



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 29 NO 19 OCTOBER 22, 1987

DEADLINE IS MONDAY, NOVEMBER 2, 1987

COST: PRICELESS

Off and Running



Participants in the recent 10K Fire Prevention Week Run/Walk are off and running as the starter's signal goes. The run was well attended by members of various branches and sections. The winners and runners up

were rewarded with medals as a memento of the occasion. Everyone was treated to goodies after the race. An excellent effort by our Base Fire Department in sponsoring the run - well done guys! (Base Photo).



TASK ON THE MOVE

The most important acronym to all non-commissioned officers in the Canadian Forces today is TASK; Trade Advancement for Skill and Knowledge.

During the annual posting season in 1987 a project management office was formed, called TASK, with a mandate to create a strategy to develop a new system of rank and skill progression in the Canadian Forces. Although the development phase may not affect many NCMs in the next two years, the implementation, once approved, will affect every sailor, soldier and airman in the CF.

CONTINUED ON PAGE 14

Beatty Reaffirms Reserve Role

OTTAWA — The Honourable Perrin Beatty, Minister of National Defence, shared some of the progress being made in implementing the defence White Paper with members of the Royal Canadian Military Institute in Toronto recently.

The highlight of Mr. Beatty's address to RCMI members, many of whom are current or former members of Canada's reserve and regular armed forces, focussed on equality of both forces and on the increase in size and capability of the reserves.

"Our intention is to introduce a 'Total Force' concept which will reduce the distinction between regular and reserve forces," said Mr. Beatty. "Over the next 15 years, we will increase the strength of the Primary Reserves to about 65,000 from its current level of

21,000. Programs will also be introduced to upgrade the quality and increase the quantity of training and equipment available to the reserve forces."

The annual increases will be about 2,000 for the first five years, followed by 3,500 per year for the next decade. The militia, for example, as the army element of the reserves is known, will reach a total of about 51,000 members.

Mr. Beatty emphasized the need for an equal partnership between regular and reserve forces, including the procurement of sufficient new material to properly equip reservists simultaneous to regular forces, in order for the Total Force concept to work. Military tasks, he explained, can then be assigned to a unit, regular or reserve, knowing that it can effectively con-

tribute to Canada's defence policy objectives.

The naval reserves will be given special responsibility for minesweeping, and the Department will soon require vessels to begin training.

An indication of the government's resolve to increase reserve participation is illustrated through the previously announced increase of troops to the United Nations Peacekeeping Force in Cyprus. This increase will allow up to 60 reservists to participate in the next rotation in the spring of 1988. The reservists will be drawn from across Canada. There are approximately 14 reservists currently serving in Cyprus.

GIVE THE
UNITED WAY

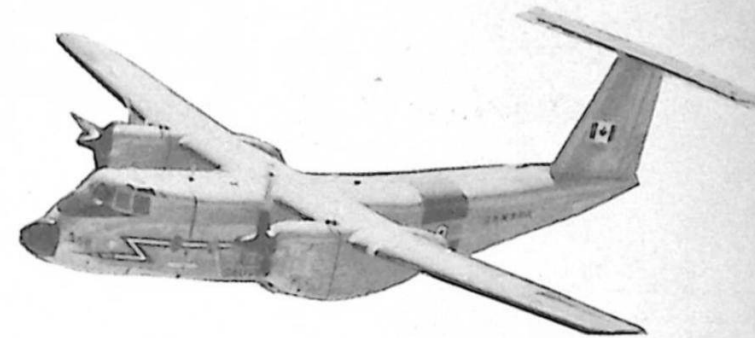


The Honourable Perrin Beatty, Minister of National Defence speaks to the members of the Royal Canadian Military Institute. Mr. Beatty was commenting on progress being made in implementing the defence White Paper.

AROUND THE BASE



442 Squadron



Boeing Rescue Citations



SAR FORTIN...Pictured left to right LCol Jay 442 CO, and recipients Cpl Lewis, Capt Vermette and Sgt MacDonald.



SAR CRINO D'ORO...Pictured left to right LCol Jay 442 CO, Sgt Murray, Cpl Maloney, Maj Kippel and Capt Vanderbasch.

And now the news. During the past few weeks 442 Squadron has been busy doing what they do best. Search and Rescue is a demanding job and requires many hours of training in order to fully respond to any type of actual situation. The rewards come in many shapes and sizes, from personal satisfaction in saving lives, to recognition from those who look over the Search and Rescue world. It comes from not only being the best, but also from being one of the truly "operational" squadrons in the Canadian Forces.

On 8 October the Buffalo and Labrador crews were launched to look for an overdue ultra-light in the Harrison Lake area. The uninjured pilot was located by the Buffalo crew and recovered by the Lab crew who returned him to Mission.

On the morning of 10 Oct, the Buffalo was launched to search for an overdue boat in the Ladner area with two souls on board. After spending a chilly night in the Delta Mud Flats, it was the combination of quick response and the eagle eyes of Maj Drover that allowed the speedy recovery of these two cold but happy people. Maj Drover's Buffalo crew vectored the CG Hovercraft in to their location to complete another successful operation.

Another 442 Squadron Derring-Do took place on 12 Oct, when the Lab standby crew made quick work of an injured hiker near Gibson's Landing. Capt Fritzke and Capt Kleemann piloted the aircraft into a fairly confined area to extract the injured victim off the mountain ledge. Accolades also go out to the rest of the crew, Sgt Murray, MCpl Caughy, Sgt Gaudreault and MCpl Ainsley for their efforts in executing a tricky double hoist to recover the victim. He was then transported to Vancouver General Hospital via the Kitsilano Coast Guard Pad.

Again, on 16 Oct, a combined operation with the Lab and the Buffalo proved successful as a crewman with a nasty head injury was hoisted

off the 500 foot long Panamanian freighter "Golden Hope." The operation took place 150 miles out to sea with the Buffalo providing top cover for the Lab, and then completing the second leg of the Medevac from Port Hardy to Vancouver. Good show to all crew members who participated.

So there you have a brief summary of 442 Squadron's "ho-hum" lifestyle in the past two weeks. Just think, if we were also a salvage company we would be up one ultra-light and one small boat. We might have problems with the Panamanian Freighters...but then, where would we store it? Maybe Six Supply Group...

From the "Deserving Personnel" desk comes the list of squadron members who received awards and certificates at the recent presentation ceremony. Col Gibbon presented Certificates of Service to Sgt Holliston and MCpl Penney, the Canadian Forces Decoration to Capt Wheadon. OPDP Certificate of Achievement to Capt Devries and a Good Show Award to Sgt Cutler. Gold Award to 442 Squadron and a United Way citation to Capt Lachance.

LCol Jay presented Rescue Citations for SAR Fortin to Maj Kippel, Capt Vanderbasch, Sgt Murray and Cpl Maloney; Rescue Citations for SAR Crino D'Oro to Capt Vermette, Sgt MacDonald, and Cpl Lewis; DeHavilland Buffalo 1000 hour certificates to Sgt Holliston, Sgt Gaudreault and MCpl Seage; and 2000 hour certificates to Maj Blair and Sgt Boucher.

In late breaking news, it seems that MCpl Tom Furlotte finally got clearance from Primary Field Controllers to carry out a live para drop into the delivery room. After a month of "Stop drops" and "Check streamers" Melissa Furlotte landed, to the delight of Heather and Tom, with an all-up-weight of 7 lbs 9 oz. Congratulations to the Furlotte family...it's about time!

CONTINUED ON PAGE 25

AROUND THE BASE



FROM THE TOP RUNG

Col Ted Gibbon

LGen Ashley has just announced the winners of the Air Command Transient Servicing Awards for the period 1 Jul 86 to 30 Jun 87. The transient service recognition program was instituted to acknowledge outstanding service to transient aircrew by large and small bases throughout the Command. This year CFB Comox has achieved pre-eminence among large bases in:

- Air Traffic Control
- Refuelling
- Servicing and Maintenance
- Operations and Flight Planning

The members of the sections being recognized by this award program are congratulated for the outstanding effort put forth to achieve these results. Those who challenged for recognition in the other categories; Accommodation, Food Services, Weather Service and Transport which were won by CFB Cold Lake and Air Movements Unit Services which was taken by CFB Winnipeg, are also congratulated for their efforts. The Base enjoys a wide spread reputation for hospitality that is the result of a determined effort by all our personnel, civilian and military, to provide visitors with the finest service we can while still performing our primary responsibilities to the highest possible standard. It is this combination of effort that is most impressive and gives me the greatest pride in your accomplishments. Well done Base.

A postscript to a column of recognition: As the current weather pattern prolongs our seemingly endless summer let us remember how pretty and well groomed our Base has been since spring. The head gardener Ted Soles and his staff have put in a tremendous effort throughout the dry season to keep our grounds in show piece condition and he has done it despite the mechanized moles that threatened even his greenhouse. I'm sure that much of the recognition this Base receives is prompted by the first impression created by its appearance which is primarily due to Ted's talents and enthusiasm for his work.

HELLO

WELCOME TO THE COMOX VALLEY — BOB & JO — ANN MC CLURE

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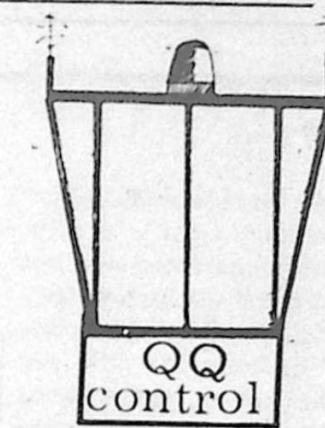
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As The Beacon Turns

Once upon a time, not long ago, and not far away, there lived a section all by itself on the other side of the base. Yes, it is the often misunderstood section, a distinct society of thriving proletarians. The Air Traffic Control section, if you haven't guessed it already by the heading, is one which is difficult to be perspicacious of. One often wonders exactly what it is that we do out here. Let me tell you from experience we specialize in the safe, orderly expeditious flow of traffic, (although there are many which may dispute that). We are out here however doing the best job we know how. Now that I have completed selling the company line, I can get down to telling you a little bit about the personalities that make up our little section.

When we last left, Pte Hugh "Sparks" Shaver was extinguishing our local field that he had set ablaze, testing the ignitibility of flares on dry grass. Well our latest sources indicate that Hugh (Crow) Shaver has been skeet shooting our local crow population into extinction. Although one "confirmed kill" does not extinction make, Hugh vows he will stop any low approaches over

the tower by flocks of crows and that also goes for any other flying apparatus which may be thinking of buzzing the tower.

Our standards department was recently harassed by the MP Section as the tower called them for a suspected trespasser on route 99. The standards "jail bird" who shall remain nameless due to rank chalked it up to "testing the system." So congrats goes out to the tower for good heads up that day, after all they do have their eyes open sometimes.

I heard through my most reliable source for juicy gossip that Sgt Al Munday is just about ready to be checked out in data, obviously the most difficult of all positions. My source also divulged that MWO Dale Campbell left after 3:30 pm the other day a definite first for him. (sorry MWO, they made me talk).

Cpl John Moss has returned from the JLC course with a new gleam in his eyes, and that distinctive killer instinct so typical of JLC graduates. Sure makes me glad I'm heading for the tower as a safe haven. Welcome back John.

The greatest Halloween/Octoberfest party of the twenty

first century will take place at the Gravel Pit II complex on the 30 Oct at 2000 hrs. So get dressed up and come on out. You will have a great time. The party features include, roast pig, ATC homemade refreshments, and music to soothe the savage beast (yes, even KY). And all this at a minimal cost to you, so come out and support the section.

Turning briefly to the world of sports, our BOps Hockey team had its first practice/scrimmage, against the RCMP team from Courtenay. I won't say how well (or bad) it went but our goalies were suffering from burns to the back of their necks from the red light. I'd like to say it was a pensile battle but the scoring was all one sided. We were however able to slip a few Benedict Arnolds in the RCMP line up because they obviously displayed the fine ability of the RCMP lineup. We did this to find out what makes them so effective. So our next game should have far different results.

Well, I guess that's about all for another week here in the always exciting world of Air Traffic Control. Til next time.
"Anonymous"

Thanks Bert



The Governor General of Canada Madame Jeanne Sauve recently visited CFB Comox for a brief respite. Here she thanks Bert Perron and the Officers Mess staff for their hospitality. Pictured left to right are Dianne Frost, Tammy Dort, Bert Perron (Acting Mess Manager), Arnie Boyd and Sgt George Baxter (NCO i/c Officers Mess). (Base Photo).

EDITORIALS

COMMENT

GORD KRUGER



IMMIGRATION POLICY A MESS

It just seems to go on and on. People from just about every imaginable third world country keep trying their luck at circumventing Canada's immigration laws.

It's a racket that seems to arise because of Canada's reputation for generous treatment of refugees; at least that's what we are led to believe. However it flourishes because of our incompetence in controlling our immigration procedures. The racketeers behind these clandestine operations have caught on that they can sneak illegal aliens into the country. Then, Canadian authorities running true to form, will express bewilderment as they soft shoe around the edges of the problem.

Queue-jumping is grossly unfair and it leaves people who attempt to emigrate according to the rules in a tough spot. They are penalized for using the legal channels instead of trying to cheat their way into the country. We Canadians also lose our control over the people coming here. We must be able to exercise some judgement in choosing our new citizens. There are some I'm sure who could be deemed unsuitable for many varying reasons. We must exercise that control.

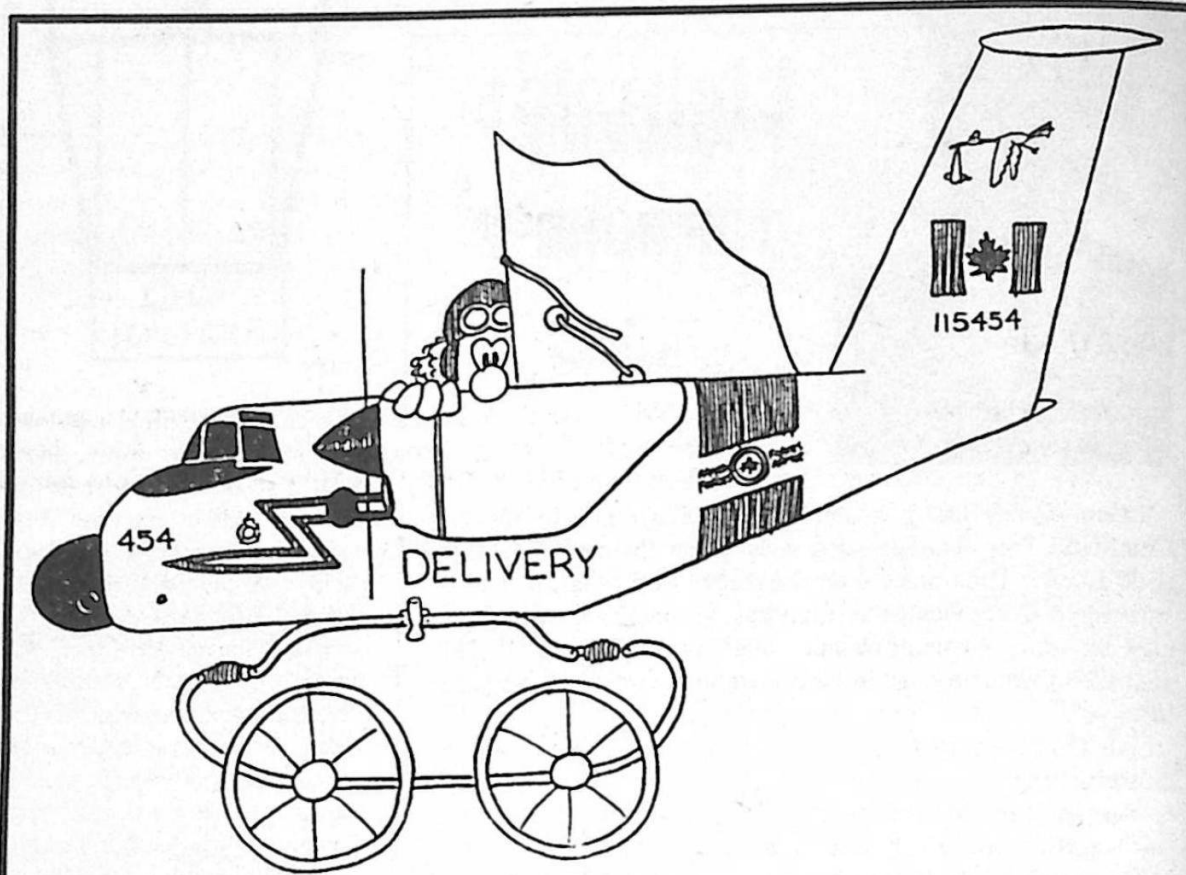
The biggest problem then seems to lie with those who would help innocent and unknown people cheat. These are the monsters who promise a wonderful life in a free and new land. Faced with the oppression that many of these aliens are who wouldn't jump at the chance of a new life with such a fabulous sounding future.

Smuggling aliens is a lucrative business. The recent Tamil arrivals to Canada paid up to \$5,000 each for the perilous passage in an old rust bucket. Given such enormous profits to be made and only a remote chance of being caught, is it any wonder that entrepreneurs are willing to risk a couple of years in jail and a paltry \$5,000 fine. This is what our system gives for the offence.

There are many weaknesses in our immigration system that must be corrected. We seem to take forever to get things done and in turn invite abuse of this same system. More action is needed, action that will provide stronger disincentives to those who would prey on immigrants and refugees by offering illegal passage.

C'mon Canada, buck up!

A picture is worth a thousand words...



Literary Rites

a competition for writers

British Columbia has one of the largest populations of professional English-speaking writers in Canada. In recognition of this, the Federation of B.C. Writers is hosting Literary Rites, a competition judged by such well-known literary figures as George Bowering, Marilyn Bowering, Jack Hodgins, Jeani Read, Audrey Thomas and Allan Twigg. Never before have B.C. writers had the opportunity to be read, and adjudicated by recognized professionals in their own field.

For the first time, cash awards of \$250 will be given to the winners in each of the six following categories:

YOUNG WRITERS (16-24 yrs)

- fiction: Jack Hodgins, judge
- poetry: Marilyn Bowering, judge
- non-fiction: Jeani Read, judge

GENERAL (25 yrs. and up)

- fiction: Audrey Thomas, judge
- poetry: George Bowering, judge
- non-fiction: Allan Twigg, judge

Submissions must be unpublished manuscripts no longer than 10 typed, double-spaced pages. Copyright will remain with the author. Each entry is to be accompanied by a \$7 fee per category and be sure to include a self-addressed stamped envelope. Send materials to:

LITERARY RITES: a competition
Federation of B.C. Writers
Box 2206, Main Post Office
Vancouver, B.C. V6B 3W2

Entries have to be postmarked no later than December 15, 1987. Winners will be contacted by FEBRUARY 5, 1988.

For further information or to arrange interviews, contact ANGELA HRYNIUK at (604) 683-2057, Monday through Friday, 9:30 to 4:30.

TOTEM TIMES

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

EDITOR: Gord Kruger 339-8111

EDITORIAL STAFF: Norm Blondel Chris Halliday

BUSINESS MANAGER: Ron Fisher - 339-8484

CIRCULATION MANAGERS: Shawn and Susan Johnson 339-0580

SECRETARY: Judi Hooze 339-6210

CAMERA OPERATOR: Katie Wylie

PHOTOGRAPHY: Base Photo

CARTOONISTS:

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EDITORIALS

Lightside

Norm Blondel

DOING IT AGAIN

"Those who fail to learn from their past mistakes will be compelled to repeat them..." Santayana. (...and Norm Blondel).

It was only a stiff neck and slight twinge in the shoulder—nothing to slow down about. There was a gate to build, some driveway rocks to heave, a little shovelling to do.

I did it, and the next day my upper torso was encased in agony. Hot, molten pain poured through my shoulder joints, and my neck became an immovable object. I conversed in groans.

A doctor gave me pills, dug his thumbs into the sore places and prescribed physiotherapy. I couldn't wait for the first physio session; another doctor injected cortizone and dug his thumbs into the sore places. It was Scream City.

Physio time. I went to Saint Joe's and met Excrucia, my therapist. She put her arm around my neck.

"Oh my, I thought, she's going to cuddle the pain away."

Hope Wife doesn't mind. It was more of a headlock than a cuddle. My feet left the floor.

"I have you in traction: does that feel better?"

"Yeff," I squeezed out between locked jaws. My dentures creaked.

"Good," said Excrucia, as she lifted my 175 onto a padded bench, and attached a sling around my chin. A machine pulled at the sling, trying to remove my head. I felt like a medieval interrogation victim. Excrucia slapped an ice-pack around my neck probed (gently) with ultra-sound, and finally delivered me back to Wife, with one of those high neck-braces encircling my throat.

I looked like an albino Ubangi.

Can't say enough in praise of my physio gang though; in a very short time I was mobile again, this time resolving to treat this (semi) old body with more respect.

After I've finished all the jobs on Wife's list.

OTHERWORLDS
international science briefs

WOOD SUBSTITUTES

There are substitutes for wood, particularly in the construction industry. In the building of homes, apartments and office buildings, steel and aluminum are two of the most common. In some cases, the use of such wood substitutes may in fact be necessary for architectural or safety reasons. No one, for example, would consider building a ten storey highrise apartment block out of wood.

On the other hand, wood has its advantages - especially in terms of energy and the environment. For instance, producing a wooden 2 x 4 stud consumes far less energy than fabricating one of aluminum or

steel. Considering the environment, it is also significant that, unlike most substitutes, wood products are biodegradable. Furthermore, wood products originate from a resource that is renewable, while most substitute materials, such as plastic, aluminum and steel come from resources that are not.

When you consider the decorative beauty of wood and energy considerations along with environmental and renewability factors, the use of wood should be favoured over substitute products where their suitability is equal.

Brought to you by the British Columbia Forestry Association and the Totem Times.

Buying a home...see a lawyer

Generally speaking, the purchase of a home is the largest and most important investment a person makes. No one should sign any documents in connection with the purchase of a home before he has seen a lawyer.

Any agreement to purchase real property must be in writing. The written contract for the purchase of a home is called an interim agreement. The word "interim" is misleading, because an interim agreement is a final contract. Once the interim agreement is signed, the house has been purchased.

The completion of the transaction, i.e., the signing of the deed, is simply formalizing the contract. It is important, therefore, to see your lawyer before signing the interim agreement.

Before signing the interim agreement, be sure to check with the municipality on the zoning of the area, any proposed changes in the zoning, or considerations such as any proposed widening of roads. Your lawyer will not do this.

If you want items included in the purchase price such as the fridge or the stove, have them written in. Don't rely on the agent saying they are included.

If the agent makes any representations warranting the fitness of the house, that should also be written into the interim agreement.

Arrangements should be made for fire insurance immediately and it should take effect on or before the date that the deed is signed, not on the

date of possession. There may be a gap between the completion of the transaction and the date the parties take possession and, if the house should burn down in the meantime, the purchaser may be the loser.

You should use a lawyer because a lawyer warrants that he will complete the transaction properly and is insured for that purpose. It is important not to try to save a few dollars by using someone unqualified to do the job.

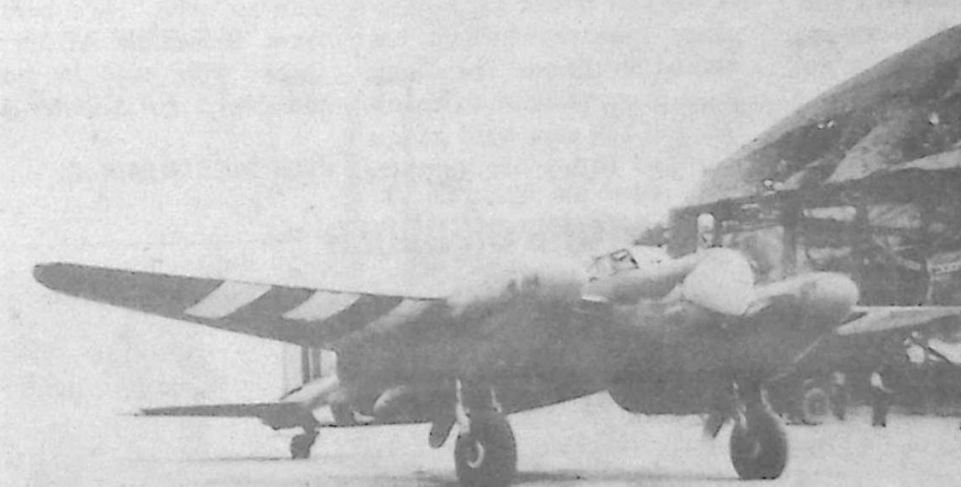
Also, be sure to get your own lawyer and do not use the same lawyer as the other party. If a conflict arises, you want to be sure that you know where your lawyer stands on any issues.

Legal Tips is brought to you by "The Law Society of B.C." and the Totem Times.

NEXT DEADLINE

Air Force Trivia

what
where
why
when



Answer from Last Issue



THIS WEEK'S TRIVIA:

We would like the exact type and unit to which this aircraft belonged. One hint - they used to be posted in our Valley.

TRIVIA ANSWER:

This Twin Otter from 424 Sqn was destroyed by 20 mm cannon fire from an Indian AF Hawker Hunter at 0715 hrs 5 Dec 1971 at Chaklala, Pakistan.

SECTION NEWS



BAMSO

Makin' Mini Warrant



Warrant Officer Paquet, formerly of Base Aircraft Maintenance Support Equipment (AMSE) section and now with 442 Squadron, being congratulated on his recent promotion by LCol Mack.

Life has been very quiet in BAMSO for the past few weeks and the whole situation scares me. People have been smiling and talking quietly amongst themselves.

There have not been any major crisis or disasters and worst of all WO Al Gray has been quiet. I'm certainly not complaining about the respite but what worries me is what is going to happen next?

BAMSO has been acting like the *Cosby Show* instead of *L.A. Law* and I'm waiting for the other shoe to drop. Please, people, the suspense is killing me!

I would like to thank BTelO for my new phone and the excellent manner which it has worked for the past few weeks. It is a super addition to my office and I'm sure we'll have a long and happy life together.

Perhaps this could be changed before we buy a whole bunch, Reg?

The only complaint I have with it so far is that the alpha designation L and R are on the wrong sides. The L is on the right and the R is on the left.

BAMSO United Way contributions have surpassed last year's totals. I would like to thank WO Jorgensen for his efforts on this project. Donations are still being gratefully accepted by WO Jorgensen and as less than 50% of our strength has donated, I would hope that our total will grow. And if you like to donate to a cause closer to home as well, Sgt Lunde is selling Canada Savings Bonds and will gratefully accept all BAMSO participants in his office during normal working hours.

In response to last weeks challenge, the "Beagle" was Darwin's ship on his Voyage of Discovery which ultimately led to his theory of evolution.

Trust me, Lt Jones! I have just discovered why WO Gray has been so quiet. He's been on leave. Remember Al, he who speaks with hand in mouth, mumbles.... J.R. Kightley, Maj

CONTINUED ON PAGE 27

ALLIGATORS ON ORDER



The new moat being dug around 7 Hangar is a new BDF measure to beef up defensive capabilities. With exercise season at hand it was felt that the good old fashioned "Draw bridge keep 'em out technique" could once again be used. It only goes to prove that the more things change the more they stay the same. (A Bones Photo).

BTSO Retirements



Warrant Officer Locke, of Base Aircraft Workshops, being thanked for 27 years of service by LCol Mack.



Sgt "Pedro" Parent, an aero engine technician in the BAMSO AMCR Section, being thanked for 32 years of service by LCol Mack.



Mr. Swinamer, a civilian driver in our Base Transportation Section, received his retirement certificate after 39 years of service. LCol Mack, our BTSO made the presentation.

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SECTION NEWS

Supply
Signals

Well, the call came. It was the Ration Section's turn to write the Supply Signals. Being a good supervisor, I quickly looked around to pass this task to someone else. It was at that point reality hit! There was no one else, so here goes.

It is time to say goodbye to Leading Seaman Harvey. He is being sent to find out the true meaning of the motto "There's No Life Like It." May all your cruises be trouble free. Enjoy yourself Chuck.

Matt Snetsinger is off to Calgary to participate on an official level for the Olympics. The job he will be doing is so hush, hush, that all he was given is a phone number and a

name to contact when he arrives. Have some fun Matt and don't work all the time.

Let's have a big hand for Cpl Charles. It seems that it only took her six months to get her DND 404. I guess someone who hasn't seen her drive before must have been posted in to the MSE Safety Section.

Davis Mitchell had a hot tub party on the weekend. According to a reliable source (Davis) it was a humdinger. It was so good that some refused to leave and slept in their truck so they wouldn't miss anything. Davis being a good host, kept a watchful eye on all the young ladies at the party.

BIKER BITS



VINCE LAMB

Hooray - Now I know what it must feel like to get a pardon. The cast is gone - the foot is once again in operation, albeit with tender movements at first and now functioning but still unable to jump or run on it. At least I can ride again! The old cockiness has been replaced with renewed awareness and concentration. While recuperating I got to thinking - what is it that draws people towards riding motorcycles - is it the thrill? The desire to be different? What? This is your cue motorcycle riders! I want to hear from you - let me know what motivates you to ride - send your responses to Biker Bits care of Totem Times and I will place these in a future article. Let's hear from you.

Well, I'm off to CFB Borden again - until mid Dec. I will endeavour to keep the articles coming even though I'll be gone. I'm going to miss riding but it will give the bike a chance to get in the shop for a check-up and be ready for me when I get back. Are you thinking of putting your bike away for the winter. If so, here are some things you should consider.

- Cool but dry storage area
- Removal of battery (charge once a month)
- Grease chain and cables
- Wash and wax and dry bike real good
- Remove plugs - squirt oil in cylinders

- Plug exhausts (plastic bags and elastics) to prevent condensation build-up.
- Put bike on centre stand or cribbed to take weight off tires.
- If a cover is placed over the bike ensure bike is out of sunlight to prevent condensation build-up over all.

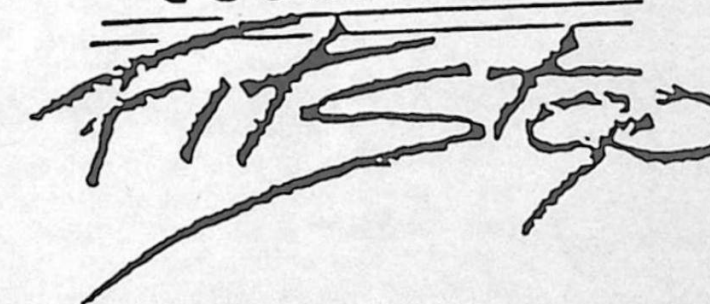
This is by no means all that could or should be done - However it will help you if you plan on storing your bike for any length of time. For those of you willing to challenge the cooler temps of winter remember to dress warm, stop often and get hot fluids in you and most important of all, "Watch out for black ice." Until the next issue, please drive safely and responsibly.

NEXT DEADLINE
NOVEMBER 2

ATTENTION

ALL BASE PERSONNEL

COURTENAY



A FUN PLACE TO EXERCISE AND MEET NEW FRIENDS

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Classes range from jump free to a body class, square one to a workout.

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With coupon \$25

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Offer good till Dec 16, 1987

CANEX

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ICE SCRAPERS - SNOW BRUSHES, ALL YOUR WINTER NEEDS

SECTION NEWS



Anker Klankin'



Last Thursday afternoon VU 33 turned out in mass at the Glacier Greens clubhouse for Sgt Barry Van Dusen's mugout. "The General" has retired from the CAF after twenty-five years of service. Five of those years (his best, BUD tells me) were spent with VU 33 Sqn. BVD has been on the Sqn so long that he's served under four Commanding Officers.

During his career BVD flew on Sea Kings and Argus' as well as Trackers. He has even flown a few FIREXs in the back of a T-33. All this experience has given him an extensive repertoire of amazing stories; one or more he will recount at the slightest prompting. That same experience

has also provided him with a wealth of knowledge of numerous aspects of maritime aviation that the Sqn will miss.

"The General's" actions and opinions have frequently been controversial; but it is not just for these reasons that he will be remembered. BVD has made extensive contributions to the Sqn over the years - primarily on the social scene.

One group of people not sorry to see BVD leave are the less experienced radio operators at Aldergrove. On many occasions they have been tested when BVD communicated with them solely by morse code. Their relief may be shortlived if BVD returns to the Sqn as a reserve AESOP!

On the operational front VU 33 recently conducted valuable and realistic air defence training for the Navy. Sqn T-33s and 441 Sqn F-18s "Attacked" the ships while an EW T-33 and an EW Falcon from 414 provided jamming and chaff cover. A VU 33 Tracker operating clear of the fray coordinated the exercise.

This past Saturday the Sqn held our Family Appreciation Day. A number of excited children eagerly inspected the airplanes that their parent's fly or maintain. Following the flight line tour our families played games in the gym, bowled, swam and feasted on BBQ hamburgers and hot dogs. Thanks to all who organized and participated in this most worthwhile event.

VU 33 TECH SIDE

No doubt about it! The tarmac is certainly the place to be this fall. Here it is late Oct with the line techs still enjoying balmy days and dry aircraft.

The Sqn golf afternoon was definitely a hit especially with the beginners. Sgt Andy Clark brought along his favourite secretary Katie Wylie. Katie confessed that she had never played the game before and then put her classic swing to work by outdriving Ray Weber on the first tee. Andy's team won the coveted VU 33 golf day trophy. After the ninth all enjoyed a cool one along with the steak barbeque.

The same evening Sgt Grubweisers crew broke open the kitty for an evening and dinner

at the Leeward. It seemed as though everyone was there. Good chatter - happy crew.

MCpl Ted Town informs us that the VU 33 Family Day was fairly well attended. The event was held at the Rec Centre with the barbeque just outside the door. All the young ones became winners by receiving tickets to the show.

Well Merv! It seems that the saw bit was duff gen. Could someone be walking amongst us with a few loose screws?

Cpl Dave Maloney is off to Namao for a session in the decompression tank. Dave has been trying to arrange a slot on the course list for a long while so when he got the word he took the first flight out before someone changed the names.

SECTION NEWS



Demon Doins



Well Done



DCO 407 (MP) Sqn, Maj Thomas presents Certificate to Cpl Brown Crs Tech for his honour pass on the microwave calibration course with the USAF.

Hopefully we'll be keeping Cpl George Stoneman when he returns from his JLC, all brushed up on his drill and leadership abilities. We're looking forward to your return George.

While I'm on the subject of courses and people finally returning to crew, watch out everyone: Cpl Paul Lehon-chuck is soon returning from Greenwood with a new drivers licence. That's right, Paul is on his way home to do run-up after run-up for us on 2 Crew. I hope he's as careful driving the Aurora as he is his new Fiero.

Welcome back to Cpl Jo-Anne Parker who has returned from Crew 1 to join us once again.

We have a couple of new faces hanging around the desk these days, welcome to Sgt Brown, Sgt Brauner and WO Cameron, who sharpened his skates the other day and has a smile on his face because he's finally old enough to qualify for the "old timers" hockey club.

Well, ski season will soon be upon us and being the active Crew we are, a few of us invested in some new ski equipment. MCpls Theresa McIsaac and John Vanderkooy loved skiing so much last year they both bought new ski equipment and can most likely be seen tackling some moguls on the face of Mt Washington.

We also have two new members to 2 Crew, well maybe some day...Cpl Al Huntley's wife and Cpl Ron Ayoltes' wife both had baby girls. Theresa McIsaac is also a new mommy, she has a new baby boy named Jade. He's an American Spaniel, and he's doing great keeping Fred company and Theresa and Stu happily busy. Everyone is doing fine, congrats to all.

SQN PHOTO

407 Photo is having an eventful fall season. With new people to be trained, all those with experience have been kept pretty busy.

Sgt Buttner, just recently arrived from Germany, was almost immediately sent off, along with Cpl Roy on their 04 Course (First Line Maint) in BRR....(cold) Greenwood. They are now back with us in the sunny Comox Valley.

Lynn Fralick sees sunny skies for quite a different reason, she is now a Cpl. Congratulations Cpl Fralick. We now proceed to a subject with serious career implications, "Sports"....

In golf, WO Jean Cote and Sgt Stan Lawless are tied in games won. But now that Stan's arm is better Jean had better watch out. Unconfirmed sources have it that Sgt Lawless has been heard to say, "I can beat WO Cote with one arm broken and the other one tied behind my back."

MCpl Mattson, who has recently been transferred to processing from servicing and Sgt Lawless are practicing for and Old Timers hockey tournament in Chemainus from the 23rd to the 25th of Oct. Best of luck guys, let us know how you make out.

In closing, remember that it may be sunny but it's hockey season and winter is on its way, maybe we should start waxing the skis and get the winter tires on the car. Till next time...

407 RESEARCH/AMCRO

Things have become a little hectic around the section lately, what with Larry off galivanting around the countryside and Pete down in Winnipeg drawing Flight Safety Posters et al...add this to the fact that Mike is down in Outer Canada (Greenwood) on his first line course and you come up with one "CYCLOTHYMIATIC" Sergeant.

We have another new face up here now, Wayne Roberts in from the land of prolixious writers...namely Ottawa. He is talking over a brand new section up here in Research...that of Projects Person in Charge or some such thing so welcome Wayne.

Stan and Micki seem to have new opponents everyday at their lunchtime bridge game, the latest being the token Newfie from across the way...O well, maybe it's better her trying to learn how to play instead of running around looking for new bargains for Joe T. We have been hearing giggles lately coming from Mr. 349 and Mrs. "Let's Party." Could it extend from the fact that Micki and Bud have evicted Duffy to the orderly room computer??



1726 Canadian Scottish



WE'RE BACK

Have you found yourself with spare time on weekends and Wednesday nights, wondering what to do next?? Would you enjoy learning how to read a map and use a compass, or how to survive outdoors in the winter. Would you like to belong to one of the largest organizations in this country...The Cadet Corps, if so read on.

The Cadet Corps offers so much to the youth of today between the ages of 13 and 19. Everything from the use of communications equipment to rappelling down the side of a mountain.

The Movements goals are to offer our youth a program of personal and social development, through Military training. Also to encourage good citizenship and leadership qualities, physical fitness and service to their community and also their nation.

During the 1726 RCACC's regular Wednesday night meetings, cadets learn military drill, proper handling of small arms, i.e. FNCA1 Rifle, 22 Cal Rifle, how to read maps and various other aspects of the

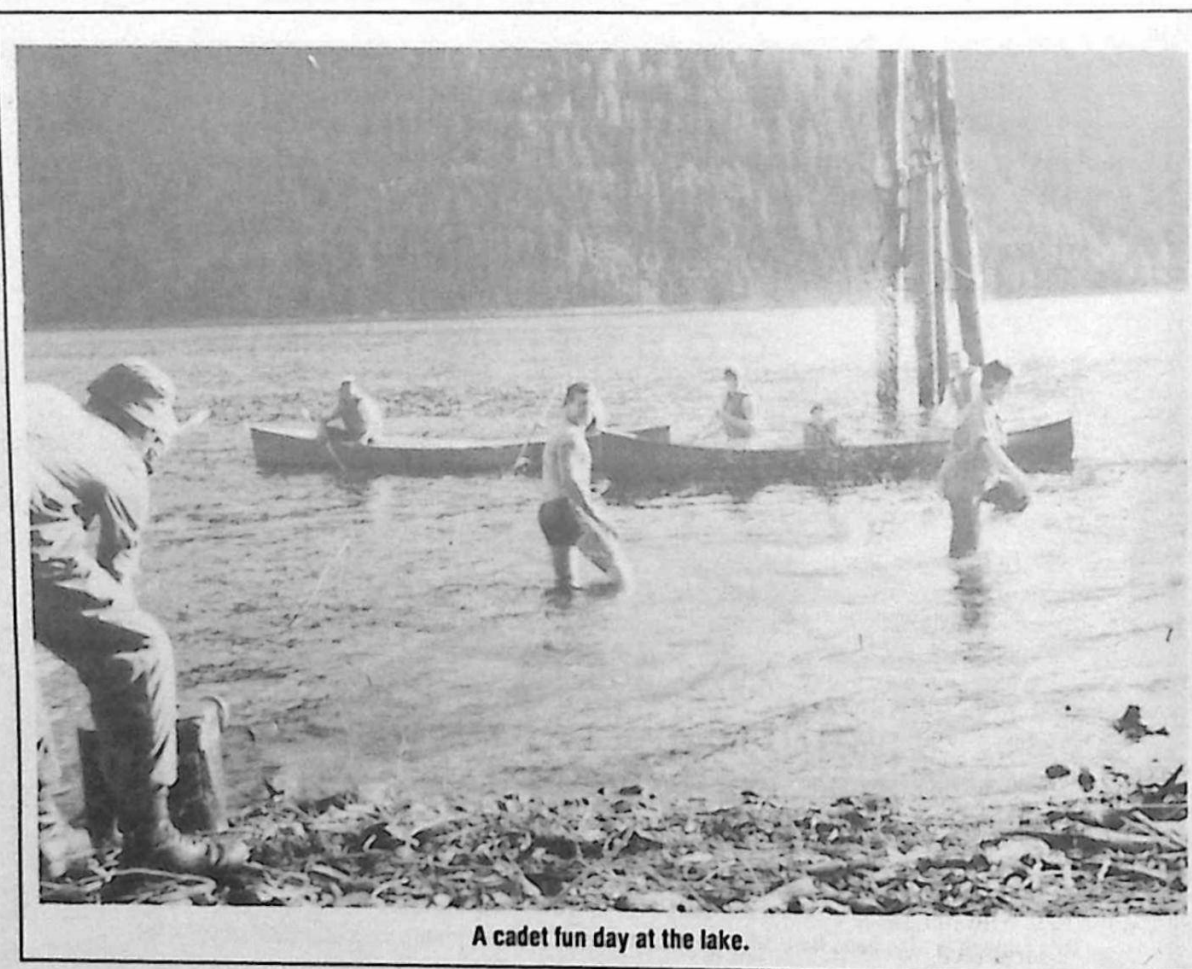
military community. 90% of the instruction is given by the Senior Cadets of the Corps.

Occasionally we have members of the Reserve and Regular Force come in and instruct the cadets.

Once a month, usually the last weekend, the cadets have an opportunity to take what they learned in class and put it to practical use outdoors when they have their training exercises. Our Corps has the use of various areas in and around the Comox Valley. The Forbidden Plateau and Quadra to name a few. These are some of the places where we hold our monthly exercises.

The 1726 Cdn Scot Army Cadet Corps is a "Cadet Run Corps" this means exactly what it says. The Cadets of our Corps run their own Corps, this Officers and Civilian Instructors involved supervise and offer assistance when requested, or required. Our Cadets plan and execute their own class method of instruction and field exercises.

Should you wish to see what goes on within the Cadet



A cadet fun day at the lake.

organization, please come out and see our displays at the Comox and Driftwood Malls during Cadet Week. Cadet Week runs from the 18th to the 24th of October. There will be Cadets and Staff from our Corps there to answer any and

all questions you may have about the Cadet Movement.

Should you wish to come out and see us at work please contact Capt T. Lick at 338-8798 in the evenings or on Wednesday nights at 339-4515.



SPORTS & RECREATION

Sports Shorts

CFB COMOX SVC WOMENS VOLLEYBALL TEAM

The CFB Comox Svc Womens Volleyball Team will be practicing on Tuesday and Thursday from 1800 - 2000 hrs at the Base Rec Centre. All interested female personnel are welcome to attend. For more info contact Cpl Fralick Loc 8295 or Base Rec Centre Loc 8315.

NCCP LEVEL I AND II HOCKEY COACHES CLINIC - CHANGE OF DATE

The NCCP Level I and II Hockey Coaches Clinic previously scheduled for 24-25 Oct 87 has been changed to 14-15 Nov 87. The clinic will start at 0900 hrs 14 Nov 87 at the Base Rec Centre. Cost for the clinic is \$25. Any personnel wishing to attend are to contact the Base Rec Centre local 8315, or MCpl A. Bedard at local 8565.

LEVEL II AND III HOCKEY OFFICIALS CLINIC

CFB Comox will host a Level II and III Hockey Officials Clinic on Sun 1 Nov 87 from 0900 - 1700 hrs. Cost for the clinic is \$20 for Level II and \$30 for Level III. Any personnel interested in attending this clinic are to contact the Base Rec Centre local 8315 prior to 28 Oct 87.

Club Champion



1987 Glacier Greens Club Champion Doug MacArthur receives the trophy from President Andy Clarke.

CANEX BIRTHDAY SALE WINNERS

SGT TED SAUVE
SGT JIM ZOTEK
MR. JOHN CAPLING

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1 case t.l.o. oil
1 case t.l.o. oil

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Pipe Smoke

Gerry Gerow



I watched a fishing show on the Boob Tube the other day and found myself getting slowly more angry as the show progressed. It would appear that in their attempts to entertain the audience the producers and cast forgot that they are setting an example for our young anglers of the future. What really hurts is that the fishermen on these programs are usually highly skilled and very knowledgeable individuals who wouldn't do these things if the camera wasn't there. At least I hope they wouldn't.

These guys started off by standing on the bow of their boat as they fished. Sure, they're probably good swimmers but what happens if a person smacks his head against the side of the boat while falling overboard. Casting can be done just as well from a sitting position in the boat as from a standing position. Of course it wouldn't come out as well on film, so why not throw in a statement to the effect that this is being done by highly experienced professionals for the purpose of filming and shouldn't be practiced in normal every day fishing.

Then our intrepid anglers caught a fish. After taking the fish off the hook they placed him in the boat to flop around and die of suffocation. Now I don't particularly relish a death by suffocation, if I have to go, and I don't think the fish do either. The brain of a fish is located right between and behind the eyes, and a sharp rap in this area will quickly dispatch the fish and eliminate his suffering. It also makes removing the hook much easier and safer.

For their next trick our stars caught a fish they didn't want to keep. After considerable handling of the fish they pried the hook out of his mouth and then, inserting a hand inside the fish's gill opening, held him up for the camera to get a good shot, before putting him back in the water. A fish has a protective slime covering over the entire body. This is what makes him so

slippery to hold. This slime covering is like a shield to protect the fish against skin diseases and it is broken the fish is vulnerable until it grows back, which takes some time. If you visit a fish hatchery you will see fish in the pools with spots on them. This is a parasitical fungus which has taken hold where the slime has been broken. Any fish that is not intended to be kept should be handled as little as possible. The best way is to fish with barbless hooks, if you don't intend to keep all your fish. This can be accomplished easily by simply squeezing the barbs with a pair of pliers. I have done a lot of fishing with hooks which have been treated in this way and haven't lost a fish yet. A single hook is preferable to the standard triple for this purpose but sometimes it will destroy the effectiveness of the lure. With barbless hooks it is a simple matter to bring the fish alongside the boat, reach down with a pair of pliers and shake him loose with no damage to the fish.

As for putting a hand inside the fish's gills before releasing him, this will probably cause the death of the fish. The delicate membranes that comprise the gills are easily injured and their ability to absorb oxygen from the water is lost. The fish's gills should never be touched if it is intended to release the fish.

The people putting on these shows could add a great deal of credibility to them if they included a segment at the end to point out that they are doing a show, and the proper methods to be used when angling, should be shown.

Catch and release angling is becoming more and more common and it is probably only a matter of time before barbless hooks will be required by law. To me this makes a lot of sense. The number of fish lost to the angler will be minimal when compared to the number of fish released in an uninjured state. Great pheasant shoot, Frank. Let's do it again.

Earthquake measures planned for schools

VICTORIA -- Earthquake safety measures for schools are being promoted in a new handbook produced by the Ministry of Education.

The 24-page School Earthquake Safety Guidebook is being distributed to all 75 school districts, Education Minister Tony Brummet announced recently.

The booklet covers more than injury and damage prevention. It spells out a role for everyone in a school hit by an earthquake: from pupil to teacher, principal, parent, janitor and bus driver.

The major recommendation is that an earthquake safety program be established in every school district.

In 1946, on a Sunday morning, a severe earthquake centred near Courtenay collapsed a chimney through an elemen-

tary school. Fortunately, because it was a Sunday, no one was injured. This year, prompted by recent earthquakes elsewhere, the Ministry of Education established a committee to recommend policy and procedures.

The earthquake drill is the most important safety measure, says the guidebook, and it provides directions. Typically, students would take cover away from windows and shelves, assume the "crash position" under desk or tables, then follow evacuation procedure.

The guidebook points out many areas of vulnerability. In one California school district during a moderate quake, plate glass windows imploded, 1,000 fluorescent light fixtures fell,

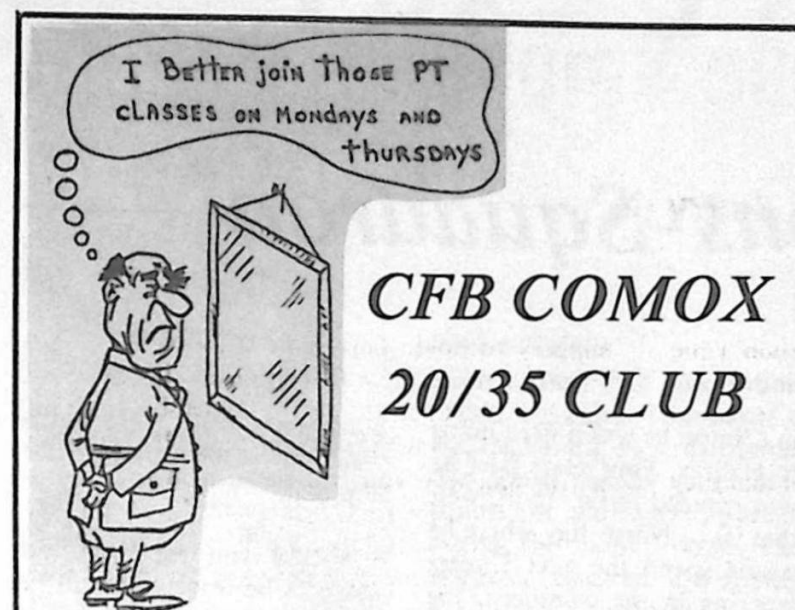
acid jars tumbled from unsecured cupboards, and flooding basements knocked out electrical power.

Post-quake organization and communication is covered by the guidebook, with the principal in the central role. Student dismissal and parent contact procedures are outlined.

The Ministry of Education currently is studying the feasibility of upgrading older schools to make them more earthquake damage-resistant.



SPORTS & RECREATION



Regular physical activity and a good diet can help you get and keep in shape - mentally and physically. It is never too late to get started. Studies show that people of all ages benefit by getting active and eating better; like many Canadians, you may have led a relatively inactive life. Driving a car, watching T.V., saving steps and shunning stairs. Research shows that you are NEVER TOO OLD and never too out of shape to benefit from physical activity; does the paragraph above describe your present life style? If so, we invite you to join the CFB Comox 20/35 Club currently being organized by the BPERO Staff. This program is designed for those personnel who find themselves 20 lbs (9kg) over their maximum allowable and/or 35 years of age and older. Membership to the club is free. All you need to do is show up at the Base Rec Centre on Mondays and Thursdays between 0730 and 0830 hrs and participate in a physical activity of your choice: Swimming, Weight Training, Hydra Fitness, Stationary Cycling, Jogging, etc. The choice is yours. A member of the PERI staff will be available to assist you in getting a program started and to answer any questions you may have regarding physical fitness. This program will commence on Mon 26 Oct 87.

WHAT'S IN IT FOR YOU?

More stamina, less stiffness, stronger bones, straighter body, better digestion, more pep and energy, less stress, pride in accomplishing your goal.

CFB AEROBICS

Afternoon Classes

Note time change. Tues and Thurs classes now start at 4:00 pm.

"In the event of an AFIS class beforehand, we will start at 4:15. With the new starting time, we will have no longer than a 15 minute wait."

So, see you there at 4 pm! Hope this clears up any confusion, and makes it much simpler to plan your day.

Mon, Wed, Fri morning classes will continue starting at 9:15 am.

Prizes Again

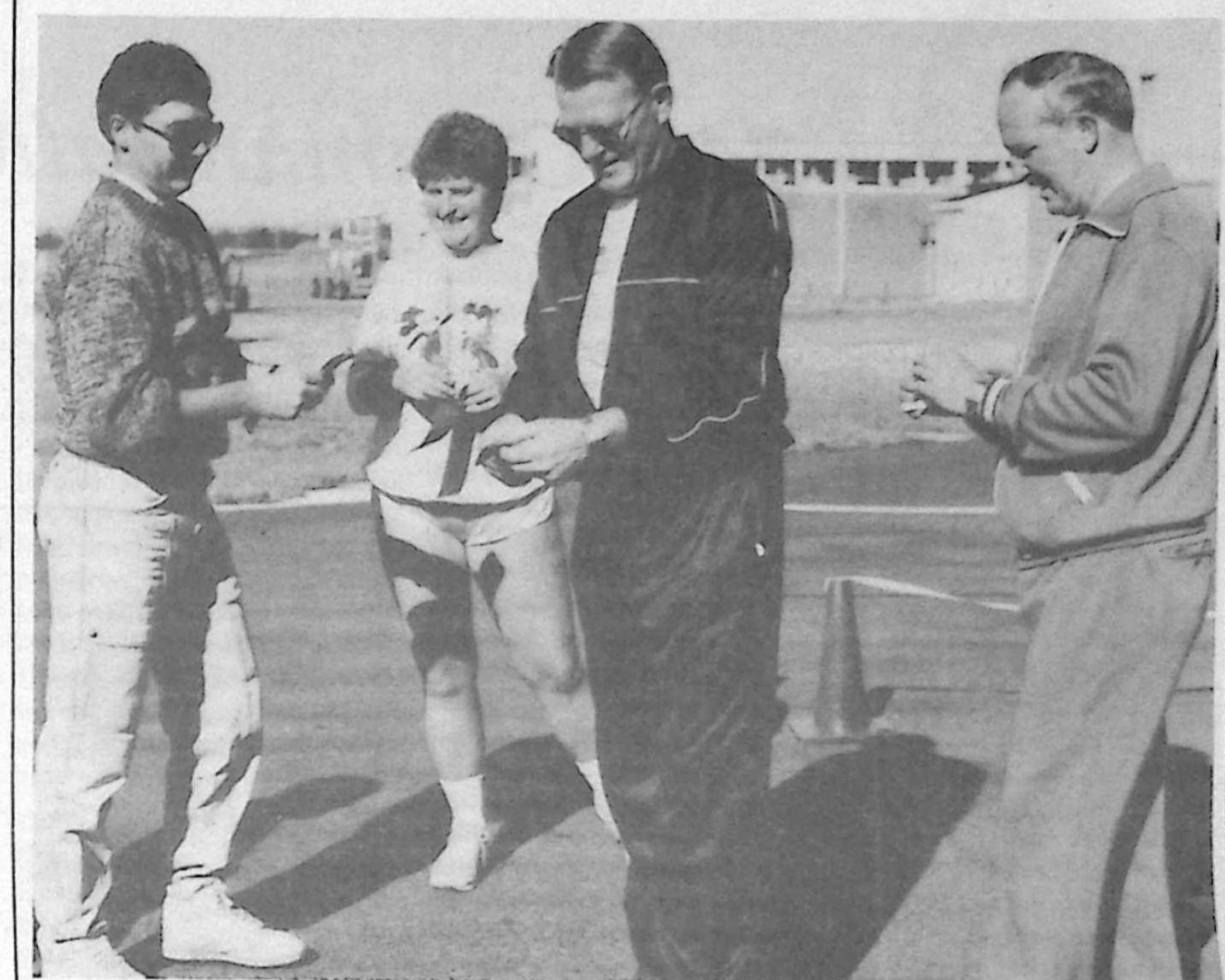
For 1st, 2nd and 3rd Halloween costumes, Friday Oct 30.

Last year, Flo won as Charlie Chaplin, the (Jock?), but had tough competition from Joanie the Unmade Bed! Not to mention the Sleazy Housewife who showed up to teach the class that day.

If you do not come to aerobics, you don't know what you're missing. We have all ages, all shapes and sizes, and we have a lot of fun. And besides, it's good for you! You can drop-in, or register at any class.

For info call Rec Centre 339-8315

Collecting their Baubles



BComd Col Gibbon and BTSO LCol Mack check out the "freebies" offered at the recent Fire Prevention Week Fun Run. The BTSO was heard to say, "How come yours is so much shinier than mine?" Both of these "Sirs" were participants in the day's activities. (Base Photo).

HOCKEY AWARENESS PROGRAM

Vancouver - The B.C. Amateur Hockey Association will be able to step up its campaign to curb illegal and unsafe play in the province's amateur hockey thanks to a new major corporate sponsor of its Program.

RivTow, a broadly based multi-million dollar B.C. group of companies with diverse interests in industrial and heavy-duty equipment and in marine and shipyard operations, recently agreed to sponsor the campaign, now named The RivTow Hockey Awareness Program.

B.C.A.H.A. President Bruce Allison is happy with RivTow's support of the program. "RivTow's support of the RivTow Hockey Awareness Program will enable us to get the safe hockey message out to a great many more people in the community," noted Allison.

"Their strong involvement as a B.C. company is a good indication of the depth of sup-

port in our community for this positive approach to curtailing illegal play throughout the sport. We're very happy to have them involved," added Allison.

The RivTow Hockey Awareness Program is an extensive, year-long educational campaign designed to assist parents, coaches, players and referees to get involved in the whole move to safe hockey. It's an ongoing campaign which B.C.A.H.A. officials will use to focus on the positive aspects of hockey, and on how the excellent conduct of the majority can be extended and maintained throughout hockey.

"Our theme of 'Learning the Skills and Having Fun' says it all," noted Allison. "The B.C.A.H.A. is focussed on the goal of making sure our children can enjoy playing the game without parents having to worry about the possibility of serious injury. We intend to reach that goal," he added.

Along the lines of reaching that goal, the Program includes changes in the rules (the elimination of all hitting from behind, reduction in the use of the stick without the puck) which can result in penalties and suspensions to players and coaches who do not control their play and teams.

"We simply will not allow an individual to hurt the image of this great game of hockey. The B.C.A.H.A. now has the necessary rules in place to act swiftly to curtail unsportsmanlike conduct by our members," vowed the B.C.A.H.A. President.

The RivTow Hockey Awareness Program is one of several programs in hockey initiated across Canada. Federal Sports Minister, The Honourable Otto Jelinek, recently announced the National Commission for Fair Play Program against violence in hockey.



DRINKING DRIVING
COUNTERATTACK



AROUND THE BASE

740-Communications-Squadron

I have been advised that because of a minor error in my first article I owe the Commanding Officer of 731 Comm Sqn an apology. It seems that I removed the Detachment in Moose Jaw from his command and handed it over to the Commanding Officer of 733 Comm Sqn. If you read this Sir, I am truly sorry and promise not to do it again.

Dave Cook made it back from his adventure training week with the troops from Nanaimo. It must have been a rough trip as apparently he had to take a day off in order to let his body recover from blisters and sore muscles. They canoed from the power station on Great Central Lake to the beginning of the trail leading up to Della Falls (Dave says that Della Falls are one of the highest in North America, 11,080 feet). The trip must have been pretty exciting as word has it that they were so entranced in the beauty of the scenery surrounding the lake that they didn't notice a storm moving in on them and were forced to make a hasty retreat to the shore.

Beatty Speaks

OTTAWA -- The Honourable Perrin Beatty, Minister of National Defence, continued his dialogue with Canadians on arms control issues and Canada's participation in NATO, in an address to the Atlantic Studies Conference at the University of Toronto recently.

In his remarks, Mr. Beatty reasserted that national defence and arms control are two sides of the same coin. The principal direct military challenge to Canada's security is the Soviet nuclear capability; an attack on the United States would undoubtedly include Canada. This is one of the reasons why Canada fully supports arms control negotiations between the Soviet Union and the United States.

Minister Beatty illustrated that our alliance to NATO is not only military but also political and that this dimension is not taken into consideration when voices in Canada call for a withdrawal from NATO.

FLASH - Cheryl quits smoking and makes a major blunder when attempting to decide what mail goes in what envelope, good thing Serge noticed it before it got sent. The BTelo might wonder why he got CFDA Esquimalt's mail. Speaking of Cheryl, she still hasn't dropped by to see Wenda. It's OK Cheryl, Jodi is only 6 weeks old.

Jeff made it back from Exercise Round-Up in Edmonton. The Sqn team did quite well overall, placed third of eleven. They won the pistol shoot and placed second in the line laying event. Their worst finish was a sixth place in the stretcher carry.

Johanne is back from her two week stay at home in Quebec and is now planning on her trip home for Christmas. The weather is much nicer in Comox around that time.

Al is having problems landing a spot on a hockey team. He was all set to play for the Demons as he did last year, but apparently changes in the league rules may prevent him

from joining 407. Don't worry Al if they don't want you maybe you can join Andy Moug on the Olympic Squad.



SGT STEVE SHAW

MEET THE CCS

Sgt Steve Shaw is the Communications Centre Superintendent and Detachment 2 i/c. He came to 740 Comm Sqn Det from 724 Comm Sqn Det in June of this year.

Steve is originally from Halifax and has spent the better part of his career in the Atlantic provinces. After completing his Comm Op Group 1

in Clinton he was posted home to Halifax. Four years later he was headed west (northwest that is) to North Bay where he would spend the next 5 years working in the commcen, the last year and a half were spent in the "hole." In 1974 Steve once again headed east, this time north east, to CFS Goose Bay where he would be employed at Det 2 i/c. After a three year holiday in Miami North he finally headed south to Debert N.S. He got there in time to see the birth of Samson and the phase out of the manual relay system. In 1982 he once again headed north east to the "Best place an Air Force Sgt could be" Galetown N.B. During his stay he was promoted to Sgt. In 1987 the career manager finally made Steve's dream come true and posted him to an Air Force Base not only that he even threw in a bonus and made it a base west of North Bay.

Steve and Donna and 2 of his 3 children have settled on Cedar Crescent in Comox. Steve enjoys darts, bowling,

hunting and fishing. He says he would curl if the team would let him skip.

Should you ever run into Steve as he travels around the base, ask him about some of the interesting people he has worked with over the course of his career.

Welcome to 740 Comm Sqn and Comox Steve, Donna, Stephen and Juanita.

MESSAGE CENTRE SUPERVISOR DOES A GOOD DEED

A late flash report advised that our MCS came to the aid of a damsel in distress early on the afternoon of 6 Oct. All the facts have not yet been gathered but it appears that as the MCS was making his way to CMIT he noticed a Sgt having problems with her bike (her pants were stuck in the chain) and being the gentleman that he is, helped her get out of the grasps of the chain. Were you really being a gentleman or did she have to order you to do it.

Glacier Greens Golf Club

General Meeting

28 Oct 1987
19:00 hrs

at the Club House
all members are
urged to attend

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BTNO Hockey team requires a goalie. Contact
Cpl Carr Loc 8278.

ATTENTION

ARE YOU CONCERNED ABOUT SOMEONE'S
DRINKING? ALANON PUBLIC INFORMATION
INVITES YOU TO A FILM NIGHT OCT 30 1987
AT 8 PM ALANO CLUB 115-5St, Courtenay,
B.C.

EVERYONE WELCOME

Fire Prevention Week Results

FIRE CHIEF FOR THE DAY



DONALD MENARD

BASE ACTIVITIES

This past Fire Prevention Week, 4 - 10 Oct, was deemed a success by the Base Commander. Many thanks to all personnel for the support shown during the many events. The activities consisted of a display at Comox, school assemblies at Airport Elementary, and the National Fire Drill. The firehall also carried out many fire drills throughout the week and held an Open House to conclude the activities.

The high point of the week was our 10K Fun Walk/Run. Over 70 participants were involved and everyone survived the run. Congratulations.

Many thanks to all those who participated in this event.

Your support made this activity a success and we hope to hold the 10K Fun Walk/Run on an annual basis.

AIRPORT SCHOOL ACTIVITIES

Airport School students were involved in a colouring contest, fire evacuation drills, and the McDonald's "Get Out Alive" program. Silver dollars were awarded to the best posters from each group. Students Donald Menard and Sarah Roy were chosen Fire Chief and Deputy Fire Chief for a day.

SCHOOL CONTEST WINNERS

GRADES 1 - 3
Kathleen Laynes
Bill-Jo Reid
Mark M

Jacinda
Monique Gagne
Marsha Jones
Lisa Fisher
Jean-Paul Sparling
Michelle Houston
Joshua Longpre
Guillaume Beauchamps
Sarah Martin
GRADES 4 - 6
Marshalee Jones
Rene LeBurel
Cheryl Baxter
Joanne Lewis
Lori-Anne Tack
Lydia Overtan
Eric Gravel
Erika
Dawn Bradley
Kelly Bennett
Marc Oddoux
Jenny Halliday

DEPUTY FIRE CHIEF FOR THE DAY



SARAH ROY

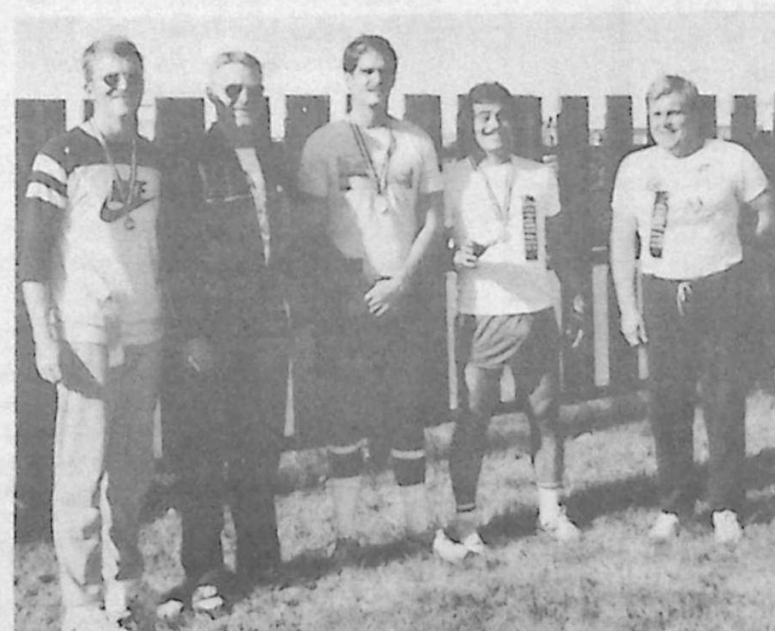
THE 10K RUN WINNERS



29 AND UNDER FEMALE...pictured left to right BComd Col Gibbon, Sgt Earl (we question the 29), Cpl Charles, Cpl Couture, Lt Gour and "THE CHIEF."



40 PLUS MALE...pictured left to right BComd Col Gibbon, Maj Small, WO Howell, Maj Mazey, and "THE CHIEF."



29 AND UNDER MALE...pictured left to right Maj Kightly, BComd Col Gibbon, Lt (USN) Kenny, Pte Tessier and "THE CHIEF."



30 TO 39 MALE...pictured left to right MCpl Sartori, BComd Col Gibbon, Maj Tamminen, MCpl Bedard (and no CHIEF).

CANADIAN FORCES UPDATE

SACEUR visits Lahr



Lahr, Germany — The newly appointed Supreme Allied Commander Europe (SACEUR) United States General John Galvin (right) made his first visit to Canadian Forces Europe (CFE) in Lahr Federal Republic of Germany (FRG), 24 Sep, for discussions with Major-General John Sharpe (centre), Commander CFE. After inspecting the Guard of Honour, SACEUR paused to meet CFE Command Chief Warrant Officer Kenneth Maybee. During the one day visit, the two Generals discussed Canada's recently released White Paper on Defence and its implications for the European theatre. During hostilities Canada would re-assign troops destined for Norway to the FRG, bringing the present battle group up to divisional strength. (C.F. Photo by Sgt Rick Sanschagrin).

Maritime Mechanical Engineer



Cheryl Whalen receiving her enrolment certificate from the hands of Cdr Judith Harper, Director. (CREW IS87-592).

On 17 September, Cheryl Whalen of Ottawa became one of the first women to volunteer in a 'hard sea' trade as she enrolled in the Regular Force as a Maritime Mechanical Engineer (312).

This is part of the Combat Related Employment of Women (CREW) trials recruiting program undertaken by DND. Recruit Whalen, who is 23, said that she entered this 'men only' trade for the challenge. But, before she can work on ships, Whalen will have to train at the Canadian Forces Recruit School Cornwallis and pass trade courses at CFB Halifax.

Once this is over, Whalen and her female partners will join men in operational units to form mixed sub-units. The performance of the mixed and 'men only' sub-units will be compared.

Following the evaluation period, if all objectives are met with success, women will be allowed in such trades.

COMOX AIR FORCE MUSEUM

Winter Hours:

Fri, Sat, Sun

10 - 4

Tours/Groups by appointment - any day of the week. Please contact curator Nancy Greene 339-8635

Beatty lauds
Defence and Industry Cooperativeness

OTTAWA — The Honourable Perrin Beatty, Minister of National Defence noted today in a speech to the Canadian Export Association how the research and development activities of the defence department have made significant contributions to the Canadian economy.

"The current technological advantage enjoyed by NATO nations over the Warsaw Pact is a direct result of earlier investment in research and development and the continuing search for advanced technologies by industry, universities and defence laboratories," said Mr. Beatty.

"The Department of National Defence has been steadily increasing funds for research and development-directed contracts in Canadian industry," he said. "In the last ten years the expansion has been almost sevenfold."

Mr. Beatty also indicated the government's interest in considering a broad defence industrial research program to

...more Task
CONTINUED FROM PAGE 1

"Basically, the job that we have," said Col Bill Sterne, Project Manager TASK, "is to create a framework for rank and skill progression that will enhance the operational capabilities of the CF." The Project Management Office TASK just completed their first round of meetings with the Commands in late September and early October. They began a dialogue with the Commanders aimed at creating a strategy to develop and implement the objectives of TASK.

Chief Warrant Officer G.B.J. Turgeon, Project CWO and former CF CWO is the principal liaison with the project management team on behalf of all CF non-commissioned members.

"When our mandate is complete it will permit the CF to recognize and reward individuals for increased military occupational skills," said Col Sterne. "Right now the only way we can reward is by promotion for pay. By providing an equitable and flexible reward system that effectively recognizes achievement, TASK will enrich the military personnel mandate of attracting, motivating, training and retaining the right people."

assist domestic industry in establishing a technology base from which to meet the Canadian Forces' requirement for new equipment, resupply and life cycle support. He went on to stress that it is government policy that Canadian developed technology be incorporated into national defence operations and plans wherever possible in order to help strengthen Canada's defence

industrial capability.

"The Department of National Defence will continue to maintain a broad base of scientific and engineering expertise at about the current level. This will permit us to understand, compare and assess the capabilities of the most advanced products available and to judge the potential applications of new technologies," he said.

Officers Mess

WEDNESDAYS NOVEMBER 4, 18, 25

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 6, 13, 20 27

REGULAR TGIFs Hot food will be served 1700-1800 hrs. Free taxi. Ask at Bar.

WEDNESDAYS NOVEMBER 11, 25
OWN BRIDGE CLUBWEDNESDAY NOVEMBER 18
OWC ANNUAL FASHION SHOW

Strolling show of casual, party dresses, formals, petites and men's casual fall fashions. Sandwiches and Christmas bakings on table. Waiter Bar Service; Tea and Coffee Service. Cost: Members \$7, Non-members & Guests \$10. Tickets available in advance.

SATURDAY NOVEMBER 21

MEDIEVAL NIGHT

1930 - The Court Assembles

2000 - Grand Entrance of Head Table for Dinner

MENU

Meat Loaf

Cornish Hens

Roast Suckling Pig

Fruit & Bread

COSTUMES — MANDATORY

Bring your own goblet and trusty eating knife. Reservations are limited to 120 people so reserve now. Deadline 16 Nov 87.

Cost per couple: Members \$20

Limited Associates & Guests \$30

NOTE: This is not a Mess dinner and all efforts will be made to make the evening as authentic as possible.

SUNDAY NOVEMBER 29

GREY CUP SUNDAY Featuring:

*Pre-game Mud Bowl (Time TBA)

*Two screens set up for game

*Food & Refreshments

UPCOMING EVENTS FOR DECEMBER

3 Dec - Mess Decorating Party

13 Dec - Kid's Xmas Party

31 Dec - New Years Eve Ball

RESERVATIONS: Please make every effort to make confirmed reservations by the deadline in the calendar. This will not only help us plan the function, but will enable us to give you the service you expect, and which we wish to provide.

NO SHOW CHARGE: The policy is now in effect that if a "no-show" occurs, the person making the original reservation will be charged the full cost of the ticket(s). If a member wishes to cancel a reservation, he must inform the Mess Manager at least 24 hours before the start of the function. Those who cannot attend because of unforeseen circumstances are requested to advise the Mess Manager no later than one working day following the function.

DRESS STANDARDS: Casual - Shall consist of dress slacks, sport shirt or sweater. Open-toed shoes, with socks, are allowed. Informal - Recommended dress is jacket and tie. The minimum requirement is a well coordinated leisure suit with open-neck shirt or turtleneck with sport jacket and slacks.



UNITED WAY

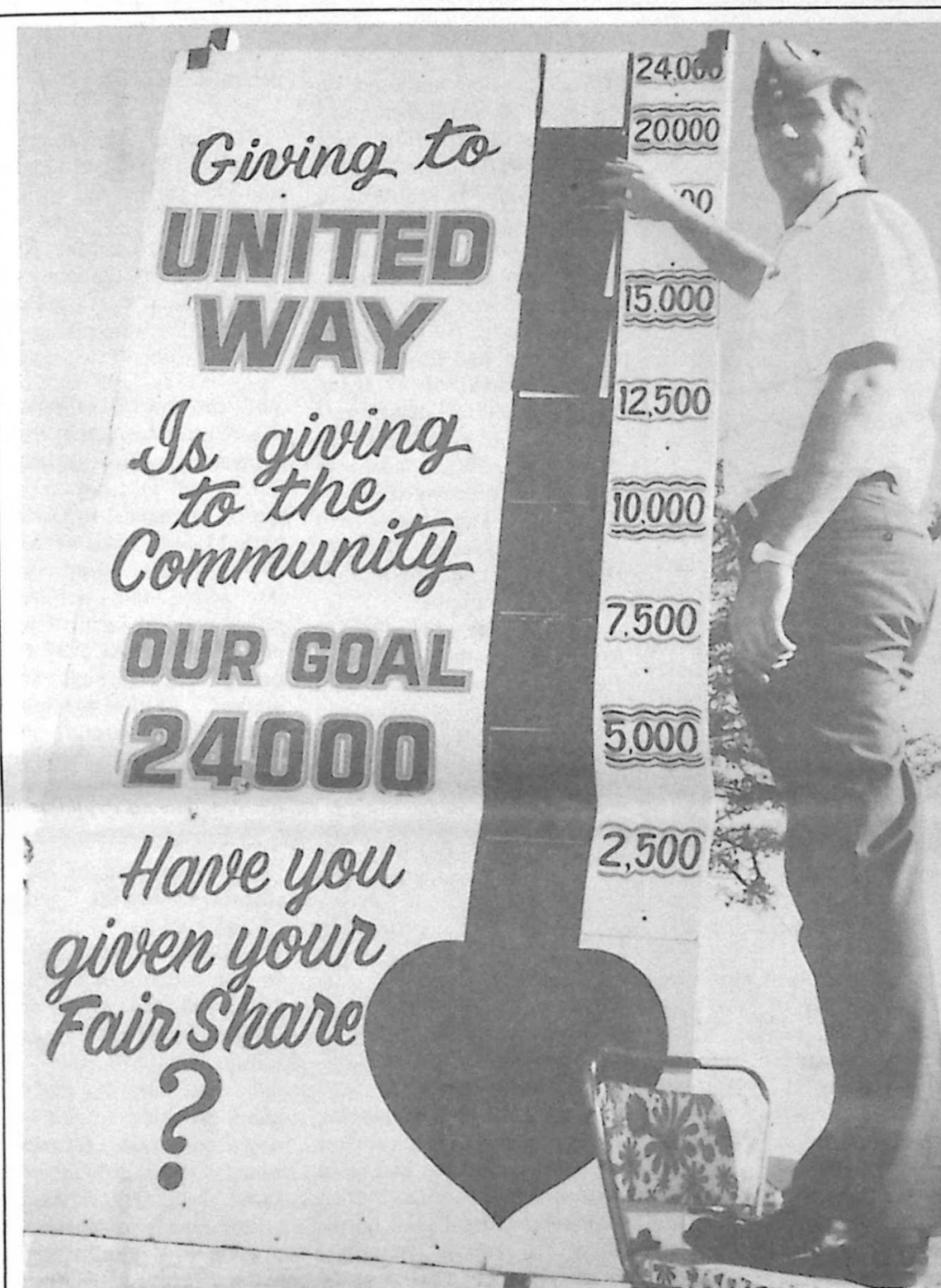
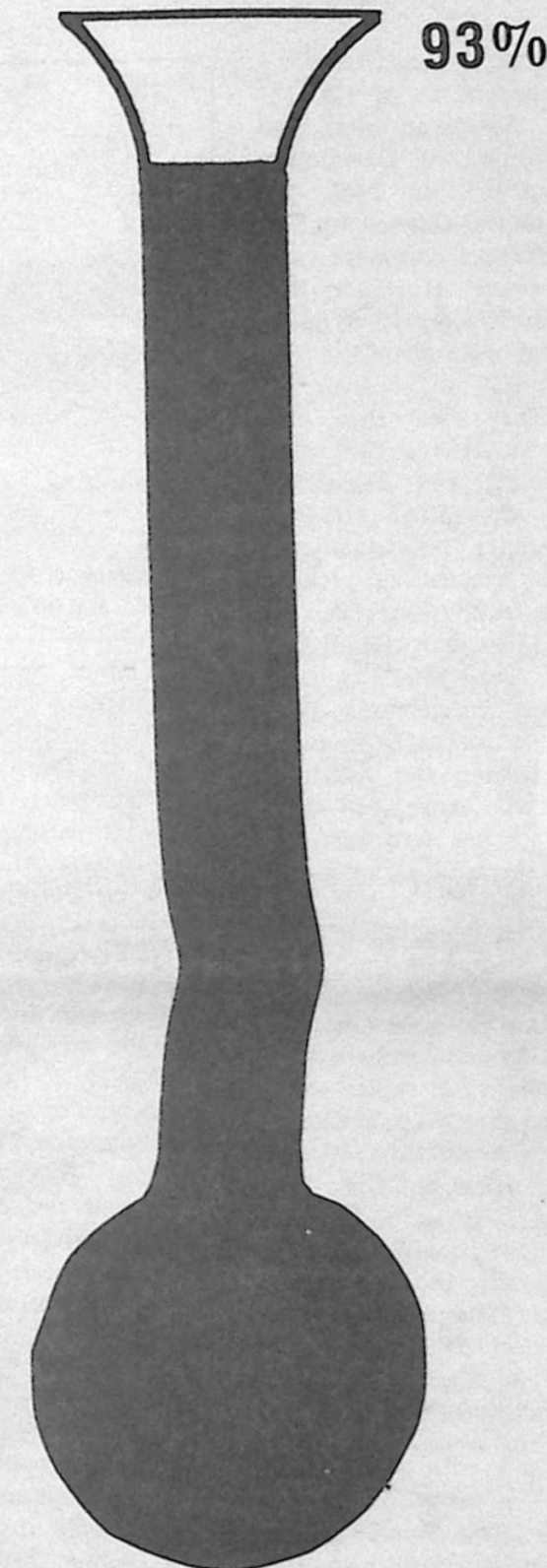


Photo shows the Base United Way Co-ordinator, Capt Coulter, placing the marker to show that CFB Comox has passed the \$20,000 point in this year's Campaign. As of 14 Oct 87 the Base total was \$22,320; only \$1680 short of our goal. Have you made your contribution yet?



WE HAVE ALMOST MADE IT

The CFB Comox United Way Campaign goal is \$24,000 and presently we have raised over \$22,000! This is very impressive progress and we still have two more weeks to reach our goal. So, if you have not already given dig deep and contribute to this worthy cause. Every section on the base has an eager canvasser ready and waiting to take your donation. However, if you can not locate your section canvasser, Capt Bob Coulter or Lt Christa Robertson will be glad to accept your money. These donations can be cash, cheque or pay allotment. It is very easy to give and your contribution, no matter how small, is going to support 17 worthwhile and necessary organizations in this community.

Let's show the Comox Valley our support and finish off the 1987 Campaign right by surpassing our goal of \$24,000. We can do it!

THE AGENCIES

Canadian Arthritis & Rheumatism Society
Canadian Diabetes Association
(Comox Valley Branch)
Canadian National Institute for the Blind
Canadian Red Cross Society
Children's Hospital
Comox Valley Block Parents

Comox Valley Crossroad Crisis Centre
Comox Valley Association for
Mentally Handicapped People
Comox Valley Ground Search & Rescue

Comox Valley Recovery Centre
Comox Valley Stroke Club
Victoria & Vancouver Island Multiple
Sclerosis Society (Courtenay Branch)
North Island Alcohol & Drug Education
and Information Society

Pacific Riding for the Disabled
Western Institute for the Deaf
You are not Alone
Rescue 71

LET'S MAKE IT HAPPEN AGAIN

AROUND THE BASE



Origins of the Species

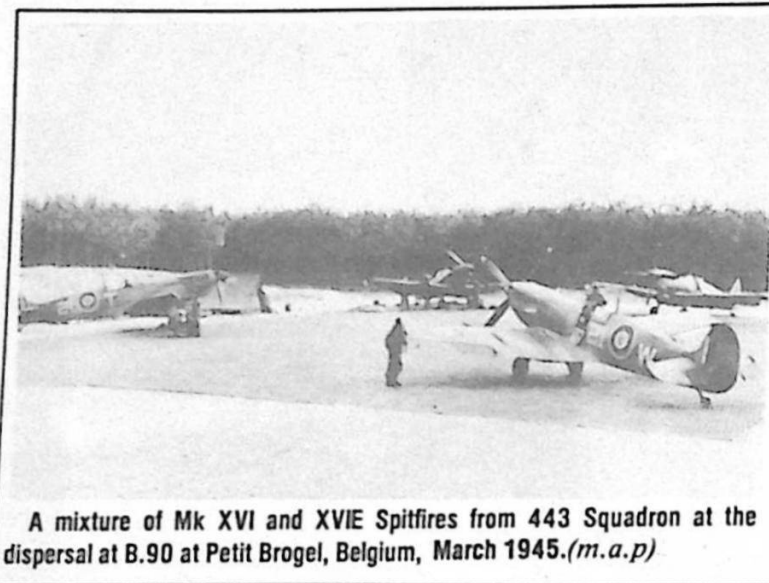
John Bradley

443 Fighter Squadron was a direct descendant of No. 127 Fighter Squadron that had been formed at Dartmouth, N.S. on 1 July 1942. 127 Squadron was tasked with East Coast defence and were given the Hawker Hurricane Mk XIIA and XII aircraft to do the job. They were given the code TF to apply on all their aircraft. They flew their first mission on 24 Aug 1942 when two aircraft were despatched on an uneventful scramble from Gander, Newfoundland. 127 was selected to proceed Overseas in the latter part of 1943 and flew their last mission on 14 Dec 1943 as two Hurricanes departed Dartmouth on an early morning patrol. During the relatively short lived career of 127 Squadron, they had suffered only two aircraft losses and one pilot fatality.

By 23 Dec, elements of 129 Fighter Squadron arrived to take over 127's duties allowing 127 Squadron personnel to proceed home on embarkation leave. After the rather short leave period was up, squadron personnel assembled at RCAF Station Lachine and from there they were taken to Halifax where they boarded the SS Pasteur for the voyage to England. The ship departed Halifax on 20 Jan 1944 and arrived in England ten days later and by 8 Feb 443 Fighter Squadron was officially established.

Their first home was at Digby in Lincolnshire and they became part of No. 144 (RCAF) Airfield, which was also just forming at the time.

The two other RCAF Squadrons that made up No. 144 Airfield were Nos. 441 and



A mixture of Mk XVI and XVII Spitfires from 443 Squadron at the dispersal at B.90 at Petit Brogel, Belgium, March 1945. (m.a.p.)

442 Fighter Squadrons. For operational control, the Airfield came under No. 83 Group of the 2nd Tactical Air Force which was primarily tasked to assist with the preparations for the upcoming Allied invasion of Festung Europa. To carry out this task, 443 Squadron was initially equipped with the Supermarine Spitfire Mk VB and progressed throughout the war to the later Mk IXB, XIV, and XIVE versions of this famous aircraft. All versions carried the codes 21.

The first few months were taken up with training and perfection of various skills by both the air and ground crews. By April the squadron was ready and they flew their first offensive mission when twelve Spitfires were despatched from Westhampnett to provide top cover for a group of Bostons and Mitchells that were bombing Dieppe. After the escort was completed, five aircraft remained behind and strafed ground targets around Rouen.

The first enemy aircraft to fall to a member of 443 was scored on 19 April. The Commanding Officer, S/L H.W.

with the Black and White striped invasion markings on the fuselage and beneath the wings. Patrols were flown over the convoys on 5 June and on June 6 itself. The first mission on D-Day took place at 0620 as S/L McLeod led his twelve Spitfires on a patrol over the beaches between Courseulles and Le Havre. By the end of the day they had flown 48 sorties for a total of 95 flying hours and had lost one aircraft when a severe glycol leak forced F/L F.A.W.J. Wilson to bail out over enemy territory. The next day a small amount of revenge was exacted when 443 shot down one enemy aircraft and damaged another.

On 15 June, 144 (RCAF) Wing became the first RCAF fighter wing to be stationed on the continent. 144 Wing had been redesignated from 144 (RCAF) Airfield on 15 May 1944. The unit was flying out of Base 3 at Ste Croix-sur-Mer and over the next two years would remain on the continent while going through fourteen station changes. The only break from this would be between 18 Dec 1944 and 2 Jan 1945 when they were sent to No. 17 Armament Practise Camp at Warmwell in England.

Throughout April and May and the early part of June, they continued to escort Allied bombers, engaged in full fledged fighter sweeps and on occasion bombed and strafed ground targets in preparation for the invasion. The last pre-invasion sortie took place on the evening of 5 June as twelve aircraft attacked the radar post West of Fecamp. Anti-aircraft fire was intense but enough aircraft got through to score four direct hits and several near misses.

Within hours of their return from this latest mission, all of their aircraft as well as all other Allied aircraft were painted

porated a flying Hornet as its central device.

The end of the war saw the Hornets at Saltau in Germany and they carried out their last mission of the conflict from this location. On May 8th six Spitfires were despatched to provide escort for a group of Dakotas that were taking relief supplies into Copenhagen.

With the end of the war, 443 was selected to remain in Germany as part of the British Air Forces of Occupation. The Hornets remained in Germany until 15 Mar 1946 when they disbanded at Uetersen. During this period they suffered a rather unusual incident when, on 18 Jan, a USAF P-47 Thunderbolt dove through a formation of three 443 Spitfires and struck an aircraft piloted by F/L Roosenti. Fortunately he was able to bail out before the Spitfire impacted with the ground.

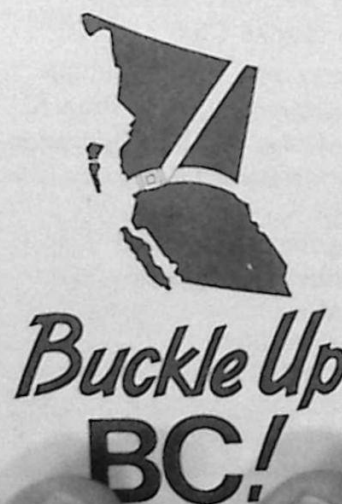
During the war the Hornets claimed 42 aircraft destroyed, 29 damaged and 2 probables. They dropped 57 tons of bombs and were also credited with 19 rail and road cuts, destroyed or damaged 25 locomotives, 66 railway cars, 8 tanks, 35 horse-drawn transports and 1077 motor vehicles. Losses to the squadron included 20 pilots of which one was killed, 6 taken POW, 2 missing, 8 presumed killed, and 4 who were later proven safe. Non-operational losses included 1 killed, 2 missing and four injured. Battle Honours awarded included Fortress Europe 1944, France and Germany 1944-1945, Normandy 1944, Arnhem and Rhine. Individual awards to the Hornets amounted to 1 DSO and 6 DFCs.

VILLAGE OF CUMBERLAND PUBLIC NOTICE

PIDGEON LAKE DUMP HOURS

Effective Thursday 1st October, 1987
10:00 a.m. to 6:00 p.m. until further notice.

D.S. York,
Public Works Supt.
Courtesy of Totem Times.



TYEE JEWELLERS

1080 Island Highway
Campbell River

We have Citizen watches with a 5 year warranty and we supply batteries as long as you own the watch.

Watch Repairs - Jewellery Repairs
Custom Work - Alterations

10% Discount for servicemen

AROUND THE BASE



Legion Log Entertainment

BRANCH 17 - COURTENAY

Fri & Sat 23 & 24 Oct
Fri & Sat 30 & 31 Oct
Sat Oct 31
Fri 6 & 7 Nov
Sun 25 Oct
Sun 01 Nov

Dance to COUNTRY MEN
Dance to WESTWIND
Halloween Dance (Prizes for best costumes)

Dance to BRANDY
Euchre Tournament
Fun Dart Tournament
Mixed Blind Draw \$3/player
Registration 12-1 PM

*** Regular Activities ***

BINGOS - Mon, Thur, Fri, Sun at 7 p.m.

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY

Fun Euchre
Pub Darts
League Darts
Fun Darts
TGIF & Money Draw at 6:30
Fun Bridge at 12:30
Fun Darts at 1 p.m.

SUPER MEAT DRAW EVERY FRIDAY 5:30 - 7:30

"MORE PLAYERS WELCOME"
Phone 334-4322 (days) for more information.
NEW SUNDAY HOURS...11 a.m. to 7 p.m.
(reduced prices 11-4)

**Dress Code in effect 8 PM Fri. & Sat.
(NO JEANS OR T-SHIRTS)

BRANCH 160 - COMOX

ENTERTAINMENT

Oct 23 & 24
Oct 30 & 31
Nov 6 & 7
Nov 13-14
Nov 20-21
Nov 27-28

Music by MILLERTIME
Music by ALLEYCATS
Music by 35 YEARS OF GOLD
Music by PRIMETIME
Music by COUNTRYMEN
Music by MILLERTIME

REGULAR ACTIVITIES

MONDAYS

L.A. Drop-In Bingo - 7 pm
Men's Dart League - Navy Room - 7:30 pm
Mixed Dart League - Upper Hall - 8:00 pm

TUESDAYS

WEDNESDAYS

NAVY LEAGUE DROP-IN BINGO - Upper Hall - 7:30 pm.
CRIB LEAGUE - At home or away.

THURSDAYS

1st Branch Executive Meeting - 8:30 p.m.
L.A. Executive Meeting as required.
2nd L.A. General Meeting, Upper Hall, 8 p.m.
3rd Branch General Meeting, Upper Hall, 8 p.m.

FRIDAYS Meat Draws: 2-6 p.m. Dance (Normally downstairs unless advised)

SATURDAYS Meat Draws: 2-6 p.m. Dance, (Normally downstairs unless advised)

SUNDAYS New Hours: 11 a.m. to 6 p.m.

HALL RENTALS OR REQUESTS FOR SPECIAL FUNCTIONS - Please contact Ken Seymour in Legion Office, Mondays to Fridays - Ph 339-2022.

SPECIAL EVENTS

NOTE: Oct 31 is Halloween.



Buckle Up BC!

...non-belted occupants
have been killed in crashes
at speeds as low as 19 km/h.

SWIFT DATOO DOHERTY LAWYERS

A FULL RANGE OF LEGAL SERVICES

COMMERCIAL & CORPORATE	GENERAL & ESTATE	LITIGATION	FAMILY
BUSINESS, CONTRACT CREDITORS' REMEDIES, INCORPORATIONS & PARTNERSHIPS	REAL ESTATE, CONVEYANCING, MORTGAGES, WILLS & PROBATING ESTATES	PERSONAL INJURY, INSURANCE CLAIMS, CRIMINAL, CIVIL, LITIGATION	DIVORCE & FAMILY PROPERTY SEPARATION AGREEMENTS, CUSTODY & ADOPTIONS

RICHARD J. SWIFT - AZIM N. DATOO - PETER M. DOHERTY

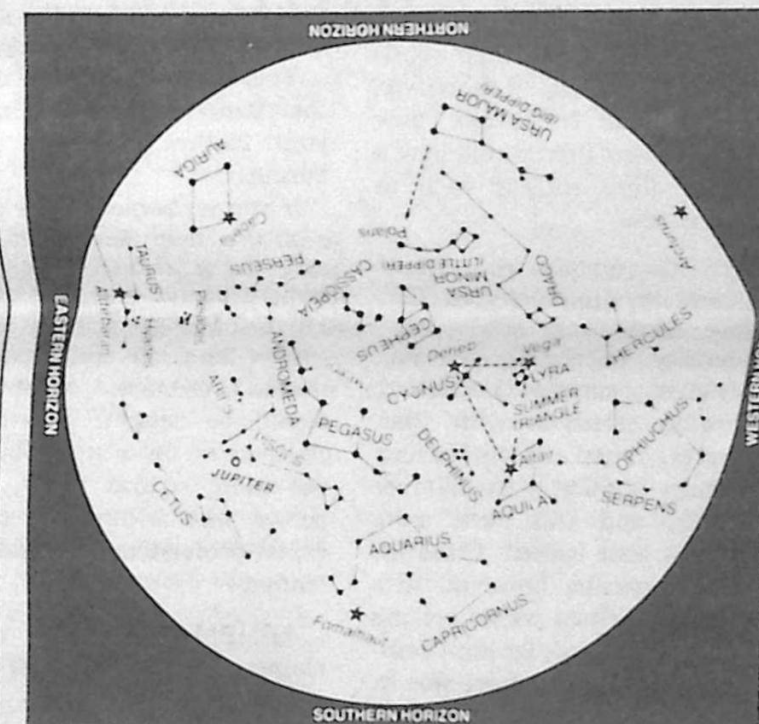
201 - 467 CUMBERLAND

334-4461

COURTENAY, B.C. V9N 1K3

NATIONAL MUSEUM
science +
technology

STARGAZING OCTOBER



six not seven stars are easily seen, so the cluster is also imbued with an aura of mystery. Apparently, long ago one of the fainter stars in the cluster was brighter, but which star? Although a huge body of legend relates to the "Lost Pleiad," the stories differ providing no conclusive answer and no single star emerges as the one.

Penumbral Eclipse

When the Moon moves through only the part of the Earth's shadow called the penumbra (i.e., the area of partial shadow that surrounds the complete shadow called the umbra), the resulting eclipse is called a penumbral eclipse of the Moon. If the Moon is in the outer regions of the penumbra, the change in the Moon's appearance may be hard to observe. During the eclipse of October 7, the Moon will come so close to the umbra - in fact it just grazes it - that some change in the appearance of its disk should occur. It is difficult to predict how the Moon will look at the time of maximum eclipse, because the penumbra has no sharp edge and the transparency of the atmosphere is also a factor.

Planets

Jupiter is at opposition on October 18, which means that it is above the horizon all night. Rising in the east at sunset, it sets in the west at sunrise. Because it is much brighter than any star, Jupiter is easy to identify. Technically, Mercury and Venus are in the west at sunset, but they are too close to the horizon to be seen with ease. In the early morning, just before sunrise, red Mars can be seen above the eastern horizon.

Calendar

d h (Universal Time)
4 20 Venus 3° N. of Spica
7 04 Full Moon, Harvest Moon, eclipse of the Moon
8 05 Jupiter 4° S. of Mars
14 18 Last Quarter Moon
21 04 Mars 17° N. of Moon
21 23 Orionid meteor shower
22 17 New Moon
25 18 Antares 12° S. of Venus
29 17 First Quarter Moon
* Orionid meteor shower, 21-28 Oct. Halley's Comet, 21-28 Oct. (best viewing, 21-22 Oct.)

Star Clusters in Taurus

Two fine, open star clusters are located in the constellation Taurus. (An open cluster is a congregation of tens to hundreds of loosely assembled stars. Because, in our galaxy, they are usually concentrated in the plane of the Milky Way, they are also called galactic star clusters.) The Pleiades cluster - also called "The Seven Sisters" - is located in the shoulder of the Bull, and the Hyades cluster is near the bright star Aldebaran in his face.

In October, Taurus rises in the east at about sunset. The seasonal march of the

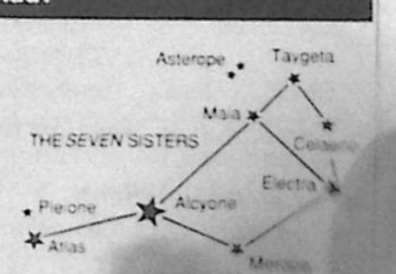
constellations gradually moves Taurus toward the west, but the Hyades and Pleiades clusters will be well placed for viewing until spring.

A Mystery in the Sky

In Greek mythology, the Pleiades were the seven daughters of Atlas and the nymph Pleione. The Hyades, too, were sisters - and daughters of Atlas - making them half sisters of the Pleiades. Indisputably the most famous of all open star clusters, the Pleiades is steeped in a wealth of myth and legend that comes to us from many corners of the world. In addition to sisters, its stars have been called many things - bees, doves, jewels, and fireflies to name but a few - usually in groups of seven (for example, "The Seven Sisters"). Today

Which Star is the Lost Pleiad?

From the wealth of Greek legend come the following suggestions: Electra, it was said, covered her face to avoid seeing the fall of Troy; the city founded by her son, Danaus. Metope, in shame, withdrew from the company of her sisters when she married a mortal; one hid behind her sister while a fierce battle waged on earth; other legends suggest that one of the sisters was struck by lightning.



National Museum of Canada
Musée national du Canada

AROUND THE BASE



From The Fire Chief's Office

HAPPY HALLOWEEN FIRE HINTS

Halloween is a lot easier on parents nowadays, than it was a few hundred years ago. A hectic night of protecting your family from hobgoblins, fairies, and assorted spirits of the dead would be enough cause for any parent to call in sick at the feudal farm the next day.

But though Halloween is not the important festival it used to be, parents should still keep in mind some serious fire safety precautions for their trick-or-treating children:

Check for flame-resistant label on store-bought costumes and material. Handmade costumes can be flame-proofed by dipping the fabric in a solution of 2.5 litres (two quarts) warm water, 200 millilitres (seven ounces) borax, and 85 millilitres (three ounces) boric acid. Drip dry and iron to preserve flame-resistance. This must be repeated after each washing.

The ease of ignition, rate of flame spread and ease of extinguishment of a garment are dependent upon the fibre and fabric from which it is produced and upon the garment's design. The following list groups the textile fibres with respect to their burning characteristics.

1. Fibres that ignite easily, burn rapidly and are difficult to extinguish include cotton, linen, rayon, cellulose acetate and acrylics.
2. Fibres which are difficult to ignite, burn slowly and tend to melt include nylon,

polyester, polypropylene and spandex.

3. Fibres which will not continue to burn once the ignition source is removed include modacrylics (e.g. Verdel, Dynel), Saran and Cordelan.

4. Fibres which are difficult to ignite and tend to self-extinguish include wool and silk.

The fire hazard associated with clothing is also influenced by the construction of the fabric. For example, light weight fabrics tend to burn faster than heavier weight fabrics and loose open weave fabrics burn faster than tightly woven fabrics. Moreover, flames tend to spread more quickly over fabrics that have a raised fibre surface such as flannelette.

The flammability properties, of garments produced from the same fabric may vary considerably depending on the design of a garment. Loose and flowing garments with wide sleeves, skirts and ruffles can contact ignition sources more readily and will burn more rapidly once ignited. Close fitting garments, however, with cuffs and fitted waists are less likely to contact ignition sources and will burn more slowly. Folds or creases in garments will act as chimneys to accelerate the flames, while belts act as firestops slowing the spread of flames.

Choosing garments made from fibres, fabrics and designs which burn slowly or self-

extinguish, particularly, for age groups susceptible to clothing burns, can help reduce the incidence and/or the severity of clothing-related burn injuries. The selection of costumes made from fibres which burn slowly and tend to self-extinguish would also help reduce the fire hazard associated with them.

If your clothes ever catch fire or if your hair or skin starts to burn:

First, quickly lie down, right where you are. Stretch out full-length on the floor if you are indoors. Lie right on the grass or ground if you are outside.

Then roll over and over until the flames are out and until your clothes and you stop burning.

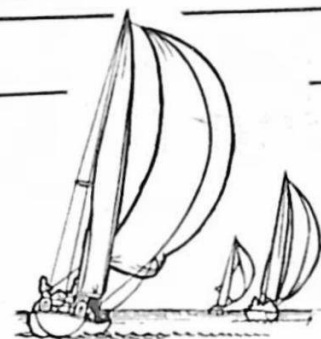
If you see someone else who is on fire, help them to do the same thing. Make them lie down, and roll over and over until the burning stops.

After the fire is out, if someone has been burned, assistance should be sought. Put cool clean water on a minor burn. For more serious burns, the person who is hurt will need expert professional medical attention.

REMEMBER. If your clothes catch fire, STOP, DROP and ROLL. To light up your Jack-O-Lantern this year use a flashlight instead of a candle.

NOTE: Fireworks are not allowed on the Base or in PMQs.

CFB COMOX
FIRE DEPARTMENT



SAILING SPLATTER

All the world is a stage and all of the west coast is a sailor's haven. And to reinforce this fact to make it absolutely credible, I point to the fabulous weather October has blessed us with. But before we all take to our skis and skates for another winter's activities, there remains some unfinished business with the Sailing Club. We still have one or two more significant dates to contend with before visions of Paradise Meadows or extremely short lift lines dominate.

The CFB Comox Sailing Club will be holding its annual Singlehanded Keel Boat Race this Sunday, October 25. The challenge has been acknowledged by the Comox Bay Sailing Club and the tacticians are deep in preparation for what promises to be a grand finale to a great year of sailing. The keelboat coordinator is Dave Webber who will sit as race committee for this event. The coordinator for the concurrent dinghy event is Dave

Nurse. It has been rumoured that the dinghy event may also be of the singlehanded variety. More to follow. Racers interested in this event are requested to contact the respective coordinator for details soonest as the event is this Sunday.

The Annual General Meeting will be held in early November. All members are encouraged to attend as the items on the agenda affect all of us. Make your opinion heard! And as always, the date for removal of the dinghies for winter storage is fast approaching. When the call comes to enlist your help for an hour or so, think of all the great times that were had because you are a member! Many hands make light work.

In future editions over the winter months, expect to see a collection of some of the summer's best quotes from the diary of LaLage, news on the second annual New Year's Day Sail and meantime, enjoy your winter activities in anticipation of another great sailing season!

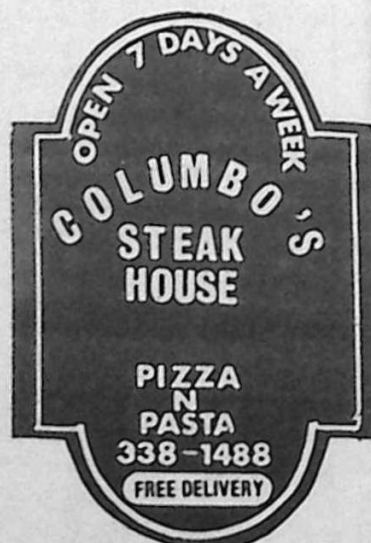
MAKIN' CORPORAL



BSupO Maj Blakely presents to Cpl Arnold.



BSupO Maj Blakely presents to Cpl Heath.



CFB COMOX WOOD HOBBY SHOP

The base Wood Hobby Shop will be opening soon. Those with wood projects planned should contact the following for operating times and equipment available at the hobby shop.

Ed Goski 339-5401
Brad Shipley 339-4680

The following personnel are eligible to use the Base Wood Hobby Shop:

1. Canadian Forces Personnel
2. DND employees
3. NPF employees
4. Retired Canadian Forces personnel on pension or annuity
5. Other employees of the Canadian Government
6. Foreign military personnel on duty with Canadian Forces
7. Dependents of 1, 2, 3, 4, 5, 6 over the age of 16 or at the discretion of the Club president.

HOME & FAMILY

Chapel Chimes

OUR LADY OF THE SACRED HEART CHAPEL (RC)
BASE CHAPLAIN (RC) - Maj J.G.A. Veilleux
CHAPEL - Our Lady of the Sacred Heart (on Base).
OFFICE - Headquarters, Bldg. 45, Room 48, Telephone 8274.

MASS SCHEDULE:

Saturday 1900 hours
Sunday 1000 hours
Week Days 0900 hours

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

CATHOLIC WOMEN'S LEAGUE - Second Tuesday of the month in Parish Hall, preceded by Mass in the Chapel at 7:30 p.m. President: Mrs. Mary-Anne Stagg, Telephone 338-6214.

CATECHISM CLASSES - September - May in the PMQ School at 1830 hrs, every Wednesday. Religious Education Coordinator: Mrs. Fred Chiasson, Telephone 339-6488.

ST. MICHAELS AND ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN (P) - Maj G.A. Milne
CHAPEL - St. Michael & All Angels, Wallace Gardens, Bldg. 88

OFFICE - Headquarters, Bldg. 45, Room 48, Telephone 8273.
SUNDAY WORSHIP - Each Sunday - 1100 hours.

HOLY COMMUNION - First Sunday of the month.

SUNDAY SCHOOL - 0945 - 1045 hrs, pre-school at 1100 hrs. For further information contact Superintendent Mrs. Pam Hart, Telephone 339-4133.

JUNIOR CHOIR - Practices 1530 hrs. - Thursdays at the Chapel. (Start in September)

SENIOR CHOIR - Practices 1830 hrs. - Tuesdays at 612 Pritchard Rd., Comox.

CHAPEL GUILD - First Thursday of every month at 2000 hrs in the Chapel Annex. President: Margaret Campbell 338-1084



About The House with Lorry

At last fall has arrived and with it comes all the usual extra things such as bake sales for service organizations, etc. I like this cake recipe because it makes up so very quickly.

Use this for a nice treat anytime.

BUSY DAY CAKE

INGREDIENTS

1/2 C shortening
1 1/2 C all purpose flour
1/4 C sugar

1/4 C milk
1 egg
2 1/2 tps baking powder
1 1/2 tps vanilla
1/2 tsp salt

UTENSILS

1 mixer, 1 bowl, cake pan 9 x 9, spoon.

METHOD

Preheat oven to 375°. In your mixer bowl cream the shortening, egg, and sugar. Add the milk and all of the

other ingredients and beat well for 2 to 3 minutes. Pour into your prepared pan (spray with Pam or grease and flour) and bake for 25 to 30 minutes. Cool and frost.

This recipe doubles very well. You can substitute 1/2 C of milk for eggnog closer to the Holiday Season and it makes a nice spicy cake that is very nice in colour and very rich in taste.

CF Members Commended

Receive CDS Awards

WARRANT OFFICER J.A. LEBLANC,

a Military Policeman serving at Canadian Forces Base Montreal (St. Hubert) is recognized for immediate and selfless action in preventing a potentially fatal accident. At approximately 2 a.m. on June 2, 1986, while returning to his Base from extended weekend security duties at a military concert, the then-Sergeant Lablanc happened upon an overturned car in a water-filled ditch. Realizing there were no emergency vehicles in sight, he immediately requested assistance via his police car radio and returned to investigate the scene. Noticing the driver of the car was face down in the water, Sergeant Leblanc evacuated the casualty to a waiting ambulance when its attendant was reluctant to enter the ditch.

SERGEANT ELLERY M. OICLE, of Sheet Harbour, N.S., a Military Policeman serving at Canadian Forces Base Halifax has developed one of the most dynamic drug education and awareness programs in the Atlantic Region. In this capacity he has acquired an extensive knowledge of the street-lore surrounding the use of addictive drugs. His expertise and reputation in this field have earned him high praise, and his services as a guest speaker are in constant demand by both military and civilian organizations. Sergeant Oicle is being commended for his enthusiastic devotion to drug education.

PRIVATE R.J.G. BURNS,

an Infantry soldier serving with the 3rd Battalion, Royal Canadian Regiment at Canadian Forces Base Winnipeg, and PRIVATE J. CLAUDE PETITPAS, a former Infantry soldier who had served with the 3rd Battalion, Royal Canadian Regiment at Canadian Forces Base Winnipeg prior to retiring from the Canadian Forces, were cited for rendering lifesaving first aid after rescuing a fire victim from his smoke-filled apartment. During the early hours of Dec 10, 1986, a fire broke out in the apartment of Corporal J.S. Short in Winnipeg, Manitoba. Although an initial attempt to enter the apartment failed because of dense smoke, Privates Burns and Petitpas, assisted by a third unidentified man, forced entry into the smoke-filled apartment with the aid of a respirator mask. Finding Corporal Short unconscious, they removed him from the apartment. Then, while Private Petitpas and the other man revived Corporal Short, Private Burns reentered the apartment to fight the fire.

MASTER CORPORAL EDWARD WILLIAM GARRETT,

a Communications and Radar Systems Technician serving at Canadian Forces Base Edmonton is commended for his selfless actions that probably saved the life of the occupant of a burning house. During the early morning of October 16, 1986, Master Corporal Garrett responded to a verbal alarm

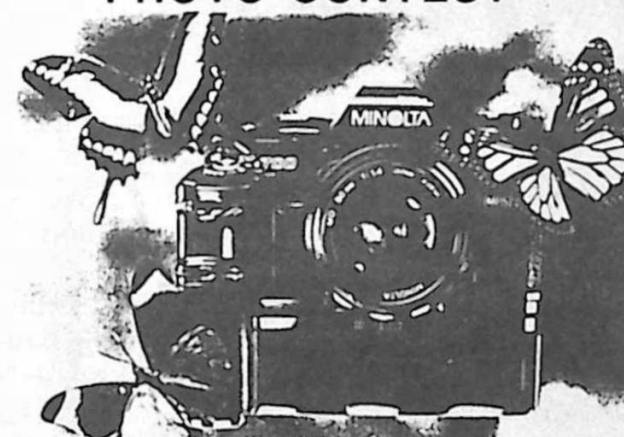
that a nearby house was on fire. Upon learning that the house was occupied, and without regard for his own safety, he forcibly entered the locked, smoke-filled house. Then, on hands and knees to avoid the choking fumes, he located the sleeping occupant and assisted him from the house.

CORPORAL J.F.J. NADEAU,

an Aero Medical Technician serving with 426 (Training) Squadron at Canadian Forces Base Trenton, Ontario. During a night exercise on May 11, 1984, the then-private Nadeau, a Medical Assistant, was following a convoy in his ambulance along a dusty road when a multiple-vehicle accident occurred, injuring 21 soldiers. Despite the darkness, ensuing confusion and clamour, he quickly assessed the situation and began evaluating the extent of the injuries. These included 12 serious cases. He organized care for the injured, supervised the removal of the unconscious from their vehicles, rendered first aid in order of need and arranged for timely evacuation of the casualties. Corporal Nadeau is commended for his calm and professional actions which averted potentially tragic results.



DUST OFF YOUR CAMERAS AND ENTER CFB COMOX 2ND ANNUAL "PHOTO CONTEST"



CONTEST IS OPEN TO ALL MILITARY, DND EMPLOYEES & DEPENDANTS

CATEGORIES

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- 2) COLOR OR BLACK & WHITE PRINTS - (PEOPLE IN ACTION)
- 3) FAVOURITE SNAPSHOT

CONTEST RULES

- PRINTS MAY BE ANY SIZE
- PRINTS MAY BE MOUNTED (NOT FRAMED)
- ALL ENTRIES MUST BE IDENTIFIED WITH: 1) NAME, 2) PHONE NUMBER, 3) CATEGORY
- LIMIT 3 ENTRIES PER CATEGORY

PRINTS WILL BE ON DISPLAY AT THE ALCAN LOUNGE FROM THE 7 TO 11 DEC 87

JUDGING TO TAKE PLACE ON THE 11 DEC 87

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AROUND THE PROVINCE

EXPO 86 Facilities Spread Benefits to Communities

Vancouver - The legacy of Expo 86 is benefitting dozens of communities in British Columbia and is also being enjoyed elsewhere in Canada, in the United States and in countries overseas.

The colourful pavilion structures that helped entertain millions of visitors to the False Creek site in Vancouver last summer are now being put to use as museums, art galleries, warehouses, and recreation centres.

Negotiations are in progress with a number of potential purchasers for the sale of the Theme Park Package, including the Scream Machine, facilities such as the UFO H2O waterpark, and the Aviation Plaza.

"The sale of assets has meant that the bill for clearing the site for development has been held down to \$20.1 million. That's \$13.6 million less than we expected site clearance to cost," said Economic Development Minister Grace McCarthy.

"The successful disposal of assets has meant that the final actual deficit for Expo 86 is \$336.7 million. That's almost \$12.5 million less than the deficit forecast in November 1986.

"Proceeds of \$285.5 million from the British Columbia Lottery Fund have already been applied to the Expo deficit. The balance of the deficit will be paid off by the end of 1988. Now it's important for British Columbians to remember that deficit has been offset by billions of dollars in spinoff business for the province and for Canada," added Mrs. McCarthy.

"Financial considerations aside, Expo brought British Columbia something money cannot buy -- a place in the minds of people around the world. Those people who visited Expo are already making return trips for business and for pleasure.

"The sales of legacy buildings will provide still more reminders of Expo's great success, something in which all British Columbians can take pride," added Mrs. McCarthy.

Of the major Expo buildings and facilities, the majority have stayed in British Columbia. But the legacy of Expo is also enjoyed by communities in the United States, overseas, and elsewhere in Canada.

Funseekers who enjoy George Tumpach's theme park in New York City get a chance

to take a break in a very German setting, thanks to Tumpach's purchase of Expo's Bavarian Garden.

Seven units of the monorail system have found new employment in a theme park in London, England, and the giant Swatch is keeping time in the gambling capital of Las Vegas, Nevada.

Closer to home, when the locals sit down for a glass and a

sandwich in Sechelt, they, too, will be toasting the legacy of Expo 86 -- in the building that was once the China Gate restaurant and gift shop at Expo.

The Indonesian Pavilion is now an indoor soccer practice area in White Rock; the Korea, Oregon, Washington and BC-TV pavilions have found a new lease on life as warehouses in Delta.

The Norway pavilion is back at work as a fish packing plant in Delta. The Ivory Coast Pavilion is now the Black Nugget Museum in Ladysmith.

The South Pacific pavilion is an art gallery in White Rock.

The RCMP stables used during the musical ride have become part of the agricultural fair facilities in Saanich and the Toulouse Lautrec restaurant is

a driving range clubhouse in Surrey.

"The Expo Disposal Division of the former British Columbia Place organization has completed the sale of most assets," said Mrs. McCarthy. "The very practical and flexible nature of the buildings has meant that they are being used in many different ways in their new lives."

WE CAN'T BLAME IT ALL ON THE WEATHER.



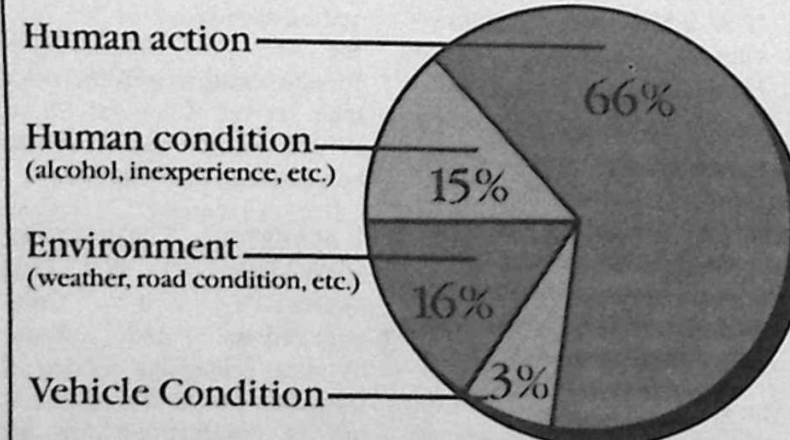
MORE THAN 8 OUT OF 10 CAR ACCIDENTS ARE CAUSED BY DRIVERS.

Weather, plus road and vehicle conditions, are factors in about 20% of accidents in B.C.

But the other 80%? They're caused by people, by human action and human condition.

Accidents in 1986 resulted in a record-breaking 539,000 Autoplan claims. About one every 60 seconds. In 1987, we're breaking that record.

Factors in 1986 accidents:



What's ICBC doing about it?

We're working to reduce the number of accidents through traffic safety education. And by promoting the use of safety belts.

As co-sponsors, with the Ministry of Attorney-General, of the CounterAttack Against Drinking Driving, we're striving to cut the number of alcohol-related accidents and deaths in B.C.

ICBC also works with school children and educators, the police, safety councils and civic governments on continuing "grass roots" traffic safety programs.

At ICBC, we're doing what we can. But the real solution lies with the individual motorist.

And what can you do?

Obey the rules. We all know them. Stick to the speed limit. Use your turn signals. Don't run yellow (and especially red) lights. Come to a complete stop at stop signs. Don't drink and drive. These are the "human actions" that prevent accidents. In any weather.

ACCIDENTS HURT EVERYBODY. **ICBC**

LIFESTYLE



music reviews and syndicated columnist

MILSAP'S HEART AND SOUL

Milsap's latest album comes at a time when he is hotter than the proverbial July firecracker. With four Grammy Awards to his credit, three Country Music Award Male Vocalist of the Year honours and an Entertainer of the Year credit, Milsap is coming off a number one hit with his remake of the Joe Henderson blues tune "Snap Your Fingers" and is currently atop the charts with his Kenny Rogers duet "Make No Mistake She's Mine." With those two tunes and the rocking "Earthquake" waiting in the wings, there's no doubt that "Heart & Soul" (RCA 6245-1-R) is heading straight to the top.

This particular album seems to be a bit more bluesy and the meshing of country with R & B works well for the chanter. "Where Do The Nights Go" with its romantic acoustic guitar sounds from Don Potter, Mark Casstevens and Chet Atkins is another one of those odds-on-favourites for singles release.

Ronnie's recent "Lost In The Fifties Tonight," "Keyed Up" and "Inside Ronnie Milsap" all pulled precious metal awards and this one has enough ingredients to easily duplicate that sales pattern. Other top tracks include "Somebody Like You" and "The Truth Is, I've Been Known To Lie." Add another platinum link in Milsap's bracelet of hits.



RONNIE MILSAP

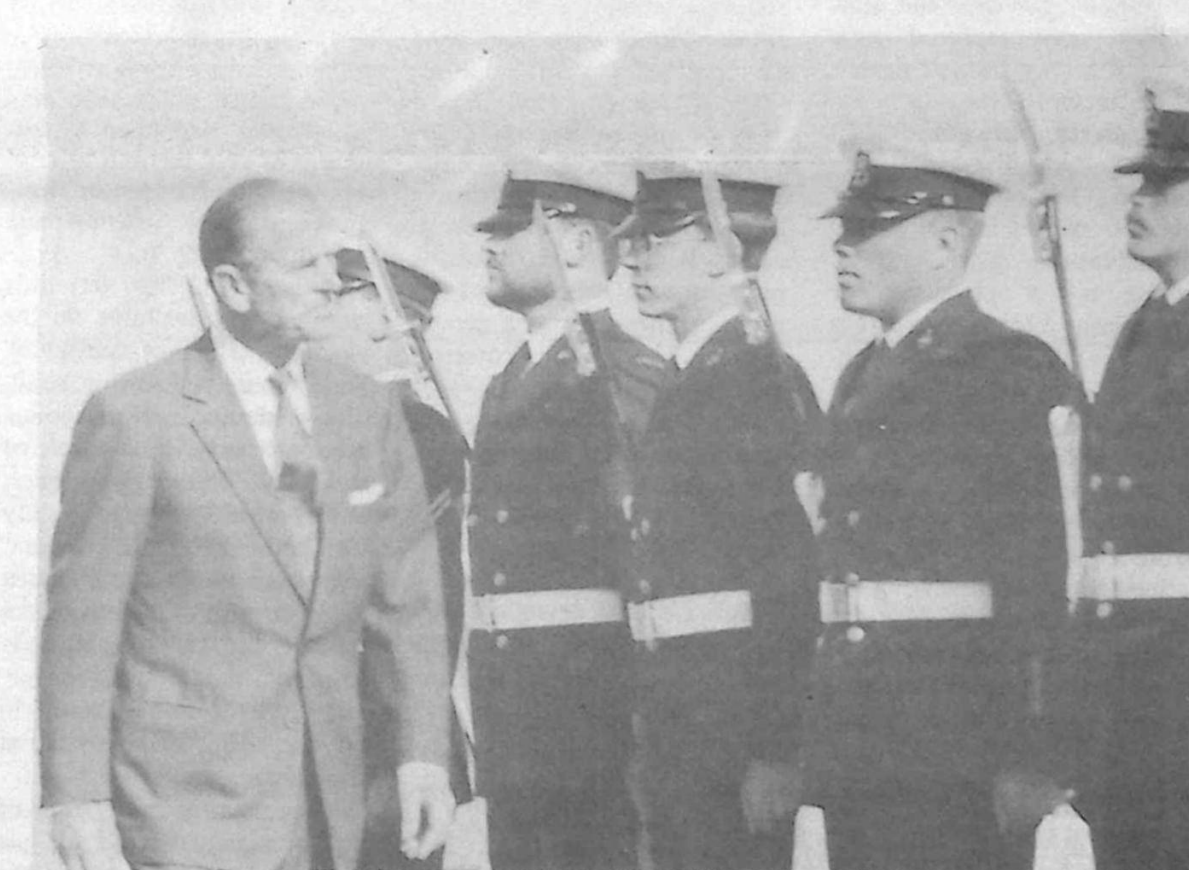
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Parading for Royalty



VICTORIA -- Her Majesty Queen Elizabeth II inspects the Guard of Honour provided by the 3rd Battalion, Princess Patricia's Canadian Light Infantry. Maj Frank Parker, Guard Commander, and the Canadian Equerry Lieutenant-Commander Robert Craig are shown here accompanying the Queen during the inspection. The Queen and His Royal Highness The Duke of Edinburgh arrived at Victoria International Airport Oct 9 for a 16 day official visit to Canada. (C.F. Photo by Sgt J.F. Smith).



VICTORIA -- His Royal Highness The Duke of Edinburgh inspects a Petty Officer's Guard of Honour aboard HM-CS Saskatchewan Oct 13. As part of a visit to Victoria, the Duke of Edinburgh paid an informal visit to ships of the Fourth Canadian Destroyer Squadron where he was hosted at a luncheon by Rear-Admiral Robert George, Commander Maritime Forces Pacific. (C.F. Photo by Sgt J.F. Smith).

Vital Learning

Computer-assisted learning is nothing new in Canadian universities. Now, that expertise may help university students in Thailand get better grades.

The 400,000 students of the Sukhothai Thammathirat Open University study at 85 learning centres spread throughout the country. Until this year, their only contact with their teachers was through television, radio,

and print materials. Perhaps not surprisingly, many failed their courses.

This past September, they got a new learning tool: the Versatile Interactive Training and Learning System (VITAL) developed at the University of Guelph in Ontario. Inexpensive and easy to use, the computerized tool lets teachers create their own reference

modules and gives students immediate feedback. The University of Guelph is marketing VITAL worldwide.



HEALTH AND WELL BEING

info
health

Dr. Bob Young

THE INTENSIVE CARE UNIT

A well-named pressure-pot area of hospital is the Intensive Care Unit (ICU), the place where all available treatment is used to help a patient pull through a crisis.

In smaller hospitals the ICU may be combined with the Coronary Care Unit (CCU); larger institutions treat heart attacks in a separate CCU ward.

The concept of intensive care has come with advancing technology. The pillow-fluffing special nurse of 50 years ago, hired by the family doing "all they could" for dear old auntie, has been replaced with teams of highly trained nurses and technicians.

They, in turn, are assisted by breathing machines, heart monitors, IV pumps, and a host of other imposing instrumentation. The staff is guided by a physician or physicians, but intensive care is a shared task, with responsibilities being well-defined.

Intensive care has been unfairly dubbed insensitive care by some critics. This is unfortunate but perhaps understandable.

Seeing a loved one lying unconscious, attached to tubes coming from every orifice and surrounded by electronic gadgets emitting pings, beeps,

and flashing lights, while being injected with drugs on a regular basis, is disconcerting to say the least.

Bustling efficiency and skill, often in an understaffed unit, could easily be interpreted as insensitivity by family members.

The people nursing a critically ill patient have a job to do, often under extreme pressure and with instant decisions the order of the day. The presence of family and friends can be distracting (and tiring for the patient), and visits are usually limited to five-minute periods each hour - but are permitted around the clock.

The ICU staff are not insensitive, of course, but the ICU environment is of necessity clinical and businesslike. Thinking of the patient as a diagnosis - a disease or an injury - or as a collection of lab results rather than as a person may be a protective mechanism.

When intensive care is not enough, and the plugs have to be pulled, it is perhaps better not to know the patient too well.

Info/Health is brought to you by the British Columbia Medical Association and the Totem Times.

The Dangers
of Marijuana

Marijuana, also known as "pot," "grass" or "weed," is the greenish-brown dried leaves small stems and flowering tops of the plant *Cannabis sativa*. Hashish and hash oil are processed, more powerful forms of marijuana.

Marijuana is usually smoked in cigarettes called "joints," in pipes or in water pipes called "bongs." The effects of the drug differ for different people, often depending on the mood they are in or their expectations of the effects.

Almost immediately after smoking the drug, most people experience a euphoric feeling, similar to being mildly drunk. Some of the more noticeable physical effects include a reddening of the eyes, a more rapid heart beat and often an increase in appetite.

Noticeable mental effects include an altered sense of time and difficulty in concentrating. Short term memory is affected. A person on marijuana may forget what happened a few minutes or even seconds after it happened. Psychomotor function is affected, delaying reaction time.

In the early 1970s, very little research was available on the biological effects of marijuana. Today there is growing scientific evidence that marijuana use may cause lower levels of male and female hormones, and a temporary loss of fertility for both men and women. Marijuana smoke can be much more harmful to the lungs than tobacco smoke. A marijuana user will inhale more deeply and hold the smoke longer in the lungs. Increased irritation and damage result.

The psychological effects of regular marijuana use are just as serious a concern as the biological effects. Studies show that regular marijuana users often experience apathy, lack of motivation and impaired judgement. The chronic user, however, is usually unaware of any change of personality.

If you find marijuana or its paraphernalia in your child's room, don't be swayed by excuses such as, "It's not mine, I'm holding it for a friend." Parents must be willing to accept the responsibility to seek help for their child.

Ask your pharmacist for help. He or she can point you towards a source of professional assistance, like your provincial or local drug and alcohol abuse authority.

ASK YOUR
PHARMACIST

by Bill McConnachie, B.Sc. Pharm.,
Community Pharmacist, Vancouver
Shoppers Drug Mart

LET THE LABEL BE YOUR GUIDE TO GOOD HEALTH

Every medication you use, whether a prescription or non-prescription drug, is carefully labelled to provide you with information for safe use and better health. Always read the instructions and follow them to the letter.

Even with all the directions given on packages and labels, the final responsibility for safe and proper use of medication lies with you. Always re-read the instructions about dosage, frequency and potency each time you use a medication. Never trust your memory.

Don't be tempted to take any medication in the dark, no matter how sure you think you are about its location in the medicine chest.

The instructions and cautions on most medications are quite complete. However, if you are already taking a drug

or have a special health condition, you should consult your doctor before starting a new medication. Special directions may be appropriate in your particular case.

It's not practical or even possible to label all medications with specific instructions to cover the thousands of different combinations of medical needs each patient may have. It's up to you to let your doctor know of any circumstances that might require special instructions.

Once you have the instructions, follow them exactly. Your pharmacist is a valuable source of advice should you have any questions about any drug you're taking.

Ask Your Pharmacist is brought to you by Shoppers Drug Mart and the Totem Times.

WINTER GOLF?

Yes, we play golf all winter at the Base Club. Green fees for the casuals or pro-rated Memberships (\$80 in Oct) available. Bar and Grill open daily for casual use or section parties. We are now taking Christmas party reservations. Info- local 8592.

Sunday morning competitions all winter long. It's a ball!
* Five months of play left at a small cost.

WOs & Sgts Mess

Wednesday Mornings at 1000 hrs. "FREE" Coffee & sticky buns in the Mess Lounge.

NOVEMBER 1987

NOVEMBER 2

WIVES CLUB MEETING

NOVEMBER 11

REMEMBRANCE DAY ACTIVITIES

NOVEMBER 14

MONTE CARLO NIGHT

Food - Monte Carlo Stew

Dress - Casual - no jeans

Games - Blackjack, Crown & Anchor, Horseraces, Over &

Under and more

Starts - 2000 hrs

NOVEMBER 27

MIXED GAMES NIGHT

D.J. Prizes - No skill required - games are easy and fun

Games start at 1900 hrs

Dress - Casual - no jeans please

GREY CUP FESTIVITIES WILL BE ANNOUNCED BY FLYER.

WATCH FOR IT.

AROUND THE BASE

CD1/CD2 Presentations



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CAPT JAMW VERMETTE CD1

MAJ RS NAKONECHNY CD2

COL GIBBON BCOMD

CAPT JLR TASSE CD2

CAPT WH WELSH CD1

BACK ROW L TO R:

SGT BA PELLETIER CD1

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SGT JB LOPATINSKY CD1

SGT JW BOSTOCK CD1

CPL WD GAWDUN CD1

Next Deadline November 2

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Want a Vehicle? Credit a problem? For fast approval call 1-800-663-6933. F.A.N.T. All makes and models. D8196.

BUSINESS OPPORTUNITIES

Learn About Free Trade advantages. Reduce your taxes. Seminars on how to do business in The U.S. and marketing plans for new products. Full Confidential Service U.S. Seminars Ltd. (604)684-6396.

No Risk Opportunity Company expanding into B.C. Communities. Start your own store or add to present stock. Variety of goods investment \$750. to \$30,000. 376-4555, 376-0978 evenings.

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Experienced general news reporter required at The Leader, a twice-weekly community newspaper based in Surrey. Layout abilities important. Send applications to Frank Bucholtz, editor, The Leader, Box 276, Surrey, B.C. V3T 4W8.

Service Technician fully qualified person to repair T.V., Video, Car and Home Stereo, etc. Must be capable of running all aspects of a busy Service Dept. Write or phone Leon, Mountain Music Ltd., 217 Cranbrook Street, Cranbrook, B.C. V1C 3R1. 426-8927.

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PETS AND LIVESTOCK

B.C. Simmental Association invites you to their Fall Exhibition and 14th Annual Sale, October 23 and 24th at Mid-Way Livestock Auction, Abbotsford. 856-3523, 838-7601.

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30, 1-10 acre lots ideal for gardening or hobby farms. Just off Hwy. 1 west of Kamloops on the Thompson River. Call 373-2282.

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ICBC Injury Claims? Call Dale Carr-Harris - 20 years a trial lawyer with five years medical school before law. 0-669-4922 (Vancouver). Experienced in head injury and other major claims. Percentage fees available.

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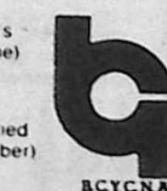
Wanted, Shake Blocks, top quality 24". Phone R & K Cedar Products. 462-8422 or leave message at 820-1221.

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AROUND THE BASE

Car Tips

TREAT IT LIKE YOUR LIFE DEPENDS ON IT

October is a good time to remember that accidents aren't always the result of driver error, poor road or weather conditions. Many are caused by cars that are unsafe.

The B.C. Automobile Association says that 40 percent of Canadians neglect even the most basic car maintenance. This results in vehicles with bad brakes, faulty lights, poor steering - all dangerous conditions.

That's why the auto club has declared October as Car Care Month, to remind motorists that fall is the time for a complete tuneup. "If you have only one tune-up a year, this is the time to do it," says Dave Chapman, a licensed mechanic with the auto club since 1982.

Have the battery serviced and tested. That means cleaning off dirt and corrosion, and a proper load test to make sure it's capable of holding a charge. "A battery that's okay in summer will very often let

you down as soon as the weather turns cold," he says.

The cooling system deserves special attention. That means flushing out and replacing fluids. Antifreeze should be replaced every two to three years whether it tests okay or not, says Chapman. "And the only way you're going to remember is with a log book, a file or maintenance record of some kind."

Depending on the severity of the climate you drive in, choose tires accordingly. All-weather tires may be adequate.

Don't drive an accident waiting to happen. A well-maintained car can give you the edge you may need to avoid an accident. Have your car checked out this month, a little at-home maintenance and a pre-winter tune-up can help avoid unexpected problems, and save money too.

Car Tips is brought to you courtesy the BCAA and the Totem Times.

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In Yukon Territory call:
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Whitehorse (403) 667-5811
Toll-free 1-667-5955
Reference Canada operates in conjunction with the provincial inquiry service

Department of Supply & Services. Ministère des Approvisionnements et Services.

Canada

LIFESTYLE

...more 442

CONTINUED FROM PAGE 2

SNAKE CHARMERS

The techs in 442 Sqn maintenance can finally see light at the end of the tunnel with the repair of aircraft CH11304 in final assembly stage. Our hats are off to the fine effort put forth by head honcho MCpl Dick Lathigee and his crew.

Some members of the Sqn recently took part in a vibration analysis course given by Trenton's own Sgt Darryl Churchill (often mistaken for Lorne Munden - sorry Darryl). Rumour has it that the course was tough but the SAMEO,

Maj Mohns demonstrated true leadership with top mark on the final exam. (Probably Sgt Churchill doing some career planning!)

Cpls Schouten, Keller and MacKenzie are due to return back from the Junior General's Course in Penhold and Sgt Al Davies will soon be off for his tech admin 6B course. Good luck Al.

A big welcome is extended to Sgt Neal Buttlier, MCpl Rick Hanes, MCpl Ben Therrien, Cpl Alex Martell and families who were all just recently posted into the Squadron.

In the continuing saga of the SRO's 'Points' Dilemma, she still hasn't found a radar detector which means that the local constabulary are cheering, as they will now be able to train all their personnel on the use of the new radar gun before the rainy season sets in.

That's it from 442 Maintenance for this time, and with a column like this probably the last time. (Remember boys 'PER' season is just around the corner - is that any way to talk about the lieutenant).

A CHALLENGE

The students of the LTC are a group of young officers, full of energy and ready to

"challenge" any other base teams at any sport.

Since the beginning of our course in June we have competed in various sports. We placed second in the softball regular season and went on to win the championship. On the Base Sports Day (Tabloid 87) we finished in second position, but we do have a good excuse we had some "old" teachers to weaken us because we were too strong for all the other teams and the organization would not allow us to compete without those conditions. We played volleyball against BOPSO's team and destroyed them 3-0.

We hope that we touched your pride a little and that you won't be too angry at us, but we are the best.

"Just Kidding." See you at the gym.

Challenges can be addressed to 2Lt Roy at local 8545.

NEXT DEADLINE NOVEMBER 2

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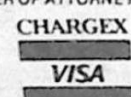
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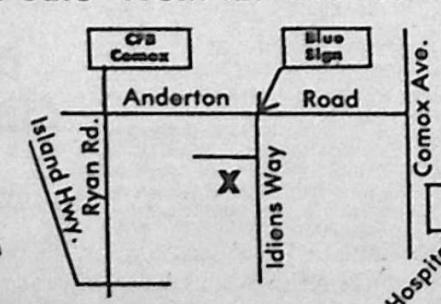
THE SIGNATURE OF THE REGISTERED OWNER OF THE VEHICLE IS REQUIRED ON ALL AUTOPLAN TRANSACTIONS. THIS INCLUDES INSURANCE RENEWALS, CHANGES, CANCELLATIONS AND TRANSFERS, AS WELL AS NEW REGISTRATIONS. THE SIGNATURE OF ANY PERSON OTHER THAN THE REGISTERED OWNER WILL BE ACCEPTED ONLY IF ACCOMPANIED BY A POWER OF ATTORNEY GRANTED BY THE OWNER.



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Sports & Recreation

WALLACE GARDENS COMMUNITY COUNCIL

	NAME	LOCAL	HOME	PMO
MAYOR	MWO BOWERMAN	8376	339-7625	79 Elm
D/MAYOR	SGT LAMBERT	8324	339-8324	72 Elm
WARD 1	MRS. K. ROCHESTER		339-7214	6 Spruce
	CPL LAMBILLON	8295	339-7219	101A Spruce
	CPL HURLEY	8408	339-2387	A7 Little R
WARD 2	MRS. T. MATTON	8403	339-7746	E2 Little R
	CPL SILK	8283	339-7763	E5 Little R
	CPL RATTE	8250	339-7778	E8 Little R
WARD 3	SGT MOORE	8315	339-6838	42 Cedar
	SGT BOSSE	8374	339-0190	36A Cedar
WARD 4	CPL CAMPHUIS	8446	339-6610	52 Oak
	WO JORGENSEN	8524	339-7533	26 Cedar
WARD 5	MRS. J. ZOTEK		339-7725	68A Elm
	LT JONES	8249	339-7308	78A Elm
WARD 6	LT VERRILLE	8538	339-0561	90A Elm
	CAPT LOGAN	8560	339-6802	100 Elm
WARD 7	CPL LOURIE	8233	339-0136	103A Maple
	SGT HILLARD	8359	339-7618	103D Maple
WARD 8	CPL BENNETT	8250	339-4203	106A Maple
WARD 9	CPL MACDONALD	8605	339-0108	116F Maple
	MCPL WEEDS	8505	339-6702	112A Maple
COMMUNITY		8571		
COUNCIL OFFICE	BASE REC CENTRE			
SECRETARY	MRS. L. ROSE	8571		
PET CONTROL	MCPL THERIAULT	8499	339-2427	

GYMNASIUM SCHEDULE

(INCLUDES WEIGHT ROOM & HYDRA FITNESS ROOM)

DAY	HOURS	ACTIVITY
MON-FRI	1100-1300	MIL, DND AND FULL TIME NPF EMPLOYEES
MONDAY	0930-1030	SOCIAL FITNESS
	1040-1120	LTC FITNESS CLASS
	1600-1800	BASE TEAM VOLLEYBALL (M)
	1800-2200	CASUAL
	1800-2000	BASE TEAM BASKETBALL (F)
	2000-2200	BASE TEAM BASKETBALL (M)
TUESDAY	0730-0800	BTNO FITNESS CLASS
	1040-1120	LTC FITNESS CLASS
	1515-1615	AFIS FITNESS CLASS
	1615-1715	SOCIAL FITNESS
	1800-2200	CASUAL
WEDNESDAY	0730-0800	BTNO FITNESS CLASS
	0915-1015	SOCIAL FITNESS
	1030-1130	BAMSO FITNESS CLASS
	1800-2200	CASUAL
	1900-2200	INDOOR SOCCER
THURSDAY	1040-1120	LTC FITNESS CLASS
	1515-1615	AFIS FITNESS CLASS
	1615-1715	SOCIAL FITNESS
	1600-1800	BASE TEAM VOLLEYBALL (M)
	1800-2000	CASUAL
FRIDAY	0730-0800	BTNO FITNESS CLASS
	0915-1015	SOCIAL FITNESS
	1030-1130	BAMSO FITNESS CLASS
	1800-2200	CASUAL
SATURDAY	1300-1600	CASUAL
	1800-2200	CASUAL
SUNDAY	1300-1600	CASUAL
	1800-2200	CASUAL

The following rules apply to the use of the Rec Centre:
 A) Children 13 years of age or under must be accompanied by an adult.
 B) You must be 16 years of age to use the weight room/hydra fitness room/sauna
 C) Running shoes, T-shirts and shorts or sweat suits must be worn in the gymnasium, weight room and hydra fitness room

CONTACTS

INTERSECTION TEAM SPORTS

POSITION	NAME	LOCAL
BOWLING OPI	WO HARPER	8330
CURLING OPI	MCPL PEACOCK	8341
HOCKEY OPI	SGT LAWLESS	8525
VOLLEYBALL OPI	CAPT STECUM	8327
HOCKEY CHIEF OFFICIAL	CAPT KRUGER	8322

BASE TEAM SPORTS

ACTIVITY	POSITION	NAME	LOCAL
HOCKEY	COACH	SGT DUSICK	8443
OLDTIMERS	COACH	CWO FORD	8602
VOLLEYBALL (F)	COACH	PTE FRALICK	8525
VOLLEYBALL (M)	COACH	CAPT PRONK	8542
BROOMBALL (F)	COACH	MCPL DAVEY	8287
BROOMBALL (M)	COACH	SGT HIGDON	8372
BASKETBALL (F)	COACH	CPL FIELD	8262
BASKETBALL (M)	COACH	CPL MITCHELL	8414
SOCCER	COACH	CPL DEVRIES	8285

RECREATION ACTIVITIES

ACTIVITY	POSITION	NAME	LOCAL
REC COUNCIL	CHAIRPERSON	Maj Small	8321
GOLF CLUB	PRESIDENT	Maj Arsenault	8500
WINDSURFING CLUB	PRESIDENT	Capt Campbell	8538
SAILING CLUB	PRESIDENT	Maj Thomas	8407
PARACHUTE CLUB	PRESIDENT	Capt Sharpe	8288
SCUBA CLUB	PRESIDENT	Capt Smith	8538
MASTERS SWIM CLUB	PRESIDENT	Lt Gour	8268
AUTO CLUB		Rec Centre	8315
HOBBY SHOP	PRESIDENT	Cpl Shipley	8417
LIBRARY	BLIBO	Maj Hart	8246
SOCIAL CENTRE	MANAGER	Jim McCaffery	8592
BEAVERS		Com Council	8571
CUBS		Com Council	8571
SCOUTS		Com Council	8571
BROWNIES		Com Council	8571
GUIDES		Com Council	8571
SOCIAL FITNESS	INSTRUCTOR	Olafson Civ	8315

GLACIER GARDENS

MONDAY	1300-1445 - Open
0600-0800 - Minor Hockey	1500-1615 - Base Team Oldtimers
0800-1100 - Ice Maintenance	1630-1745 - Minor Hockey
1100-1430 - Open	1800-2000 - Base Team Broomball
1500-2400 - Intersection Hockey	2000-2400 - Commercial Hockey
TUESDAY	FRIDAY
0800-1000 - BTNO/BTSO/BADO	0800-1000 - Ice Maintenance
1000-1100 - Moms & Tots	1000-1145 - FH/CE/BADD
1130-1300 - 407 Sqn	1200-1345 - BAMSO/BATCO
1300-1445 - Open	1400-1545 - Open
1500-1630 - Base Team Hockey	1600-2045 - Minor Hockey
1645-2045 - Minor Hockey	2100-2230 - Jolly Giants
2100-2245 - Church League	
WEDNESDAY	SATURDAY
0800-1045 - Open	0630-1545 - Minor Hockey
1100-1245 - 442 Sqn	1600-1730 - Public Skating
1300-1430 - Airport School	1800-1900 - Minor Hockey
1500-2400 - Intersection Hockey	1915-2100 - Church Hockey
	2115-2345 - Arbutus Oldtimers
THURSDAY	SUNDAY
0730-0900 - VU33/BTelO	0700-1545 - Minor Hockey
0900-1000 - Open	1600-1730 - Public Skating
1000-1100 - Moms & Tots	1800-2200 - Commercial Hockey
1130-1300 - 407 Sqn	

AROUND THE BASE

...more BAMSO

CONTINUED FROM PAGE 6

REFINISHING

Time again for another update from the Refinishing Section.

Sgt (99) Keefe just returned from a chilling adventure up at North Bay. Thank God for the good weather we've had lately as he is slowly defrosting.

MCpl Guy Plante, our only shop jock is now enjoying his leisurely time with his family since summer sports have ceased for this year. Most likely he is gearing up for the winter sports season. Good Luck from us all and keep on Jockin'.

Cpls (Beaker) Harvey and (Chef) Roger have had no luck at all catching the Big One out at Rock Bay, better hurry guys, before the Big One catches you!

Congratulations to Cpl (Fozzie) Behmer on his well deserved promotion. We are still

wondering what he will do with all that extra cash.

Pte (Skooter) Gervais just finished writing his TQ5. We all wish you the best of luck on your results, but we all know you've got it made.

That's it for the life and times of the Refinishers. Stay tuned next month for another update.

IE/IS LABS

Well here we are, IE-IS Labs, backbone of the BAMSO Organization, here with another news update.

Firstly, with the end of another posting season, the last of the transfers are trickling in. Newest members to our fold include Pte Marc Boutet and wife Caroline fresh from CF-SATE in Borden. Marc will be working with Steve Lazar's Band of Merry Men in Battery Shops. Also in from Borden is

Pte Peter Tremblett, an IS Tech to help ease the tremendous workload of Mary Penney's gallant crew.

We also say hello to Pte Greg Fleet, an IE Tech up for OJT from 407, and while we're at it we re-welcome Rob Turgeon finally back from his OJT and fresh from ATAT exams.

With welcomes over, our other news has Pte Claude Pepin up in Alert unpacking Hercs on Operation Boxtop. James Scally is giving some class to Nav Com section while he is there working on DATS equipment.

Speaking of Nav Com, rumour has it grumbings are being heard with their upcoming duty of Breezeway Cleanup. You see back in the spring they foolishly challenged us to a softball game with the loser doing an extra two weeks

of cleanup. We're sure you can guess the outcome of that. For further info please contact any member of NavCom/RTT Labs who can be found in 7 Hgr Breezeway during the month of November.

Anyhow not much else of National importance has happened since last report so we will close until next time.

DIAC MAINTENANCE AND TRAINING

First our congratulations to Cpl Don Vinette and Debbie on the birth of their daughter Chelsea. We understand all are doing fine.

We would like to welcome another new addition to the DIAC in the form of MCpl Della Choquette who comes to us from CFB Edmonton. It may not be West Edmonton but we understand the Malls in Nanaimo are just as willing to take your money, eh Della?

The Tooth Fairy has been busy of late in the DIAC and MCpls Roger Skidmore and Marc Adam are recovering nicely after having all their smarts (wisdom teeth) removed. We hope that by the time this reaches print Sgt Jim Symons is back to work. Three weeks flat on your back is long enough Jim!

On the training side, the AOSE course is proceeding on schedule despite operational commitments and a fluctuating class size. The Greenwood techs, MCpls Les Hardy and Al Gear appreciate the fine weather that lets them stay dry while pedalling around the Valley. It can't last forever, so when the monsoons strike I'm sure this intrepid duo would appreciate an occasional lift in a covered vehicle.

Classified

RATES

Effective October 1, 1987 ALL insertions will be \$3.50 per column inch.

ECK/ANKAR. Ancient Science of Soul Travel. Introductory Talk, Nov 3rd, 7:00 p.m. Courtenay Junior Secondary, Rm 200, 700 Harmston Ave. For More Info 339-2954.

Apartments For Rent - Furnished bachelor suite - \$250. Unfurnished one bedroom - \$275. Rent includes: Heat, hot water, cable. Close to Base. Greenwood Apts 1751 Greenwood Cres. 339-3090

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CERTIFICATE OF SERVICE...BComd Col Gibbon presents to Sgt Holliston.



CERTIFICATE OF SERVICE...BComd Col Gibbon presents to MCpl Penney.



GOOD SHOW AWARD...BComd Col Gibbon presents to Sgt Cutler.

Westwind

JAMMIN' AT THE "MEX" EVERY SATURDAY 2 TILL 6



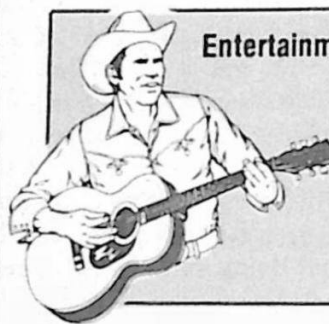
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OUR HALLOWEEN PARTY WILL BE FRIDAY, Oct 30
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**Costume Prizes...so please dress up for the occasion!!!



Entertainment:

LIVE COUNTRY

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MEDIEVAL FEAST

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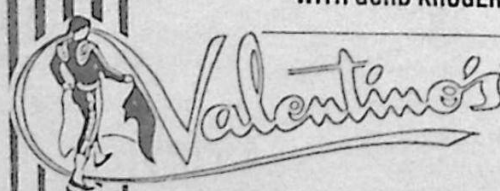
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WITH GORD KRUGER & WESTWIND

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