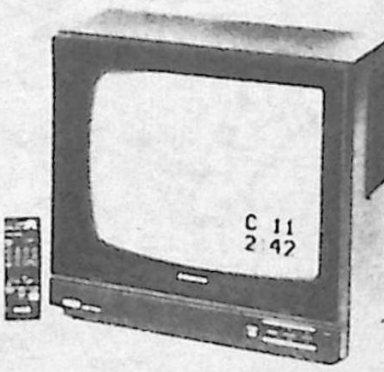
559.97



7250 Super BETA/BETA HiFi

- 14 day, 8 event timer
- 105 channel, cable ready tuner
- 13 function infrared remote control
- Betascan picture search
- One button recording

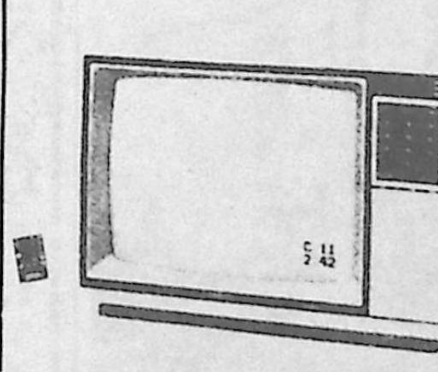
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AROUND THE BASE

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Tire talk

Winter (M/S) tires are required only in areas specifically bearing a sign posted by the Minister of Transportation and Highways, i.e. Malahat, Fraser Canyon, Hope-Princeton. However, a vehicle operator may be charged with impeding traffic if he has summer tread tires on his vehicle and he is holding up traffic in any area of the province. Winter tires to be of value must be on the drive wheels of the vehicle (front-or-rear or front and rear). A mud and snow passenger tire is a tire which, when compared with

conventional rib type passenger car tires, has a relatively aggressive tread pattern and is designed primarily to provide additional starting, stopping, and driving traction in mud and snow. The tread has ribs, lugs, blocks, or buttons, is generally discontinuous, and has the following marking and characteristics when inflated:

- A substantial portion of the lug, block, or rib edges in the tread design are at an angle greater than 30 degrees to the tire circumferential center line.
- On at least one side of the

tread design, the shoulder lugs protrude at least one-half inch in a direction generally perpendicular to the direction of travel.

- Tires manufactured after January 1, 1976, will be permanently labeled on one sidewall with the words "Mud and Snow" or any contraction using the letters "M" and "S" (e.g. MS, M/S, M-S, M&S, etc.).

Studded tires may be legally used in British Columbia from October 1st to April 30th of the next year.

Hot streak ends

As the weather cooled so did the base "Soccer Team". With a run of 2 ties and a win in their previous 3 outings, Totems were stopped cold, 7 — 0 by the visiting C.R. "Strikers".

Strikers beating the locals to the ball, foiled any Base build up for an offensive play, and penetrated the Totems defense at will. Strikers, not the youngest team in the N.I.S.S. League, but loaded with talent and experience, could have easily reached double figures, had it not been for keeper Wade Aucoin and some quick reflexes.

Totems winger, Geoff Buxcey managed to come close for the locals as his shot trickled just wide of the upright.

Rooke, Cox and Strachan started to find some room late in the second half, but were unable to capitalize for a shot on the strikers net.

408 Sqn Desert bound

Nine helicopters and 128 persons are slated to replace a combined unit from Australia and New Zealand with the Multi-national Force and Observer (MFO). To be located at El Garah, approximately 40 kms east of El Arish, Egypt, 408 Squadron is to provide medium helicopter support to the force established in 1981 as a result of the Camp David accords.

In the Sinai, 408 Squadron will transport personnel manning the observation posts between Egypt and Israel and keep them re-supplied. It will also deliver foot patrols and civilian observers to the site of alleged or potential incidents. One aircraft will be maintained on standby at 30-minutes notice to move at all times for search and rescue.

As well as the distinctive new white coloration, the helicopters will have modified engines for operating in hot climates and special protection for the leading edges of their rotary blades.

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December 2nd

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SUNDAY SCHOOL: From September - May for all children from age three to fourteen.
JUNIOR/SENIOR CHOIR: Commencing in September.
LADIES GUILD: Meets once monthly September - June.
President: Mrs. Joyce Brown; telephone: 339-2685

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Week Days - 0900 hours.
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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.

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Across my Kitchen Table

By Rosemary Gibson



The days are flying by, and December is on the horizon. Christmas cards are piled on the table awaiting our attention, the stores are filled with Christmas merchandise, and we've already received one Christmas parcel from Saskatchewan and one invitation to a party. We've started our shopping; "Grandpa" says it's a good thing we only have two grandchildren — there are so many beautiful things to choose from, and "Grandma" finds it difficult to resist buying one of everything for two such marvellous children!

I finally managed to pin the man of the house down long enough to make plans for our Christmas entertaining, which we particularly enjoy. We plan to do a little more this year, so I'm up to my elbows in flour, determined to be well organized. Our freezer is filling up as items on the "to bake" side of my list cross over to the column marked "ready", and my smile of satisfaction grows.

AT DAY'S END

Is anybody happier because you passed his way?
Does anyone remember that you spoke to him today?
The day is almost over, and its toiling time is through;
Is there anyone to utter now a kindly word of you?
Can you say tonight, in parting with the day that's slipping fast,
That you helped a single brother of the many that you passed?

Is a single heart rejoicing over what you did or said;
Does the man whose hopes were fading, now with

courage look ahead?
Did you waste the day, or lose it? Was it well or sorely spent?
Did you leave a trail of kindness, or a scar of discontent?
As you close your eyes in slumber, do you think that God will say,
"You have earned one more tomorrow by the work you did today?"

—John Hall

This is one of my very favourite recipes. Because it is recipe for rolled cookies, I'm lazy and don't make them very often. I do include them in my Christmas baking, though, and use seasonal cookie cutters such as star, Christmas tree, wreath, angel and santa shapes, decorating them with bits of candied fruit before popping them into the oven.

MOM'S ALMOND COOKIES

Ingredients:

½ cup butter
½ cup margarine
½ cup white sugar
½ cup brown sugar
1 egg beaten
2 cups flour
½ teaspoon baking soda
1 teaspoon cream of tartar
pinch salt
1½ teaspoon almond flavouring

Method:

Cream together butter, margarine and sugars. Add beaten egg. Mix together flour, soda, salt and cream of tartar. Add to creamed mixture and mix well. Add flavouring. (If you don't care for almond, alternate flavourings may be used — but the almond is delicious.) Mix well. Roll out on floured board and cut to

desired shapes. Bake on greased cookie sheet at 375°F for 7 — 9 minutes, or until edges are very lightly browned.

Here's another recipe for Christmas goodies which my son used to like.

PEANUT LOGS

Ingredients:

1 cup peanut butter
1 cup icing sugar
1 cup finely chopped walnuts
1 cup finely chopped dates
2 teaspoons brandy, rum or other flavouring
8 squares semi-sweet chocolate
Piece of parawax the size of a walnut
1 cup unsweetened fine coconut

Method:

Mix together peanut butter, icing sugar walnuts, dates and flavouring. Shape into little logs or balls. Melt chocolate and parawax over hot (not boiling) water. Dip each log or ball into melted chocolate, then roll in coconut. Set on wax paper on a cookie sheet to cool.

HINT

Ketchup won't pour? Stick a straw into bottle. Now pour away! Works great on any thick sauce or liquid, hand lotion etc.

THOUGHT FOR TODAY

The best way to destroy an enemy is to change him into a friend.



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NEXT TOTEM TIMES DEADLINE
December 2nd

HOME & FAMILY

Caution with kerosene

Vancouver — As cold weather sets in, here is a warning against using kerosene heaters as a main source of heat in the home.

These heaters are intended for temporary use in homes and other places where there is good air circulation.

Use in an unventilated space, such as a basement or mobile home could lead to carbon monoxide poisoning, with symptoms of headache, dizziness and nausea. Pregnant women, the newborn and elderly as well as those who have cardiovascular or chronic obstructive lung diseases are particularly susceptible.

Kerosene heaters also give off carbon dioxide, nitric oxide, nitrogen dioxide and

sulphur dioxide which can also be damaging to health.

To avoid health problems, Mr. Epp urged consumers to read the manufacturer's instructions carefully before buying or using kerosene heaters.

Here are some tips on the use of kerosene heaters:

- ★ Use a kerosene heater only for temporary heating. Turn it off when you are sleeping or when you are leaving the room for some time.
- ★ Never leave children alone in a room with a kerosene heater.
- ★ Follow manufacturer's instructions closely when using kerosene heaters, especially the directions for fresh air

ventilation, specifications for flame size and recommended clearances from combustible materials. Proper ventilation is particularly important in homes where there are people with diseases such as asthma or emphysema.

- ★ Do not touch heater surfaces while it is in use as they can become extremely hot. Keep heaters out of the reach of children.
- ★ Use only low sulphur kerosene fuel (Type number 1-K kerosene) to minimize sulphur dioxide emissions.
- ★ Never use other fuels such as gasoline or naphtha in a kerosene heater as an explosion and fire may result.

★ Always refuel the heater outdoors and only when it is cool to the touch. Kerosene expands as it warms up, so never fill the tank to greater than 90 percent of its capacity.

★ Store your kerosene in a well-ventilated area, away from sources of flame or sparks.



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HOME & FAMILY

Energy Awareness Week

18 — 22 November

Conservation makes cents — A plan for the office

Perhaps you scoff at the idea of energy conservation. You insist that turning off lights every time you leave a room will only wear out the wall switches and cost more in the long run. That argument may have made sense in the days of cheap energy, but today, energy conservation makes more sense.

The economical use of utilities is one part of the DND's energy conservation program. At present DND spends several million dollars annually on major building retrofit and off-oil programs. Retrofit work, such as adding insulation and installing storm doors and windows, is designed to convert existing buildings into more energy-efficient structures. In the off-oil program, any DND heating systems are converted to gas, electricity or a combination of the two.

Although you may not be involved in these programs, there are ways in which you can contribute to utilities energy conservation. For residents of PMQs especially, there are dozens of no-cost suggestions for conserving energy in the home. They work, too. Since occupants of PMQ's started paying their own bills for heating in October, 1982 fuel consumption is way down. One station used almost 40 per cent less fuel than it had the previous year, even though the weather had been about the same.

Turning down the thermostat pays off, as does reducing heat in unused rooms, closing drapes at night in winter to keep warm air in and opening them during the day to catch the sun. It also helps to keep doors and windows closed

and ensure that warm air registers are not blocked.

In summer, keep cool without air conditioning by doing household chores during the cooler parts of the day and cooking outdoors. Fans and open windows at night will cool the house interior and turning off lights and appliances when they are not in use will help too.

The thermostat setting on your hot water tank should not be set higher than 60 degrees C. If you live in PMQs, ask the base to ensure the setting is not too high. And don't hesitate to turn off your water heater if you're going away for awhile.

There are lots of energy-saving tips to remember when using household appliances. Cook small quantities of food in small appliances, keep the refrigerator door closed tight, wash only full loads in your dishwasher and use the recommended amounts of detergent.

The base is responsible for maintaining interior electrical, heating and plumbing systems and publicly-owned appliances. But the resident should ensure that storm windows are installed where provided, the furnace filter is kept clean and the base is notified promptly of any need of repairs. These steps can help you to save money and energy.

You can save pennies when you make a cup of tea or coffee. Just use as much water as you need from the hot water tap. Forgetting to turn off those faucets and fans in the kitchen and bathroom could cost you those savings though.

So be energy wise. Use these tips and who knows? Once you see the light...you may want to turn it off.

When you think of cutting down energy use in the office, a few obvious (and important) things come to mind — turning off lights, turning down thermostats and turning off electrical equipment when not in use, are the standard ones.

But saving energy and money in the office practices goes much further than that.

Think, for example, of all the paper that is used in the office each day. By examining ways to cut down on paper use, a great deal of energy can be saved — energy used to manufacture the paper, energy used to ship it, and for that matter, human energy used to

file, read and store it. Money can be saved as well — money used to purchase paper, money paid to people who file it, money spent on filing cabinets to store it, and money needed to rent or buy office space to accommodate the filing cabinets.

Energy and money can also be saved by changing the existing setup at the office. Some companies have cut down working hours to save on heating and lighting, others have reduced use of elevators; and still others have taken down partitions in the office so that air can circulate more freely.

The savings to be gained by a particular office energy conservation program often aren't large, but they are significant and most cost very little — frequently nothing — to implement. They have the added benefit of making office employees aware of energy conservation. In many cases they also increase the efficiency of office operations.

Take a look around the office to see where energy can be saved. The dollars that can be saved — and the areas in which they can be saved — may surprise you.

Motivate your people

The success of any energy conservation program depends largely on the extent to which people get involved. This means everyone — from top management to the worker on the production line.

Simply stated, there is little sense starting a program if management is not ready to endorse it wholeheartedly — with dollars as well as words. On the other hand, there is little point spending thousands of dollars re-insulating a plant if employees are not motivated to keep loading doors shut. And

what good is turning down the heat, if uninspired or uninvolved employees bring in portable electric heaters which waste more energy than is saved?

Employees must be educated as to the reasons for energy conservation and they must be involved personally in some way. Only if everyone in a plant "pulls together" will a program be truly meaningful and most effective.

The employee involvement must be a continuing one. If the conservation effort lets up, interest will wane. Old habits

reappear and much of the ground gained is lost. It is easy to turn the thermostat back up — and there go the savings. If maintained by employees, heat recovery systems, temperature control valves and other mechanical systems will continue to generate savings, but casual waste will fluctuate with employee interest in, and commitment to, energy conservation in the plant.

As a simple rule: involve your employees in energy conservation and keep them involved!

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PEOPLE & PLACES



Expo Update

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

...CONTEST WINNERS, HERE THEY COME: From as far away as Singapore, the Philippines, England, Italy, the Federal Republic of Germany and the Netherlands, 43 people in the B.C. Invites the World contest have won flights and tickets for two to Expo 86. The names were drawn from among the more than 604,000 names sent Expo for inclusion on a gigantic guest list. Final draw for another 43 fabulous prizes is December 11.

...EXPO CENTRE, CRITICAL SUCCESS: The Expo Centre, the landmark geodesic dome featuring an OMNIMAX Theatre, closed its doors after a five-and-a-half month preview of Expo 86. A total of 664,134 people passed through the gates, more than doubling the original estimate of 300,000 visitors in 1985.

...ROSTER ADDITIONS: Itineraries to travel the world at Expo 86 are getting more full and more fun all the time. Visitors can look forward to fascinating pavilions by Costa Rica, the tiny Sultanate of Brunei, Hungary and Sri Lanka, the latest international participants to announce.

...HELIUM-FILLED SUPER CRAFT AT EXPO: A revolutionary Canadian-designed airship will be on display in the Aviation Plaza of Expo 86. The Magnus

LTA 20—1, a 22-metre, heavy-lift, lighter-than-air craft, was billed as a "Show-stopper" at the 1985 Paris International Airshow.

...FOR YOUR DINING PLEASURE: With more than 60 food outlets on the Expo site, visitors can do a gastronomic tour of the world. International participants such as Czechoslovakia, Switzerland, Norway, the U.S.S.R., and the People's Republic of China will serve up intriguing and authentic dishes. For the adventurous, the restaurant in the Northwest Territories Pavilion will offer such native fare as Arctic char, reindeer ribs, caribou kabobs, and smoked black cod. Bon appetit!

TOP TALKERS SIGN UP FOR EXPO 86

Vancouver, B.C. — British Columbia's highly-successful Expo 86/Toastmaster international Volunteer Speakers Bureau is expanding to other Canadian provinces to further spread the word about the 1986 World Exposition in Vancouver.

The Canadian launch of the Expo 86 Speakers Bureau got underway recently as more than 30 Toastmasters from the Ottawa/Hull area joined Expo organizers for a seminar.

The Expo Speakers Bureau was developed in January of 1984 in response to mounting daily requests for speakers. B.C.'s 70-member Toastmasters' clubs immediately volunteered for the job — the first time the organization had taken on an outside project of such magnitude.

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AROUND THE PROVINCE

B.C. PAVILION ANNOUNCES CORPORATE PARTICIPANTS

Vancouver, B.C. — The B.C. Pavilion at Expo 86 has announced the first 11 corporations to become Corporate Partners with the Pavilion as a means of promoting international trade and investment opportunities.

Participating companies are "joining a partnership of government and industry which will ensure that the B.C. Pavilion's exhibits and business development programs carry a very strong message to our government and business visitors from around the world."

Participating companies announced today were Alcan, Cominco Ltd., Crown Forest Industries Ltd., The Ebco Group of Companies, Finning Tractor and Equipment Company Limited, Granville Island Brewing Co. Ltd., Inland Natural Gas Co. Ltd., Okanagan Helicopters Ltd., Trans Mountain Pipe Line Co. Ltd., The Westar Group and Weyerhaeuser Canada Ltd.

KICK OFF 1986 — SKATE WITH THE STARS

A magnificent entrance to Vancouver's 100th birthday has been announced. A "Kick Off to 1986 — Skate With The Stars" New Year's Eve party will follow the Ice Capades opening show on December 31, 1985. Co-hosts for this event of the century will be The Vancouver Centennial Commission, Ice Capades Inc., The Rotary Club of Vancouver, and The Pacific National Exhibition.

Up to 2,000 people will be invited or will win an opportunity through contests run by the media, to join this "Once in a Lifetime" celebration. The gala evening will start, for all those lucky enough to win tickets, with the opening performance of Ice Capades' latest spectacular show, this year featuring Kitty and Peter Carruthers, the 1984 Olympic Pairs Silver Medalists. The star studded show continues through January 5, 1986 with nine performances —

- Dec. 31, Jan. 2, 3, & 4 at 7:30 p.m.
- Jan. 1 at 2 pm
- Jan. 4 at 11:30 am & 3:30 pm
- Jan 5 at 1:00 & 5:00 pm

INTERNATIONAL MILE OF FLAGS TO WELCOME THE WORLD

An international Mile of Flags as part of the British Columbia Parkway, the 19 kilometre lineage park paralleling the rapid transit system, was announced recently.

"This colorful mile long promenade of flags along either side of Terminal Avenue will provide a spectacular gateway to EXPO 86 and a permanent reminder to local residents and millions of visitors of our cultural mosaic together with the friendship Canada shares with the many nations of the world.

Flying atop 30 foot poles, the flags will also be visible to some thirty million riders each year. Flagpoles can be sponsored for a tax deductible donation of \$1500⁰⁰. Sponsors will be acknowledged by an inscribed plaque on each pole.

ICBC REDUCES PREMIUMS

Virtually all B.C. motorists will pay less for their automobile insurance next year, ICBC President Tom Holmes announced in Vancouver recently. Only 1,500 of the 1.4 million private passenger vehicles in the province will cost more to insure.

"In adjusting Autoplan premiums for 1986, the Insurance Corporation is reducing the average premium by 6.5 per cent. Very few people — mostly those driving luxury cars — will pay more for their insurance next year," Holmes said.

Minor adjustments — either up or down — have been made to the Autoplan package, reflecting claims costs during the past year. These changes will affect premiums for Business Use, utility trailers, Liability, Collision and Comprehensive coverages.

In addition, 85 per cent of the Corporation's policyholders, currently earning the maximum four year claim free discount of 35 per cent, will see this increased from 35 per cent to 40 per cent in 1986.

Don't overdo your winter vacation

As winter's wrath starts to close in, more and more people think of escaping south for a sun-drenched week or two. However, travel brochures promising a quick, golden tan may not mention the trouble that may go with getting them.

No matter what time of year, tropical sun is more intense than ours because humid air magnifies its rays. Add to this the fragile condition of our skin, bundled up in warm clothes outdoors and dried indoors by central heating — and you have the right combination for a painful burn or worse.

The type of sun burn which might take a couple of hours on a July day in Canada can hap-

pen within a much shorter span in tropical January. After a few hours, you could be severely burned even to the point of "sun poisoning."

Not only is the outer layer of skin burned, but the inner layers and even walls of blood vessels can be affected. This destruction of tissue leads to swelling and build-up of toxic material, which may in turn lead to shock or even coma.

"Sunstroke" results from deep burning of the back of the neck. This is where the spinal cord is closest to the surface and damage to it affects the central nervous system.

To avoid ruining what should be a relaxing

break, vacationers should stay out of direct sun between 10 a.m. and 3 p.m. at least. Especially avoid swimming during this period because water also magnifies the sun's rays. If you must lie or play in the sun, use a sun screen recommended for your skin type.

Your pharmacist can explain the types and features of various products designed to protect you from the sun's harm. When used as directed, they give effective protection, but let common sense prevail. You'd be surprised how deep and durable a tan you can get from reflected sun by sitting in the shade during your winter vacation.



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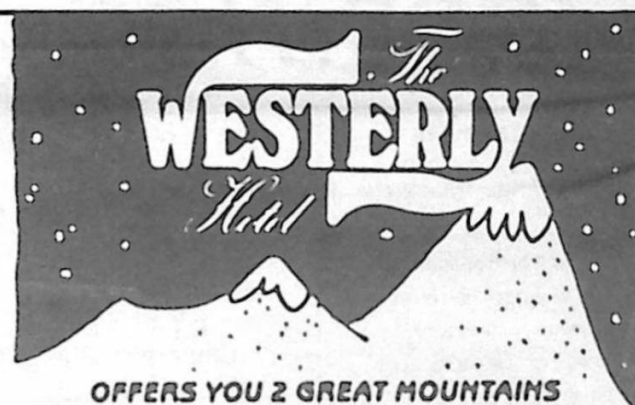
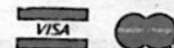
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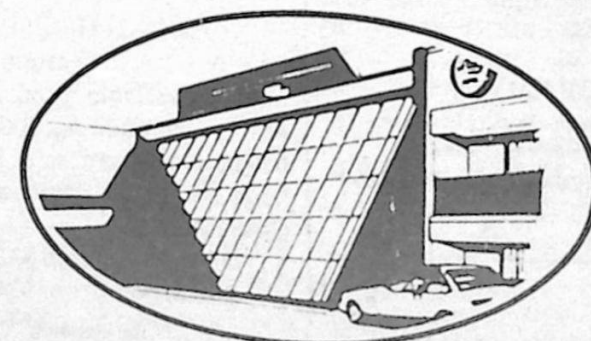
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