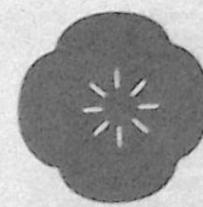


TOTEM TIMES



Canadian Forces Base Comox B.C.

Vol 28 No 19 November 6, 1986

Deadline is Monday, November 17, 1986

Cost: Priceless

Why Wear a Poppy

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

*A boy came whistling down the street,
Bouncing along on carefree feet.
His smile was full of joy and fun,
"Lady," said he, "May I have one?"
When she'd pinned it on, he turned to say,
"Why do we wear a poppy today?"
The lady smiled in her wistful way
And answered, "This is Remembrance Day,
And the poppy there is the symbol for
The gallant men who died in war
And because they did, you and I are free-
That's why we wear a poppy, you see."*

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

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

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

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

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

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

MISS CFB COMOX



Nancy Bailey

Miss 407 Sqn

Full coverage of Miss CFB Comox pageant in next issue

GOING GOING.....GONE

United Way Campaign tops 27K

The Base United Way Campaign ended in dramatic style last Friday when an eleventh hour appeal over the PA system produced the \$94 needed to bring the final Base

total to exactly twenty seven thousand dollars.

This final appeal - in which Col Jack Jackaman and myself pledged to cough up \$47 to match any \$47 in pledges - was

received with the same enthusiasm that was prevalent throughout the 46 day campaign. Within 5 minutes, June

continued on page 22

To live in hearts we leave behind is not to die

Thomas Campbell, "Hallowed Ground"



SECTION NEWS

Anker Klankin'



And you thought that the Squadron's motto was "the end crowns the deed." Well, as of two weekends ago the motto is one which we borrowed from the Posties - "Neither rain nor sleet nor shine will keep 442 from receiving their parts." The whole ordeal began with 442 sending a Buffalo to Whitehorse to save a broken Labrador. That was a mistake however, as the Buffalo broke as well and was left stranded in the snowy north. This reporter's hypothesis is that anything painted yellow corrodes and deteriorates.

Anyway, soon VU33 dispatched a Tracker loaded with sick Buffalo parts to Whitehorse to once again bring smiles to our yellow friends. Tragedy struck VU33, however, as the Tracker was rendered unserviceable on start up to go home when an engine blew. The Tracker captain insists that he knew something was about to happen when he saw the 442 crew join hands in a prayer circle and start cursing the Tracker's left engine. Who is to say that 442

is all bad though because when Major Drover heard that the 33 crew was going to hold up in Whitehorse he graciously arranged for rooms for all of them in the best hotel in town. There were only a few complaints from the transients about their accommodations. Dave complained that his downstairs room was fine except when the boiler he slept beside began to bang and clang. Bagboy liked his room fine except for the fact that whenever anybody walked into the hotel to check in he felt the breeze, but other than that he says he's even going to furnish his apartment in lobby furniture and dirty ashtrays. Gibby felt his accommodations were adequate as his wife keeps all their linen, brooms, and household cleaners in their bedroom anyways.

To get back to our tale though, 33 was forced to send up a T-Bird with a maintenance crew man to save the hexed bird. Yet even this was not enough to bring the Tracker back to life, and the squadron

called upon their two bravest and most knowledgeable pilots, Bob Wallet and R2 to bring em back alive. Yes sir, delivering the badly needed men and equipment on task on time, the two brave pilots were hailed as heroes on their return by the J. Puddleduck Preschool kids.

Were you one of the unfortunate who did not attend the Big Halloween bash that the Wallets hosted? It was indeed a gooder with great costumes, music, and punch that really packed a wallop. Some of the costumes included Maj Acorn's beaver imitation with the teeth that were much too long. Fortunately this beaver's palate was given prompt attention when a band of Hara Kirshnas with dental credentials showed up (or should I say glowed up with their bald heads) - No nukes for VU33 you say, well that is certainly not Bagboys sentiments as he showed up in a 1/2 scale version of that little bundle of bang. Escorted by a rather feminine version of Uncle Sam, whose grey beard looked like a collection of belly button lint, Bagboy shed his missile shell and showed the ladies why he was never in the hotlegs final at the Loft.

Speaking of hotlegs, it seems that a certain nun with a somewhat revealing skirt put a few ladies to shame with his/her legs. What was the nun's secret to such great looking legs? Probably the monk who was chasing that poor girl all night.

Gibby made a landmark decision recently concerning the VCR that he bought three years ago. Since that initial purchase, he has put a small fortune into repairs for the little box of bolts, and has pulled out more than a few hairs in frustration. Last week this man, who usually displays his displeasure with somebody by suing them, instead bought the company so he could fire the whole works.

My gosh what a life those VU33s live, don't they?

ANKER '95

TECH SIDE

Here it is Nov and time to make note of VU33 happenings

VU33 people....

MIKEY



Our coffee lover...ATG next time?

VU33 people....

KATIE



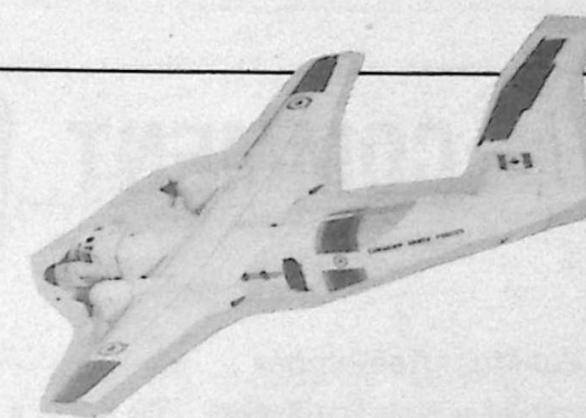
Our lovely secretary....impressed or depressed?

Next Totem Times Deadline November 17



SECTION NEWS

442 Squadron



First off, to deal with last issue's commentary on article writing for the Totem Times, some of us take annual leave or go flying once in a while! Further to that, I guess this week I didn't find a rock to crawl under quite fast enough to hide from the typewriter (or the CO!), so here goes:

Lt. Dan Lachance is pleased (and proud) to report a highly successful Squadron-level campaign for the United Way this year. With the capable assistance of Sgt Jake Dyck of 442 Engine Bay to help with canvassing, Dan reports that this year's campaign netted 53% better than our goal, and our total exceeded \$4,179.00. Dan and Jake would like to thank all members of the Squadron for their support, and in Dan's own words: "Merci a nous tous qui ont donne...ne lachez pas!"

Speaking of money, congrats go out to WO Glen Ikle, first winner of the 442 Squadron REUNION '87 50/50 Draw, this time with a total of \$393.00! Tickets for the next draw are now available from Lt John Komocki or Sgt Ab MacDonald....get yours soon!

In other Reunion-related happenings, the Garage and Bake Sale held at Airport School on Saturday was highly successful, netting more than a few dollars for next year's Squadron bash. Our thanks to the Squadron wives who organized and ran the sale as well as to those who donated items.

Downstairs, my spy Lorne Munden reports that Capt Kelvin Hamilton is back to

work and still smiling after a sabbatical in the Caribbean. We figure "still smiling" means the honeymoon ain't over yet! Congrats to you and your bride, Kelvin! Also reported by Lorne, (I take no responsibility for this) Sergeant Burke advises that his car is STILL For Sale!....sorry, Pat!

WO Bob Gould is back with us after 'R & R', and greatly in need of retraining, according to Lorne. And finally, for those of you who bet on the 'Sox' in the World Series, Ab MacDonald would like to be your buddy....seems he just can't get used to admitting that Sgt Burke is a better judge of Baseball than he is!

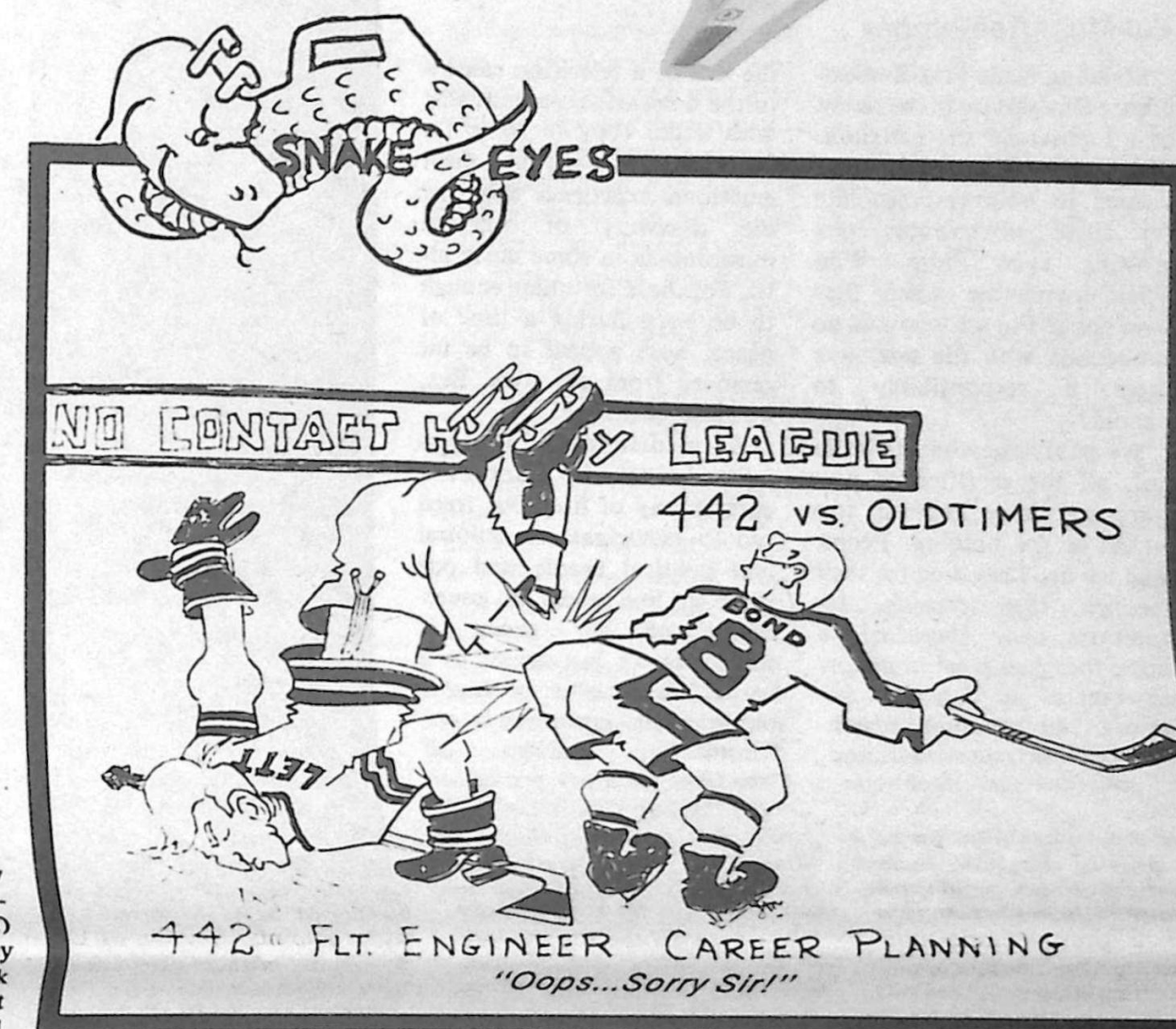
Upstairs, on the Buffalo side, we have Maj 'Smokey' Blair, our air Leader still away at the OTU in Trenton, learning how to fly (the Buff) again, and Apt Tom Lindsey preparing to depart in a week or so for a career course at Volleyball U. in Toronto. (Bad timing, Tom; the Blue Jays go south for the winter and the pretty office workers are all bundled-up in heavy coats at this time of the year!). Also down at the OTU in Trenton is Lt Marco Plasse, recently graduated from Moose Jaw.

On the Nav side, our newest (and biggest) directional consultant, Harold Mulder, checked-out operationally in October and is now enjoying his fair share of weekend standbys, etc. Navigator number 6, and currently enroute (taking his time, or perhaps temporarily unsure of position) from Trenton to Comox is Capt Gord Currie, formerly of CFRC Charlottetown.

Starting in November, the MSE Safety section will be conducting safety patrols, in search of POMV safe drivers. The aim of this program is to make members of the community aware of the need to drive defensively.

The MSE Safety section will be observing POMVs and assessing their driving habits and abilities. Drivers who are approached will be asked to answer a few general questions to test their driving and safety knowledge and a check of their driver's license to ensure that it is valid and current. If drivers meet all prerequisites, their names will be recorded for a chance to receive a Safe Driver of the Month Award. The best driver of the month will receive a signed and framed certificate, presented to him or her by Major Tilley, Base Transportation Officer. This award ceremony will take place in Major Tilley's office with a photo taken of the occasion. There will also be three (3) runnerup certificates issued. These will consist of signed certificates, presented by the MSE Safety section.

Think Safety!!



The 'Rotorheads' have a new AC in the person of Captain Inge Plug, who recently completed her checkride with the CO and Capt Mike Dorey. Seems a certain Tracker driver chased her all over northern BC and the Yukon, but never managed to catch-up with the Lab's itinerary....tough break, Martin, and congratulations, Inge!

If the weather would just cooperate, the current OTF Course, including Lt. Louise Neil and Capt Charlie Cue, could graduate and join the ranks of Lab Flight. Good luck on your check rides! ...in the meantime, hurry-up and wait!

Speaking of waiting, we've a couple of fairly new faces on our Ops desk lately: Ocdt Shaun Hartzell, a pilot trainee (what else?) awaiting a course in the spring, and Capt Mary Bryant, a Huey pilot (back from a tour in the sunny Sinai) and awaiting LABRADOR training in the new year! Welcome aboard, and thanks for doing Ops!

Last but not least, we're bidding fond farewell to Cpl Rob Adams, our SOR clerk. Well-known for his cheerful manner and NAVY leanings, Rob is leaving us for Admin Clerk versions of career-progression:

Base R & D. Thanks, Rob and Good Luck in the Head Shed! Not to worry here at 442 though, for in the process we've gained another BLON-DE!

Cpl Nicolle Kimpinski, late of the BOR has joined us in Rob's place. With MCpl Karen Carmody, and ARAF Pte Chris Threder already manning 442's admin section, it's three for three of the flaxen-haired beauties in the SOR! Welcome aboard, Nicolle! Now if Doug Hutchinson would just try a little Grecian Formula...

That's it for this issue...til next time, Snakes, Out!

TIM KENNELLEY

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Driver
of the
Month

EDITORIALS

COMMENT

Gord Kruger



We Must Remember

Standing aside at a Remembrance Day service in the recent past I observed the activities. The older generation that seemed to hold responsibility for these observances was growing even older. Who would remember when they were gone? For we who had no connection with the war, was there a responsibility to uphold?

We must remember! If we do not, all the sacrifice of past wars that have kept us free would be for nothing. People died for us. They died for their families, their friends, for traditions they cherished, a future they had great hope for, but most of all they died for Canada. The meaning of their great sacrifice rests with us and our collective national conscience.

We must remember that the great wars of the past touched the lives of all of us in some way. Whether it was an uncle, a distant cousin or just someone we never met but should have, we must remember!

Many were destroyed by the horrors of past wars. Those who remained were left with little else but faded, yellowing pictures and letters written many years previous on some grimy battlefield, so far from home. Fathers, sons, daughters, sweethearts, they were all lost in action and their loss had a profound effect on someone's life. We must remember!

For many of us who enjoy the satisfaction of today's world, past wars are simply a phenomenon viewed through

the lens of a television camera or the notes of some journalist who wrote copy in some far away place. Our most emotional experience might be the discovery of wartime memorabilia in some dusty attic. For those fortunate enough to be born during a time of peace, wars appear to be far removed from our lives. But, we must remember!

As modern day Canadians we tend to take for granted our current way of life. Our freedom to participate in cultural and political events and our right to live under a government of our choice is something we just accept as a norm. The Charter of Rights and Freedoms enshrined in our Constitution enables all Canadians to enjoy protection under the law. Those before us went off to war in the belief that these rights were being threatened. We must remember!

By remembering, we recognize the faith that these men and women had in the future of this great nation. So as you stand with head bowed this Remembrance Day let not only the elderly keep faith with those who went before. As caring Canadians, let us all stand in silent tribute to the men and women who gave their lives that we may enjoy ours.

Remembrance Day is a time to count our blessings, a time to reflect on the many sacrifices that were made on our behalf. Remembrance Day is for the past, for the present and for the future. We must remember!

G.M.K.

OUR SILENT REMINDER



Highland Secondary School and the students of the drama department invite you to a performance in commemoration of Remembrance Day in the school gymnasium at 7:30 p.m., on Monday, November 10. The show is based on excerpts from Barry Broadfoot's "The Six War Years" and will involve students from the Acting 11 and 12 classes. Hope to see you there.

NEXT DEADLINE — NOVEMBER 17



TOTEM TIMES

Read in the Best Messes in the Canadian Forces
CFB COMOX, LAZO, B.C. V0R 2K0



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Second Class mail registration is 4098. Office phone: 339-2541

EDITOR: Gord Kruger (Local 2289)

ASSISTANT EDITOR: Gerry Gerow (Local 2615)

EDITORIAL STAFF: Bob Hallowell, Dick Ulm and Norm Blondel

BUSINESS MANAGER: Ron Fisher (Local 2484)

CIRCULATION MANAGERS: Shawn & Susan Johnson 339-0580

SECRETARY: Judi Hooge 339-6210

CAMERA OPERATOR: Dave Gibson, Dave Blamire and Eric Mitchell

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EDITORIALS

Lightside

Norm Blondel



BURP THE RAM

Going further back in time in search of characters to populate this column, I'm reminded of our farm - five acres of jungle and a seventy-five year old house we purchased in 1972 on a previous tour at Comox. Looking at the wild tangle of salmonberry, bramble, willow shoots and skunk cabbage that was about to breach the very walls of this old house, my neighbour remarked;

"Some job, clearing that lot."

"Yup." (I didn't want him to know I was a PMQ-slicker).

"How're yginadoit?"

"Machete, Ah giss."

"Whut y'need's a ball-bearin' lawn mower," he said, with an impeccable grin. I had expected to see tobacco-stained gaps interrupted by an occasional tooth, but his dentures were perfect. Surprised, I lapsed into English: "I thought all mowers had them?" His grin widened; "City boy, huh? A'hm talkin' 'bout a Suffolk, laddie. Jim McLean down the road wants to sell his." I still didn't see a connection; Lawn-Boy, Sears, Briggs and Stratton I knew about; what was a Suffolk?

"A ram, fella, a big, hungry male sheep," he answered, as if I'd spoken aloud. "Eats anything. Gentle as a kitten too. Reminds me of Ferdinand and the Bull. Remember the movie? He didn't want to fight. He'd

rather sit under a tree and savor the rural ambience. 'Muse on nature with a poet's eye,' so to speak; with a 'Jug of wine, a book of verses underneath the bough...' etc..." He stopped, and turned slightly red. Now it was my turn to grin. This "Hayseed" was quoting Thomas Campbell and Edward Fitzgerald in the same paragraph! "What do you do?", I asked; "I teach grade seven," he replied, "Sorry about the accent, at first I thought you were a country type -- what's your vocation?" "Oh, analogue computation, servo-feedback mechanisms, simulated ballistic trajectories, stuff like that." I wanted revenge. I didn't have it for long.

We went down to Jim

McLean's place to look at the ram. "He doesn't look very gentle," I said, and with good reason. This was the most evil-looking beast I'd ever seen. Two half-lidded eyes under a wide black bone of a forehead examined my frame, looking for impact points. His massive nostrils flared hate: The huge body leaned forward, then backed up a few inches. WHAM! The fence between him and me shuddered, but held, thank God.

"Are you sure he knows what 'Rural Ambience' means?", I trembled, "Sure, he's just being playful," said McLean. "Thirty dollars and he's yours. You won't regret it. Just take hold of this neck-rop here, and stay on his right side. He won't be able to take a run at you that way."

I paid, not wanting to betray too much fear. Perhaps McLean was right; maybe this ram only looked mean. A huge gasping, burping sound filled the barn, rattling its tin roof, scattering the swallows. It came from the ram. "Good set of lungs, eh?" said my neighbour, "Why don't you walk him home. I have to talk to Jim a bit."

I led "Burp," as we were to name him, through the gate and positioned myself on his right side. He set off at a fast pace, dragging me alongside. Soon, we arrived at the farm.

"Look," I said to Wife; "he's no trouble at all. You just stay on his right and,"WHAM!

They didn't tell me rams could butt sideways.

FOR WE WHO WERE NOT BORN

*It wasn't what their dreams had been;
To rest in fields this far from home.
It wasn't what their hopes had been;
To lie here, row on row.
It wasn't what their years had seen;
There were so few of those.
For we who were not born,
They risked to die;
And while we live,
They dream forever.*



Norm Blondel
CFB Comox

Air Force Trivia



what
where
why
when

Answer from Last Issue



What - C144 Challenger

Where - CFB Lahr

When - 1983

Why - One of the first of the new Challengers of 412 Sqn to visit Lahr.

A message from the Minister of Veterans Affairs:

On November 11th we Canadians will stand in silent tribute to the men and women who forfeited their lives for our sake.

Three times this century Canadians have gone to fight on distant continents. They did not go in search of territorial conquest. Our country has never sought a single inch of another country's land, nor have we retained any ground once victory was attained.

Instead, these men and women risked their futures so that those at home could enjoy peace and freedom.

Remembrance Day is our chance to count our blessings that Canada has such representatives, especially the 110,000 who did not return from the two World Wars and Korea.

I hope all Canadians will once again take time from their normal schedules on November 11 and recall the many sacrifices that have been made on our behalf.

Such observance is not a duty, but a very special privilege.

Thank you,
George Hees





SECTION NEWS

BAMSO

A few weeks ago the NCMs (Non Commissioned Members) had their kick at the cat (their Career Managers) and on 17 Oct it was the turn of the AERE officers to have a tete-a-tete with their career managers. At least one of the two AERE career managers is casting an eye toward the Comox Valley as a possible site for himself...so I guess we'll just have to sit back and see if next March or thereabouts brings new of forthcoming changes of people.

Yes the AMIT is deferred, NOT cancelled, and will follow close on the heels of the OP Eval in the late spring. Stay sharp team BAMSO!

The phantom armourer has struck again by sending this writer a cartoon poking fun at us thin-haired people...well I can take it...I have broad shoulders as well as a high forehead!

In recent weeks we've seen several USN and Australian Orions visiting with VP407's Auroras. According to mythology Aurora was the Goddess of Dawn. Apparently Aurora asked the supreme ruler of the gods, Zeus, to make her husband Tithonus immortal. Zeus agreed to the request but Aurora had forgotten to ask that her husband also remain forever young. So Tithonus became immortal but forever aging and in one story was finally put in a room where he

babbled endlessly, words with no meaning, as his mind had gone with his body strength. Another version describes that Tithonus shrank in size until at last Aurora, with a feeling for the natural fitness of things, turned him into the skinny and noisy grasshopper.

Now we turn from mythology to the real world of base workshops, our only shop input for this issue.

WORKSHOPS

"As the Machines Turn" has finally come out of it's reporting lethargy. After many months of work and more work it gives me pleasure (not really, I have to write this article) to share the news with you.

First of all, MCpl Silk is back from his 6A course in Borden (maybe this time he will stay with us a little while, hopefully). Apparently he must have found the area too depressing, because he is back smoking again. Shame on you!

Smoking you say! Well, Win Dryden went the other way. Yes, he quit. No problem there, he says, or is there? Seems that while bowling, bending requires more effort. As the saying goes, "Putting on the weight, instead of the Ritz."

Another one is presently on course. Sgt Locke is in Borden for his Senior Leaders Course. Finds the place too cold. His wife told us he had to buy a

pair of long-johns. Watch out when he comes back.

We finally got a new addition to the shop. Ex-metal tech Al Bennett, joined our ranks as a "Civvy" for a six month period. Not used to work, they agreed to give him only a four day work-week. And listening to what is being

rumoured in the shop, it seems that it keeps Russ Parker on his toes. He too, started smoking. Why? Maybe too much hassle from everybody.

Hockey season is starting. Good luck to our players, Barry Silk, Claude Brochu and Russ Parker (Coach). May they win them all!

...and for the final note, I would like to tell MCpl Bob Portman to come back down to earth. Ever since his interview with the career manager he hasn't been the same. He must believe everything everybody tells him. Sorry Bob, just couldn't resist.

Till the next time, Salut.

Going, going,
but not gone.
Not yet.

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Canada Savings Bonds are only here for a short time, so you'll have to hurry to buy them. Don't delay or they'll be gone.

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The 7 3/4% rate will also apply for the coming year to the last three series of Canada Savings Bonds: S38 (issued in 1983), S39 (1984) and S40 (1985).

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\$75,000 purchase limit.

You can buy up to \$75,000 of the new series, or more if you want to re-invest your maturing bonds.

Re-invest those maturing bonds right now.

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Time is running out, so buy today.

To make sure you don't miss out on this year's Canada Savings Bonds, buy them right away. Friday, November 7, 1986 is the last day the bonds may be bought without paying accrued interest.

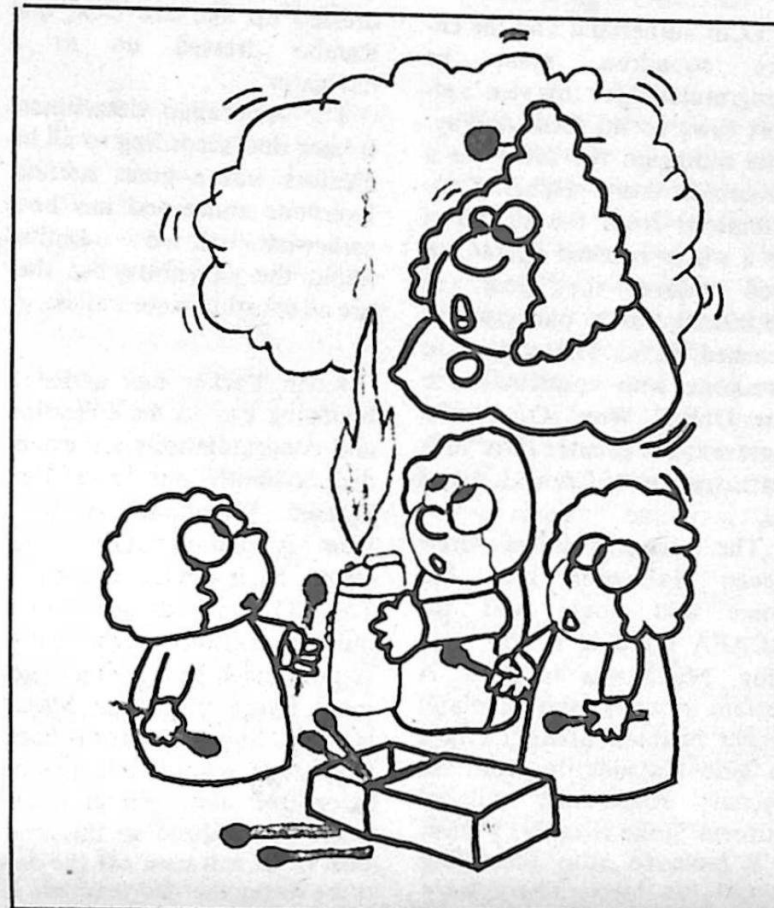
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Canada



From The Fire Chief's Office

MATCHES



The problem of children "playing" with fire is a common cause of severe burns and the loss of life and property. Parents find themselves in a state of extreme apprehension, living with the fear that their child may start a fatal fire. "I have tried everything," is a common comment that is heard when parents seek help. Unfortunately, parents have not tried "everything."

All children, at one time or another, express an interest in fire. Some children simply watch fire or persons using fire but others experiment with fire. This interest in fire is healthy and considered to be a normal activity of children. However, this activity must be carefully guided in order to prevent the tragedy of a fire and/or burn.

Children should be made aware of the use and function of matches and fire. The match should be presented as a TOOL having a specific function (lighting candles, starting camp fires, lighting a fire in a fireplace, etc.) and the use of a match for purposes other than those for which it was designed should be presented as being improper use of the TOOL. The match is not a toy and to use it as a toy would be the same as attempting to drive a nail with a saw or cut a board with a hammer. A tool has a specific purpose and should be used only for that purpose.

The statement, "Do not play with matches," gives no

positive information and does not explain the functional purpose of a match. Children become so familiar with "don't," "never," and "shouldn't" that they do not listen and may consider the specific forbidden activity to be more desirable since it is now forbidden fruit.

A child's curiosity is generally what causes the child to play with matches. The child is told "don't play with matches" and yet adults continue to use matches without apparent ill effects. The child questions the idea that adults use matches so why can't he. He reasons, I will be careful and not get burned. A match offers considerable fascination to most children and there develops a desire to investigate this mysterious object. One minute you can carry it in your pocket and the next you can produce a fire, heat and light.

Fire has a very important and necessary role in our lives and the earlier a person learns the proper use of fire the less likely there will be any type of match or fire play. Fire safety education must be positive and emphasize what to do and how to do it. Telling a child "don't play with matches" gives no positive information and rarely prevents match play. Good fire safety and fire prevention habits practiced by adults are the best examples for children to follow. These three basic

steps will help parents achieve this objective:

1) take matches away from toddlers and preschool children and always keep matches out of their reach;

2) older children should be allowed to use matches only when grownups can watch and help;

3) emphasize to children: matches are tools not toys.

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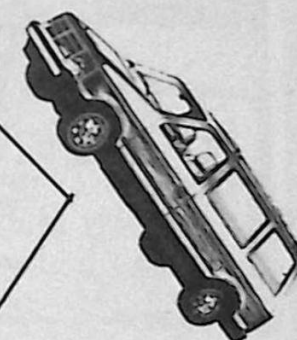
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SECTION NEWS



Demon Doins



Aerobic Award

Sgt Herb Lightfoot



LCol Sutherland presenting

Suggestion Award



Corporal Nethery, a communications and radar systems technician on 407 Squadron, being presented with a \$50.00 minor award for bringing a problem to light that required alternative corrective action to that which he proposed. Presentation is made by Maj Clarke.

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407 PHOTO

It's easy to tell that it's PER time again. Have you ever seen so many friendly, helpful people at this time of year?

It's also course loading and unloading time in the photo world. Loading, you have Jenny Labelle going on POET course in Nov., Rob Granger is checking into Borden for his

LCol Sutherland and the entire squadron must be congratulated for this year's effort towards the United Way. The campaign for 1986 was a success in every respect. Contributions from the squadron as a whole reached \$8,144.00, well above the goal of \$5,060.00, and participation reached 62%. Thank you to everyone who contributed to the United Way. Of special note was the greater than 90% participation of Crews 1, 4 and 5.

The second annual Crew Seven Halloween bash has come and gone; and the RCAFA building is still standing. Much was revealed: A certain pirate's phobia about height enabled Spike Lavigne to hide his identity from his Tacnav. Apparently out of uniform Spike is taller, I guess he'll have to stop grovelling around his boss. There were also strange manifestations of hero worship: Stu Cox dressed up like Rambo, Laurie Murray

dressed up like Stu Cox, and Rambo dressed up as a navigator.

The Australian detachment is back and according to all indicators was a great success. Everyone concerned has been somewhat closed mouthed about the adventure but they are all sporting large smiles.

Kevin Parker has added a bouncing boy to his collection and congratulations are extended to both him and Jan. Warren Wightman is back from his holidays in Greece and claims he is glad to be back. The CO has been seen going out on various night trips, rumour has it he is trying to get more flying time than Major Hanson. Steve Brabant is back from staff school, but no one recognized him. Winter hours never materialized so this year most of us will start off the day in the dark, the real problem is most of us will finish off the day still in the dark. *Nuff Said.*

Commander's Award



Col Gibbon presenting

Sgt Ross Dowe for bravery

Color Conversion course, and Bernie Lambillon is leaving for CFB Greenwood to attend an Aurora 05 course. Peter Veldhuizen, Serge Peters, and Christine MacKay are off to beautiful Borden during the months of November, December, and January. (all are on different courses).

Enough about people who are leaving, let's welcome some back. John Clevett, Christine MacKay, and Jo-Anne Parker who are now POET qualified and are very happy to be back.

Debbie Eckert has returned from her Northern four day visit with the Polar bears.

Can you believe that some people would take leave and go to California instead of staying here in the beautiful Comox Valley, well that's what Lynn Fralick decided to do. I guess she is trying to get warmed up after her two weeks in Borden where she completed her Color Conversion course. Rod Mattson is also off to attend the exercise being held at Mofet.

SECTION NEWS

Supply
Signals

And so we return once more to the busy world of Supply. On the business side of things, people who have required Supply assistance lately may have noticed that our people have been very involved in stocktakings and the relocation of the main Supply offices from the top floor of 7 Hangar to the left wing of the Headquarters building.

On 28 October, Supply personnel from all corners of the Base - in joint effort - moved every piece of furniture, equipment and paper to the new location. With our usual dedication and efficiency, the main computer was back in swing and the routine was relatively back in order in record time.

Now we will take a more personal approach and look 'inside' the Supply Tech - What have they been up to?

Recently, the creative minds of our people have been directed at originality in Halloween costumes. I predict, as in years past, that viewers will be anything but disappointed in some of the interesting ideas we turn out on Halloween Night.

The world travellers of Supply have finally returned.

Lorena Charles and Sandra Belanger have recently completed a rather extended tour of some of our Southern States (and Southern Men). They travelled by car and visited Mexico, San Diego, Los Angeles, San Francisco, Sacramento and Reno, Nevada. There were several bets before and during their absence as to whether either would actually return or just mysteriously disappear.

Donna Forget should be wandering around in a daze this week as a result of the miraculous return of "Daniel of the North." In the future we may see Donna turning in her summer clothes for a warm parka and a pair of boots.

I would like to join all of the people of Supply and friends of Jack Picard in a hearty congratulations on his engagement to Linda. Jack and Linda will announce their wedding date soon, but for now have said it will be some time in January 87.

Regretfully, I have no further intriguing gossip to tempt you with, so until next time - HAVE FUN.

P.S. SEE YOU AT BOSSES NIGHT 14 NOVEMBER!

Once again ATC would like to take this opportunity to welcome the latest newcomers to our section. Pte Shaver, Pte Hicks and Pte Godin are here to take the TQ3 contact training. 2Lt Robinson and Lt Gagon are also undergoing their precourse training. On the techs side we said farewell to Cpl Tremblay in navids who was posted to Baden and Sgt Rogers who is on 6 months TD to CFS Alert.

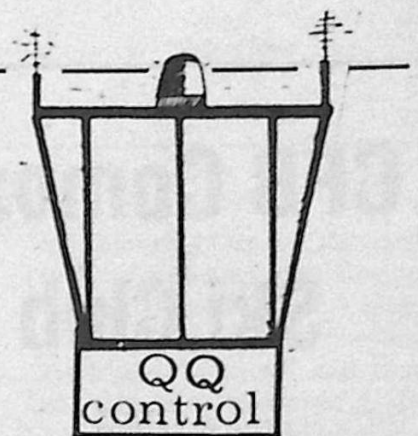
Congratulations go out to MCpl Heather Moss who recently qualified in PAR and DSC position. MCpl Moss has also received her CD on Nov 3. Cpl Field is now under unit checkout

and should be ready for us in early December.

We have two casualties to report this month. 2Lt Robinson sprained his ankle playing soccer and Cpl Field sprained his ankle playing basketball. And speaking of basketballs, Brenda and Paul Fleury are the proud parents of a bouncing baby boy, Christopher Paul, so congratulations to both of you from all of us. Congratulations also go to Cpl Paul Fleury on his acceleration to Cpl effective 2 Nov. It was well earned and deserved.

The ATC Halloween party held on Nov 1 was enjoyed by one and all and for the third year

in a row the men did the cooking. The winners in the various categories were Joe Pacowski appetizers, Steve Tinker-main course, and Greg Templeton-dessert. In the costume competition John Koidhis took the prize for best costume and Paul Fleury for the most original. Prizes were also given out for the game winners: Paul Fleury won the apple bobbing contest, Brenda Fleury won the hula hoop contest and Steve Tinker won the bubble gum blowing contest. All in all it was a fun evening of tricks and treats. Next scheduled event will be the Christmas party to be held on Dec 12.



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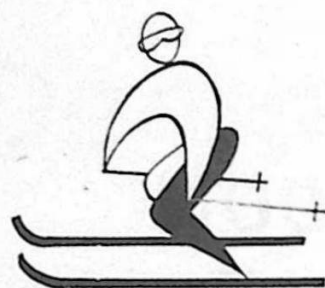
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SPORTS & RECREATION

CFB Comox
Ski Club

Pipe Smoke

By Gerry Gerow



The season will soon be upon us so it's time to dust off the old boards and prepare for the slopes. With this in mind the ski club has organized a Ski Sharpening and Waxing Clinic. It will be held at Black's Cycle Ski Shop on Wednesday, 19 Nov at 1900 hrs. At about \$20 a crack for this service at most ski shops this demo should save you enough to pay for the first FUNDAY on 12 Dec. If you are interested in taking in the 'Clinic,' please call Black's and let them know you're coming.

The WHISTLER SKI TRIP is filling up but there is still ample space available. Hurry though, the Mt. Baker trip in 85 filled up before the first FUNDAY. For those of you who don't know the details on the trip keep reading.

The trip is on Wednesday through Friday the 4, 5 and 6 February '87. The bus will leave CFB Comox the evening of the 3 Feb and return after the day's skiing on Fri. We're staying at the Tantalus Lodge at Whistler Village in two bedroom kitchenettes suites

complete with dishwasher. The lodge features facilities like pool, jacuzzi, and sauna.

The cost for this luxurious accommodation is \$140 per unit per night. At four to a suite that's \$35 a night or \$105 for the three days. If you choose to use the hide-a-bed in the living room, six can stay for \$70 for three days. There is a three day, two mountain (Whistler and Blackcomb combined) pass for \$80. BUT, for Mt. Washington pass holders Whistler offers a full day pass (regularly \$29) for the half day rate! Anyway, this great ski trip offer is available for ski club members only. But don't despair, memberships are still available at the nominal fee of \$10 single, \$15 family. A DEPOSIT OF \$40 IS REQUIRED TO CONFIRM A ROOM. MAKE YOUR CHECKS PAYABLE TO CFB COMOX SKI CLUB AND FORWARD THEM TO SGT BEDARD AT THE DENTAL CLINIC. All deposits must be in by 10 December!! Until next time, see you on the slopes.

Just about every type of sport has its professionals. People who make their living practicing and/or teaching it. Pros in the team sports are well known to all of us. Just why we get excited watching a bunch of millionaires playing a kids game has never been quite clear to me.

Individual sports, too, have their professionals. Tennis, golf, and skating, for example, all have people who make their living at it.

The most recent pro to show up is the professional fisherman. I'm not talking about the guys in the seiners or trawlers, but sports anglers with rod and reel. Many of them spend a lot of time giving lectures or seminars, and teaching classes, but now we have professional fishing derbies with thousands of dollars in prize money.

These guys have everything. They will probably show up in a motor home or camper with their name emblazoned on the side, only slightly smaller than that of the manufacturer. Their boats are specially designed and constructed for professional fishing. They are truly something to behold. Large motors to move them quickly to the fishing areas, and a smaller electric motor, which is completely controlled by the anglers foot to enable them to manoeuvre without missing a single cast. Special casting platforms and seats, and, because they have recently taken a lot of heat about the numbers of fish they kill, a live fish well, with circulating water, so the fish can be kept alive until weighed in and then released. Many will die anyway, as the gear these so called experts use is not by any stretch of the imagination, designed for catch and release tactics. But then, the tourists won't know that, so it's all right.

The perennial ball cap is emblazoned with the crest of a tackle manufacturer, as is the jacket, shirt, and life vest. Anything and everything

connected with these guys has a large trade name visible.

Their tackle is the finest available. The latest professional reels have L.C.D. readouts to show the amount of line that is out and the drag setting. Some will even show how hard the fish is fighting so the drag can be adjusted. None of them have ever paid a nickel for tackle since becoming professionals. Now, I'm not against freebies. I get a few myself now and then, as does any writer, but this can get ridiculous. The sportsman is the one who pays in the end.

The most popular fish for their derbies seem to be bass. I'm not sure why, but it's probably because they exist in quantity and are not particularly hard to catch.

Are they really expert fishermen? I don't think so. Most of them are just average types at the game. A trained ape could do well with all the specialized equipment these guys have. What they really are is excellent public relations people and advertisers who specialize in the old soft sell.

While I feel there is a place and a need for professional teachers and lecturers in the sports fishing game, pro fishing derbies are ridiculous and lower the greatest sport to the level of competition. It should be stopped. It's not going to be, but it should be.

If it is to continue, then it's time the pros recognize the fact that like pros everywhere, they become martyrs to young people. They need to recognize their responsibilities, towards conservation and proper methods of fishing and handling fish. A recent issue of a Canadian Outdoor magazine carried a picture of Canada's best known professional fisherman holding a fish by the gills, which, the caption said, he was preparing to release. Maybe the fish was dead and the editor fouled up with the caption. I don't know, but this type of picture doesn't look like professionalism to me. No dogs, Frank.

Did You Know

The great Italian violin virtuoso Niccolò Paganini played so brilliantly, a legend grew up around him that he had made a pact with the Devil.



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SPORTS & RECREATION

CFB COMOX SAILING CLUB

Yes, Virginia, there IS a sailing club at Comox! Despite the low profile, there is a dedicated nucleus of devoted sailors who helped make the 1986 sailing season a great success. There were a few courses down at "The Spit" this year. Dave Nurse graduated twenty-four competent and enthusiastic 420 class dinghy sailors from the CYA-recognized White Sail course. Dick Ohl, our resident keelboat instructor/old salt put students to the test, and now ten more are qualified to sail our new keelboat. The "Lelage" (Catalina 27) was kept busy over the summer months accommodating many different charters to recent and not-so-recent graduates of the famous CFSA Comox Coastal Cruising School. There were even a few guest charterers from different parts of Canada - and rightly so, because this is the best sailing North America has to

offer, yes, right at our front door!

On the highly competitive dinghy circuit there was much to boast about this year. Our own club series in the Spring had the most consistent turnout ever. The final standings were close, with the top sailors being Stewart Jeans and crew, followed by Dave Nurse and a close third went to Kelly Nelson.

The Annual series with Comox Bay Sailing Club saw us dominate the racing with three of the top five spots held by CFSA/CFB representatives. We also sent a crew down to Victoria to race in the CFSA Nationals and placed sixth out of ten. It should be noted here that as ruthless as this may sound the emphasis was on fun.

Our first annual Rum Race to Tree Island (an overnight trip) was won by Dave Bolton.

It is rumoured he may not have been the first to the island but was first to find and quaff down the buried treasure. (Navigator's instinct, we're told). Captain Morgan may be a little upset that his hiding place has been discovered but we're sure he'll be hiding another ship in a bottle next year. Unfortunately, this year's annual CFSA Single-Handed Keelboat Race had to be cancelled because of excessive winds (upwards of forty knots) and a high sea state.

The fall general meeting was held on Oct 30 and there are a few new faces on the executive. Maj Denny Thomas is the new Commodore, Dave Bolton the new Vice-Commodore and

Mike Baumert Rear Commodore. Dick Ohl remains the secretary/treasurer.

The 1987 program promises to be as full of fun events as this year's was. Here is a general outline:

Regatta, (Spring)
Club '420' Racing Series (Spring)
Dinghy/Keelboat courses (Spring)
Interclub racing versus Comox Bay Sailing Club
Fall Rum Race to Tree Island
CFSA Single Handed Keelboat Race (Fall)

Dates to be finalized at the Spring General Meeting.

Have you been looking for an excuse to get pay TV? Well, here it is! For those of you who

are following Canada II's quest to bring the America's Cup to Canada there will be coverage of the races Wednesday evenings this month and next on TSN. On November 5, 12 and 19 second round highlights will be shown at 8:30 pm. The third round preview will air on Nov 26 at 9:00 pm.

For those with a spirit of adventure or just out to have fun, if you would like to join the sailing club more information can be obtained by phoning Dick Ohl at 338-5264 or Lt Dave Bolton at Loc 2308. Membership is open to members of the CF and their dependants. Employees of DND are also eligible. Don't be shy, we would love to hear from you!

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13 NOV - MESS DINNER. Monty Elliston, Dave Nichol, Al Grinnel, Moose Brietkreutz, Claude Audet.

15 NOV - VETS NOSTALGIA DANCE. Food. Admission Free. B & B Disco. Bring a Vet.

21 NOV - MIXED GAMES NITE.

29 NOV - MONTE CARLO NITE. Bring a friend.

30 NOV - GREY CUP — Grudge Match vs Zeros Mess

13 DEC - PMC's DRAW & TURKEY BINGO

14 DEC - CHILDREN'S XMAS PARTY

19 DEC - At home to the Officers

26 DEC - INTERMESS GOLF TOURNAMENT

31 DEC - NEW YEARS BALL

1 JAN - NEW YEAR LEVEE

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MND in Europe



CFB Baden-Soellingen, Germany - Lieutenant-Colonel Roy Mould (second from right), Commanding Officer of 409 Nighthawk Squadron at Canadian Forces Base (CFB) Baden-Soellingen, describes the AR-5 chemical suit to the Honourable Perrin Beatty, during a tour of Canadian Forces Europe. The AR-5 suit is worn regularly by CF-18 fighter pilots to practice combat in a chemical environment. Wearing the suit for the demonstration is Corporal Rene Beland assisted by Corporal John Maxwell (second from left). Both men are safety systems technicians with 1 Air Maintenance Squadron at CFB Baden-Soellingen.

Canadian Forces Photo by
MCpl Renee Marcoux



CFB Lahr, Germany - Minister of National Defence (MND), the Honourable Perrin Beatty loads a round into the breach of a 1 RCHA M-109 A-2 self-propelled howitzer. Mr. Beatty visited the units of 4 Canadian Mechanized Brigade Group at Canadian Forces Base (CFB) Lahr during his first official tour to Europe in his new appointment as MND. Mr. Beatty's itinerary included a visit to CFB Baden-Soellingen where he was given an in-depth look at CF-18 operations, a meeting in Bonn with his German counterpart, Dr. Manfred Woerner, and a visit to North Norway to observe the Canadian CAST Brigade Group on EXERCISE BRAVE LION.

Canadian Forces Photo by
Corporal Julien Ruel

Did You Know



The graham cracker was named after the Reverend Sylvester W. Graham who in the 18th century recommended a diet of bread made from coarse flour eaten slightly stale.

CP140 Aurora Northern Patrols

BACKGROUND

Military flying in the north began with the charting and mapping of northern Canada including the high Arctic. More recently, the discovery of Arctic oil in the late 1960s and the subsequent trial use of the Northwest passage by international shipping triggered national sovereignty concerns. By the early 1970s long-range northern patrols (NORPATs), were flown in support of the first of four major defence activities listed in the 1971 White Paper on Defence... "The surveillance of our own territory and coastlines, i.e. the protection of our sovereignty." These surveillance and reconnaissance missions were flown by the Argus aircraft in order to ensure a military presence in regard to shipping and isolated communities while conducting northern navigation training.

Northern Patrols are a means of obtaining data on northern operations and activities. New airstrips, exploration by private industry, the general layout and condition of facilities of isolated communities, drill rigs, mining in important resource areas, etc., are examples of the types of data that must be collected.

The isolation, expanse and the harsh climate of the north make Search and Rescue (SAR) a very important secondary task of every NORPAT. The Aurora's endurance and electronic equipment make it ideally suited for initial SAR

responses. Besides maintaining a military presence in the north, Northern Patrols support other government agencies. For example, ice observers from the Department of the Environment usually accompany patrols to collect data on northern ice movements, and aircrew often collect information on wildlife herds for the Department of Renewable Resources (Gov't of the NWT).

PRESENT SITUATION

Patrols start at either of the two Aurora bases; Comox, British Columbia (with four Auroras) or Greenwood, Nova Scotia (with fourteen Auroras). A typical patrol starting in Greenwood will fly up the eastern coast of the Maritimes and Quebec reporting all foreign and domestic fishing and merchant vessels encountered, landing at Frobisher Bay. The next leg, flown from Frobisher Bay, will take the crew high into the Arctic for extensive photographic work and ice reconnaissance before landing at Yellowknife. The final leg from Yellowknife back to Greenwood would include ice reconnaissance and photographic work in the southern Arctic.

In September 1985, the federal government announced a further series of measures to assert Canadian sovereignty over the Arctic including an increase of the number of surveillance aircraft patrols carried out over the Arctic.

Aurora in the Arctic

OTTAWA - As part of the commitment taken by the government to increase the Canadian presence in the Arctic, two Canadian Forces CP-140 Aurora aircraft took off on October 14, 1986 from opposite ends of Canada (Comox, BC, and Greenwood, NS), to conduct northern sovereignty patrols.

"These patrols which last 4-5 days, are extremely important to exercise our sovereignty in the North," said Perrin Beatty during his recent trip to the North.

Their primary mission is to ensure Canadian sovereignty by conducting surveillance and reconnaissance flights in the North. The two CP-140 Aurora will also provide photographic coverage of eight Yukon com-

munities, four oil rigs in the Beaufort Sea and the Mackenzie Delta, two DEW Line secondary sites and the oil pipeline near Norman Wells. Furthermore, all data gathered on wildlife concentrations will be passed to the Northwest Territories Department of Renewable Resources.

"We intend to monitor the activities in the North and to make it clear to everyone that this is sovereign Canadian territory," added Beatty.

These two patrols are part of the Government's intention announced in September 1985, to implement a series of measures to assert Canadian sovereignty over the Arctic. Northern surveillance aircraft patrols have been increased and additional flights will occur throughout the rest of the year.

Lest We Forget

A Canadian War Hero

A young Canadian doctor, Major Ben Wheeler, was held prisoner of war from 1943 to 1946 in Japanese war camps of World War II. He kept a secret diary, which was forbidden in the camps, but this diary gave him the strength to help the other prisoners who were sick, dying and going insane. He himself had high fevers, diarrhea, and many other illnesses, but he always found the strength to help the other men in their times of need.

Ben Wheeler was in his early thirties when he was captured. He had been sent from Alberta to work in an Indian military hospital in India, when World War II broke out. The Japanese attacked Singapore, where Ben was working, and the defenders surrendered in just a few days. Ben and many others were taken as prisoners to Japan. Even on the awful trip, Ben helped any men who needed him.

When they arrived at Formosa, Japan, they were marched to Taihoka Camp, to be yelled at and disinfected before being taken to the prison huts, which were made of mud and bamboo, and housed 80 men each.

Discipline was harsh. On meeting a guard, a prisoner had to snap to attention and bow. A slow or sloppy bow meant a slap or a punch. Some men were seriously injured, only because they didn't bow properly.

Wheeler was the doctor of the camp. While the reasonably healthy men went to work, Wheeler would stay in the hospital hut, which was made for six men, but usually held at least twenty, and try to help the dying captives. He had no drugs, equipment, or anything else - so this was not an easy task. Ben, like the other prisoners, had to go to bed at 8:30 and could not attend to any sick men during the night unless the guards permitted him to.

Soon the prisoners were moved to a camp called Kinkaseki, which was like a nightmare. The prisoners slept on bare boards, and most men were crawling with lice. They had to work in a copper mine, and lots of them died on the job, falling down rickety steps in the mine shafts or becoming poisoned with copper sulphite, but Ben Wheeler kept on helping them. One man was covered in festering sores. Wheeler wrapped them in lichen he picked up around camp ("There must be iodine and iron in those plants!" he had said), and the sores vanished.

The men called him a genius. He kept dispensing medicine, even if it was only burnt rice rubbed together. Every evening he went into the death hut and crawled along to speak to every man. His words seemed to work a kind of

magic, because the men believed in him. No matter how badly he or the other prisoners were treated, he never lost his control or his dignity, and this attitude encouraged the men around him.

The men were freed in August, 1946, when the Japanese surrendered to the United States. Ben Wheeler was taken home to his wife and three children in Alberta. He received many letters of thanks from men he had helped during the war. In Canada, Ben studied to become a specialist in internal medicines, to continue helping people. After Ben died, his daughter completed the award-winning film, "A WAR STORY," about her father with the help of his secret diary.

I feel that Ben Wheeler is a Canadian hero and had contributed to world peace by setting an example of helping others even while he was suffering, and by never giving up

Carla Hill
Virden, Manitoba

Ed Note: Carla Hill was a National Intermediate Vice Senior winner in the annual Royal Canadian Legion Remembrance Day Essay Contest for 1986. The Legion has run the contest annually in Canadian schools since 1960. The contest begins at local levels and leads to selection of provincial and national winners.

The Significance of War Memorials

At a recent Remembrance Day service I stood alone amidst the crowd. I had nothing to do with the wars. I simply didn't understand why we went through the motions of a service every year to remind ourselves of the horrors of war, violence and death.

As I wondered, my eyes caught sight of an old man. He wore a beret and on his chest was pinned a bright red poppy. As the band played "O Canada," his eyes welled with tears. Yet he sat erect with his hand elevated in a salute and proudly sang along. His body

was maimed. He sat propped in his wheelchair and as I looked closer, I saw that he had no legs. He had been in the war and despite his phenomenal handicap, he made his way to the cenotaph to lay a wreath.

I continued to wonder. This man, so obviously destroyed by the horrors of war continued his love of country and took an active part in the service. Then something else caught my eye. An elderly woman next to me clutched a yellowing picture of a handsome young man, and as the bagpipes played on, she smiled with pride and said to

me as she tenderly caressed the frame, "You know, he died for freedom for you and me."

The service was over, and soon I was left standing alone in front of the monument. As I read the names of those people who died in the war, the words of that elderly woman kept running through my mind, "...freedom...for you and me..." I continually envisioned the maimed old man singing "O Canada" and I finally realized why I attended that Remembrance Day service. Those brave men and women of days long past fought for

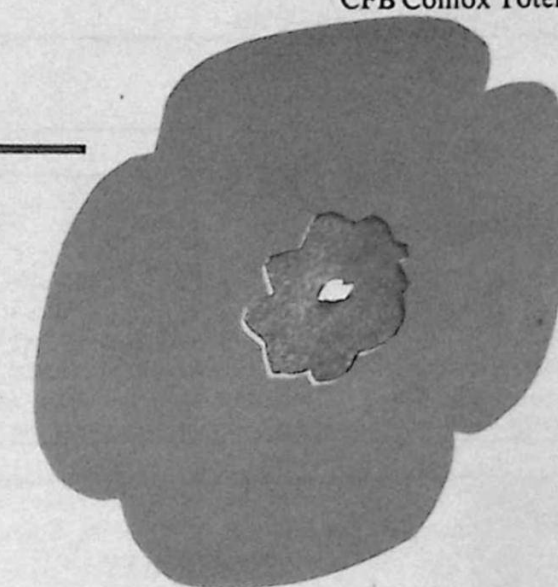
me. They fought to preserve a way of life for their children and their children's children. They gave their lives for freedom. I realized that the memorial services were not to immortalize the suffering and hardship of war, but to instill in the hearts of all men and women the pride and bravery of our ancestors, and to help us prevent the tragedy of war from occurring again.

I finally understood that the world lay in our hands and that by having memorial services we would learn to protect it from evil and love it like those brave

men and women loved it...for all time.

Julie Doll
Fairview, Alberta

Ed Note: Julie Doll was a National Senior winner in the annual Royal Canadian Legion Remembrance Day Essay Contest for 1986. The Legion has run the contest annually in Canadian schools since 1960. The contest begins at local levels and leads to selection of provincial and national winners.



The Ceremony

Remember, remember,
Who's minding, who's minding.
The dying and dead
The dead and the dying.

The buglers sound
the echoes rebound.
Winds swiftly swirling
upon flags unfurling.

Remember, remember,
Who's crying, who's crying.
The dying and dead
The dead and the dying.

Heads slowly bending
time is amending.
The silence is loud
grey mist like a shroud.

Remember, remember,
Who's sighing, who's sighing.
The dying and dead
The dead and the dying.

Reveille breaks through
memories not anew.
Stillness is broken
no thoughts are spoken.

Remember, remember,
Who's crying, who's sighing.
The dying and dead
The dead and the dying.

Alone and forsaken
attention is taken.
Sentries have parted
the waiting has started.

Remember, remember,
Who's minding, who's minding.
The dying and dead
The dead and the dying.

WO T. Wall
CFB Comox

AROUND THE BASE

Did You Know



If tamed when young, a ground hog may return to its master for food every spring after wintering in its burrow.



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Jr. Ranks Club

ENTERTAINMENT

NOVEMBER

Special Events:

05 NOV 86 -
LADIES CLUB FASHION SHOW
1900 hrs. Admission - \$5

07 NOV 86 -
DJ SUMMIT MUSIC
2100 to 0100 hrs. Admission - \$1.00

14 NOV 86 -
BOSSSES NIGHT
BAND ROLOSON BROS.
1530 to 0100 hrs. Admission - FREE

21 NOV 86 -
MIDWINTER NIGHT
BAND EXCALIBUR
DJ SUMMIT MUSIC
LORD AND LADY APPOINTMENT 1700 hrs
DINNER 1730 hrs.
Dance to follow
Admission-\$10 members, \$12.50 non members

28 NOV 86 -
IMPRESSIONIST DON HAMBLBY
DJ AUDIO EXPRESS
2100 to 0100 hrs. Admission - \$3.00

11 NOV 86 -
REMEMBRANCE DAY
DJ AUDIO EXPRESS
Admission - FREE
SNACK BAR: 339-4333

ATTENTION

Junior Ranks Mess Members

1. The Junior Ranks will be hosting a kids Xmas Party on the 14th of December 1986. Registration forms can be picked up and dropped off at the PMC/Mess Managers office or the Bar. The deadline for receiving registration is the 30th of November 1986. There will be NO exceptions. All presents will be supplied by the Junior Ranks Mess, no other gifts will be accepted.

The following is a breakdown of times and age groups:

6 yrs and under - from 1330 hrs. - 1500 hrs.

6 yrs to 12 yrs - from 1530 hrs - 1700 hrs.

There will be pop, chips and chocolate bars supplied for the kids. During this function the bar will not be open.

Base Commander's Commendation



Capt Bob Richter

Col Gibbon presenting

CF18s Score Well at William Tell

TYNDALL AIR FORCE BASE (FLORIDA) - After more than a week of intense, pressure packed tactical flying, Canada's William Tell 86 team has surprised many aviators with a convincing second place finish at this year's competition at Tyndall Air Force Base.

"We've only had the CF-18 for some 17 months, and this was the first time the aircraft has competed in the meet," said Lieutenant-Colonel Jean-Michel Comtois, the commander of 425 Squadron and team chief at the event. "No one knew what to expect of us," he added.

The team, composed of five CF-18's and personnel from 425 Tactical Fighter Squadron based in Bagotville, Que., finished the meet with 38,295 points, a mere 2,450 points behind the winning 33rd Tactical Fighter Wing Team from Eglin Air Force Base, Florida. Besides the pilots and aircraft technicians from 425 Squadron, and CFB Bagotville, an air weapons control element from the Canadian NORAD Region Headquarters at North Bay, Ont., provided six people for the ground controller interception portions of the competition.

William Tell is the USAF air-to-air weapons meet and is held every two years. This year's meet pitted six U.S. F-15 Squadrons and Canada's CF-18s in one category and three U.S. Air National Guard F-4 units in another.

"This single event has done more for our fighter community's credibility than any other activity that we've been involved with in recent years. I don't think we'll be taken for granted in future meets," said Comtois.

William Tell involves five "profiles" or missions that must be flown by each team. The tasks range from firing at small, towed targets to stopping a mass raid of 12 "enemy" aircraft using only four "friendly" aircraft and a total of 12 shots (missiles or guns). The Canadians placed first in the missile and 20 mm cannon shoot profiles.

More than that, all aspects of the preparation leading up to a mission were also judged, from the speed of a "scramble" to the quality of aircraft maintenance and safety.

425 Squadron's weapons loaders performed brilliantly, wrapping up their competition with a solidly choreographed display of man, missile and machine. In their tests, they loaded the CF-18 weapons quickly and well enough to earn 2,910 points of a possible total of 3,500, winning the weapons loading competition.

Canada's winners in individual categories include Captain John Reed, who was crowned "Top Gun" of the meet. Reed, a USAF exchange pilot with 425 Squadron, earned the title by posting 11,030 points of a possible 12,500.

"Top Gun" is awarded to the pilot accumulating the most points in the live firing profiles. "I felt I was under a lot of pressure because I was an American flying with the Canadian team," said Reed.

The competition pits the best of USAF fighter squadrons in tough, realistic scenarios that simulate real combat conditions. It involves intense training and a honing of skills which will benefit all participating squadrons.

"The members of the 425 team will be passing their increased knowledge and experience on to the rest of the squadron if only through osmosis," said Comtois.

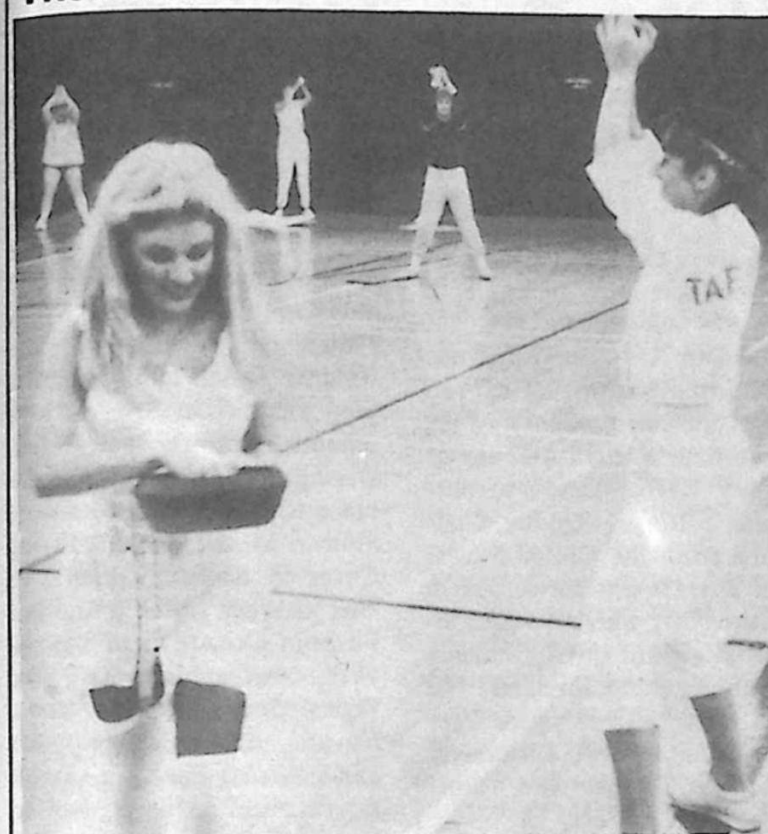
Is he pleased with the results? "Absolutely!" said Comtois. "I had told my people before coming down here that they would water their eyes...they've done that and more. I can't begin to tell you how proud I am of these guys and how fortunate I am to have them on my squadron."

Apart from the team but vitally important to the meet, some nine judges from CFB Cold Lake, Alta., Air Command Headquarters in Winnipeg, Man., and Fighter Group Headquarters in North Bay, Ont. helped ensure the smooth functioning of the meet.

425 Squadron has done Canada proud. They will be flying home to Bagotville, October 26.

SPORTS & RECREATION

Trick or Treat



That's a difficult choice lady

Totems Basketball

After a few years of absence from the Comox Valley Basketball circuit the CFB Totems have made their presence felt in their opening games.

The first game of the season was against the Cumberland Hotel. At half time the score was deadlocked at 34-34.

However they gave up an 8 pt lead with less than two minutes remaining to lose 71-69. In the very competitive contest newcomer Davis Mitchell was the games top scorer, netting 34 points for the Totems. He completely dominated the

boards at both ends of the court. Kenn Rodzinyak pumped in 12 points and Russ Payne and Dale Fritzke added 9 and 8 pts respectively for the Totems. Dave McMillan led the Cumberland Hotel scoring 33 points, and Rick Tuttle hit for 12.

In their next effort against the Arbutus Travelodge, the Totems were victorious 71-63. Russ Payne led the scoring with 23 points and Davis Mitchell notched 19 points for the Totems. Terry Strocel added 12 for the winners. The Arbutus was led by Brad Hornstein and

Rick Rasmussen, getting 18 and 13 pts respectively.

The Totems have three people sidelined already this year with injuries, Rob Adams, Mike Baumert and Roy Field. They will all be back in the lineup soon, strengthening the already good height and speed on the team.

All the men's basketball games are at 2000 hours following the girls game at 1800 hrs. So come out and support the Totems on to a successful season. The Salvation Army will have their concession stand open throughout the games for your patronage.

GOOD NEWS

Your CANADA PENSION PLAN is changing for the better.

As of January 1, 1987:

On January 1, 1987, your Canada Pension Plan will change. These changes put your Plan on a solid, long-term financial foundation. It's important to know what benefits are available because your Plan provides you and/or your family with a basic level of earnings protection when you retire, become disabled, or die. You will, however, have to apply for the benefits when you believe you are eligible. The information that follows highlights the major improvements. It's good news!

Financing a better tomorrow
New financing arrangements will make and keep your Plan more secure than ever. Right now you and your employer each contribute 1.8% of your earnings up to a maximum amount. Each year until 1991, the contribution rate will rise by 0.2% and from there until 2011 by 0.15%. If you make the maximum contribution, you will pay about \$26 more in 1987.

A wider choice of retirement options
After January 1st, you can begin receiving your CPP pension as early as age 60. You could qualify even if you are not fully retired.

If you begin your pension before age 65, your benefits will be less because you will have contributed less and will get the benefits for a longer period of time.

Or, if you choose not to start your pension until after age 65 (up to age 70), your monthly benefits will be greater. Your pension would normally be payable the month after your 65th birthday. For each month between that date and when your pension begins, your benefit will be adjusted by 0.5%. This adjustment will apply for as long as you receive the benefit.

Increased disability benefits
If you qualify for disability benefits, your monthly payment will now be significantly increased. For example, the maximum disability pension in 1987 will increase from \$487 to more than \$635 per month.

As well, anyone entering or returning to the work force will have disability coverage after contributing in 2 of the last 3 years, in which contributions could have been made.

Survivor benefits continue on remarriage
If you receive survivor benefits, they will now continue even if you remarry. If you remarried and had your survivor benefit discontinued, you can have your benefit reinstated.

Splitting pension credits
If your marriage ends in divorce, each spouse will be entitled to one half the "pension credits" you earned together. After January 1, 1987, the credits can also be divided if your marriage or common-law relationship ends in separation.

Sharing your pension
When you and your spouse receive your CPP retirement pensions, the benefits you've both earned during your life together can be shared if either of you makes this request.

Additional benefits for dependent children
In the past, dependent children were limited to one flat-rate benefit, even if both parents had paid into the Plan and died or became disabled.

Should the same happen now, your children would be entitled to double benefits.

Improved 'Combined' benefits
If you are entitled to a combination of survivor and disability benefits, the maximum monthly amount you could receive will now be greater.

As for combined survivor and retirement benefits, these will now be more generously awarded to those who qualify.

Building on a solid foundation
Being financially prepared for the future is a responsibility we all share. Your new Canada Pension Plan now gives you a stronger foundation. It's a sound base, and it's up to you to build on this foundation.

It's never too soon, or too late, to begin building for your future. We hope you'll start today.

You may need further information to better understand these changes. For booklets about your Canada Pension Plan, call the toll-free number below or fill out the coupon and mail it to:

CPP-INFO
P.O. Box 5400
Postal Station "D"
Scarborough, Ontario
M1R 5E8
1-800-387-8600
In Toronto, 973-6868



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In the early 1900s Anton Haislan spent 22 months pushing his wife and daughter in a carriage a total of 15,000 miles through the streets of Paris.



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LIFESTYLE

info
health

Dr. Bob Young



If the number of weight loss clinics, diet books, and exercise programs for the chubby is any indication, many people are living off the fat of the land. Some are living very well!

Some doctors take an active part in helping their patients reduce. They provide diet advice, counselling, exercise programs, and support. Many get good results, although their patients are just as likely to regain the weight as are individuals who lose it at a clinic.

Other doctors are not interested in teaching people to lose weight, are not trained to do so, or get discouraged by their results. Others feel guilty about billing the medical plan for this type of service, feeling that health resources could be better spent. We won't get into that discussion here.

Doctors should know what type of weight control program to recommend, and the Nutrition Committee of the British Columbia Medical Association has provided them with some help in assessing the available programs.

Any overweight patient should seek the approval of his or her physician before intentionally losing weight. Personal and family history of such things as diabetes and high

blood pressure, current medications, and target weight should be discussed. Some blood tests may be necessary.

The proposed program should involve a trained nutritionist and utilize a diet of at least 1,000 calories per day which includes food from the four food groups - cereals, fruit/veg, meat/protein and dairy foods. If mineral or vitamin supplements are used, (and they may be necessary), doses should be low. Megavitamins, hormones and other additives should be avoided.

Weight loss should be no more than one or two pounds per week, and the diet should be supplemented with behavioural modification designed to change long-term eating habits, and with a suitable exercise program.

The diet should be molded to fit the needs of lactating women, seniors, adolescents, or other specific age groups. Pregnant women should not become involved with weight-loss diets.

Finally, long term followup should be provided.

Info/Health is brought to you by the British Columbia Medical Association and this newspaper.

Origins of the Species

John Bradley

ORIGINS OF THE SPECIES
EARLY BEGINNINGS

Canada's first military related flight occurred on 2 August 1909 during the annual Militia camp at Petawawa, Ontario. On that day four flights in the Silver Dart were made by J.A.D. McCurdy. On the last flight of the day, the Silver Dart was extensively damaged during a hard landing and a few days later on Friday the thirteenth, a second aircraft, the Baddeck 1, also crashed in front of the evaluating officers. The visiting dignitaries decided that they were not interested in military aviation as it was at that time and that they would await further developments from the European aircraft manufacturers before making any final decisions. Over the next few years attempts were made to get military aviation going but all efforts proved fruitless due to a "lack of funds."

When war broke out in August 1914, Canada was without any military pilots or aircraft. The Minister of Militia and Defence, Col Sam Hughes, asked Britain what Canada could do in respect to air power and was told that Britain could best use six expert aviators. Col Hughes was unable to find the six aviators, but he did approve the forming

of a small aviation detachment to join that army in England. On 16 September 1914, the Canadian Aviation Corps was authorized, consisting of two pilots and one mechanic. At the same time a small amount of money was allocated to purchase a Burgess-Dunne float-plane from the United States. The aircraft was forwarded to Quebec City where it was transferred aboard the SS Athenia for transport to England. The first three 'airmen' were Captain E.L. Janney, Lieutenant W.F.N. Sharpe and Staff Sergeant H.A. Farr.

When the Athenia arrived in England the Burgess-Dunne was unloaded and trucked to Salisbury Plain, where the Canadian Expeditionary Force was encamped. The damp English winter quickly rotted away the aircraft fabric covering, which resulted in its being eventually scrapped. The Burgess-Dunne was never flown by the Canadian Aviation Corps as none of its three members were qualified pilots. With no aircraft and no pilots, Canada's first air force was disbanded on 7 May 1915.

In spite of the poor first effort, Britain saw the great potential that Canada held as a training centre and as of 25 January 1917 started to set up

training fields at numerous locations around Toronto and at Camp Borden. Many Canadian, British and American pilots and mechanics graduated from the various schools before the war ended. During this period the combined schools and stations were known as the Royal Flying Corps in Canada which was later changed to the Royal Air Force in Canada as of 1 April 1918. On that date the Royal Flying Corps and the Royal Naval Air Service was amalgamated into a single organization to be known as the RAF. By the time the Armistice was signed on 11 November 1918, the RAF in

Canada had an establishment of 11,928 all ranks. During April of 1918, the Canadian High Commissioner in London suggested that the Canadian government set up a Canadian Air Force (England) which would be known as the CAF. His suggestion was based on the fact that Canada was being used as a major training centre and that many of Canada's fine young men were already flying with the RFC, RNAS, and later the RAF. It was a majority of these young men who would be called upon to form the nucleus of the new Canadian Air Force (England).

SECTION NEWS

Christmas toys and Christmas joy

How can you be certain that the toys you give your children this Christmas are not dangerous or in any way hazardous?

Thanks in large measure to regulations under the Hazardous Products Act of Consumer and Corporate Affairs Canada, adults shopping for gifts for their little ones can be sure that the new toys they buy are among the safest in the world.

But even the safest of toys can be dangerous or hazardous if improperly selected or misused.

With that in mind, the Product Safety Branch of Consumer and Corporate Affairs Canada suggests a number of ways you can help minimize hazard or risk to your children when you choose their toys this Christmas:

- When shopping, use age labelling, safety recommendations and other packaging information as a guide to your purchase decisions. For instance, a chemistry set marked as suitable or safe for a 10 to 12 year old might be unsafe if used by a younger child.
- If purchasing gifts for toddlers or younger children, stay away from toys with sharp points and edges or small parts which could work loose and be inhaled or swallowed;
- Be careful of mobile toys with strings, cords or loops. They should not be used in cribs or playpens where children are old enough to sit or stand and this become entangled;
- When selecting electrical toys, look for the Canadian Standards Association label. It signifies a high safety standard and appears on such items as transformers for toys, hobby and train sets, as well as on adaptors used for video games;
- If you are giving your child a shooting game which uses darts, arrows or any type of projectile, be sure to emphasize it should never be pointed at another child or adult;
- Read all instructions carefully so you are able to show your child how to use the toys properly.

To a child, Christmas is a time of joy. By carefully selecting this year's toys and ensuring they are properly used

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These Ads appear in the more than 75 Newspapers of the B.C. and Yukon Community Newspapers Association and reach 900,000 homes and a potential two million readers.

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Buy/lease any gas/diesel truck direct. Rangers from \$156 MO. Nothing down OAC. We deliver. Call Gary or Mark for immediate approval toll free 1-800-242-FORD. D.L. 5231.

British car parts: New Used - Rebuilt for MG, Triumph, Austin, Jensen, Austin Healey, Wembley Motor Works, 1157 Richards St., Vancouver. V6B 3E7 or phone 585-2628.

Need help in selling your recreation vehicle? Call Chimex Motorhome Realty toll-free from anywhere in B.C. 1-800-663-8166. B.C.'s first exclusive R.V. listing service.

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Heard about Medallion Books? New International Book Club. Unique opportunity for any individual, however modest or ambitious, to earn unlimited income. Little effort, no investment. Free information. Phone 1-204-523-4436. Write: Box 1473, Killarney, Man. R0K 1G0.

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Needlecrafters! Excellent income potential teaching and selling needlecrafts for Panda Stitchcraft. Representatives especially needed in smaller communities. Write: Panda Stitchcraft, Station "B", Box 1654, Regina, Sask. S4P 3C4.

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"The Pantry", an eat-in/take-out independent food service located in Fort Smith, N.W.T., is for sale. Contact Marg 1-403-872-2800. Write: Box 843, Fort Smith, N.W.T.

Ladies clothing business on Main St. Fort Nelson inventory and equipment approximately \$85,000, depending on inventory at time of sale. Write Box 192, Fort Nelson, B.C. V0C 1R0.

Kamloops B.C. Convenience Store - Gas Pumps, Living Accommodation. For sale or lease. \$35,000 needed to stock. Very good terms for qualified purchaser. Mr. Zimmer 1-573-3620.

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NOTICES

Bud Haynes Gun Auction, Tuesday, November 11, 7 p.m.: Great West Inn, Red Deer. Superb engraved Colts, Smith and Wessons; Prezzi Shotgun; lists available. 1-403-347-5855.

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Guitar & Vocals
7:30 pm

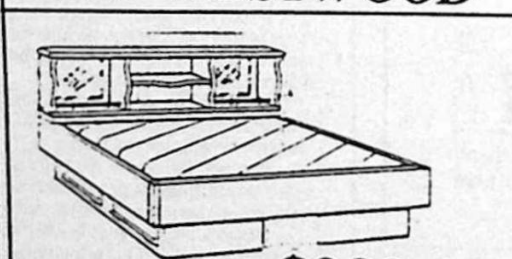
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For more information, please contact:

334-2703
334-3337
334-0465

AROUND THE BASE

WO's & Sgts Wives Club

The October meeting of our club was held on the 20th with 45 ladies in attendance.

Since the entertainment committee had a full evening planned for us our president, Karen Millman, tried to keep the business portion of the meeting brief.

We did elect a new secretary - thanks to Edna Vergie for volunteering to take over secretarial duties for the remainder of the year. Thanks also to past secretary, Bev Gariepy, for your contribution to our club. We wish you luck

with your new job.

Vicky Le Fort and Madelyn Simmons volunteered to deliver any donations we have to the Food Bank this year so we're hoping our club members will be generous. We would like to keep Vicky and Madelyn busy.

The members were also informed that a bus trip to Nanaimo is being planned for Nov 20th. Cindy Cedar will have more information next meeting.

Our first guest speaker was Bernard Short who spoke to our group about Community

Concerts. He explained how anyone who would like to spend an evening with Lincoln Mayorga, The New Christy Minstrels, or the Slovenian Mastersingers of Yugoslavia could obtain membership in the Community Concert Plan.

We were next addressed by Marg Palmer of the Canadian Cancer Society and Marlene Maniak.

After listening to the information conveyed to our group by these ladies we will all be more concerned with having regular health checkups both

for ourselves and our families. Hopefully a number of our members will be attending the Nov 29th clinic in which Marlene will be participating.

Our next meeting will be on Monday, Nov 10th beginning at 8:00 pm. A Microwave Cooking demonstration is planned so here's your opportunity to learn some new microwaving techniques and recipes. Even if you don't own a microwave there'll be "goodies" for everyone to sample.

New memberships to our club are always welcome so if there are some new ladies out there who would like to meet with us please get in touch with Marilyn Gray, our Welcoming Convenor, at 339-7157. She would love to hear from you.

We hope to have a good turnout for our November meeting. Elsie Ruhall, our club photographer, may even snap your picture if you strike an interesting pose. This month she may even remember to put film in the camera.

Officers Mess

WEDNESDAYS NOVEMBER 5, 12, 19, 26
OFFICERS COFFEE HOUR Coffee will be served in the lounge at 1000 hrs. Dress will be dress of the day. All officers are invited to attend.

FRIDAYS NOVEMBER 7, 21, 28
REGULAR TGIF's - Food as indicated 1700-1800 hrs. Free taxi. Ask at Bar.

SUNDAY NOVEMBER 9
CAR RALLY & SCAVENGER HUNT Meet at the Mess at 1300 hrs.

WEDNESDAYS NOVEMBER 12, 26
OWC BRIDGE CLUB 8:00 p.m.
FRIDAY NOVEMBER 14

GREEK-MEXICAN NIGHT All aboard the Love Boat for a "Once in a lifetime" cruise to Acapulco. From here we will all board the Concorde for a flight to Athens and dancing to DJ. Dinner will be served at 1900 hrs. The menu will consist of Shish kebabs, glazed lamb chops, burritos, chili, nutecho chip and dip and Greek Salad. Cost per member: free, Limited Associates and guests \$10.00 per couple. Ethnic dress is encouraged. Dancing will begin at 2100 hrs.

WEDNESDAY NOVEMBER 19
OWC CRAFTSFAIR 7:30 for 8:00 p.m. Come out to get a head start on your Christmas shopping!

SATURDAY NOVEMBER 22
CANDLELIGHT DINNER at 1900 for 1930 hrs.

Menu
SEAFOOD PLATTER
LIGHT CLAM CHOWDER
COLONEL'S LADY'S SALAD
with
SPICY DRESSING
SMOKED SALMON
SCALLOPS
SAUTEED IN GARLIC BUTTER
FAN TAIL SHRIMP
BREADED OYSTERS
WILD RICE

Cost per couple: Members \$25.00, Limited Associates & Guests: \$30.00. Reservations MUST be in to Mess Manager by 1200 hrs 17 November. Dress for the occasion is Semi Formal.

The dinner will be followed by dancing to DJ.
SUNDAY NOVEMBER 30

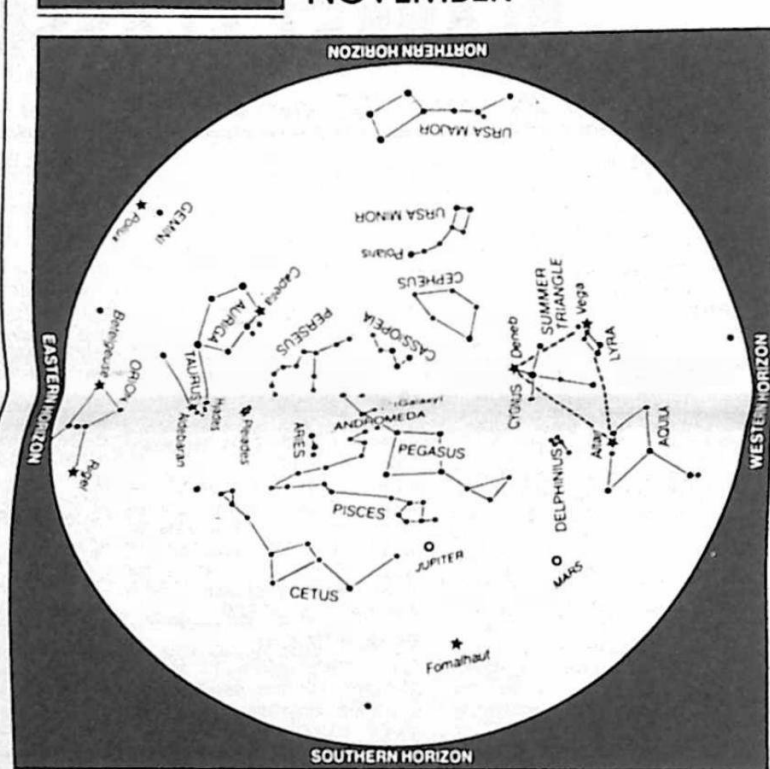
ANNUAL GREY CUP GRUDGE MATCH vs WO/SGT MESS. This event will take place at 1000 hrs. Come out and support your team!

COMING EVENTS:
14 Dec - CHILDREN'S XMAS PARTY
14-15 Dec - FLAG FOOTBALL TOURNEY vs Chilliwack & Esquimalt

31 Dec - NEW YEARS BALL
RESERVATIONS: Please make every effort to make -- etc.
DRESS STANDARDS: Casual -- etc.

The Sports Officer, Lt Edwards thanks the membership for their response to the questionnaire and states in the New Year other events scheduled are sailing, skating, curling and fish tourney. Any other suggestions welcome.

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STARGAZING
NOVEMBER

The Andromeda Galaxy

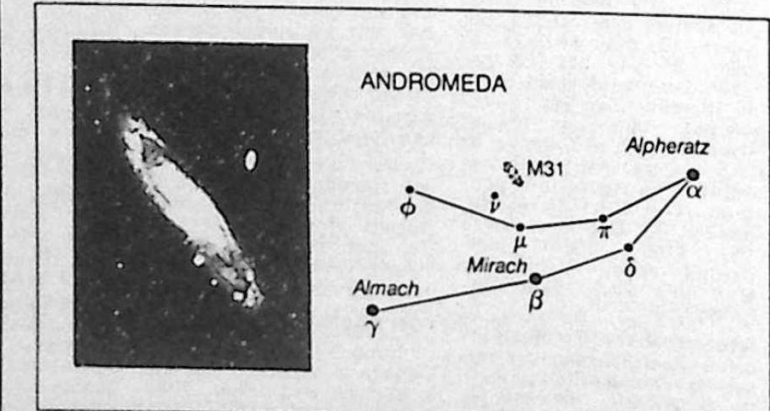
The most distant object visible to the unaided eye is well placed for viewing this month. The Andromeda Galaxy is the nearest and perhaps largest member in the Local Group of galaxies which includes the Milky Way. Recorded sightings of it date back to 905 A.D. and its location appeared on early star maps. It was called the "Little Cloud" long before telescopes were invented.

To find the constellation Andromeda, face south and hold the map vertically with Southern Horizon at the bottom. Look high overhead for the four stars

that outline the "Great Square of Pegasus". Alpheratz, the star at the northeastern corner of the Square is in Andromeda, not in Pegasus. Two long curved lines of rather faint stars form a V which stretches toward the northeast to complete the constellation. The Galaxy is above the centre of the west arm of the V.

The Andromeda Galaxy is known by its Messier number, M31. To find it scan just to the north of a line joining Mirach and Mu Andromedae for a faint, extended misty patch. The sky must be dark and very clear, and far from a location where there is no artificial light that creates sky glow.

Viewed through good binoculars on a clear dark night the full extent of M31 is about 4°, with some concentration of light at the nucleus. The galaxy appears



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as an elongated oval because it is seen inclined about 15° from its edge-on position. In reality it is a round, flattish disk with a central bulge of stars and twisting spiral arms. It is similar, we think, to our Galaxy.

Andromeda, a giant galaxy

The Andromeda Galaxy is much larger than the Milky Way Galaxy, measuring 180,000 light years across compared with 110,000 light years for our Galaxy. The distance of M31 is estimated at 2.2 million light years. (A light year is 9,460,536 x 10¹⁵ meters.) It is possible to see it with the unaided eye from this incredible distance because we are looking at the combined light of about 300 billion stars.

Until the 1920s, M31 was called the Great Nebula rather than the Great Galaxy in Andromeda. This is understandable because, even in large instruments, it is a nebulous object glowing softly with little detail or resolution, and also because it had not been established that M31 and other Spiral Nebulae, as they were called, were outside the Milky Way Galaxy. In 1924, a long debate concerning their distance was resolved by Dr. Edwin Hubble. Using data gathered with the 100-inch Mount Wilson telescope in California, he proved that the nebulae were what he called "Island Universes" located outside our Milky Way Galaxy.

Planets

Jupiter trails Mars across the sky. Mars, still fading in brightness (its red colour identifies it), is west of south when the sky darkens and sets about 6 hours later. Jupiter is much brighter than any star. It is well up in the southeast at sunset and sets in the west just before sunrise. At the end of the month look for Mercury low in the southeast just before dawn when it is about 16° above the horizon. On the 13th, Mercury transits the Sun, i.e. it moves across its disk. The Sun will be below the horizon for the entire event, and will not be observable from North America. Transits of Mercury are quite rare occurring, on the average, thirteen times in a century. The next one will be in November 1993.

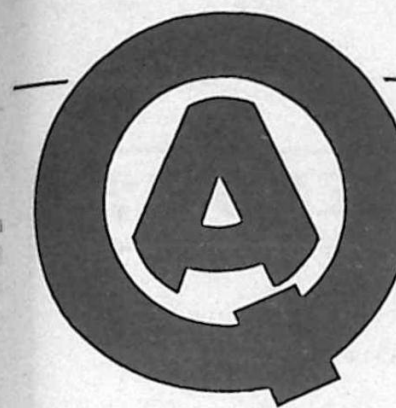
Calendar

d h (Universal Time)
2 06 New Moon
3 14 Mercury 0.8° N. of Moon
3 14 S. Taurid Meteors
4 07 Saturn 6° N. of Moon
8 21 First Quarter Moon
9 00 Mars 3° N. of Moon
10 19 Jupiter 2° N. of Moon
10 04 Mercury Transits the Sun
16 12 Full Moon
18 00 Leonid Meteors
24 17 Last Quarter Moon
29 11 Venus 2° N. of Moon
30 09 Mercury 5° N. of Moon

Mary Gray
Curator, Astronomy

1867 St. Laurent Blvd
Ottawa, Ontario
K1A 0M8

AROUND THE BASE



Quality Assurance

If you had trouble deciphering the last column, which ended in the middle and began at the end, put it down to a defective gyroscope. We certainly made a good argument for QA -- right in our own space. The piece on Supervision is repeated here, in proper sequence this time.

somewhere else. (Totem Times, Vol 28 No.18, Anker-Klankin, refers). All those pounds you see laying around the base belonged to our own Barry "Svelte" Swanson, and Norm is quiet these days, planning to off a couple of Totem Times proofreaders, probably.

SUPERVISION

The Moose (Moose?) of Baldy Hughes didn't fall to our great white hunter, so Darrel came back to work to hunt easier prey -- like FOD and Extraneous Material in UERs. Coop came back from Down East, where they have Moose Head, so he probably had more success. Kevin our resident Yuppie has moved to a more fashionable address, in Royston, and we are all coming to work a little later these days, so we can see where Jonesy parks. Then we park

In QA we read all the incident reports. A common thread in many of these is Supervision, mentioned as a contributing factor to the problem. QA doesn't replace the supervisor, nor does QA repeat a maintenance inspection. We look for signs which are common to all trades, and in a QA inspector's own specialty he will use his trade knowledge, access to references and experience to point out where an inspection has not

been completed. Our observations have ranged from plugs and lines left disconnected but not accounted for in a CF349, to smaller items, like lock-wiring and FOD material left in the inspection area. Where supervision has been good, our observations have been fewest. There's something else we've noticed: If an aircraft comes off inspection in a very clean condition, we find very few items to observe on. A clean job tells us the maintenance crew members have taken the trouble to put a good finish on their work. Since a supervisor inspects a job before we do, a clean job is also a sign of good supervision.

BOLTS TO YOU

People in Allied air forces have the same problems we do; using improper parts is one of them. "Lock-nuts are not to be

re-used," is a topic we've already discussed.

Here is a variation where the application of a little common sense will save a lot of pain.

When replacing a bolt or other threaded fastener, do you always use the correct length and material? If a bolt is too short and only grips the nut by a few threads, how much of the holding strength is lost? If it is a torqued item, imagine what the torquing force is doing to the bolt. If the fasteners are of dissimilar metals, it only takes a little humidity in the air to cause galvanic corrosion. After the pieces are rusted together, will you volunteer to take them apart? Also, cadmium plated steels in high temperatures turn into a brittle alloy, subject to catastrophic failure, which in turn can cause engine parts and other aircraft bits to rain down

on the countryside.

Because we fly some of the same aircraft as our allies, we have the opportunity to avoid the mistakes we read about in their maintenance magazines. Read them: Avidly.

WATCH YOUR Ps AND Qs

This is more the territory of supervisors and AMMIS coordinators, but while perusing CF349s and 543s to see who is authorized to sign them, we notice some pretty sloppy printing. There is a standard set of letters and numbers to be used on AMMIS forms -- with good reason. It is so easy for the computer operators in Ottawa to confuse, for instance the letter "Q" with a wrongly slashed zero, or the number One with the capital "I," that it is essential for standard lettering to be used. You can find the letters in C-05-030-001/AG-001, page 2-1-1.

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Sunday 12:00 p.m. to 9:30 p.m.

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Sunday 1000 hours
Week Days 0900 hours

BAPTISMS & MARRIAGES - By appointment - notice
well in advance please.

CATHOLIC WOMEN'S LEAGUE - Second Tuesday of
the month in Parish Hall, preceded by Mass in the Chapel at
7:30 p.m. President: Mrs. Edna Sinclair, Telephone 339-
6883.

CATECHISM CLASSES - September - May in the PMQ
School at 1830 hours, every Wednesday. Religious
Education Co-ordinator: Mr. Fred Chiasson, Telephone
339-6488.

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CHAPEL - St. Michael & All Angels, Wallace Gardens,
Bldg 88

OFFICE - Headquarters, Bldg 45, Room 48, Telephone:
339-2211, Local 2273

SUNDAY WORSHIP - Each Sunday - 1100 hours.

HOLY COMMUNION - First Sunday of the month.

SUNDAY SCHOOL - 1000 - 1100 hours, pre-school at 1100
hours. For further information contact Superintendent,
Michelle Wohlegemuth, Telephone 339-2885.

JUNIOR CHOIR - Practices 1530 hours each Wednesday.
SENIOR CHOIR - Practices 1900 hours Tuesdays - volun-
teers needed.

CHAPEL GUILD - First Thursday of every month at 2000
hours in the Chapel Annex.
President: Mrs. Diane Harrison, Telephone 339-6663.



ASK YOUR
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Community Pharmacist Vancouver
Shoppers Drug Mart

DRUG USE DANGER SIGNS

It's not easy to tell if your
child is using drugs. But, there
are some signs to watch out
for. Marijuana use, for exam-
ple, can cause red, bloodshot
eyes and lead to coughs and
bronchitis.

There are also certain
changes in behaviour that can
mean a drug problem. Drug
paraphernalia, such as cigarette
papers or pipes, is also an in-
dication of use. When cash or
valuable possessions start to
disappear, it can mean that
money is needed to buy drugs.

Be aware of peculiar
changes in behaviour. If your
child acts more secretive,
irritable, hostile, depressed or
apathetic it could be a result of
drug use.

Spending a lot of time with
new friends your child is
reluctant to talk about can also
be a tip-off. Declining perfor-
mance or attendance at school
is another warning sign to watch
out for.

If you suspect drug use, tell
your child you cannot allow it
to continue because of the
physical and mental dangers of
drugs. Try to find ways to help
your child resist pressure to use
drugs. If the problem is too
much for you to control,
however, don't be afraid to
seek professional help.

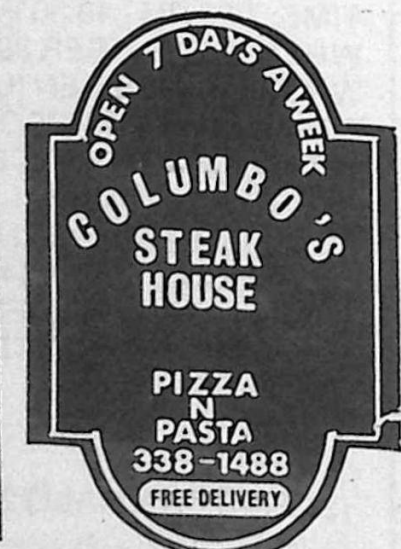
Your pharmacist can help
you identify the physical and
behavioural signs of drug
abuse. He or she can also tell
you where to turn to for help.
Make the most of this valuable
neighbourhood resource.

Hopeful, you're wearing a seat belt and should
not hurt yourself by having the brakes on when he hits.
If he's coming at you faster than 20 miles an hour, it's best
BRAKE is the best one.

The best decision

Your decision to FOOT OFF BRAKE, HEAD BACK
AGAINST HEAD REST, BRACE YOURSELF WITH
HANDS ON WHEEL AND AFTER HE HITS, MEDIUM
BRAKE is the best one.

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Nick Day

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erosion. The winds of political
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inflation, the tornados of
taxation and the heat of in-
terest rate fluctuations take
their toll on your hard earned
cash. Historically, many
Canadians take advantage of
such "safe" investments as
bonds and Treasury bills in an
effort to protect their savings
from this often harsh environ-
ment. Yet only 11% of
Canadians put their money into
the stock market; a figure
which represents less than half
of our American counterparts
stock involvement.

Given the solid, startling
conclusions of a recent Univer-
sity of Western Ontario's
School of Business Admin-
stration study concerning the

excellent performance of good
Canadian stocks tracked from
1950 to 1983, the relative inac-
tivity of investors in our stock
market seems somewhat of a
paradox.

Some of these surprising
conclusions included: The fact
that Canadian stocks as a
whole outperformed bonds and
Canadian government
Treasury bills by a wide
margin. Each dollar invested in
Canadian stocks in December,
1949, would have been worth
\$39.96 in 1983. The same dollar
invested at the same time in
long-term Canada bonds would
have been worth only \$3.97, or
\$6.11 if invested in Canadian
T-bills! This assumes monthly
compounding, no transaction
costs, no taxes and reinvested
interest or dividends.

The results are even more
dramatic when inflation is
taken into account. On that
basis, a dollar's worth of in-
vestment in Canadian stocks in
1950 would have produced
\$8.22 worth of purchasing
power by 1983 while investing
in T-bills, corporate or
municipal bonds would have
kept you about even with in-
flation. However, each dollar
invested in long-term Govern-
ment of Canada bonds would
have left you with only 81¢
worth of purchasing power - a
19% decline! Although the
study didn't measure after-tax
rates of return, it's a fact that
Canadian equities perform
even better than the study in-
dicates because in Canada,
dividend income is taxed less
heavily than interest income.

In a nutshell, the study con-
clusively demonstrates that
buying decent stocks and
hanging onto them pays at least
six times as well as buying
Canada Savings Bonds or T-
bills or putting your money in
the bank.

This study is a refreshing,
friendly and favourable wind in
the documentation of the
tremendous achievements of
Canadian stocks. Unfor-
tunately, one tends only to hear
and dwell upon the occasional
horror story of a failed,
speculative equity. In the light
of reason and conclusive rep-
orts such as the foregoing study,
the facts would indicate that if
you put your money into bonds
or a bank account, you'll
probably do no better than stay
even with inflation. The pur-

chase of shares in established
Canadian companies and their
subsequent retention would
seem the prudent course in
preventing your money's
erosion while ensuring a
healthy nest egg in the years to
come.

Nick Day is a financial ad-
visor with Midland Doherty
Ltd. in Courtenay.



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Entertainment

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 Fri. & Sat. Nov. 7 & 8 - Dancing to COUNTRY MEN
 Tue. Nov. 11 - Breakfast...9 a.m.
 Parade...10:30 a.m.
 Memorial Service...11 a.m.
 Open House follows.

Fri. & Sat. Nov. 14 & 15 - Music by PRIME TIME at 9 p.m.
 Tue. Nov. 25 - General Meeting 7:30 p.m.

Regular Activities

BINGOS - Monday, Thursday, Friday, Sunday at 7 p.m.

MONDAY - Fun Euchre

TUESDAY - Pub Darts

WEDNESDAY - League Crib

THURSDAY - Fun Darts

FRIDAY - TGIF & MONEY DRAW at 6:30 p.m.

SATURDAY - FUN BRIDGE at 12:30

Now open Sundays 1 - 7 p.m. Dress code in effect 8 p.m. Fri

& Sat. (No jeans or T-shirts)

"MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information.

BRANCH 160 - COMOX

New Hours

Branch now open on Sundays 1 pm to 7 pm.

Entertainment

Fri. 7 Nov. Dancing to MILLER TIME at 9 p.m.
 Sat. 8 Nov.

Mon. 10 Nov. - Members Night - Bar will close at 6 p.m. and re-open at 8 p.m. for members only.

Fri. 14 Nov. Dance to VARIETY at 9 p.m.

Sat. 15 Nov. Sports - Darts Darts Darts

STEAK SHOOT, Mixed doubles, blind draw Fri. 14 Nov.

Upper Legion Hall, Registration 6 - 6:30 p.m.

Mens League every Monday night

Mixed League every Tuesday night

SPECIAL CRIBbage TOURNAMENT - Sunday 9 Nov.

Check Legion notice board for details.

GIANT MEAT DRAW - Sat. 8 Nov. approx 6 p.m. all

tickets sold over the past four months are eligible. Plan to at-

tend this butcher's special.

Open to all Branch 160, L.A. members and their bona fide

guests only.

Navy League Drop In Bingo every Wednesday night, upper

Legion Hall 7 p.m.

EVERYONE WELCOME

Come out and support the Legion veterans Nov. 11.

Comox Shoe Repair

1836 Comox Avenue
 (Across from Legion)

Tuesday to Saturday -- 9:00-5:30

TOP QUALITY

SHOE AND LEATHER REPAIRS

Westwind

"A Band for All Reasons"

Good Music at Reasonable Prices

For Bookings Please Call

Gord Kruger 339-4389

United Way Campaign

continued from page 1

Wait, Bob Carlyle, Lorrette Reid, and Jackie Finnie called in to pledge the extra \$47 that put this year's Campaign total at an unprecedented and almost unbelievable \$27,000. This total exceeded our campaign goal by \$5,000 and was achieved through an average section participation rate of 59 percent.

The response from CFB Comox to this year's appeal far surpassed anyone's expectations. To put the success in perspective, the Base - which represents 10 percent of the Comox Valley workforce - has contributed more than 50 percent of all Comox Valley contributions to the United Way. A hearty congratulations goes out to each and every member of the Base who participated in this year's campaign. CFB Comox rose to the challenge and supported the community in grand style.

For the record, of 1387 military and civilian personnel accessible during the campaign, 738 made donations to the movement. This works out to a final participation rate of 53.2%, although the average rate from sections was 59%. This increase in participation from last year's 31% made all the difference.

Of the \$27,000 collected, \$3,554 was in the form of cash or cheque, with the remaining \$23,446 donated by pay allot-

ment. At the top of the list for largest per capita donation was the Base Ops/740 Com-mDet/AFIS group which collected 161.44% of their assigned goal. A close second was 407 (MP) Sqn with 160.9%, followed by 442 Sqn with 158.3%, Admin/Comptroller with 107.3%, VU33 with 100%, and Base Tech Services with 83.3%. Congratulations to each group for a great effort.

WHO MADE IT HAPPEN?

Although the success of the campaign depended ultimately upon the generosity of each and every contributor, the following people played key roles and deserve a special thanks!

The Base Commander and all Branch and Section heads - for lending their considerable and vital support to the conduct of the campaign.

Col Jack Jackaman - the ultimate driving force behind the Base United Way campaign.

Gord Kruger and the Totem Times staff - for providing the Campaign with innovative, colorful and thoroughly professional coverage.

The section representatives - for undertaking the onerous task of soliciting donations. Thanks to each and every one of you for your spare time and energy, and honourable mentions to the following for their special efforts and results:

Bev McConnel, Gino Short, Brenda Charbonneau, John Jorgensen, Karl Cameron, Chuck Willemssen, Chris Young, Don Logan, Jerry Kenshella, Heather Walsh, Jeff Willis, Dan Lachance, Bob Coulter, Martin Baggaley and Doug MacArthur.

The staff of 4 ARAF - for providing assistance in a pinch. To Jean Carriere - a fine SAR Tech and an honest citizen.

Once again, on behalf of all members of our community who will benefit from the funds you donated, thank you CFB Comox for your generosity and participation.

Lt Jon Sobieralski
 Base United Way Coordinator

...over the top

Giving to
 UNITED
 WAY

Is giving
 to the
 Community

OUR GOAL
 22000

Have you
 given your
 Fair Share
 ?

The man behind the campaign



Lt Jon Sobieralski

...showing us the way in fund raising

Remember
 the
 Struggle

Did You Know



A Russian craftsman hand-carved a chess set so small the pieces can only be distinguished with a microscope.

AROUND THE BASE

Too Fast for Conditions—Energy Awareness

What is the safe speed for operating your vehicle?

Some will say the safe speed is what they can get away with. Others might say it's the posted speed. Some drivers will say that today's roads are built for greater speeds than we're allowed to go thereby giving us a ten to twenty KM built-in safety cushion. They feel the posted speed is safe no matter what the conditions are.

The defensive driver however, knows that the posted speed limits are set for the average vehicle - the passenger car. The defensive driver knows that the safe speed is "that speed which is safe to travel when prevailing conditions as well as the posted

speed limit are taken into consideration."

That means you must consider the condition of your vehicle, the traffic, the weather, the terrain, the road, the time of day and your own physical condition when gauging a safe speed.

The faster you travel, the greater the limitations placed on your ability to scan and see ahead and to the side of you.

A look at last year's statistics tells the story. Almost thirty thousand drivers were at "speeds too fast" for conditions at the time of their accidents. Another twenty-three thousand "lost control" of their vehicles. Over six thousand went through a red

light and another four thousand went through a stop sign on their way to a collision. In most cases, the last three "driver actions" are a result of speed too fast for conditions.

Consider the facts....check your speed.

MSE SAFETY



DND 1986 Energy Awareness Week is 17-21 Nov 86. The purpose of this week is to bring the importance of good energy management to the attention of all DND personnel.

The continued plentiful and uninterrupted supply of energy and recent reductions in petroleum costs must not induce complacency. The challenge is not simply to maintain, but to improve upon the increases in productivity and efficiency already achieved. At some 372 million dollars annually, energy is and will continue to be an essential component of financial and operational planning.

The Air Command theme continues to be the efficient use

of resources both in support and air operations. It has been my pleasure to observe that in F/Y 85/86 significant savings have taken place in the areas of air operations, MSE fuel consumption and in utilities consumption. To continue this positive trend, and to achieve reductions in our energy consumption in the future, commanders at all levels must be cognizant of non-renewable energy limitations and exercise their judgement accordingly.

Your whole hearted support and the support of your staff will be a major factor in ensuring the success of this years Energy Awareness Week in Air Command.

Commander Air Command

Classified

RATES

Effective February 24, 1986 ALL Insertions will be \$3.00 per column inch.

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M. H. LEGEAS - Prop.

Phone 336-8162 Cumberland, B.C.

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 Sat. Nov. 15...9:30-6
 Sun. Nov. 16...12-5
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48

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DAYS TIL

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Learning
 begins
 at home

AROUND THE BASE



Stamps

by Larry McInnis

Numerous Books Written On Subject of Philately

Every hobbyist is guided to some degree by "how to" books, or by specialized magazines, newspaper columns, radio or television programs.

Philatelists are no different. Neither are stamp collectors. Yes, there's a minor difference: stamp collectors collect stamps; philatelists do that, too, but they are also interested in anything concerning stamps, or the mail.

There is no other hobby, I'm sure, that has so much literature published about it. The first adhesive stamp in the world was issued May 1840 by Great Britain. The first philatelic publication in North America was published in Montreal in 1864, a clear indication of how quickly the hobby was established. There's been a flood since, from guides for the newcomer to heady tomes for the advanced specialist.

In Canada, the main philatelic publisher is Unitrade Press (127 Cartwright Ave., Toronto, M6A 1V4).

Unitrade is the Canadian publisher of the *Scott Specialized Catalogue of Canadian Stamps* which is one of several Canadian catalogues available to collectors. The others are the *Canada Specialized postage stamp catalogue*, the *Lyman Standard Catalogue of Canada - BNA postage stamps*, and Darnell's *Le catalogue des timbres du Canada*.

What's bad, or good, about the non-Scott catalogues is they use other than the Scott numbering system, which is the accepted system, in North America.

The Scott Specialized is commonly referred to as the Scott Canada. After a long wait, the 1987 edition was recently published in a bid to put its rivals out of business.

It won't on the basis of the latest edition. In a drive to put out a superior product and to out-specialize the specialist catalogues, there are many glaring errors. Unitrade has apologized for errors in color reproduction, but there are more serious errors in fact.

The 1988 edition should be an attractive catalogue, assuming the glitches in the 1987 edition are corrected.

Let's leave the growing pains of the catalogue and look at some other publications, some from Unitrade.

Some time ago the firm started re-issuing studies on some of Canada's favoured specialized philatelic areas, such as: *The First Cents Issue 1859-1866*, *The Centennials 1967-1973*, the *Edward VII Issue 1903-1912*, *The Admirals 1911-1925*, and *Cello-paks and Souvenir Articles*.

These individual publications are on glossy stock that fit a three-ring binder appropriately imprinted *Canadian Stamp Handbook*.

The latest offering for this handbook is *The Small Queens* by John Hillson as edited by Michael Milos.

The price for this latest is \$3.95. For the catalogue it's \$5.95.

There are more esoteric publications, of course. The thirst for philatelic knowledge cannot be slaked.

One such is *The Canadian Postage Due Stamps* by Andrew Chung and Hans Reiche. It won a medal at Stampex 86 in Toronto in May. So did this column.

Another example is the recently-released *Civil Censorship in Canada During World War I* by Allan Steinhart.

That's really specialized, and priced accordingly. The postage dues publication is priced at \$9.95. Steinhart's is priced at \$12.95.

If all that's too heady, for \$9.95 (U.S.) you might be interested in a humongous publication, the 630-page *Standard Handbook of Stamp Collecting* by Richard M.P. Cabeen, former stamp editor of the Chicago Tribune, published in 1965, revised and re-published in 1986 (Harper & Row).

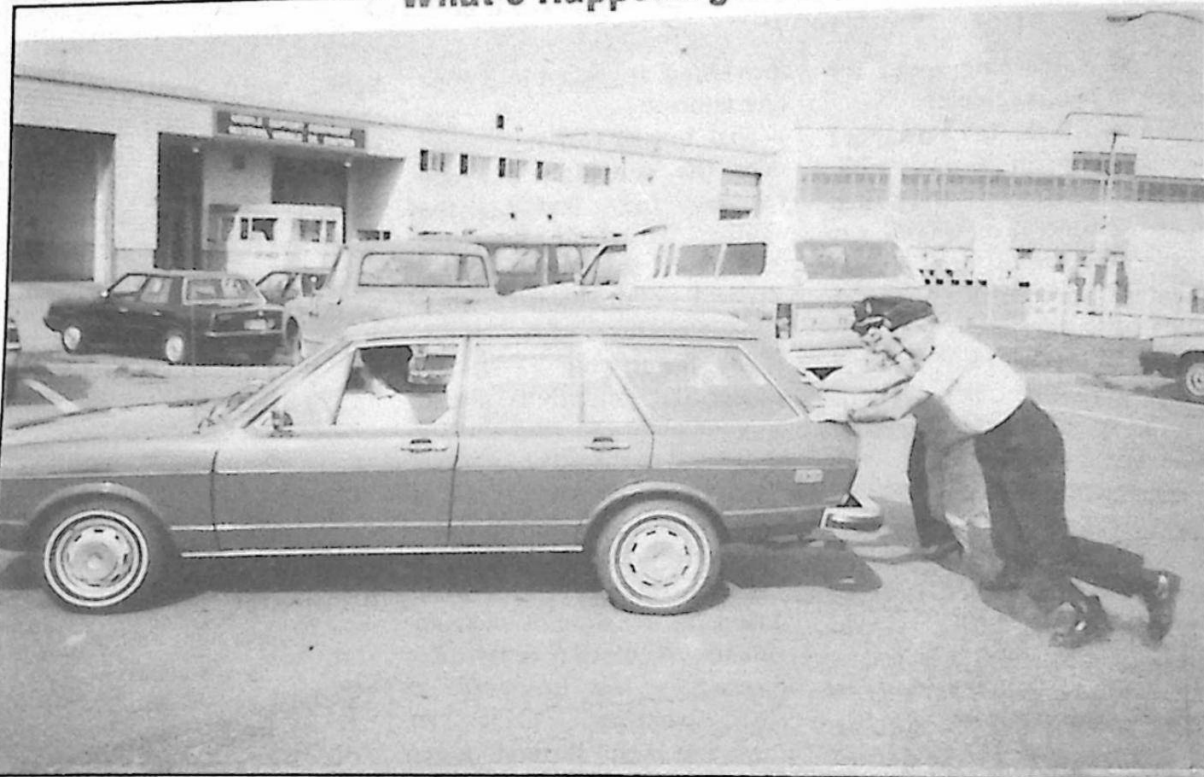
This is in pocketbook form, but I can't imagine the pocket into which it might fit. It's eminently readable and, for the true hobbyist, will tell you all you need to know and more about stamp collecting.

It's also strong on philately. Because it's from a general publisher, the handbook should be readily available in many bookstores.

LETTERS

Letters are invited. Please send enquiries to the writer at P.O. Box 40, Beauharnois, Quebec, J6N 3C1.

What's Happening Here



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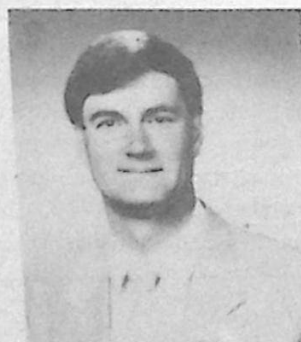
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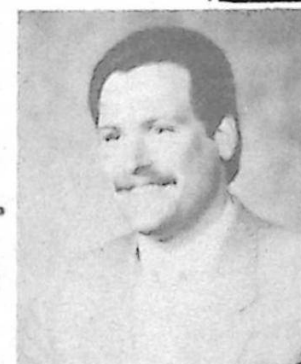
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