



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 29 NO 20 NOVEMBER 5, 1987

DEADLINE IS MONDAY, NOVEMBER 16, 1987

COST: PRICELESS



Congratulations CFB Comox

UNITED WAY TOTAL PASSES \$25,000 MARK

The CFB Comox United Way Campaign for 1987 has now come to a close and again this year the campaign was a complete success. The final tally is now complete and we have surpassed our goal with a total of \$25,056.25. Well done!

Contributions by base members account for a significant proportion of the overall Comox Valley campaign. The monies collected will go to support the 17 local agencies that benefit those in our own community less fortunate than ourselves.

Again this year the example set by base members was one for the remainder of the Valley to follow. Our traditional success in reaching our goals has been a source of immense pride for CFB Comox personnel. This year was no exception.

To everyone who contributed to the United Way I thank you on behalf of the thousands of people who will benefit in some form from your support.

Yes, CFB Comox you did make it happen again in 1987.

R.E. Coulter

Capt

Base United Way Coordinator

8573

Unit	Pers	Goal	Contributions	%Goal
407 Sqn	338	5500	8429	153 %
442 Sqn	192	3120	3671	117 %
VU 33	79	1285	995	77 %
Admin/Compt	204	3315	2363	71 %
BTSO	527	8650	5634	65 %
Base Ops/740 Det	131	2130	3964	186 %
AFIS				

Totals: 1471 24000 25056 104 %

Clownin' Around



PMQ Family Days proved to be a highlight of the season. The recently held party proved popular with the PMQ folks. BDZO our resident clown proved to be a barrel of laughs. (Base Photo).

WAR: it wasn't fun anymore

By Norm Blondel

The island seemed to float on a mirror-calm English Channel, slowly getting smaller, as the last boat sailed away, bearing its precious cargo, the children of Guernsey, Jersey, Alderney and Sark.

It was July 1940. Dunkirk was past, the Battle of Britain about to begin. In St. Malo,

advanced units of the Wehrmacht stood poised to occupy the British Channel Islands - the only part of Britain to fall under Hitler's heel during World War II.

The orphan stood with the others, gazing back along the ship's wake. Around his neck he wore a gas mask. To his coat

collar was clipped a label, stating his name, age and destination - Cheshire, near Liverpool, England.

Sailing through a surreal landscape of tilted bows and sterns of sunken ships, avoiding the wallowing hulks and smashed wreckage of Dunkirk, the old channel ferry

doggedly ploughed towards the English Coast.

At Weymouth, the children were split according to their schools, and put on trains, with their teachers, heading for safe parts of the British Isles. Few of them were with their parents. Thus began their odyssey. They were the "Evacuees,"

and I was the orphan.

To a child, war was exciting at first. It was fun to watch the "fireworks" as the nearby city of Liverpool was pounded into rubble by German bombs. There were even bomb craters in the fields, where we collected shrapnel.

CONTINUED ON PAGE 18

To live in hearts we leave behind is not to die

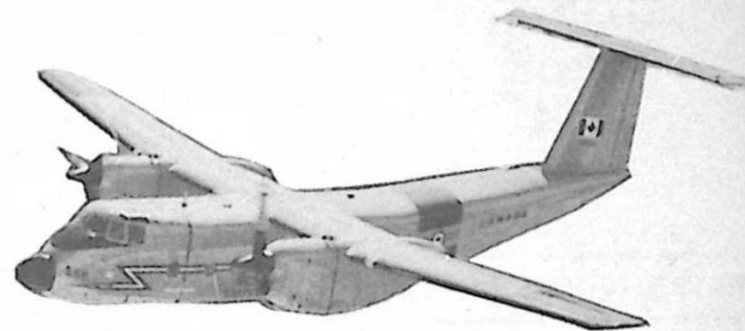
Thomas Campbell, "Hallowed Ground"

AROUND THE BASE



442

Squadron



Suggestion Award



Sergeant Murray, a Flight Engineer on 442 Squadron, received a \$400 award for his suggested holst cable anti-fouling modification that was adopted for the whole Labrador and Voyager helicopter fleet. His new Commanding Officer, Lieutenant Colonel Jay, made the presentation.

SNAKE CHARMERS

And now some news from the Snake Charmers' Pit. The servicing section would like to welcome back Cpls McKenzie, Parchon and Kneller. Both John and Wayne excelled on their respective courses, but rumour has it that the St. Paul Alberta's RCMP detachment are still looking for Brad. All three are now undergoing a rigorous re-training program in order to return them back to the servicing standards so reputed.

Reports say that hunting has been very good this year. Many squadron members have successfully returned with ample provisions for the upcoming winter. However, one particular high standing member of this squadron, who shall remain nameless, will have to

find a more efficient method, other than the family car, in carrying out this task. (The deer wouldn't fit in the trunk...how surprising).

Intersection curling started off with a 442 battle between the Titans. The servicing team (defending B division Champs) defeated the up and coming maintenance team. Lt Kathy O'Brien showed great form but had questionable results. Even MCpl Furlotte's new little bundle of joy and Grandpa (I mean Uncle Mel) showed up to cheer them on.

After a disastrous play-off last year, the 442 Sqn hockey team is being whipped into shape by their new coach, WO Chuck Clements. It seems they did quite a number on Base Ops last week during a 7 to 2 victory. Keep up the good work, Flyers.

SAR STARS

The following dissertation is an excerpt from a story told by a highly unreliable source in the SAR Tech section:

"THE CALL" - The phone rang again, the fifth time in twenty seconds...the longest quarter of a minute in the history of mankind. Everybody in the section stared at the phone as if it was possessed. John Carriere came barrelling into the main parachute room where everybody was still gawking at the phone, knowing perfectly well who was at the other end, and why!

John bellowed out "Hey Warrant, answer the phone!" pointing his I'm-a-DA-Rep finger at Chuck Clements, our boss.

"Get somebody else, please John," begged Chuck, while shuffling some imaginary paperwork around on his desk.

"Not me, Carriere!" shouted out Jerry Boucher, sleeping under the parachute table. "And, by the way, I changed all the lock combinations in the entire section - again, so how did you get in here, anyway?"

"Me, neither Sgt," echoed Ron Condlly, while he shone everyone's boots and tried to figure out how to tell time with his new watch strapped to his face and his diving mask strapped firmly to his wrist.

By now the phone had rang off the hook. "Somebody had better get the phone," cried Kirk Steeves, smoking his cigarette, and with his new "operational Boots" planted firmly on the desk, inches away from the phone. "I was just telling the boys about my Airborne jumps," continued Kirk as he pointed his stubby finger on the shoulder of his flying suit where a set of baby wings delicately stood out.

John grabbed the phone, "Whaddaya want?" he screamed into the mouthpiece. For the next few minutes John stood still while the person at the other end of the line rambled on. Tears were streaming down his cheeks, and he would make a faint attempt to wipe them away only to make room for more.

"Yes, yes, I-I understand...I'll tell the boys," John said sadly. He placed the receiver gently into its cradle while the boys all stood around searching big John's eyes for a clue that maybe it wasn't so. But it was not to be...Humanity had stood still and the unspeakable was about to happen.

"Boys," blurted out John, "it's happened all right, there's a female on next year's SAR Tech course," We All Passed Out!!

When we came to, Chuck was still giving CPR to Bob Toulouse. "What happened...where did we lose it?" Bob Richie asked Paul D'Amours, who was throwing up in the corner.

"I can't believe this is happening to our trade," echoed Craig Seager who was hoping that Molly would have been the first one.

"I wonder what she looks like?" Marty Maloney asked Brad Gough who was staining the front of his flying suit with tears while weeping openly.

The place was in turmoil. Compassionate leave was granted to all for ten years...standby was held by the pilots and and FEs as they already had females in the ranks and were just coming back from their respective leave...houses were sold...and mutual funds and RRSPs were cashed in at a loss, which in turn caused the stock market to collapse.

Stay tuned next time for "When the Boys Reminisce" or "SAR TECHS - Last of the Quiche-eaters".

442 NEWS

You may have noticed a few different types of aircraft gracing the ramp here at CFB Comox lately. The thunderous roar of the CF-18 in the West Coast Skies has once again given the Base an Air Defence operational status. A little further to the south the Sea Kings from Eastern Canada have set up shop at the Victoria Airport to carry out operations with the Navy troops at Esquimalt. These two detachments from 441 Sqn (Cold Lake) and 443 Sqn (Shearwater) have certainly provided a more versatile

role to Canada's West Coast Forces.

At the same time, the addition of these two units to our area creates a reunion of sorts that is very significant to Military heritage. During WWII, Canadian Airmen were transferred overseas to fly against the German Luftwaffe. In the spring of 1944, the famous RAF "ace" pilot, Wing Commander Johnnie E. Johnson, formed the 144 Wing (Canadian) at Digby, Lincolnshire England. The three Squadrons that formed this wing were 441, 442 and 443 Squadron. Through some very adverse flying conditions and heavy flight schedules, 144 Wing made an outstanding contribution to the Allied Forces' victory in the European Theatre.

Now, almost 44 years later, the three squadrons of 144 Wing are reunited on similar turf. The personnel of 442 Squadron would like to welcome the members of 441 and 443 Squadrons to Vancouver Island. We are confident that your addition to the sunny skies of British Columbia will provide the same high level of standards that we shared many years ago.

So now that we have dispensed with the official trivia diatribe, we can move on to recent Squadron activities. It seems that Buffalo Flight has once again attained a more formal status with the recent acquisition of a Major Flight Commander. Congrats are in order for John Allott, who added another gold bar to his shoulders this week...carry on, as if you were normal.

From the Nav Section, Gord Currie's on again/off again sojourn to Vancouver is now on and Gord is at the Vancouver General Hospital undergoing pre-operation treatments. The operation itself was scheduled for November 4th and we wish him all the best. We invite all squadron members to drop a card or a letter to Gord to keep his spirits up.

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AROUND THE BASE



FROM THE TOP RUNG

Col Ted Gibbon

One of the fundamental rights of a democratic society is the right to participate in the process that selects individuals to act as our representatives on governing bodies. Because of the subordination of the military to political leadership in government the inability to outwardly express preference for, or criticism of, an administration has historically been accepted as a legitimate condition of our commitment to serve. Unfortunately this caveat has made it convenient to avoid our responsibility as Canadian citizens to exercise our franchise, through the secret ballot, during elections held to determine representation at all levels of government.

November 21 is Municipal Election Day in the Comox Valley and surrounding areas during which the electorate will select mayors, council members, area directors and school board trustees. CFB Comox is located in Area B of the Regional District of Comox-Strathcona and is part of School District 71. If you are a Canadian citizen, 19 years of age or over who has been a resident in Canada for 1 year, in British Columbia for 6 months and in the voting area for 3 months (on or before Aug 21, 1987) you are eligible to vote. Those living in Married or Single Quarters who meet these parameters have qualified and may vote even if they are not on the Voters' List by completing an "Application for Registration as an Elector" card at the Airport School polling station on November 21st or at the Regional Board Offices, Headquarters Road, Courtenay, at the Advanced Polls on Nov 7th or 20th.

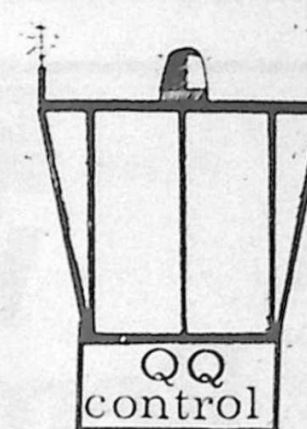
Why am I telling you all this? Because it's my duty to ensure that we all understand that not only do we defend democracy we also practice it and voting demonstrates both the defence of our society and participation in the workings that determine our way of life.

Standing Tall



Stalwart guardian of the main gate, Commissionaire Warrant is being congratulated by Sgt Rene Claveau.

Since Bert is "one of the family" we would all like to wish him good wishes. It must be nice to not pay UI premiums anymore hence the smile.



As The Beacon Turns

Another Halloween has passed and I managed to come through unscathed, except for a nasty cold I caught as I tried my luck at bobbing for apples. Nobody bothered to tell me we had some serious competitors for our party at the Gravel Pit II complex behind the IFRCC building. Let me set the scene for you: It was a late October evening, the fog had just rolled in from the straits and the rain had begun to fall. It was a full moon and worst of all it was Halloween Eve and the crew out at ATC were having a party. As you strolled up to the Gravel Pit II you were first greeted by Jason (of Friday the 13th fame) just "hanging" around with a flagpole running perpendicular to his body (also through his body), not to mention the axe imbedded in his head. Once you managed your way past this unsettling scene you were greeted by our "welcoming committee" which consisted of a huge dude with an obvious case of sea sickness (the only explanation for his green Frankenstein like appearance) and a cold clammy handshake. Once you got to know him however, you felt he could be just another typical Air Traffic Controller with a bad taste in fashion. If you managed to get past these obstacles and wandered inside you found an atmosphere of warm hearts and smiling faces (either that or everybody was freezing). The evening was a great success with the most popular item being the homemade refreshments that were served. The costumes I cannot do justice to in this short article. They were great, I

cannot take time to mention all of them but a lot of imagination and work went into all of them. Some of the outstanding ones included the hunchback and his witch owner, which were expertly portrayed by Capt Gerald McLellan and his wife Lynn. They also won first prize for best costume. Second prize went to "Miss Piggy" who was done by Sue Campbell. Others which deserve honourable mention are "The Mexican Wino" by Sgt Al Munday, The Devil by MWO Dale Campbell (how appropriate). The cutest costume had to go to Capt Pat Wolfe-Milner and his wife Donna, what with their green tights and all. The most unlikely costumes to show up were the three nuns from Vancouver with great "habits" (no pun intended). We really appreciate the guys coming up from Vancouver to share this night with us. We would also like to thank Major Stariha for choosing the best costumes and for carving up the roasted pig, (I know I went back for seconds), and also for supervising the games that were played. By the way, did anybody tell them they could not use their hands when bobbing for apples? I demand a rematch. The apple bobbing went to Stuart Waldron, obviously an army lad. The bubble blowing contest was won by Greg Templeton who perhaps bit off more than he could chew. Special mention goes out to entertainment committee for a job well done in bringing this party together..

Over the last couple of weeks things have been exciting out

the old ATC section. During the last exercise which was held on the 21st of October, we fared pretty good with only a couple of problems to mention. In light of the OSCAR situation ATC is now accepting applications to the Capt Wolfe-Milner "School of Backing" which will commence on an abandoned road near you. We must also wonder whether Sgt Dave Tack is really here or not or just here for "exercise purposes" as he signed on duty in the exercise log book only, way to go Dave!

Traffic wise, things have sure picked up as the weather has gone down, with ATC noticing an increased flow. Those new birds in the QRA have sure made things "interesting" around the section; try to fit one of those in between a Lab and an A6 on final approach, but I must admit things have gone fairly smoothly.

Since my space is limited I will have to move on to sports. If I seem to mention hockey a lot it's because I play it, and those involved in other section sports should come to me and let me know how you are doing. Somebody did tell me that the curling team has commenced action recently and is taking pride in defeating poor defenceless little old ladies. What a bunch of animals. The hockey team seems to be in a bit of a slump as they have lost their first two games. The first game was an 8-7 tilt with Cpl Steve Tinker coming up with three goals and an assist, with Pte Guy Pepin netting a couple. The second game was not as close, as we got trounced 7-2.

Fuel & exhaust system care

If winter driving is to be trouble-free, BCAA points out that attention must be paid to fuel and exhaust systems.

When a fuel tank isn't completely filled with gasoline, there's some air in the tank and moisture in that air can condense into water. In very cold weather, the water may freeze into ice pellets that clog the fuel line and stall the engine. To avoid this, tanks should be

kept filled as much as possible. In very cold areas, a can of fuel system de-icer can be added to the tank once a month during winter. Frost on the inside of the gas tank cap can indicate ice in the fuel line. Put the car in a warm garage until it melts: de-icer will not help at this stage.

The exhaust system requires particular attention at this time of year because with the closed-

window driving time ahead, fumes from a damaged or malfunctioning system can be deadly.

The exhaust system should be inspected twice a year and this month is a good time to see to it. Be on the alert constantly for any unusual noise or smell that might suggest exhaust trouble. If there's any indication of damage, drive immediately to a service station

EDITORIALS

COMMENT

GORD KRUGER

IF YOU CAN'T REMEMBER...THINK!

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

That is why November 11th is called Remembrance Day.

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

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

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

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

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

Another thing to think about is that by the time thousands of young Canadians went to war, Europe was in slavery. They died liberating millions of people. They also died so that we here today could continue to enjoy the freedom which we have. They died so that your home would be safe; so that you would be given the chance to go to school and to the church of your choice. They also died so that you could make friends with whomever you pleased.

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

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

It invites you to think about your freedom.

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

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

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

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



NEXT DEADLINE NOVEMBER 16



TOTEM TIMES

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



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EDITORIALS

Lightside

Norm Blondel



THE BLONDE TORNADO

A large spider put one of its eight legs around the end of our log-holder, next to the fireplace.

Wife, immersed in a book about a mad undertaker who went around reconstituting dead bodies, caught the tiny flicker of movement on the outer edge of her vision. The book slowly closed, and her hand reached out for a nearby newspaper. As she rolled up the paper, her expression changed from her usual serenity to one of deadly intent. Her eyes glowed amber.

Dog, who had been asleep under a chair, whined and crept from the room on his stomach. Cat followed him, and they huddled together in a far corner of the house.

Thunder growled in the dark outside, while hail beat a ghostly tattoo on the sundeck. Suddenly, as lightning split the night, Wife struck.

Whap - Whap - Whap! The poor arachnid never had a chance. Its flat little body, minus a couple of legs detached during the assault, was flicked into the fire, and Wife, serenity resumed, reposed with her book once more. Dog and Cat crept back into the room and returned to an uneasy slumber.

Normally, Wife loves all living things -- me, some other people, animals and bugs -- all receive, in varying degrees, her affection. Provided they, except for me, some other people, Cat and Dog, stay out of the house. To bugs especially, our place is the Shenandoah Valley, circa 1865. (After General Sherman's blitz through the Shenandoah during the American Civil War, it was said that a crow would have to carry its own rations on a trip through the Valley). Only in Wife's domain do flies and ants bring their own sandwiches.

There isn't any dirt. There's no dust and there aren't any food scraps. Every edible substance is Tupperware-tight.

Our house has such an evil reputation among bugs, that even the Carpenter ants stay away. Termites tremble in terror: Whisper 'Wife' to a wasp, and it suffers a little heart attack.

Outside, Wife will step through a briar patch to avoid disturbing the rain jewelled web of a spider, or stop to let a scurrying beetle go by, but our thresholds and window-sills are the Berlin Wall to dirt and insects.

I came in grubby from the garden once, and Wife leapt on me, tearing off my clothes. Oh Boy, I thought, Saturday night has come early. It turned out Wife needed some dirty stuff for the washing machine.

That's how it is when you live with the Blonde Tornado.

LETTERS WE GET

Dear Sir:

I would be pleased if you would permit me to use your paper to pass a message on to all of those who cycle to the base from Comox or PMQs.

First of all, I am one of the above people and have been ever since they opened up that portion of Pritchard from Highland School to Little River Road.

Many of us commit one error that, if not corrected, will surely result in a cyclist being hurt or killed. I'm talking about that unsafe practice of cyclists passing vehicles on their right side while the vehicles are waiting in line to join the stream of traffic going into the base. In particular, I am concerned about that period of time that the vehicle driver is concentrating all of his attention on the line of traffic approaching from Courtenay. At that time the driver is normally not even aware that a cycle has passed him or may be located just to the right of his vehicle. This of course is very dangerous if it occurs right at the intersection. I have witnessed many cases where the

vehicle drivers and/or the cyclist had to take evasive action to prevent an injury.

I don't want to argue who is right or wrong but only to offer some constructive criticism. First of all cyclists, do not pass vehicles (moving or stationary) on their right hand side while they are waiting for their turn to enter the base. Play it safe and remain in the line with them and enter the base when it is your turn.

If you do not want to do that, how about entering via the pedestrian gate and the sidewalk in front of the museum. That of course, with the present laws, means that you will have to dismount while on the sidewalk.

You may think that both of these solutions are time consuming but I suggest that a little time lost is better than a serious injury or death with the possibility of a driver having to live with the horrible memory of something that should never have happened.

RC (Bob) Williams
Captain

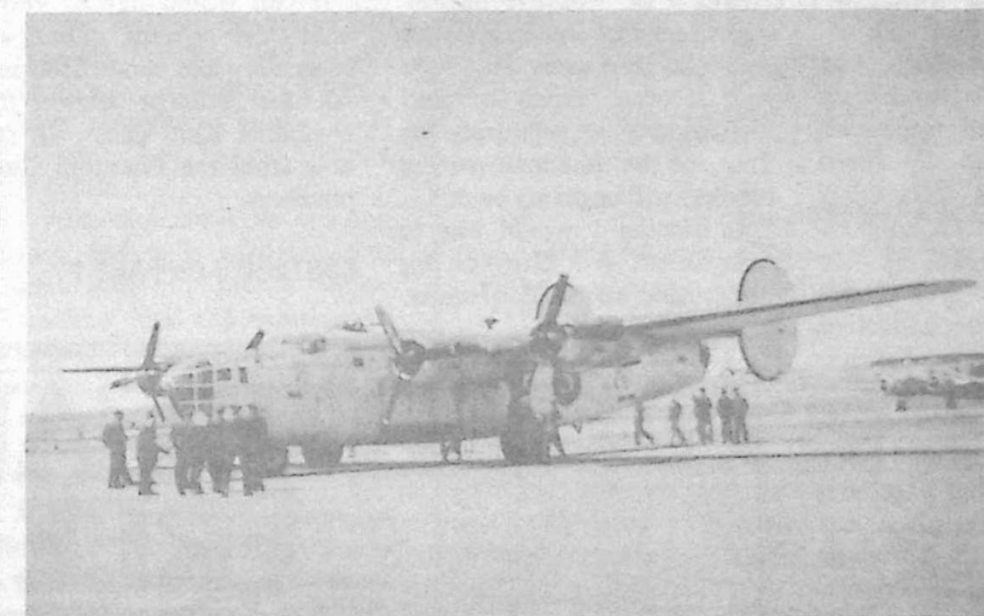
NOW WHAT DO I DO?!!

Maybe it just dawned on you, or maybe you've known for some time...you are going to be released from the Canadian Forces next month, next year, or in a few years. That what will you do?! Are you prepared? Is your family? What are your chances of gaining employment elsewhere? What steps can you begin to take now to take the mystery out of such unthinkable questions? For think of them you must; now or later, the choice is yours.

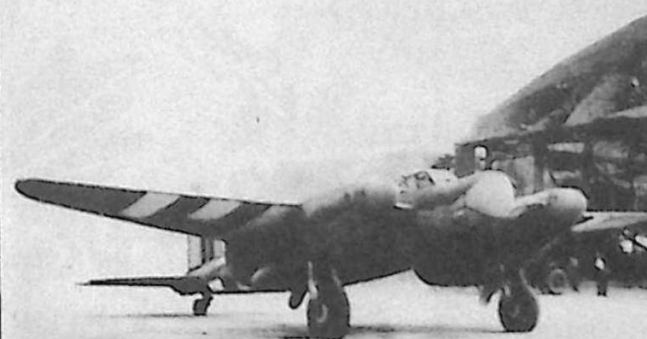
The Second Career Assistance Network is a well established and well received program sponsored by DND for those of us who are subject to compulsory release, or who are within 5 years of CRA after 20 years of service, or after a fixed period of service. Your BPSO is the local coordinator for CFB Comox and he is going to conduct a two-day SCAN seminar on 30 Nov and 1 Dec. Among the topics to be discussed are Investment Strategies (get the goods on investing wisely), Terminal Benefits on Release, Job Hunting in the Area, and Issues in the Family. You are urged to consider attending this seminar if you need any help resolving retirement issues. Those interested should contact the BPSO at local 8469 for registration.

Air Force Trivia

what
where
why
when



Answer from Last Issue



TRIVIA ANSWER:

This DH Mosquito N.F.Mk. XII MM512 of 409 Sqn seen at a former Luftwaffe airfield sometime after D-Day.

SECTION NEWS



BAMSO

PROMOTED



Cpl Les Hayes receives his hooks from Maj Kightley. Pretty sneaky smiles from these two.

Another two weeks has come and gone and Lt Boucher is patiently waiting at my door for my pearls of wisdom so the BAMSO submission won't be late. I certainly hope that this week's article ends up in the correct order and on one page unlike the last issue. I'm sorry if it confused you, Reg, but it wasn't my fault.

The first major Op Eval Exercise has past and with all the new faces in place, our responses were surprisingly smooth. It was an interesting experience for all concerned and I'm sure Lt Carter will fondly remember his first exposure as BAMSO. I can guarantee you, I won't soon forget it. Having been involved in these exercises now for over a year, I've noticed that very few of the scenarios impact on BAMSO other than EOD. Hopefully we can correct this oversight by creating a few scenarios to challenge the rest of our shops. So be forward...

The BAMSO hockey team is off to a flying start with a record of 1 and 1. Our loss came against VU 33/B Tel O team and was a direct result of the BAMSO spirit of support and generosity. Realizing that VU 33 had only won 2 games in the past 2 seasons, and that morale was very low, we let them have a close 8-7 win. Hope you enjoy your victory, Reg and Bill. Next time we'll play our first stringers (not including me, of course)!

I have had complaints from B Sup O on the large number of dictionaries being requested

and I had to remind him that it was PER season again. Have you ever noticed how useless a dictionary really is. If you want to use a word, you already know what it means and if you don't know how to spell it, you have to look it up. But to find anything in a dictionary you have to know how to spell it. But that's that reason you are looking it up. See, dictionaries aren't really of much use! But keep plugging away and soon your accurate, timely and cutting assessments will grace my desk and the time management monkey will be on my back.

In closing I would like to compliment WO Gray on his impeccable standard of dress.

I'm sure that CWO Del Fabro would like the name of the tailor who hemmed your pants. And no Al, we don't think you're a tin of paint, a spray bomb maybe but never a tin of paint.

BASE ARMAMENT

The past month has seen many comings and goings of our stalwart Taz's.

We sent Rapid Rodney to Borden on his mini Sgt's course to fine tune his uncouthness. Jardy became a taxi driver in Vancouver for the Commonwealth meeting. Hope no dignitaries are missing. Fighting Frank and Ravishing Robert took their "Boom Boom" expertise to the meeting also and the only words they have for it are unprintable.

We now proceed to the other side of the country where they say there's a Navy. We see Ravishing Robert and Gruesome Graham learning how to fine tune the Massey-Ferguson and soon our ever faithful Jocular John herding eleven sprog gunplumbers through solid state.

If you would like to know what the Queen Charlotte Islands are like phone 8380 and ask for Bomber Blaine the Dynamite Kid. That's all for now from the Phantom Gunplumbers.

CONTINUED ON PAGE 27

Energy Awareness Week

The week of 16 - 20 Nov 87 has been designated as the "Energy Awareness Week." The intent of this action is to remind all personnel of the continuous importance of the subject of good energy management principles.

The base spent approximately \$500,000 for electricity and \$800,000 for heating fuel during FY 86/87. It is important that we continue to take all possible measures to improve the energy efficiency of our facilities and vehicles. Savings realized from these efforts may be redirected to other areas.

The overall effort by everyone has contributed to the savings of \$1.1 billion in the past 10 years. It is only through this active support and your suggestions for increasing energy efficiency that we will be able to continue to realize significant savings in energy consumption. Everyone can contribute: the simple act of turning off an electric

typewriter, closing a warehouse or a hangar door, or turning off the lights can make a real difference.

During the Energy Awareness Week, you will see numerous posters on good energy management practices. Short publications on building related topics have been requested and will be made available to you from your building custodians. He/she will also present a short video.

The intent of this special week is to emphasize the importance of energy management. All supervisors and building custodians are required to review practices/procedures implemented in their respective areas and amend them if necessary. A CE work request should be sent to the BCEO if construction or maintenance work is required. MWO Howe, Utilities Officer in the CE section, can be contacted at local 8270 if you have a suggestion or require more information on energy matters.

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

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Canada

SECTION NEWS

Promoted



Ptes Kathy Segriff and Allison Randall receive their hooks from Maj Blakely, BSUPO. (Base Photo).

CFCCP

THE CANADIAN FORCES COMMUNITY COLLEGE PROGRAM

The Canadian Forces Community College Program (CFCCP) evaluates military training so that it can be counted as college credit when CF members pursue certificate or diploma programs through Seneca College. There are essentially two kinds of credit: credit for training specific to each military occupation, and credit for rank and service.

Evaluation of the training peculiar to each MOC results in recognition of that training in the form of credit where such training is appropriate to the program of study. It recognizes the attainment of skills/knowledge and shortens the time needed to complete a given program of study.

To date, computer course, MP training, management training and some specialty courses have been evaluated and this evaluation has resulted in the "accreditation" of training. This summer, members of Seneca and Ahuntsic college faculty will be visiting CF schools to evaluate training of Administrative Clerks, Finance Clerks, and PERIs. It is also hoped that Avionics Technician training can be scheduled for evaluation later in the year.

The result of this activity will be a list of credits which can be applied to college programs. Because these programs of study are very specific, military training is examined in light of the subject requirements for

these programs. Thus, the Finance Clerk training is examined primarily in relation to Business Programs. The Administrative Clerk training is likely to relate mostly to Office Administration, and the PERI training to Recreation Administration.

Rank and Service also counts for credit since it is recognized that a Sergeant, for example, in any MOC, by virtue of leadership and other training, not to mention the experience of managing and administering, has acquired a range of skills which should be recognized. Credits granted under this heading are called General Service Credits.

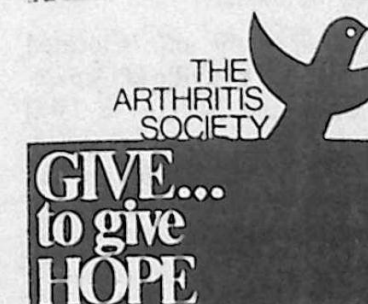
For instance, a Master Corporal is entitled to one credit for rank and service. If s/he is an Administrative Clerk, additional credits for the MOC may be awarded. A Chief Warrant Officer could pick up as many as four General Service credits plus those granted for training specific to his/her military occupation.

As mentioned, credits thus granted are normally applied to reduce the number of subjects needed to complete a college program, but they may also be accepted by those organizations which has "certification programs" - that is, they certify their members as having met certain professional standards. The Certified General Accountants and the Ontario Association of Cer-

tified Engineering Technicians and Technologists are two examples of such organizations.

Dependents, if they were members of the CF, will also receive the credits to which they are entitled by virtue of their service, and all personnel will receive credit for post-secondary education they may have completed where it is relevant to their study program.

Accreditation is an ongoing task and it is expected that eventually all MOCs whose training has any relation to college programs will be evaluated. The completed evaluations are listed in a "Credit Equivalency Catalogue" on distribution to BPSOs. At present, most of the entries relate education at Canadian Community Colleges and Universities to Seneca subjects, but as evaluation of more military training is completed, the left -- and utility -- of that part of the catalogue will grow.



WOs & Sgts Mess

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

NOVEMBER 1987

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.

CANEX

SERVICE STATION

NOVEMBER & DECEMBER SPECIALS

2 WHEEL BRAKE SERVICE

Replace brake linings, true drums, top master cylinder, inspect all brake parts - lines hoses - wheel cylinders

Additional Parts Extra **52.95** FOR MOST CARS
FRONT DISC BRAKE SERVICE

Replace front pads - trac rotors - inspect all brake parts, inspect calipers, repack bearings, adjust and road test

Metallic Pads \$10 extra **78.95** FOR MOST CARS

Lube - Oil and Filter
LUBE - OIL AND FILTER
15.00 for most cars

TUNE UP SPECIALS AS LOW AS 32.95 FOR MOST 4 CYLINDER CARS, ALL PARTS EXTRA
10W30 WHITE ROSE MOTOR OIL SELLING FOR 19.20 PER CASE
WINDSHIELD WASHER ANTI FREEZE 1.99 PER LITRE
DON'T FORGET. MONDAYS - FRIDAYS WE GIVE YOU 2 CENTS A LITRE OFF IN COUPONS SO DON'T FORGET "FILLER UP."

WE ALSO ACCEPT ALL VALIDATED GAS COUPONS FOR \$2.00
ICE SCRAPERS - SNOW BRUSHES, ALL YOUR WINTER NEEDS

SECTION NEWS



Anker Klankin'

The uncontested highlight of the past two weeks for VU 33 Sqn aircrew was our recent liaison visit to MARPAC HQ at CFB Esquimalt. We made the journey to Victoria on Thursday afternoon. Transportation was made available on the basis of rank and station in life. Accordingly, the CO flew down in a T-33 and most of the rest of us drove in Pete Bush's own "T-bird"!

Maj Arsenault and his backseater, SAMEO Capt Bill Snow had a transit time to Victoria of only 25 min. This gave them ample opportunity to get a head start at the bar. Their considerable lead was narrowed quite quickly when the rest of us arrived on the scene some two hours later.

It was at this point that Wayne Larson realized that he had forgotten his uniform at home. Panic-stricken, he dashed off to make some phone calls amid much speculation that he would appear in a Navy uniform the following morning. Fortunately for him he located a Sea King buddy who happened to be a Sgt AESOP of identical build!

The liaison visit began in earnest on Friday morning when, showing no obvious signs of the previous evenings activity, we arose bright and early and set course for CFB Esquimalt.

Our program for the morning consisted of briefings and discussions with the people at RCC, Air Ops and Surface Ops. Around noon, following a brief tour of HMCS Huron, we were entertained in fine fashion

by her Officers in the war-droom. Before leaving for home we toured the facilities of the Fleet School and discussed Trackex's with the commanding officer.

Throughout our visit all parties expressed much satisfaction with the service that VU 33 provides to the Pacific maritime forces. The exchange of ideas that occurred during the visit will ensure that VU 33 continues to provide the same valuable support.

Two weeks ago VU 33 was pleased to host U.S. aviation writer Michael O'Leary during his brief visit to CFB Comox. Mr. O'Leary, who is the associate publisher and editor of the popular periodicals Air Progress, Air Classics and Air Combat, was here to research his upcoming book on the T-33. As part of this research he flew with Capt Martin Baggaley to take some aerial photos of a T-33 flown by Maj Arsenault. We anticipate that Michael's new book will feature prominent photos of VU 33's distinctive aircraft.

This week the Sqn welcomes DCO Capt Mike Cummings back to work. During October Mike was away attending meetings in Ottawa and North Bay for 10 days and on a hunting trip for two weeks. We at the Fighting 33rd have missed his smiling face and finely honed sense of humour. However, expect to find many of the aircrew lying low early this week while Mike tackles all that paper in his in basket. We won't be surprised if he tries to delegate most of it so he can catch up on his flying!

New Naval Reserve opening

OTTAWA — A new Naval Reserve Division will be commissioned tomorrow during ceremonies attended by the local Member of Parliament, Mr. Pierre H. Vincent, on behalf of the Minister of National Defence, the Honourable Perrin Beatty.

The new division, to be called Her Majesty's Canadian Ship (HMCS) Radisson, is the second of three new naval reserve units being established in Quebec to increase Canada's naval presence in the province. The total cost of this new unit will be approximately \$6.4

million. HMCS Champlain in Chicoutimi, Que., was the first division to be commissioned on 15 Aug 1986. The third division HMCS D'Iberville, will be established in Rimouski, Que., next month.

HMCS Radisson started its activities earlier this year with some 74 Summer Youth Employment Program students who underwent a seven-week course of general military training. Most of the students are expected to become HMCS Radisson's first reservists, with the support of a Regular staff of two officers and five non-

VU '33 TECH SIDE

On 29 Oct Cpl (Dave) Maloney was awarded a Letter of Commendation from Col Gibbon, our Base Commander, for his cool, decisive and correct actions following a recent accident on the VU 33 flight line. Dave's instant response in a tense, dangerous environment undoubtedly prevented permanent physical damage to two injured personnel. The letter was presented to Cpl Maloney by the Sqn CO, Maj Arsenault with our SAMEO Capt Snow, ASO WO McManus, and the AVSO Sgt Larrievie standing by.

Next to be front and centred was MCpl Gene Meyer. Gene received his CD medal marking 12 years of merited service.

Finally but certainly not least, it was Cpl Ashcroft's turn. For his excellent work and professionalism Cpl Alan Ashcroft, a member of Sgt Hays' and MCpl McAlpine's superlative CT133 maintenance crew, captured the coveted VU 33 Tech of the Quarter Award. Congratulations for a job well done Al.

The Sqn (VU 33 - Tel) hockey team roared into the new season with a 8-7 win over BOPSO in the first game and a 8-7 win over BAMSO in the second. Is this a sign of wins to come? Well! If you don't play then you can participate by supporting the teams' valiant efforts by urging them on from the stands. Sgt Oscar Grubwieser, our hard skating, straight shooting right winger, was credited with the first league play goal of the season.

When MWO ("Coop") Cooper said "paint the hangar

floors" the whole servicing and maintenance team showed up. Obviously no job is too great for the proud "Roll-it-on" artists as evidenced by the emergence of a bright and shiny new floor after more than a week of intensive effort. Obviously it's a tough act to

follow for 407, 410 and 442 Sqn.

Our mighty hunter MCpl Fred Kay has returned from fall leave with a freezer load of moose meat. Fred hasn't mentioned yet when we can expect a crew barbeque but we can wait for the word, Right?

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 CLUB

WEDNESDAY 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.

Currently the unit is located at l'ecole D'Youville in Cap-de-la-Madelaine where it will operate from until the permanent accommodations are available on St. Christophe Island in Dec 1989. It is anticipated that the construction contract will be awarded by Aug 1988.

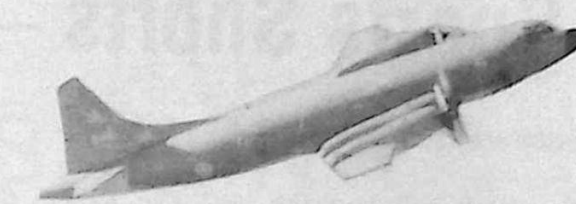
commissioned members.

Once fully established, the division will consist of a crew of some 35 officers and 165 non-commissioned members.

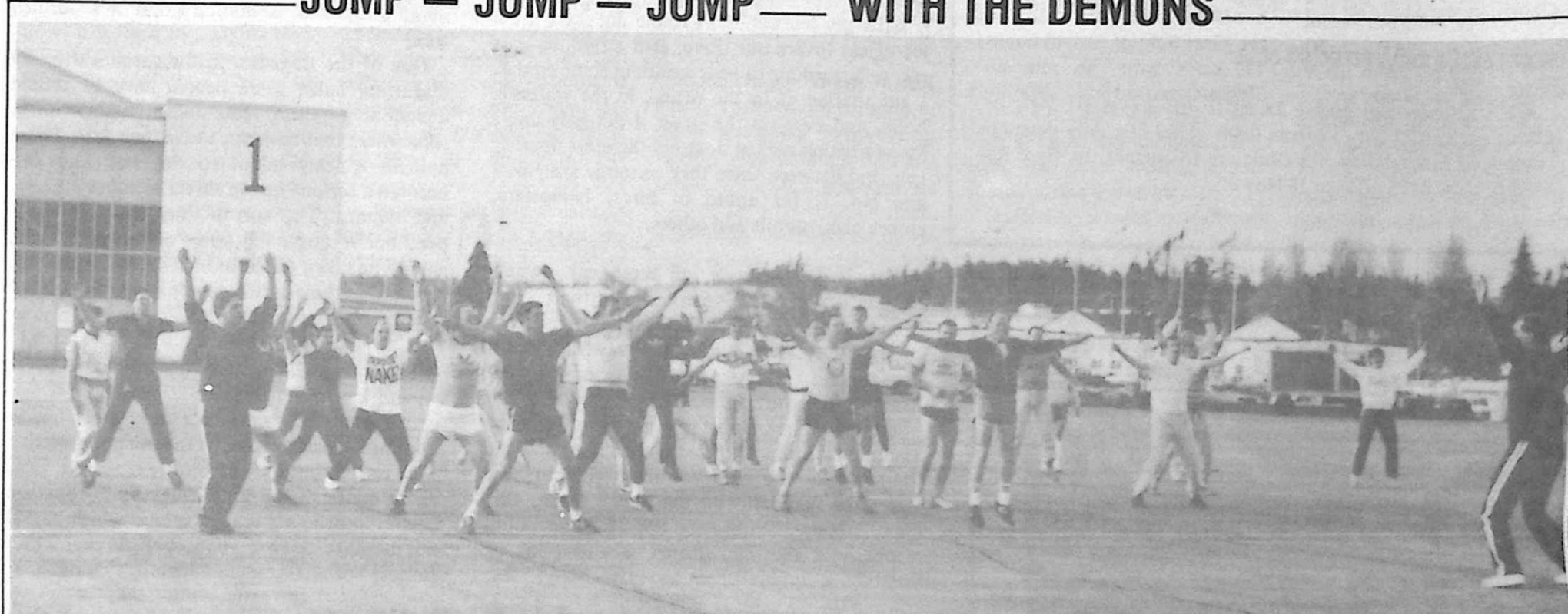
SECTION NEWS



Demon Doins



JUMP — JUMP — JUMP — WITH THE DEMONS



Pictured above is Sgt Wayne Moore of the Base PERI staff putting the members of 407 Sqn through the paces as part of their thrice weekly physical fitness program. 407 Sqn has seen fit to lead the way and do its part to aid CFB Comox in becoming the fittest base in Canada. Classes are held Mon, Wed and Fri from 0930 to 1000 hrs and are open to ALL members of

407 Sqn. If you are not a member of 407 Sqn but wish to participate, come on out. You will not be turned away.

NOTE: Rumour has it that due to his diet and attendance at the 407 PT classes, MWO Brazeau was picked up by the Base Hospital last week for being anorexic.

As mentioned in the last article, 407 Sqn put forth an excellent effort for the Base United Way Campaign. The final tally came to \$8,458, slightly higher than last year's total and easily surpassing this year's goal of \$5,500. Many thanks to those who participated.

The Crew 4 Sledgehammers came back from Greenwood last week and immediately took three days off to recuperate from the hectic pace of one of Canada's most progressive communities. The crew even cashed in their hard-earned bonus points to stay for an extra day of enjoyment.

Back from the very demanding Basic EW course in Winnipeg are Capt Wightman, Lt Cutland and MCpl Carroll, as well as Sgt Dechamplain who was taking the course again since he had to much fun the first time.

As a friendly gesture, acquaintances of Lt Cutland ensured that his grass was cut very short while he was away. It was the same Lt Cutland who will be given extra dual after failing his fourth crewman check on a recent pilot trainer.

Crew 2 Cowboys have undergone a few changes in their top end. Maj Todd is now with pilot standards while Capt Edwards has made the move to nav standards. Capt Edwards

will be employing the good cop, bad cop scenario with Capt Paul on a routine basis. Capt Stu "Iron Fist" Cox takes over as NPCC and the SBCG Capt Thomson, ex-crew 4, will overfill the tachnav seat.

Certain aircrew members are still experimenting with facial features. Capt Bowers, in his continuing attempt to look ten years younger, has shaved off his moustache, as has MCpl Mercer although no one really noticed. After three weeks of effort, Capt Bolton's stealth coming into the peach fuzz stage.

Crew 7 Moosemen, with Capt Shag as the new MPCC, hosted the third annual Hallowe'en party at the RCAFA to begin Hallowe'en weekend. Both costumes and moosemilk were great successes.

Capt Campbell looked very enticing dressed as a woman much to the dismay of the guys who tried to pick him up. Nuff said.

407 MAINTENANCE AND ENGINE BAY

Since the last article, things have been going full swing in 407 maintenance. We are now doing our periodic inspection on A/C 101. Yes, it is the typical inspection, and as I write this we are anticipating

the usual "Your want what?? Saturday and Sunday off???" Good thing the Airframe techs got the help of Ptes Quinn and Lafitte, or else it would have been "You want a leave pass for Friday night?" Nuff said in that respect.

On to the lighter side of things. Huey (Cpl Lunn) has just come back from a relaxing vacation out east. While there he put his many hours of practicing on the aircraft Port-a-Potti to good use. (Now that's 'grunting,' Huey). When are you treating us to a few moose steaks??

Apparently Frank (Cpl Boyer) had a good time in Peterborough, and yes he made it back, but none the richer. He is sure taking his duties as canteen tech seriously lately. I wonder if there is a connection?

We have now started an exercise program in the Hangar on Monday, Wednesday, and Friday. Yes, aircrew is participating also. Isn't that right, Sir?? Nice to see the orderly room has taken an interest. Funny how those snags crop up at 0930 when all the aircraft are airborne. C'mon you guys you only have to do it once a week. Oh well, come Christmas, Maintenance will have the physical endurance to stay awake at all the parties.

We finally got our borescope back, so I guess Neal (MCpl Duffy) is feeling a lot better.

Spic (MCpl Trescher) is on his FE Course in Trenton, so things have been pretty quiet around the section. Rumour has it that he is an 'A' student. (I said rumour).

The situation in the Maintenance Gulf is peaceful for the time being, now that the Ayatollah York is on course for two months. Happy recoveries Dwin.

In closing, there are probably numerous other events that I have neglected to mention, but they would be censored due to their highly secretive nature. The Warrant(Boyd) has brought in his whip, and I tell you that none of us are about to step out of line. (He seemed like such a nice guy when he got there).

I almost forgot about Engine Bay. Things are so quiet there lately since 'Expo Ernie' has become a has-been. Does that mean that there is a posting forthcoming?

407 ARMAMENT

407 RESEARCH/AMCRO

Thank goodness our Newfie isn't AZYGIOUS, cause if she was would we ever be in trouble!! The big "GUN" shoot took place last week with Micki losing because of his crooked gun...somebody must have rigged it up. Pete

came back for a 3 day visit before galivanting off for another week or so visit down east, and John is back with us after going through a strenuous 2 weeks sick leave.

We all enjoyed the big EDP practise, simulated exercise, mind you they could install a colour television in Maintenance to lessen the eye strain that we developed watching the World Series game on a 4" B & W TV, and maybe even some comfortable chairs.

It's awfully quiet up here since the 'Hangman' has gone on leave, Oh Lord let it be a long one. Doreen is working half days now as her time draws nearer, and a pool is being started on how many she is going to have. Personally I figure she is going to have at least three with one of them being a French/Newfoundlander...God what a combination! Oh well, that's it for this issue...so see ya later.

407 ARMAMENT is back once again, with a few interesting items since we last talked. Beginning with a couple of unlucky guys. Tony Wells (7 for 7) and Chris Mitchell (1 for 1) are going nowhere fast since their TD trips have been cancelled - AGAIN. Well, maybe next time guys. Speaking of

CONTINUED ON PAGE 16

SPORTS & RECREATION

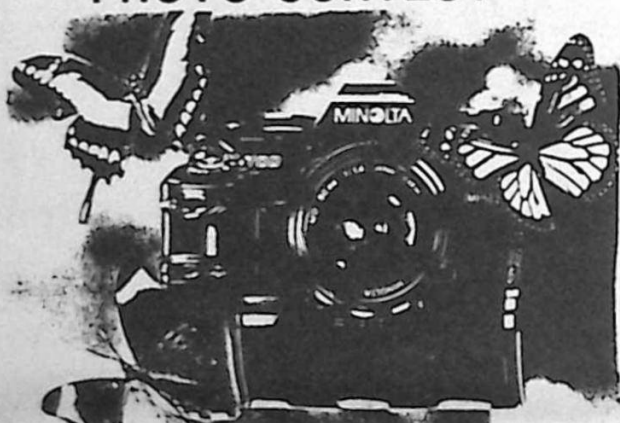
Sports Shorts

PACIFIC REGION SQUASH TOURNAMENT

CFB Esquimalt will host the 1987 Pac Region Squash Championship 12 - 14 Dec 87. Any military personnel wishing to participate in this championship are to contact the Base Rec Centre local 8315 prior to 13 Nov 87.

NCCP LEVEL II AND III REFEREE'S CLINIC

CFB Comox will host a Level II and Level III Referee's Clinic on Sun 22 Nov 87 from 0900 - 1700 hrs. Any personnel interested in attending this clinic are to contact the Base Rec Centre local 8315 prior to 18 Nov 87.

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

*CONTEST IS OPEN TO ALL MILITARY, DND EMPLOYEES & DEPENDANTS

CATEGORIES

- 1) COLOR OR BLACK & WHITE PRINTS - (OPEN)
- 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

- DROP OFF POINTS - BASE PHOTO

- REC CENTRE

- FOR MORE INFO CONTACT

MCPL ATTILIO SARTORI 8295

WO AL BRAZEAU 8542

ENTRY "FREE" - PRIZES AWARDED TO WINNERS

- SPECIAL BONUS TO ALL MILITARY PARTICIPANTS ONLY A DRAW FOR AN AERIAL PHOTOGRAPHY SESSION COURTESY OF 442 SQN (LAB A C)

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Outdoor Writers of Canada

Pipe Smoke

Gerry Gerow



After my last column I found out there are a lot of cat lovers out there. Bad mouthing cats can be hazardous to your health in some circles. I got snarled at in the office, in the watering holes, and even on the street. I honestly don't know whether cats or dogs are the most popular pets, but between them they certainly are No. 1 and No. 2, far ahead of birds, hamsters, guinea pigs, rabbits and others.

The large majority of these cat owners wouldn't know an American shorthair from Manx. Siamese, Burmese, Himalayans, Abyssinians, Russian Blues, or Persians. The list goes on and on. There must be as many breeds of cats as there are of dogs.

To be honest, most people know what a Siamese cat looks like, and quite a few know the Manx is the one with a stubby tail, but how many are familiar with the Maine Coon, Birman, Balinese, Cymric and Somali. Who would recognize a Havana Brown, a Chartreux, a Bombay, a Sphinx or an Egyptian Maw. How

about a Japanese Bobtail, a Korat or a Cornish Rex?

One of the tragedies in the cat world is the disgusting habit some people have of simple abandoning their cats when they move somewhere that they can't take their cat. These animals quickly adapt to the wild and can become a serious health threat to other animals and humans. This sort of thing shouldn't happen, but it does. All stray or unwanted cats should be taken to the animal shelter or at least reported to these caring people.

XXXXX

I recently read where the reintroduction of the wild turkey to southern Ontario has been so successful that they were able to actually have a hunting season for them. One thousand licences were issued, but only 63 birds were taken. Once again conservation authorities have been successful in bringing back a species which had all but disappeared from the area. *I still prefer dogs to cats, Frank.*

Intersection Hockey Starts



Team captains from VU 33 left and B0ps0 right line up for the opening face-off as Sgt Stan Lawless, President Intersection Hockey drops the puck to officially start the 1987-1988 hockey season at CFB Comox.



DRINKING DRIVING
COUNTERATTACK

SPORTS & RECREATION

SKI
TALK

Looking out your window now, it is hard to imagine that the treacherous snow snakes which haunted the survivors of last year's Whistler Ski Trip still exist, but the summer weather has only made the snow snakes hungrier and ready for a new batch of cannon fodder. If you ask anyone who went on the ski trip last year, they will recall various encounters with the snakes, but the gleam in their eye indicates they will return to the slopes again this year.

The Whistler trip was discussed at the Meet 'n' Greet and it was decided to rent a chalet which is a 10-minute walk from the lift. The cost would be approximately \$35 per night per person, so lift tickets and accommodation for one person for the three-day trip should be about \$200.

There will only be room for 28 people, so if you're interested contact Maj Jim (I'm not going up the peak chair) Kightley at 8304 or Capt Rick (I'll ski anywhere, once!) McClure at 8437 or 8335 for details and to get your name on the list.

Memberships for the CFB Comox Ski Club are available from any member of the executive and you must be a member of the club to take advantage of the Whistler trip, the Base Ski Days, or the proposed buses up to Mt Washington. So please contact Jim Kightley, Merv L'Arrivee, Lorraine Arseneault, Wiener Lavigne, Rick McClure, Doug Hutchison, Pete McAllister, or Warren Wightman to get yours!

The Ski Swap is being held at the Westerly Hotel on 15 Nov 87. Items will be accepted for sale between 0900 and 1200 hrs and the sale will take place between 1300 and 1630 hours. There will be a small percentage charge for the sale of the items, but the advertising and publicity make it worthwhile. There will be refreshments available and a fashion show to catch your eye with all the new clothing and accessories for the ski season.

The CFB Comox Ski Club is ready for the upcoming season, so everyone -- THINK SNOW!!

SAILING
SPLATTER

There have been many poems, sonnets and verses written about sailing. Some do the sport immeasurable justice and others are not as eloquent but they all have one thing in common: they attempt to define that mystic combination of fresh air and aerodynamic magic that is sailing. One of the best comes from a recent book about sailing that, paraphrased, reads something like this: 'The art of catching cold while going nowhere fast at great expense.'

That statement in its vague generalities sums up the Annual singlehanded keelboat race which ran on Sunday the 25 Oct. As the race committee sat in contemplation of a busy day on Marda early that morning, the winds were blowing 16 gusting 25 on the jetty. By the time the boats hit the water at 1100, they had become a somewhat more sane 10 knots. As the boats rounded the spit enroute to the first mark at Union Point. The winds subsided to a meager 2 knots and remained that way for approximately 3/4 of an hour. At the Union Point spar, Alex Fox of the Comox Bay Sailing Club had a four minute lead over Sid Halls, the winner of this event in 1985 (for you not-so-old-timers, we couldn't escape the breakwater last year because of the torrential winds!). As these two entrants battled for the lead, the winds began to howl once again at 10 knots, sufficient for the duration of the race. We raced to windward using the Comox Bar cone as the mark. And as three o'clock approached, the eight racers found themselves butting heads with the entire west coast fleet of fishing vessels vacating the safety of harbour in search of a few dollars. But the 'purists' endured the dog's breakfast of wake from this unruly gaggle of capitalists in search of the finish line.

After all was said and done, Alex Fox was this year's winner on corrected time followed closely by Sid Halls. Thanks to all who participated and a special thanks to Dave Webber, Sean Johnson, Dave Bolton and Ed Goski who formed this year's race committee and Mike Baumert and Kathleen Thomas for welcoming the

fleet with cold beer and warm chili! Without you six, this year's race would not have been the great closing event that it turned out to be.

And now a brief note from our sponsor regarding winter planning. The time has come to remove the 420 fleet from the jetty for winter storage. The 7 Nov at 1000 is scheduled as the workday with the 14th as an alternate weather day. The executive will be calling you enlisting your body for an hour or so on the day in question. Many hands make light work!!

The Annual General Meeting will be held on the 18 Nov at 1900 in the clubhouse at HMCS Quadra. All members are requested to attend and voice your complaints and/or compliments about this past year's activities and submit your suggestions for next year. A firm date for the ever-popular Second Annual Spring Stag Cruise will be set at this meeting. Your input is always appreciated. Any questions will be fielded by Maj Thomas, Deputy CO 407 (MP) Squadron, Local 8368.

CFB COMOX TOTEMS HOCKEY TEAM
LEAGUE SCHEDULE

Thu 5 Nov 87 2200 hrs Totems vs Coors Silver Bullets
Sun 8 Nov 87 1800 hrs Totems vs Hayes Roofing
Thu 12 Nov 87 2000 hrs Totems vs Blues
Sun 15 Nov 87 1800 hrs Totems vs Coors Silver Bullets
Thu 19 Nov 87 2200 hrs Totems vs Hayes Roofing
Sun 22 Nov 87 2000 hrs Totems vs Blues
Thu 26 Nov 87 2000 hrs Totems vs Coors Silver Bullets
Sun 29 Nov 87 2000 hrs Totems vs Hayes Roofing
Thu 3 Dec 87 2200 hrs Totems vs Blues
Sun 6 Dec 87 2000 hrs Totems vs Coors Silver Bullets
Thu 10 Dec 87 2000 hrs Totems vs Hayes Roofing
Sun 13 Dec 87 1800 hrs Totems vs Blues
Thu 17 Dec 87 2200 hrs Totems vs Coors Silver Bullets

BIG DEAL!

You bet - the Big Deal is at the Base Golf Club. No more mowing, weeding, fishing, what's to do? We golf all winter. Green fees for the casuals or pro-rated memberships (\$75 in Nov).

Regular Sunday Golf starts Nov 8 - It's a social event. Register by 0930 for 10 am Tee-off - It's a fun event.

Bar & Grill Open Daily

Book your section Christmas Party now!

For info call 8592

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CONVENIENT FOR BASE PERSONNEL

AUTOPLAN REMINDER

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.

Autoplan CHARGE VISA 338-6766

AROUND THE BASE

LTC
CHALLENGES
BCOMPT

This is a follow-up to certain rumours that said that BCOMPT Branch has practised golf 24 hrs a day, since last April: "They received a rude awakening last Thursday?"

LTC challenged BCOMPT to defend its reputation as the Base "Golf Pros." Two teams of 18 were involved in a total - point - 9 hole tournament on 22 Oct 1987 to settle the matter. However the rumours were wrong.

Faced with the experience and confidence of the "French Connection," BCOMPT led by Maj Rose fell prey to LTC, which was skillfully supervised by Maj Egli. LTC defeated BCOMPT 470 to 446 ending the question once and for all.

Of course, Victory was not the only goal of this challenge. LTC, Staff and Students, had the chance to make some good friends in BCOMPT Branch. Hopefully, it was noticed that all conversations were in English giving us a good opportunity to practice our second language.

We wish to thank everyone involved for their participation and for the success of this golf tournament. Let's do it again soon.

ACTIVITES DE L'ASSOCIATION FRANCOPHONE DE LA VALLEE DE COMOX

5 Novembre a 7H00 Soiree de quilles a la BFC de comox
Tous sont bienvenue

12 Novembre Reunion du Conseil administratif

15 Novembre Voyage a Powell River traversier de 7H30
AM pour brunch et souper pot luck

20, 21 et 22 Novembre Session de formation au Local

26 Novembre Soiree pour homme seulement 7H00PM

4 Decembre Jeux de societe 7H00PM

11 Decembre Reunion du Conseil administratif

GLACIER GREEN GOLF CLUB NEW YEARS EVE PARTY

We must know by 30 Nov 87 how many will attend. Therefore -

1. Interested persons must sign up and submit \$5/person deposit. (not returnable).
2. If cancelled, we will return your deposit.
3. Decision date will be 4 Dec 87.

CATERING — Old House Party Favorites supplied
MUSIC — Wayne Mobile

COST —

Members \$15 each

Non Members \$20 each Contact: M. Campbell
339-2488

EVERY WORKING DAY, ICBC PAYS OUT \$3 MILLION* IN CLAIMS.



And that's hurting all of us.

In the three or four minutes it takes you to read this, there will be three motor vehicle accidents in B.C.

Last year claims added up to more than \$762 million. And by the end of 1987 the costs will be even higher.

Who pays the price? The accident victims, for sure. But sooner or later we all do.

What's ICBC doing about it?

Our financial mandate as an insurance company is to break even. So premiums must cover the anticipated cost of claims for the coming year.

We're trying to reduce the number of accidents through traffic safety education. By working with police, governments, educators, public health and community groups.

At the same time, we're working to reduce the cost of claims through programs to increase safety belt usage, reduce fraudulent claims and to moderate increases in the cost of vehicle repairs.

What can you do about it?

If you know the simple rules of accident-free driving — and apply them every day, every kilometre — congratulations. You're part of the solution. But if not, you're part of the problem. A \$3 million-dollar-a-day problem that's hurting everyone in British Columbia.

*Average based on 1986 figures

ACCIDENTS HURT
EVERYBODY. **ICBC**

AROUND THE BASE

COMMUNITY COUNCIL NEWS



Our Mayor, Wayne Bowerman, on behalf of the PMQ Council, would like to thank everyone involved with the Family Day Activities who made it such a success.

Special thanks goes out to Darlene MacDonald, our Special Events Coordinator and to Wayne Moore for organizing the games. All the kids (and parents, too) had great fun. The cooks, Kim Rochester, Liz Hilliard and Joanne Zotek wish to thank Shauna Rochester, Lesley Rochester and Chris Gray for the assistance they received for feeding the hungry crowds. It also seems that a young Miss, by the name of Angie Bostock, always seems to show up at any function to offer her services.

Aside from "Toot" being the main attraction, the clowns added a special touch to our Family Day. Our colourful clowns (Mike Hurley, Beth Hurley, Sylvie Guibord and Darlene MacDonald) were costumed by the talents of Mrs. Beth Hurley who made the outfits for the Council.

We were very disappointed in the turn out for our Street Dance, although those who did attend could say they had "a blast." Remember, the PMQ Council and your ward representatives donate a lot of their time and energy to make all these activities available to you, and only YOU can make it a success by coming out and participating in the fun.

Last but not least, the PMQ Council would like to remind you of our upcoming Christmas Bazaar & Craft Show to be held on Nov 28th in the school gym. Anyone wishing to reserve a table please call Joanne Zotek at 339-7725 or Kim Rochester at 339-7214.

PMQ ASSOCIATION FAMILY DAY '87

PIGGY-BACK RACES

Moms & daughters - 3 to 6 yr old division
1st - Debbie and Kelly Adams/Rose and Tera Smith
2nd - Jan and Jennifer Parker

7 to 9 yr old division
1st - Kim and Chrissy Lam-billon
2nd - Rose and Michelle Conroy

Fathers and sons - 3 to 6 yr old division
1st - Dennis and Evan Roy
2nd - Albert and Mitchel Camphuis
7 to 9 yr old division
1st - Wayne and Scott Moore
2nd - Ian and Joey Sopp

Female partner - 9 to 11 yr old division
1st - Ronda Bennett and Jenny Gilbert
2nd - Kelly Bennett and Robin Greffel
Male partner - 9 to 11 yr old division
1st - Chris Harper and Joel Walker
2nd - Mark Gneirlantino and Derrin Roe

WHEELBARROW RACES

Moms and daughters - 3 to 5 yr old division
1st - Rose and Terra Smith
2nd - Jennifer and Helga Jones

6 to 8 yr old division
1st - Shirley Baxter and Dee Condy
2nd - Julie and Vicky Russell
9 to 13 yr old division
1st - Lisa Fisher and Cheryl Baxter
2nd - Ronda Bennett and Jenny Gilbert

Fathers and sons - 3 to 5 yr old division
1st - Curtis Peever and Jason Berry
2nd - John and Jeffrey Russell
6 to 8 yr old division
1st - Brad and Bill Pegg
2nd - John Russell and Joey Sopp

9 to 13 yr old division
1st - Keith and Harry Weeds
2nd - Jason and John Conroy
Partner - 11 to 13 yr old division
1st - Cristine Perry and Angie Bostock
2nd - Mike Gilbert and Scott Helpard

BALL THROW

2 and 3 yr old division
2 and 3 yr old division
1st - Jamie MacDonald
2nd - Bonnie Champaigne
4 to 6 yr old division
1st (Boy) - Steven Gauthier
1st (Girl) - Helen Audet
7 to 9 yr old division
1st (Boy) - Eric Gravel
1st (Girl) - Shawna Boudreau
10 to 12 yr old division

GOLF PUTTING

2 and 3 yr old division
1st - Bonnie Champaigne
2nd - Jennifer Parker
4 to 6 yr old division
1st - Linsey MacDonald
2nd - Cherrisse Lewis
7 to 9 yr old division
1st - Kathleen Brochu
10 to 13 yr old division
1st - Mark Gnurlantino

EGG TOSS

2 and 3 yr old division
1st - Debbie and Kelly Adams
4 to 6 yr old division
1st - Daniel and Dawn Caughey
7 and up division
1st - Harry and Keith Weeds
2nd - Kim and Leslie Rochester

ADULT WINNERS OF GIFTS

Harry Weeds - wrapped gift
Debbie Roy - wrapped gift
Lori Chimko - wrapped gift
Denise Vervbold - Old House Restaurant certificate
Dianne MacDonald - Bamboo Inn certificate
Kim Rochester - MoJo's Snacks certificate
Lourie Pickard - Leeward Pub certificate
Helga Jones - Gaff Rig certificate
Dianne MacDonald - Pewter Room certificate
Darlene MacDonald - Zorba's certificate

The weather remained nice and there was plenty of food and refreshments. The games and rides on Little Toot were enjoyed by all.

AWARDS



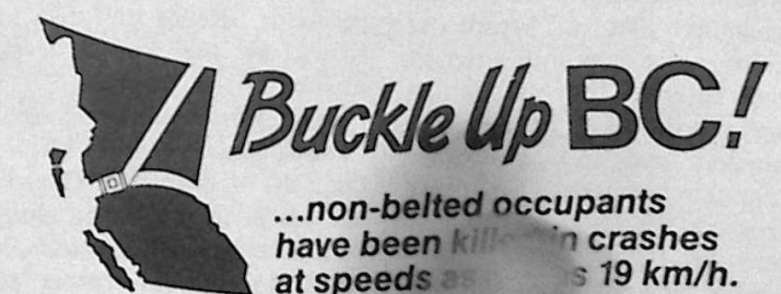
BASE COMMANDER COMMENDATION
COL GIBBON PRESENTS TO CPL GUIBORD



AEROBICS AWARD
LCOL SUTHERLAND PRESENT TO CPL LUNN.



C.F. PHOTOGRAPHY EXHIBITION AWARD
LCOL SUTHERLAND PRESENTS TO CPL ROY.



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

Next Totem Times Deadline
November 16

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OFFICE 339-2021
RESIDENCE 339-2868

CANADIAN FORCES UPDATE

Ban the Bombers out in full force



Demonstrators were out in full force during the recent Base Exercise "Raven 87." Actually the ban the bombers were recruited from the local militia unit and sent out to test the in-

testinal fortitude of our military police and base defence force. But true to form our boys came thru with flying colours and thwarted the alien enemy - locked 'em up and threw away the key. (Base Photo).

Beatty discusses collective security and arms control

TORONTO—The Honourable Perrin Beatty, Minister of National Defence, said recently that the Soviet military capability is the principal direct military challenge to Canada's security.

In an address to the Atlantic Studies Conference, at the University of Toronto, the Minister gave his thoughts on arms control and the Atlantic Alliance's security.

"The North Atlantic Alliance is more than a purely military one," he said. "It is designed to promote the well-being of the North Atlantic area, while working for collective security and peace."

Mr. Beatty went on to discuss the Canadian partnership in the Alliance. "There are voices in Canada calling for withdrawal from NATO on the grounds that a prosperous Europe can now look after its own defence. They suggest that we should look to our own borders and seek a broader mandate to work for peace through the United Nations," he said. "This is a very simplistic view of NATO which takes no account of its political dimension."

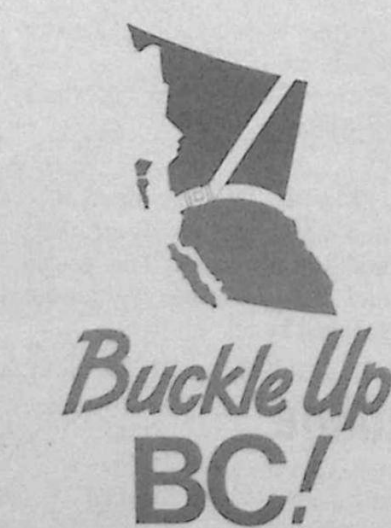
"To 'go-it-alone' would be far more costly and a great deal less effective. It would be unsafe and unwise for Canada to rely on national defence alone." For example, were Canada to abandon her alliances air defence alone would require over five billion dollars in new equipment and facilities as well as significantly increasing operating expenses.

Mr. Beatty also stressed the importance of the Arms Control negotiations to Canadian security. "Defence efforts, arms control, and the peaceful resolution of disputes are complementary elements of Canadian security policy," he said. "The White Paper recognizes the fundamental importance of vigorous arms control efforts. It is in all of our security interests that an equitable balance of forces be struck at the lowest levels possible."

Mr. Beatty reassured that Canada is not a neutral nation. On the contrary, Canada belongs in the West and along with other NATO countries, it relies on nuclear forces to assure that an opponent will never risk an attack. For this

reason, it is in Canada's interest to ensure that NATO's nuclear forces are effective.

Mr. Beatty concluded by saying: "History has shown us that peace is best assured if our defences match the challenges they face and I have no doubt that this alliance of free nations is able to do what is needed. Canada's new defence policy represents a renewed and revitalized commitment to that purpose. We are determined to do our share to bring about the political stability in East-West relations that we all hope for -- for ourselves, for our children and the future of civilization."



North Warning System detects Soviet aircraft

NORTH BAY, ONT -- Soviet military aircraft were detected for the second time by radars of the new North Warning System recently off Canada's most northwesterly coast.

According to the North American Aerospace Defence Command (NORAD), the two Soviet Tupolev-95 Bear "H" aircraft were detected by one of the Canadian North Warning System (NWS) radar stations upon entering the Canadian identification zone without notification.

Two U.S. F-15 jet fighters of Alaskan Air Command's 21st Tactical Fighter Wing were scrambled from Galena Airport, Alaska, and successfully identified the intruder aircraft which had been tracked by a U.S. Air Force Airborne Warning and Control Systems (AWACS) E-3A plane.

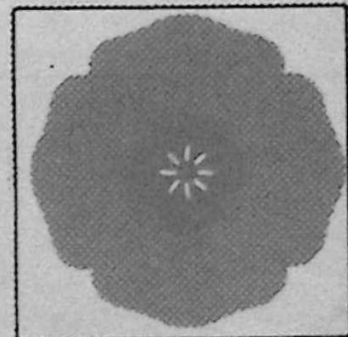
The Soviet aircraft, which are long-range bombers capable of launching the AS-15 cruise missile, remained over international waters and at no time penetrated Canadian airspace. Their closest approach to land was in the vicinity of

250 kms north of North Point, N.W.T.

The incident marks the tenth time this year that military aircraft of the USSR have been in-tracked off Canada's shores by Canadian or U.S. fighter interceptors under operational control of NORAD. Air Defence fighter interceptor aircraft stand on 24-hour alert ready to be scrambled within five minutes if an incoming aircraft is detected by radar and cannot be correlated with a flight plan. The fighter interceptor force carries out the NORAD task for controlling access to sovereign Canadian and U.S. airspace in peacetime and, in the event of hostilities, would provide defence.

The establishment of a North Warning System is one of the major components of the 1985 agreement between Canada and the United States to modernize the North American air defence system. The North Warning System replaces the aging Distant Early Warning (DEW) Line and includes a satellite communications system to link stations with NORAD Region Operations

Together... We Will Remember



How the war changed Canada

War, of course, is a horrible thing -- countries are destroyed, along with the people who live in them. No one knows this better than war veterans, and so no one was happier when the wars ended than the thousands of Canadians who fought in them.

But what kind of country did they return to? It is one of the ironies of the Second World War that the men and women who came home found that they had transformed their country, even though they had been away from it.

Consider some of the things that had happened while they were serving overseas. Canada had gone to war as a producer of raw materials and agricultural goods, and she ended it as one of the world's great manufacturing nations. She had started the war as a largely rural country and by its end urbanization had made large strides. Her cities had mushroomed.

Other things had happened. When Japan overran the rubber plantations of Asia, Canada promised to produce synthetic rubber. By war's end, 10 plants were in operation and Canadians were turning out 15 kinds of rubber. It was the same kind of story for the vehicle manufacturing industry and so many other things.

For Canada's veterans, the return home must have made them feel a bit like Rip Van Winkle did after his long sleep: It was still the same country, but it had been transformed.

But even if there was some apprehension about the kind of country they would be returning home to, it couldn't hide the joy they felt when the war in Europe ended. Canadians celebrated from coast to coast and in Europe, but perhaps one soldier from British Columbia's Westminster Regiment put it best. He was shaving on VE-Day when he happened to look at his image in the mirror. "Boy," he exclaimed, "am I glad to see you."

The changes that the veterans returned home to didn't stop them -- or Canadians -- from remembering the country's 114,000 war dead. And that is one thing that hasn't changed in the 42 years since the war ended. The Legion's Poppy Campaign is just as successful now as it was in 1945. Canadians still remember.

Courtesy the Royal Canadian Legion.

Wartime sacrifices made

As we watch the Remembrance Day ceremonies each year, our attention focuses on war veterans. They, after all, are the ones who went to war and suffered through the horrors of combat. But they weren't the only Canadians to suffer, for war has no respect for age or sex.

The horror that Canadians faced at home was of a different kind, the kind that made people watch their front gate and hope that the telegraph boy wouldn't show up with a telegram from the Department of National Defence reporting that a husband or a son had been killed. During the Second World War, more than 4,000 such telegrams arrived in Canadian homes. Twenty years earlier, during the First World War, more than 60,000 of these telegrams were sent.

But concerns and worries about loved ones weren't the only hardships faced by the people who stayed at home when Canada went to war. You probably haven't heard of rationing, but it was very well known during the war. Canada had a small population when the Second World War started, about half of what it is today, and most of our factories were busy producing the arms and ammunition and ships our Armed Forces needed. That meant there weren't enough factories to make the foods, the cars and the other goods you are accustomed to.

Because goods were scarce, the Government decided that the only way to ensure that people got their fair share was to ration them. Canadians were given coupons that allowed them to buy a certain amount of butter, gasoline and food each week. Without the coupons, prices would have risen drastically, but rationing also meant that many of the things that had been taken for granted, like Sunday drives and large meals, were no longer possible. There were more serious inconveniences too, because there could be problems getting to work, or to a doctor's appointment.

When the war finally ended in 1945, there were huge celebrations in Toronto, Winnipeg, and other cities. Why were people so happy? Mainly, of course, because peace meant no more long casualty lists and no more sad telegrams. But Canadians were also happy because they knew that their lives could once more return to normal, and that the sacrifices of the war years were behind them. The poppies that Canadians wear every year during the Royal Canadian Legion's Poppy Campaign are one way of showing that these sacrifices haven't been forgotten.

Courtesy of the Royal Canadian Legion.

AROUND THE BASE



Origins of the Species

John Bradley



Douglas Boston Mk. III W8268 "O" for Ottawa, Ontario departing for a sortie over France. Note that the full Ottawa, Ontario is painted on the forward fuselage. (PAC via M.A.P.).

418 (INTRUDER) SQUADRON

Of all the RCAF Overseas squadrons, No. 418 held the distinction of being the only Intruder unit. "Intruding" meant that they would fly deep night penetrations into occupied Europe where they would loiter in the vicinity of the enemy's airfields and attack their aircraft as they came in for landing.

The unit was formed at RAF Station Debden located in Essex on 15 November 1941. The first personnel to arrive to help with the formation of this new Canadian unit were W/C G.H. Gathral, an RAF Engineer Officer, eight British aircrew formerly of No. 23 Squadron and one gunner who was a Mexican citizen! To perform their duties the squadron was equipped with the Douglas Boston Mk III twin engined aircraft.

Within a short time more personnel arrived including

both RAF and RCAF air and ground crews. Training was intense and both the air and ground crews took the same lectures on such items as aerodrome camouflage, German flak installations, landmarks, etc, as well as in their own particular specialties.

Night flying was stressed and practised almost religiously on every night that the weather cooperated. Weather was often the cause for problems and after one exceptionally poor period, the CO authorized the training to continue. On the night of 24 February 1942, a new Sgt pilot was allowed to proceed on his first solo in the Boston. Thirty minutes after take-off at 0300 he and his crew of two plus a single passenger exploded into the ground 15 miles from the Station.

In spite of the long and hard training for Intruder 'OPs,' the first mission that the unit was scheduled to fly was a bombing raid. The raid was on

for the night of 27 March and eight squadron aircraft were sent off on a raid over the oil refinery and storage tanks near Ghent, Belgium. Each aircraft carried four 250 pound bombs and 60 four pound incendiary bombs. All aircraft made it to the target and all but one aircraft scored hits on the target. The one aircraft that did not hit the target carried its "hung-up" bombs back to the Station. Fires from the burning refinery could be seen up to forty miles away.

The first intruder mission took place the next night when six Bostons were sent in to patrol enemy airfields at Lille, Vendeville, Rennes, Le Touquet, and Abbeville in France and at Gilze-Rijen in Holland. No enemy aircraft were shot down in spite of a number being observed. In consolation the crews dropped their bombs on various targets in and around the different airfields. Operations of this type would carry on for almost another month before the unit would claim its first aerial victory.

On 26 April, a Boston crewed by Sgts Harding, Shannon, and Irving attacked and damaged an unidentified enemy aircraft that was coming in for a landing at Evreux, France. Two weeks later another aircraft crewed by P/O Lucas, and Sgts Randolph and Haskell caught another unidentified aircraft landing at Gilze-Rijen and in concert with a No. 3 Squadron RAF Hurricane proceeded to shoot it down.

418 (I) Squadron continued with its intruder missions and on occasion with light bombing duties. A new wrinkle was added when they were also sent to Europe to attack enemy supply and troop carrying trains. To this end they were quite successful as by war's end they had destroyed 17 locomotives, damaged 59 others, as well as 52 freight and passenger cars derailed or out right destroyed.

By March 1943, they were being equipped with the "Wooden Wonder," the DeHavilland Mosquito twin engined fighter/bomber. 418 received the Mk. II version and by November 1944 also received the F.B. Mk. VI version. On many of the Mosquitos would be painted cartoon characters from the cartoon strip Lil Abner. The new Mosquitos also carried the TH fuselage codes that had been applied to the earlier Bostons.

Operations continued almost non-stop throughout the war. By 21 November 1944, they were replaced by No 406 (RCAF) Squadron in the Intruder role and were then transferred to the 2nd Tactical Air Force and in March of 1945 were transferred to the continent at B. 71 at Coxyde in Belgium. On 3 May 1945, the last mission was flown by a single Mosquito on a reconnaissance over the battle front.

The unit remained on the continent until 7 September when they were disbanded at B. 80 at Volkel in the Netherlands.

418 (Intruder) Squadron had been adopted by the City of Edmonton during March 1944 and carried on a number of aircraft a crest that had a Mosquito flying over a Maple Leaf with the legend City of Edmonton Squadron RCAF surrounding the design.

Honours awarded to the City of Edmonton Squadron included 3 DSOs, 42 DFCs, 9 Bars to DFC, 1 second Bar to DFC, 5 DFMs, 1 DFC (USA), and one Air Medal (USA). The unit itself was presented with the Defence of Britain 1944, Fortress Europe 1942-1944, Dieppe, France and Germany 1944 - 1945, Normandy 1944, and the Rhine Battle Honours.

The cost of these awards and honours was not cheap as 418 lost 143 aircrew, of which 94 were killed or presumed dead, 27 missing, 14 taken POW and 8 who evaded capture. 59 aircraft were lost on operations.

Non-operational accidents resulted in 13 aircraft destroyed and 31 aircrew killed and 2 injured. Losses to the enemy were even more severe as they lost, in addition to the trains and rolling stock mentioned earlier, 178 aircraft destroyed (73 on the ground), 103 damaged, and 9 probably destroyed, 83 V-1 buzz bombs destroyed with 76 shot down over water and the remaining seven brought down over England. They are also credited with destroying 200 motor vehicles of various types.

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CHRISTMAS IS COMING

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MERRY CHRISTMAS TO ALL

TRADES WELCOME

HOURS: 9 to 9 Tuesday Thru Sunday

...more Demon Doins

vacations, I would like to welcome back a couple of travellers. Pete Legault and Bob Davyduck back from their stay in Greenwood. They say they learned a lot from the course, from what they can remember, welcome back guys. Also back from Greenwood is Richard Lamothe, he was on his .04 course. Now he'll have to find a way to put all that knowledge to good use.

Turning from the Far East to the Middle East, Cpl Dave

Oakes is presently doing a tour of duty in camp Borden on his Basic Explosives disposal course. He is learning the proper way to destroy things. Well good luck to you Dave. You all have heard of "Sgt Rock," well 407 now has "MCpl Rock" (Blouin), recent killer course graduate.

Next on the line is our MCpl in charge of supply, MCpl Dan Booth will be going to Greenwood on the 16th of Nov on his .04 course. Finally, Mitch Kain will be going to the XG

course in Borden on the 17 of Nov and coming back on the 7 of Jan, he says he just can't wait for that two week break at Christmas.

For a change of pace, the Torpedo Shop is noisy again since the opening of the "Q," with all those CF 18s going by. Too bad they can't see them, but who knows, maybe one day they'll be on the other side of the wall!

Don't forget 407 All Ranks Party December 11.

AROUND THE BASE



Legion Log

BRANCH 17 COURTENAY

ENTERTAINMENT

Fri Nov 6 & 7
Sun Nov 8
Music by the NEW BRANDY
Canteen Day 11 a.m.-7
1940s Costumes-"Down Memory Lane"
Breakfast 8:45 a.m.
Wed Nov 11
Parade 10:15 Ceremony at Cairn 11 a.m.
Open House at the Legion after the Parade
Fri & Sat Nov 13 & 14
Sun Nov 15
Dance to the COUNTRYMEN
Crib Tournament-1 p.m.-Prizes

REGULAR ACTIVITIES

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

MONDAY Fun Euchre
TUESDAY Pub Darts
WEDNESDAY League Darts
THURSDAY Fun Darts
FRIDAY TGIF & Money Draw at 6:30
SATURDAY Fun Bridge at 12:30
SUNDAY Something doing every Sun afternoon

COMING EVENTS

NOV 29
NEW YEARS EVE PARTY
Grey Cup Party - No Charge-Chowder and dogs
\$15/Person

"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

Nov 6 & 7
Nov 10
Music by 35 YEARS OF GOLD.
MEMBERS NIGHT. Br will close at 6 pm and
reopen at 8 pm for Br 160 MEMBERS ONLY.
Nov 13-14
Nov 20-21
Nov 27-28
Music by PRIMETIME
Music by COUNTRYMEN
Music by MILLERTIME

REGULAR ACTIVITIES

MONDAYS L.A. Drop-In Bingo - 7:30 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 - 7:00 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

SAT. NOV. 7 POPPY BLITZ. Door to door Canvas - Comox. Cubs, Scouts, Guides and Sea Cadets. Legion drivers required. 10:00 am - Upper Hall.
WED. NOV. 11 REMEMBRANCE DAY PARADE & CENOTAPH SERVICE. Parade forms up 10:30 a.m. Comox Ave. in front of Legion Hall, march off at 10:40 a.m.; Cenotaph Service 11:00 a.m. Open house at Legion after service.

Remember With Gratitude

An old Greek historian, Heroditus, once said, "No one is fool enough to choose war instead of peace. For in peace sons bury fathers, but in war, fathers bury sons."

The world is supposedly at peace today, yet it is almost impossible to listen to a news broadcast without hearing of the without hearing of the continual strife and turmoil in different parts of the world. We are reminded of the suffering and injustices imposed on so many innocent people.

We, in Canada today, have reason to be thankful for the freedom and the many privileges which we enjoy. Perhaps, there is a sense in which we sometimes take our freedom for granted. We fail to realize that there is a price for freedom. That is why on November 11th, we need to take time to 'remember.'

We remember those who gave their lives on foreign battlefields. We remember the fathers and mothers who said 'Goodbye' to young men, who left home for the first time, and some never returned.

We also remember the men who returned from battle, to their homes and families, but they were disabled. They were broken in body and in spirit. In fact, to this very day, there are those who still suffer the pains of war.

We remember because we care. We dare not forget that freedom is not cheap. We owe a debt that can never be paid to those who have served, in the best way they could.

Freedom is costly, because war is costly. General Eisenhower was once quoted as saying, during the war, "the cost of one bomber would provide modern schools in 30 towns; two fully equipped modern hospitals and two fully equipped power plants. The cost of one destroyer would provide homes for 8,000 people."

But we could never evaluate the great cost in human lives that were sacrificed. Life is precious. War is senseless.

Many today will remember with pain and anguish. They will reflect over the hours of concern and worry, because a loved one was far from home; and perhaps in great danger. Some today may not readily relate to that kind of a situation. But we can remember in love and in gratitude. We can realize that because of the sacrifice of other people at another time in history, peace is ours today.

Peace is talked about and discussed, sought after and craved for by all people of the world. Many define peace in different ways, but peace is certainly a favoured alternative to war.

The late Dag Hammarskjöld, who was secretary for the United Nations, until his untimely death, often shared his concerns about the unrest in the world. He said, "I see no hope for a permanent world peace. We have tried so hard and failed miserably. Unless there is a spiritual rebirth, civilization is doomed."

Perhaps, we can sense the need to experience peace ourselves, before we can talk of peace with other people and other nations. "Peace is not made at the council tables or by treaties, but in the hearts of men," said Herbert Hoover.

One of the promises which Jesus left with us is found in the Holy Bible. "Peace I leave with you, my peace I give unto you, not as the world giveth, give I unto you." (John 14:27).

We would do well to make the following words a daily prayer not just as this special time.

Lord of our fathers, hear our prayer
For those who paid the price,
Our stalwart youth, so brave and fair,
Who made the sacrifice.

They slumber in the cypress shade
They, who so nobly died,
Facing destruction unafraid,
All for the nation's pride.

The price of peace is far too high
In youthful limb and life,
To you O gracious God we cry
Through cloud of hate and strife.

We pray that in the hearts of men
The flame of hate may die,
That clouds of war no more shall span
Our nation's peaceful sky.

Amen

(Author Unknown)
Mrs. Captain Cora Dodge
The Salvation Army
Red Shield Services



Hohenfels, Germany -- Corporal Patrick Fox and Master Corporal Kevin Cady, 2nd Battalion, Princess Patricia's Canadian Light Infantry (2 PPCLI), coach Associate Defence Minister, Paul Dick as he fires the .50 calibre heavy machine gun during military exercises in the Federal Republic of Germany. Mr. Dick visited Canadian troops in September during FALLEX 1987 to gain first hand knowledge of the operational capabilities of the 4th Canadian Mechanized Brigade Group.

In the field Mr. Dick spoke with the troops on the type of equipment updates they could expect as a result of the recent White Paper announcement.

AROUND THE BASE



From The Fire Chief's Office

10 TIPS FOR FIRE SAFETY



Supply Signals

Hello again, and welcome to another Premiere Edition of the Supply Tech news.

The almost completely new staff at Clothing Stores, led by Sgt Maxine Vander Kooy, are nearly finished re-kitting the 'world' with the latest in environmental uniforms. Cpls Jim Bulmer and Mary Anne Baer are the other new members to the team at Clothing Stores.

Ken Chadderton is having a bit of a hard time lately. It seems that MCpl Brad Lourie has moved everything on the bottom floor of 3 Supply Group and employed a New Location System at the same time. Rumour has it, he's going to do the same upstairs as well!!! Well Ken, you can only hold on to an EMPIRE so long before something changes.

MCpls Corinna Miller and Ray Bailey are off on their JLC. Good Luck! And a hearty 'SMEAC' to both of you.

A long list of congrats must be extended for services beyond the call of work. It's OFFICIAL - Shelly and Ken are engaged (didn't have anything to do with that car trip to Hornby, did it?). Must be a bug that's catching because rumour has it that Cpl Frank Charles from POL has taken the plunge as well. Good Luck and all the best for the future. A nervous Dave Spindler can take it easy again, or can he? All depends if he gets the late night or early morning feeding. Congratulations to you and your wife on the birth of your new baby boy (8 lbs 5 oz).

Now for the raft of promotions in Supply. Congrats to Barbi Arnold,

8. BE CAREFUL WHEN COOKING

Pay complete attention when cooking at the stove. Keep young children out of the way. If grease catches fire, place a lid over the pan to smother the fire: turn off the burner. Never throw water or anything else onto a grease fire. Make sure pot handles are turned inward so that they can't be accidentally tipped over.

9. PRACTICE SAFETY WITH ELECTRICITY

If an appliance gives off smoke or a burning odor, unplug it immediately and have it checked for repair. Check cords on appliances; have cords replaced if they are frayed or broken. Do not place extension cords under rugs or in other places where they may be stepped on and broken. If you replace a blown fuse, make sure the new fuse is of the same amperage rating.

10. A MATCH IS A TOOL FOR ADULTS

Matches and lighters are tools for adults. Keep them where children can't reach them. Teach children to give matches and lighters to adults.

building. Practice the escape plan with an Exit Drill in the Home (E.D.I.T.H.). In an apartment building, use only the stairs as a fire exit, never an elevator.

4. CRAWL LOW IN SMOKE

Crawl low in smoke, moving on hands and knees. Cleaner air is nearer the floor.

5. COOL A BURN

If someone gets burned, put cool water on the burned skin immediately. Seek a doctor's help if a blister forms or if the burn is severe.

6. SMOKERS NEED WATCHERS

Make sure smokers extinguish cigarettes in large, deep ashtrays. Empty ashtrays in the toilet. Check under the sofa and chair cushions for cigarette butts before going to bed. Never smoke in bed.

7. SPACE HEATERS NEED SPACE

Keep portable heaters at least 36 inches away from things that burn - papers, bedding, clothing, curtains. Keep small children away from heaters. Turn heaters off when going to bed or when leaving the home.

1. STOP, DROP AND ROLL

If your clothing catches fire, stop wherever you are, drop to the floor or ground, and roll over and over to smother the flames. Cover your face with your hands to protect the face.

2. INSTALL AND MAINTAIN SMOKE DETECTORS

Install at least one smoke detector on every level of your home. There should be one outside each sleeping area. In apartment buildings, there should be smoke detectors in each apartment.

Test smoke detectors once a month according to directions. Replace dead batteries immediately. Clean away any dust or cobwebs from the face of the detector.

3. PRACTICE E.D.I.T.H.—EXIT DRILLS IN THE HOME

Design an escape plan for the family. Make special provision for infants, elderly, and handicapped persons. Have two ways out of every room in case flames or smoke block one way. Establish a place outside where everyone will gather. Don't go back into a burning

Chief to have ears lowered



The Base Commander Col Ted Gibbon gives the signal to BFC Lt Chris Halliday. Seems that the Boss had dropped over for a routine visit and noticed that the Fire Chief's hair was a touch shaggy. Deputy Chief MWO Fred Johnson looks somewhat exasperated but vows he will keep the Chief looking good in the future. (Base Photo).

....more war

CONTINUED FROM PAGE 1

All too soon, a village house was hit, destroying it, and the people inside. From then on war wasn't fun any more. We saw the blistered faces of air-men plucked from their wrecked Hurricanes and Lancasters. Messerschmidts and Heinkels crashed nearby, and we saw the blood.

As a child, I feared having to go to war, for I wanted to live.

The war was over in 1945, before I was old enough to fight. I have not had to go to war since.

On November 11, I will stand with the others who did not have to go to war, and and those who did and think silently of the youngsters who never had the chance to grow old, as we have done.

We will remember them.

HOME & FAMILY



About The House with Lorry

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: Jn, Telephone: Margaret Campbell 338-1084

Havin' Fun



Our gal Lorry cuts a mean step with BOZO - the everyday clown. (Base Photo).

HOME STYLE TACO HAMBURGER HELPER

INGREDIENTS

1-1½ lbs lean ground beef
1 green pepper
1 10 oz can mushroom bits (or about 12 fresh mushrooms cut thinly)
1 medium onion
1 large stalk celery
1-2 cloves fresh garlic
1 tin tomato paste (6 oz)
1 envelope taco mix or 4 tablespoons bulk mix
2 C spiral noodles or any other type of pasta noodles

UTENSILS

1 skillet, 1 pot (fairly deep), wooden spoon

METHOD

Boil water for noodles and cook them til tender, drain and set aside. Brown the ground beef, drain and set

aside. While the noodles and beef are cooking, saute the mushrooms, onion, pepper, and celery in about 1 T of butter. Cook til onion is golden, about 8 to 10 minutes on medium. In large pot place the taco seasoning and tomato paste and heat through mixing well. Add the meat, vegetables, 1 C water and noodles. Simmer for 15 mins and serve. I serve a salad with this and sometimes garlic toast.

RAISIN HONEY CHEWS

INGREDIENTS

¼ C shortening
¼ C granulated sugar
½ C honey
1 egg
½ tsp grated orange or lemon peel (optional)
1¼ C all purpose flour
1 tsp baking soda

½ tsp salt
2 C quick cooking oats
1 or 2 C raisins

UTENSILS

Baking sheets, bowl, fork and spoons.

METHOD

Preheat oven to 375°. Cream together honey, shortening, egg, sugar and peel. Add all of the dry ingredients, mixing the raisins in last. Bake centre oven for 8 - 10 minutes.

I always add 2 C raisins - the family loves them. I also add some coconut - about ½ C. These cookies are tasty and quick. This recipe should yield 4 doz cookies. Before you take them off the cookie sheets let them stand for 3 to 4 minutes as they break easily if you don't give them time to set. This is a good recipe for the children to make on their own.

Sense Before Savings

One of the most important things to do in approaching the business of making or saving money is to use common sense.

Too many people are motivated in business or personal life by the tax savings they can achieve on various transactions. They will go to any lengths to save taxes when, in many cases, it may not be even worth the effort.

I remember a client who rushed into my office late on year to announce that he just had to buy a new tractor costing about \$100,000 before Dec 31 so that he could cut his tax bill. How much would he save? I made some calculations and concluded that he would save about \$6,000 in taxes.

Did he need the tractor? No, he told me. But he wanted to make sure that he didn't have to pay any more tax to the government than was necessary.

It took me a while, but I finally convinced him that it was foolish to go \$100,000 in to debt in the purchase of a

tractor just to save \$6,000 in taxes.

The point is that taxes are only a percentage of the whole. You shouldn't let the percentage control the whole, any more than the tail should wag the dog. Don't risk the whole for the sake of the percentage.

For instance, you may achieve significant tax savings by buying an RRSP. However, it doesn't make much sense to put your money into an investment which is risky, and lose it.

RRSPs, like most tax shelters, are really tax deferrals. You will have to pay your taxes sooner or later. The theory is, of course, that you will pay taxes when you have retired and your annual income will be lower, as will your taxes.

Tax shelters are great for tax savings - provided your tax losses don't become real losses. Many real estate tax shelters produced real losses for people rather than tax savings as a

result of the collapse in real estate prices in western Canada in recent years.

It's often easier to burn your money than to enter into complicated tax shelters that keep you in suspense (or agony) for years before you know for sure if you have lost all your money.

So, be reasonable. When you're looking for tax savings, follow some of the old tried and true maxims. Don't put all your eggs in one basket. If something isn't logical, don't do it simply for "tax reasons."

I remember the case of a man who put all his assets in his wife's name under a complicated tax savings scheme. He saved an awful lot in taxes. Then his wife left him and took all the assets with her.

In most cases, this might have worked out. But there are no guarantees. In seeking tax savings, as with everything else, use common sense to avoid far harsher consequences than a higher tax bill.

OUR NEXT DEADLINE NOVEMBER 16

AROUND THE PROVINCE

Pension Plans are not Savings Plans

Many young people are impatient with company pension plans because retirement seems so far away and their money will be locked up for a long period of time.

"How can I get my money out if I want it?" they ask.

The point is, of course, that pension plans are not savings plans. They are not designed to be pools of savings from which you can remove money for spur-of-the-moment purchases. They are designed to take care of you when your active working life ends. And, to get maximum benefit from a pension plan, you have to leave the money in the plan until you retire.

There are two types of pension plans. One is a money purchase plan, and the other is a defined benefit plan.

The money purchase plan is the simplest. You pay money into it each year. The fund builds up to a certain sum at retirement at which time you start taking money out, instead of paying it in. The employer pays money into the fund, too, which means you will get that extra benefit when you retire. The pension from a money purchase plan is not related to your salary or wages prior to retirement.

The defined benefit plan provides a pension which is based on your salary or wages and/or years of service with your employer. Pensions based on salaries and wages often offer the best protection against inflation as employment income levels are responsive to inflation. Consequently, pension income will reflect inflation to retirement. You don't have to worry about interest rates earned by the fund because the employer has to make up any shortfall.

If you have to 'retire' from one company and seek employment elsewhere, it may

X-COUNTRY SKI SWAP

On Sunday, November 15, the Vancouver Island Nordics Ski Club will be holding a pure x-c ski swap. Anyone with skis, boots, poles, clothing or other nordic equipment that they want to sell are encouraged to bring them in to the CRA small hall (adjacent to Lewis Park) from 10 am til noon on Nov 15. The swap will take place from 1 - 3 pm. The fee is \$1 per item for non-club members - no charge to members. There will be a 10% commission

make sense to leave your pension to mature in the company while you start to build a second pension with the new employer. Where pensions are portable, there is no problem.

Pension plans are often regarded as dull and boring. To many people, especially the young, they lack 'pizzazz.'

However, pension plans can provide the best retirement in-

come, especially if you join at the most beneficial time in your working life, typically, by age 30.

Pension plan money is money locked away out of harm's -- and temptations's -- way. It's money you're not likely to miss because you don't have it -- but it could turn out to be one of the best investments you have when you retire.

AN OPPORTUNITY TO BID ON ROAD AND BRIDGE MAINTENANCE ON VANCOUVER ISLAND

As part of the move to restructure government and boost regional economic development, the provincial government announces a new approach to road and bridge maintenance on Vancouver Island. Provincial maintenance yards and equipment in the region will be sold to private interests...and proposals are invited for the continuing maintenance of the Island's 4,857 kilometres of roads and 383 bridges. These vital transportation facilities are an important part of British Columbia's overall highway system, and private sector proposals must conform fully to provincial maintenance standards. It is hoped that the experience of existing Ministry of Transportation and Highways personnel will be an integral part of future maintenance programs.

The opportunities

The new opportunities involve the routine maintenance of all public roads, highways and bridges on Vancouver Island...including all patching, ditching, grading, sweeping,



sign care and snow removal. Proposals should also allow for the maintenance of vehicles and equipment used for these activities. To ensure efficient service in all areas of the Island, four separate contracts will be awarded: three for road maintenance on an area-by-area basis, and one for bridge maintenance.

How to apply

Maintenance proposals are invited from all interested companies and individuals...and should be addressed to:

Project Director
Road and Bridge Maintenance
Opportunities BC
548 Michigan Street
Victoria, B.C.
V8V 1X4

All inquiries will receive a reply...so write today with your proposal, or for further information. You'll be helping to support the new regional approach to economic growth in British Columbia.

OPPORTUNITIES BC!

BRITISH COLUMBIANS SHAPING THE FUTURE

Hon. William Vander Zalm, Premier

LIFESTYLE



music reviews and syndicated columnist

ROGERS PREFERS THE MOONLIGHT

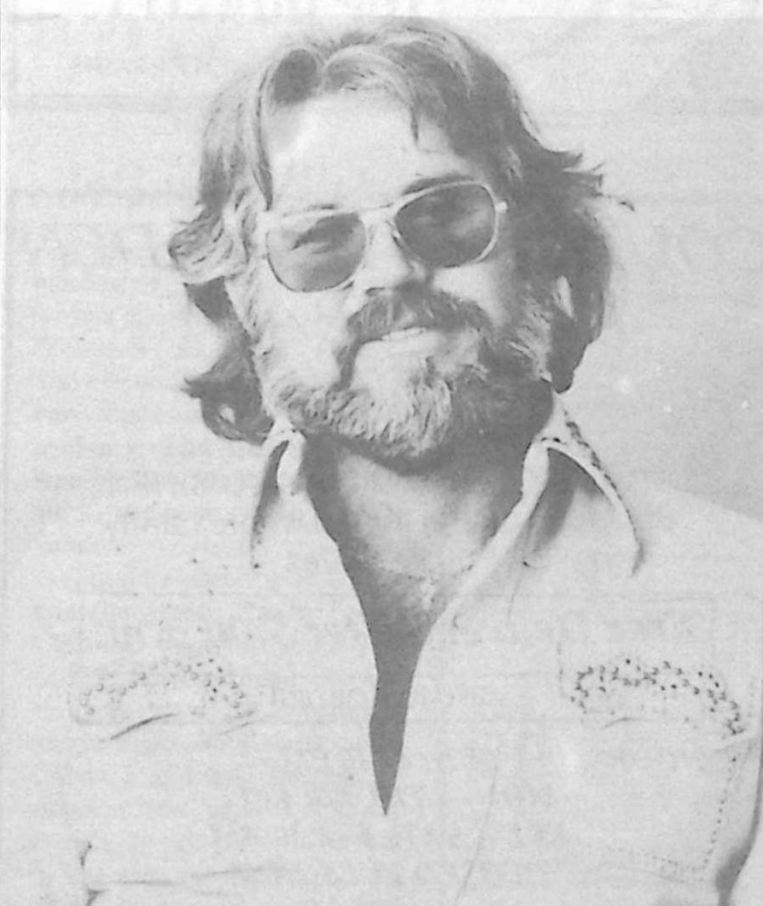
This is the album that Kenny Rogers said would have to be a big one or he would be looking at some changes. He said he wanted to get back to his country roots with this album. I'm not sure that he got back to the country with "I Prefer The Moonlight" (RCA 6484-1-R) but he certainly has retained his hit magic.

Falling somewhere in the middle between pop and country and working with about a half-dozen producers, Rogers has one of his strongest album offerings of the past four or five outings. Along with the obvious commercial appeal of the current chart topping duet with Ronnie Milsap on "Make No Mistakes, She's Mine," Rogers offers a solid shuffling re-make on Jerry Reed's "She's Ready For Someone To Love Her" and the emotions of "I Don't Call Him Daddy" almost single handedly makes this album worth the bucks. This song is not a maudlin loser, instead it takes a subject which many listeners can identify with and with Kenny's growing vocals and sensitive delivery wrapped around a solid beat, the story is convincing and the sound is a hit.

Bud McGuire's composition on "The Factory" is given a good reading as Rogers revs up yet one more of those 'blue collar blues' gems that works so well for him. The title track (I Prefer The Moonlight) is a solid vocal outing with a strong beat that is augmented by the harmony vocals of Kim Carnes while "We Fell In Love Anyway" is one of those romantic ballads that seems just right.

This past summer Rogers appeared on Carson's Tonight Show, The Today Show, Good Morning America and toured with Ronnie Milsap. He will be hosting the Country Music Awards show in October and will be joined by Milsap for a duet on "Make No Mistake, She's Mine." Kenny's proven gold and platinum streak should be enhanced by the sales on his current "Moonlight" album. Incidentally, he is currently filming another Gambler movie which will be seen later this year.

Set wraps up with "One More Day," "Now and Forever" and "You Can't Say (You Don't Love Me Anymore)."



KENNY ROGERS

In The Mags



I remember nearly three years ago when I was making my annual trek into northern Ontario in search of peace and quiet and, hopefully, if things went right, a chance to practice my hobby of wildlife photography.

As I paddled into the bay beneath my tent on the Bluff, I was shocked to see a large black bear and her cub ravaging my makeshift accommodations, and searching for the leftover fish I had carelessly left lying about.

Needless to say, I got the pictures I had travelled so far for, but certainly not the peace nor quiet, nor relaxation.

This month's *Outdoor Canada* might suggest that I was baiting the wildlife in search of that "ultimate picture," judging by the content of one of their stories in this issue.

"Should You and Shouldn't You" takes a view of professional wildlife photographers and the techniques they are now employing to get the pictures that will sell.

According to top photographer Tom Kitchin, good wildlife photography keeps interest in conservation alive, but he also strongly believes that there are limits to the extremes some photographers will go to in getting "good" pictures. As an example, he points to one photographer who regularly stooped to pouring bacon fat on a tent to get a picture of an unsuspecting bear. Professional behaviour? I leave it up to you.

On another conservation note, *Discover Magazine* looks this month at a great ex-

pense of land in Tennessee where there are no trees, plants or other natural signs of life. "Death of Ducktown" offers the reader a fascinating profile of the horrific damage large scale mining can do to the environment. Once prosperous in 1910, Ducktown, Tennessee now stands as scorched wasteland, a testament to the dangers of overproduction and lack of commitment to the local ecosystem and environment.

A little more foreign, but just as bewitching, is *DISCOVER'S* literary search for other planetary systems.

"Allen Worlds: The Search Heats Up" brings the world of high-tech space and science research right into the laps of Canadians in this fascinating article in which scientists reveal how close they are to unravelling the many planetary mysteries that will revolutionize the way in which we think about planet Earth.

Also in the "out-of-this-world" category of this month's mags is a story from capitalistic-minded *Forbes* about the world's billionaires.

There are no less than 240 billionaires in the world, screams the date from "The World's Billionaires." Here in Canada we have a mere six 10 figure earners, but take heart. According to *Forbes* stats, we have 241 billionaires per every 1 billion people.

If all this high-powered talk about money is too rich for you, then you might want to pick up this month's copy of *Bon Appetit*.

Offering a tantalizing alternative to reading about the money-laden world of high finance, "Fast Meals for Fall Weekends" samples a rich tasting of delectable treats. Columnist *Kristine Kidd* shows us the ropes in preparing a scrumptious meal in half-the-time for those busy fall weekends.

Many of us enjoy a more relaxed pace though, and *Canadian Business* delivers the goods with a story on much-maligned Canada Post.

"How to Break Out of This Vicious Circle" is a critical look out how Canada's largest and oldest crown corporation will have to adapt in order to stave off extinction. Writer *David Stewart-Patterson* offers his solutions for the mess that he feels the Post Office personifies.

Bryan Adams is a Canadian Rock and Roll superstar in whom both young and old take pride. Adams, whose lyrics, unlike many commercial artists, usually make some kind of statement of social significance, is also a super nice guy.

Canadian Business takes a peek at Adams' smashing success and the reasons behind it in this personality feature called "Rock 'N' Roll Inc."

As one with chronic cat allergies, I took great interest in the piece appearing in *The Saturday Evening Post* this month. For fellow allergy sufferers, I recommend taking a glance at this article titled "Vets on Pets." Certainly nothing to sneeze at.

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HEALTH AND WELL BEING

info
health

Dr. Bob Young

CHOLESTEROL TESTING

Cholesterol has joined the language - sometimes it seems to be the most common word used by my patients. They know that it is bad if it is in your food and even worse if it is in your arteries. People are curious about their total cholesterol, how much high density (good) lipid they have, and how to improve things.

All of which is commendable. A high cholesterol level is one of the risk factors associated with heart attack. Others are use of tobacco, obesity, lack of exercise, high blood pressure and a bad family history.

But lab tests for cholesterol are being overdone. Values change only slowly, even if treatment is underway. A normal level in an adult will almost certainly remain normal for years if his or her weight remains about the same.

The investigation is costly. Along with significant laboratory cost each test requires one or two visits to the doctor, first to get it ordered and then to interpret the results.

It is reasonable for most people to get their cholesterol determined once or twice. This should be done fairly early in

To Operate
or Not

It is easy to tell a patient in pain that we will have to operate, particularly if, as in the case of appendicitis, an obstructed bowel, or a perforated ulcer, there are few options.

Not much more difficult is convincing a patient to have a suspicious breast lump removed, a possible malignant bowel tumour excised, or a stone-filled gallbladder causing indigestion or jaundice cut out.

life so corrective measures, if necessary, will be more beneficial. There will be less time for the arteries to become plugged.

A normal test at age 25 probably means that a repeat can be delayed to about age 40 - although opinions differ, as do circumstances.

Let your doctor advise you, as he or she knows you best.

Testing every three months, or every month, as some patients are demanding, is ridiculous and wasteful. Daily weighing may encourage a weight-loss program but frequent cholesterol testing, currently fashionable, is rarely required.

If a patient complies with a low-cholesterol diet, weight reduction, and an exercise program after being found to be at risk, it is reasonable to get a "progress" test three and nine months into treatment. If levels have dropped the patient is encouraged to continue. If there has been no change (and the patient has done his or her part) cholesterol-reducing drugs might be considered.

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

An enlarged prostate may obstruct urine flow, a long-neglected hernia may strangulate, a torn knee cartilage might drift between the bones and immobilize the joint - there are many examples.

This is a time for frank discussion between patient and doctor. The pros and cons must be weighed, the risks balanced against the benefit, and a decision made. A second medical opinion might help - but most patients already have their GP to comment on the surgeon's advice.

The surgeon may also want a second opinion lest he or she be accused of operating without sufficient reason.

However, this is one instance where the patient has the absolute, final say.

ASK YOUR
PHARMACIST

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

DON'T LET THE CURE BE WORSE THAN THE DISEASE

For many of our minor aches, pains and upsets, relief is usually only as far away as the medicine chest. However, there are a few things to remember when it comes to choosing non-prescription remedies.

Never try to guess which product is best for you or rely on the judgement of friends or relatives. Ask your pharmacist for advice about any non-prescription drug you consider trying.

Remember to follow the directions on the package as carefully as you would for prescription drugs. If a symptom doesn't respond promptly or comes back again often, see your doctor immediately.

Take special care when using pain relievers. There's always a risk of unwanted side effects. Again, consult your pharmacist for advice on what foods and other drugs should not be mixed with pain killers. Always

let your doctor know if unusual side effects result.

Remember, just because you can get a medicine without a prescription it doesn't mean it can be used indiscriminately or indefinitely. Some, like pain killers and cough medicines, can be habit-forming and should be used with extreme care.

Remember, too, that by simply treating a symptom you may be covering up a greater medical problem and delay getting much-needed help.

Non-prescription drugs are valuable and useful tools. However, they must be used with care and judgement at all times so that the treatment never ends up being worse than the disease.

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

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AROUND THE BASE

Slow Down

NEW FINES DISCOURAGE BAD DRIVING

VICTORIA -- Since October 15, 1987, minimum \$100 fines have been in effect for selected serious motor vehicle offences.

Amendments to the Motor Vehicle Act, passed in July, established a new offence of "excessive speeding" defined as driving in excess of 40 km/hr over the posted speed limit and established a minimum \$100 fine for the offence.

Also covered by the minimum \$100 fine are two careless driving offences: driving without due care and attention, and driving without reasonable consideration for other persons using the highway.

In cases where a person is convicted of speeding he or she will continue to have penalty points recorded against his or her driver's record which may result in prohibition from driving. A conviction for excessive speeding however will attract a fine as well as three penalty points. A person charged with excessive speeding will be issued a ticket allowing him to pay the \$100 fine out of court if he does not wish to dispute it. Fines will result in more immediate punishment for the most blatant offenders than has been the case under the penalty point system.

These fines represent the first step in a government-wide campaign to improve traffic safety. Last spring, Premier Vander Zalm announced the creation of a Cabinet Committee on Traffic Safety. The

Cabinet Committee will be touring the province in November to receive submissions from groups interested in the traffic safety issue.

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B.C. Forest Products - Benchman. B.C. Forest Products is presently looking for a fully qualified benchman with previous experience working on Thin Kert Saws. This is a permanent position at our Mackenzie Wood Products Division, paying full union rates plus benefits. Mackenzie is a community of 5,500 people, located approx 120 miles north of Prince George. It offers a full range of commercial and recreational services. Qualified applicants are invited to forward resumes stating work experience to: B.C. Forest Products Ltd., Box 310, Mackenzie, B.C. V0J 2C0. Attn: B. Cruise.

Maintenance Supervisor. B.C. Forest Products, Mackenzie Wood Products Division, currently has an opening for a Sawmill Maintenance Supervisor. The preferred applicant will be a certified Millwright, willing to work shifts and will have a strong millwrighting, welding and hydraulics background. Mackenzie, a community of 5,500 people, located 120 miles north of Prince George, offers a full range of commercial and recreational facilities. Applicants are invited to forward resumes stating work experience and trade qualifications to: B.C. Forest Products Ltd., P.O. Box 310, Mackenzie, B.C. V0J 2C0. Attention: B. Cruise.

Jobs Are Available. Most opportunities for employment are lost in the initial interview. Senior personnel executive will share with you the secrets of how to prove to an employer that you are the best person for the job. For 60 minute cassette consultation send \$14.95 to J.J. Donnelly and Associates, 4701 Fernleigh Place, Burnaby, B.C. V5G 3W2

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AROUND THE BASE

Officers' Wives' Club

Our October Italian and Greek evening was a total success with 95 people in attendance. The mess had an "aura" of Italian and Greek authenticity created by the mouth watering aroma of lasagna, lamb stew and baclava. You had the feelings of sitting in a little "cafe" in the Greek Isles, with hanging grapevines and checkered tablecloths enhancing the decor. Dessert was enjoyed whilst relaxing and listening to several selections of Baroque music performed by a string trio from the Vancouver Symphony Orchestra.

The evening had an information quality as well. McConochie's provided a terrific microwave cooking demonstration and graciously donated six marble cheese boards for door prizes. (Congratulations to Anne Gibbon - you've finally won a draw!).

For the Grande Finale, bellydancing took centre stage. Not only were we delighted with 30 minutes of captivating dances, but four lucky people received "free" bellydancing lessons.

On the business side of things, the club would like to welcome Kathy Marquis as our newly appointed Vice-President. Our general meeting included the following changes in our constitutional bylaws: 1) The Vice-President will automatically hold the position of President the following year. 2) A position of co-convenor for the Entertainment Committee was established. This position is presently held by Angie Bolton. The co-convenor will automatically become chairperson the following year. 3) Associate members are now eligible to vote on all business matters, with the exception of Executive elections.

The proposal of a name

change to "The 'Officers' Wives and Female Officers' Club" was put to a vote. It was decided by the majority that the name remain as is. Another proposal was put forward to change the name to "Officers' Mess Ladies Club;" This will

be put to a vote next month.

Our November function will be a fall and winter strolling fashion show, to be held Wednesday the 18th at 7:30 for 8:00 o'clock. Advance tickets sales only! Tickets will be available through: Jill Sutherland 339-

3668. Kathy Smart 339-6393, or Cindy Kinley 339-0427. Tickets will also be available at these participating merchants: Unique Petites, Touch of Class, Ruffles & Lace, D.D.'s Fashions, Connections, Le Club, Black's Cycle and

Makario's Hair Design. The cost will be \$7 for members and \$10 for non-members and guests. The evening will include waiter service for the bar, tea and coffee as well as the Mess' famous Black Forest Cake. Hope to see you there!

MEDIEVAL NIGHT

OFFICER'S MESS

21 NOV 87

- 1930 UNTIL 0130

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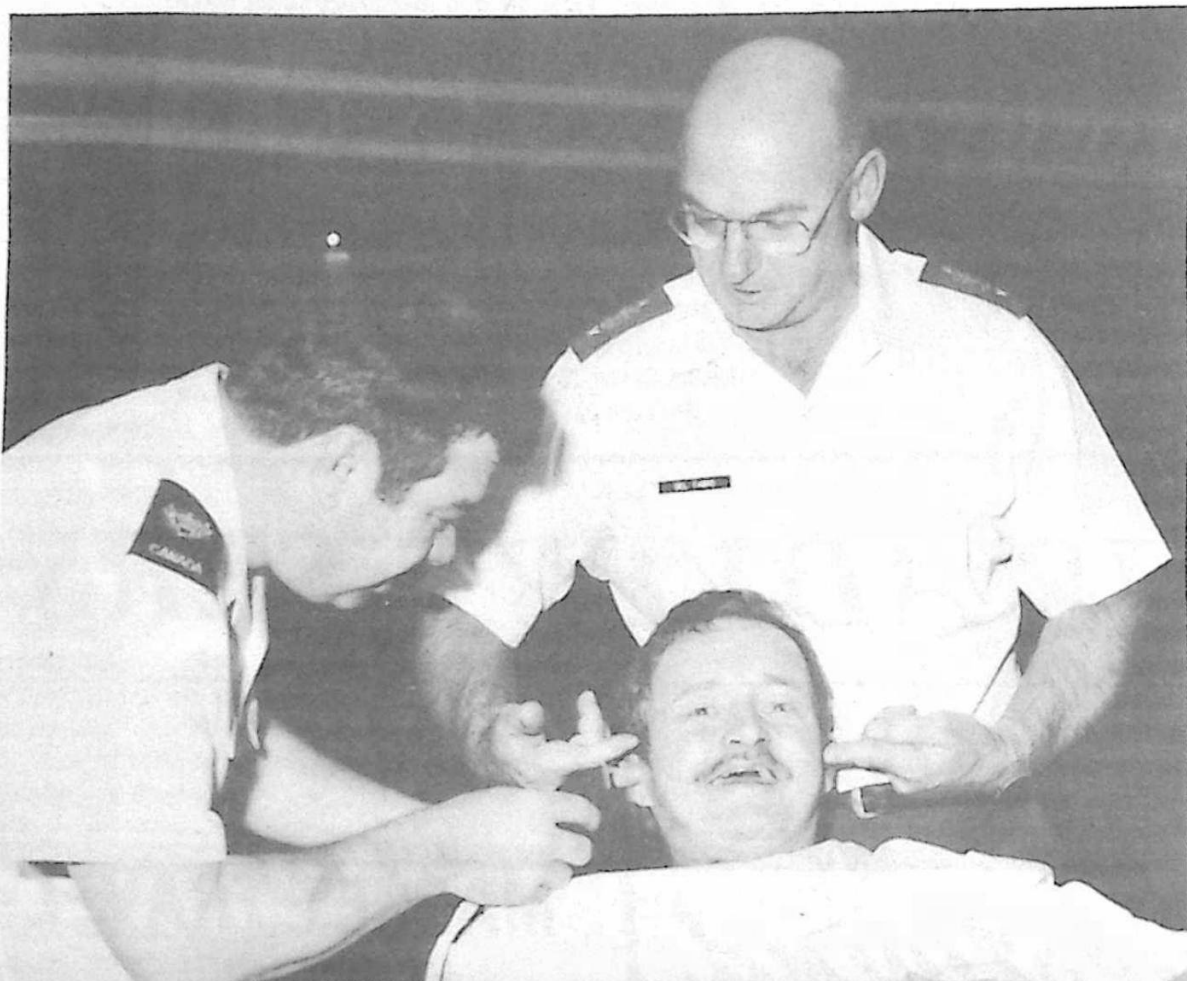
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LIFESTYLE

CE SECTION GIVES SAILOR A FACE LIFT

Sailor's Face Exposed



O.K. Jim the left one is in up to the second knuckle and it feels like the hole goes all the way through. Let's go for the right one! So says the Base Chief CWO Del Fabro as he and MWO Jim Howe measure up a poor sailor for a trim. The Chief inserted fingers as a hold down procedure for the very nervous sailor. (Base Photo).

The dastardly deed has been completed, on or about 1700 the 23rd Oct on stage during Bosses Night in the Jr Ranks Mess. With great skill and no small amount of daring MWO Jim Howe of the CE Section, razor and clippers in hand dealt the coup de grace to WO Paul Peacey's beard and satisfied the requirement set out in the "expose a sailor" draw. The Military Police Fund for Blind Children's coffers were increased five hundred and nineteen dollars. The BCWO now has less dress problem on base and the BOD and BOPSO were quite a bit happier also.

The first ticket drawn belonged to Capt Ed Goski of Base Operations who for reasons still unknown was not present. MWO Howe was ably assisted on stage by the BComd, PMC and V/PMC of the Jr Ranks Mess, and BCWO (duty sideburn measurement '0'). The "Shavee" was not overly concerned, until the "Shaver" got his charities mixed up during his acceptance speech, and nearly bolted from the chair, but in the end all turned out well and the medical staff waiting in the wings were not required.

The "Shavee" is still waiting for an answer to his original query regarding covered and uncovered faces...are there any takers out there in reader's land?

On a more serious note the "Shavee" would like to thank those who contributed to the draw by purchasing tickets. Special thanks to CE, MSE, 407 Servicing and Flight Line and BATCO for their support. Additionally Cpl Ron Fortin of VU33 Safety Systems for providing the central prop for the opening act.

NEW NAVAL RESERVE OPENING

OTTAWA -- A new Naval Reserve Division will be commissioned tomorrow during ceremonies attended by the local Member of Parliament, Mr. Pierre H. Vincent, on behalf of the Minister of National Defence.

The new division, to be called Her Majesty's Canadian Ship (HMCS) Radisson, is the second of three new naval reserve units being established in Quebec to increase Canada's naval presence in the province. The total cost of this new

unit will be approximately \$6.4 million. HMCS Champlain in Chicoutimi, Que., was the first division to be commissioned on 15 August 1986. The third division, HMCS D'Iberville, will be established in Rimouski, Que., next month.

HMCS Radisson started its activities earlier this year with some 74 Summer Youth Employment Program students who underwent a seven-week course of general military training. Most of the students are expected to become HMCS Radisson's first reservists, with

the support of a Regular staff of two officers and five non-commissioned members.

Once fully established, the division will consist of a crew of some 35 officers and 165 non-commissioned members.

Currently the unit is located at l'ecole D'Youville in Cap-de-la-Madelaine where it will operate from until the permanent accommodations are available on St Christophe Island in Dec 1989. It is anticipated that the construction contract will be awarded by Aug 1988.

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AROUND THE BASE

...more BAMSO

CONTINUED FROM PAGE 6
SAFETY SYSTEMS

It's plain to see various members of our shop are still watching Gilligan's Island repeats due to the amount of castaways we had. Our three Mouseketeers were taking an extended holiday in the tropic of Greenwood. Bill was rumoured to have been stuck in Toronto and Percy wasn't allowed into an airport. This resulted in his being "stuck" in Vancouver.

Bill has moved down the hall to the MSO's office and lonely cries of distress can be heard coming from the office every now and then as Willy grabs the bull by the horns. We'll miss you but you can still come and play cards when work permits. Ian took a trip to Reno and rumour has it he never did figure what time it was, he was too busy looking at

flashing lights and couldn't see the sun. Our shop has produced yet another Great White Hunter, as Sylvie joins the elite ranks of the Bambi killers by doing it the hard way, she had to chase him all over the road to get him.

As a last bit of info yours truly was promoted to Cpl and I'm looking forward to a first pay cheque. P.S. a certain Pte has been seen wandering around with an ATAT manual and a dazed expression on his face, can you identify him?

NDT

Well, here we are again in bold black print. We have been unusually busy here at the NDT lab. Brake and Wheel is sending us a constant supply of wheels. Once upon a time the wheels came one at a time but now we receive them in groups of three or four. Our new

ultrasound inspection, for the bearing race area of Aurora wheels, piled things up a bit until the technique was tried and tested and we all became familiar with it.

We've been to Pat Bay at least once a week since September in support of the Sea King helicopter. There was talk a little while ago about sending us to sea to maintain their inspection cycles. We all concurred that, that wasn't a very practical notion. There's another Buffalo inspection for us, if you noticed 1 Hangar glowing in mid October it was because of all the x-rays we took of the rear spar. We've almost wrapped up another T-33 inspection, only a few checks left.

Blake is back from another course in Trenton. This was a S.O.A.P. related course and

now he's checked out on the Spectrol equipment. While in Ontario he made a quick trip home and was able to participate in the Kitchener-Waterloo Oktoberfest celebrations - a treat that most of us can only dream about.

We're still operating on the third floor of 7 Hangar and hoping our flight line shop will be completed soon. We don't receive many visitors up here but we are much more accessible for the MSO.

We've recently had several applicants to the NDT field in for tours and interviews. We wish they could all come and work with us but can only bid them good luck at the selection board.

B.C. Heart Foundation

...more 442

CONTINUED FROM PAGE 2

Dwayne Fletcher managed to do his "Pele" impersonation very well until his foot contacted the ball and the Gym wall at the same time. Word has it that Fletch is now travelling across the U.K. on crutches...whether he will raise as much money as Steve Fonyo is unclear. In section movements, Capt Rudy Devries is rumoured to be heading over to AFIS in the new year to become part of the directing staff. Capt Rudge Wilson will be joining Capt Harv May and Capt Mary Bryant on the Searchmasters course at Cornwall in November. And finally Major Howe is now happy to be over his check-ride and fully operational so that he can go flying without the "Scuz" breathing garlic down his neck.

Classified

RATES

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

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- Bid for the private contracting of over \$200 million of provincial road and bridge maintenance operations, starting with a Phase One offering of Ministry of Transportation and Highways operations on Vancouver Island;
- Seek involvement in an expanded provincial computing and telecommunications system following consolidation of present voice and data networks, information retrieval systems and satellite capacity into

the B.C. Systems Corporation. While managing the consolidation, the government will identify opportunities for greater private sector involvement, including privatization of all or parts of the Corporation;

- Submit expressions of interest for the operation of nine provincial forest nurseries which provide seedling stock for reforestation;
- Submit expressions of interest for the operation of three regional testing laboratories - the provincial Environmental Laboratory, the Dairy and Food Laboratory and the Soil, Feed and Tissue Laboratory.
- Propose acquisitions or joint ventures with existing employee groups operating a provincial highway sign shop, the Queen's Printer publications and supply centres, the SupplyNet computer purchasing system, and a vehicle modification program for the ambulance services.

In British Columbia today, government is working to create opportunities in all regions... opportunities for greater private sector involvement in the B.C. economy.

Privatization and decentralization, targeted to community priorities, will provide opportunities for economic development and new

investment in these communities. And these twin initiatives will provide the services people need and want, while building a sense of ownership and pride in what has been accomplished.

You are invited to participate by registering your early expressions of interest on the adjoining form and mailing to:

Project Management Group
Opportunities BC
548 Michigan Street
Victoria, B.C.
V8V 1X4

Please print or type

NAME _____

ADDRESS _____

BUSINESS (IF APPLICABLE) _____

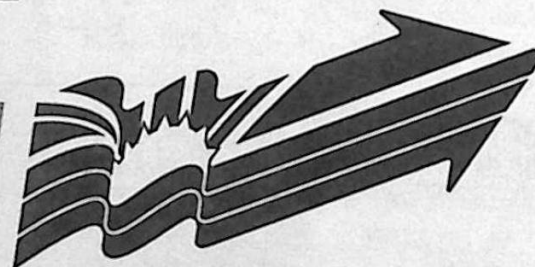
I am most interested in: (✓)

- ☐ Share purchase opportunities
- ☐ Contracting services
- ☐ Employee participation
- ☐ Acquisition opportunities
- ☐ Joint venture proposals
- ☐ Management or planning service contracts

OPPORTUNITIES BC!

BRITISH COLUMBIANS SHAPING THE FUTURE

Hon. William Vander Zalm, Premier



Our Next Deadline is November 16