

TOURS HERS



Canadian Forces Base Comox B.C.

VOL 30 NO 17 SEPTEMBER 29, 1988

NEXT DEADLINE IS MONDAY, OCTOBER 17, 1988

COST: PRICELESS

TOTEMS NATIONAL CHAMPS

CFB Comox First Pac Region Team To Win CF Title

Last Sunday night the CFB Comox Totems, the Men's Fastball Team, returned home as the winners of the Canadian Forces National Fastball Championship. Although the trip home was rather unorthodox, nothing was going to spoil the smell of victory for the team.

In the first game of the round robin the Totems faced CFB Lahr and won 11-5, in the second game they defeated CFB Ottawa 7-0. In the third game of the day they faced CFB Shearwater and came away with a 2-0 win. On the second day in the first game the Totems faced CFB Calgary and once again they were winners with a 7-1 win. The second game of the day was against CFB Petawawa and for their 5th straight win at 14-2 after 5 innings.

On Wednesday in the Championship game the Totems again had to face CFB Shearwater. In the top of the first, Shearwater took a 2-0 lead to put Comox behind for the first time in the tournament. In the bottom half the guys showed their true colours and proceeded to score 3 runs in the inning and continued to apply

pressure winning the game 5-2. To put things into perspective, they scored 46 runs for and had only 10 scored against them.

CFB Comox turned the first known triple play in Canadian Forces ball history. Just ask any team member on how it was done.

Due to the team only being allowed to register 15 players, including coaches, they unfortunately had to drop several players from the regular season team. From the team a special thanks to Pte Ray Ross who looked after our equipment, Pte Wayne Hartin, Sgt Gary Micklethwaite, and Pte Luc Lauzon were on course. Many thanks also to the PERI Staff for their support throughout the year and we are giving official notice that we will be back looking for bigger and better things next season.

From myself PO2 Higdon, I would like to thank all the guys for providing me with a super year of ball and a bag full of knowledge.

Finally, it was the first time a Pacific team has ever won a National Ball Championship.

BRAVO ZULA GUYS!



The above personnel are members of the 1988 Canadian Forces National Softball Championship Team: Back Row L to R Pte Wade Farrell, Pte Shayne Fedosenko, Cpl Kirk Waugh, Cpl Harold (Teddy Bear) Smith, Cpl Ian Dupuis, MCpl Brett Hatch, OS Dave MacMullen, Pte Barry Norris. Front Row L to R MCpl Dennis MacPherson (pickup from CFB Chilliwack), P02 Bill Higdon, Pte Gary O'Brien, Cpl Jack Picard, Pte Maurice Leger, Sgt Dave Bisskey.

NORTH WARNING SYSTEM PUT TO THE TEST

OTTAWA -- The ability of Canada to monitor and control its own airspace will be tested in an exercise named Baffin Magic from September 19 to September 25.

414 Squadron Challenger

aircraft will deploy from North Bay, Ont. to Iqaluit, N.W.T., to conduct operational testing of at least two and possibly three North Warning System Long Range Radars along the eastern Canadian coast.

The introduction and testing of the system's Long Range Radars are a significant milestone in the modernization of the North American Air Defence System, the eastern portion of which will be specifically exercised by Canadian Forces' Fighter Group aircraft.

A total of six Long Range

Radars will be tested. Three will be converted DEW Line Stations and three will be completely new sites located on Baffin Island and the Labrador coast.

The North Warning System will significantly enhance Canadian sovereignty through its improved detection capability, and the fact that it will be manned, operated and maintained by Canadians. All aircraft operating in Canadian airspace will be controlled from the Canadian Section Operations Control Centre at North Bay, Ont.

TRACKER FINALLY TAKES A BATH-



A Military First - A VU33 Tracker makes history by successfully completing the first trip through the bird bath at CFB Comox. For more information on the story see page 8.

"FISHWRAPPER" EXPOSED

 Section News
 .2

 Editorial
 .4

 Sports
 .9

 PMQ Contest
 .12

 Lifestyles
 .15

 Origins of the Species
 .16

OUR NEXT DEADLINE OCTOBER 17th-NOON

SECTION NEWS



Demon Doins



Summer is officially over and everything is back to normal. The leave period may have ended, but there are still several Demons away on cour-Two of those away on cour-Tremblay and his wife Tracy,

ses deserve special mention. Captains Ken Westerveld and Paige Cutland of Crew 5, recently departed for courses in Halifax. However, the night before departure Capt Steve Amo dragged Paige and Ken out on the town. The next morning Paige was woken up and realized he was running late and had yet to pack. With the help of his maid he was packed and driven to the airport with time to spare. Like a good navigator, Paige made sure to mark his route well. Fifteen minutes before the flight was to leave there was no sign of Ken. Ken was called, but his roommate Capt John Allcott had to drag him from bed. Ken had also not packed, so John threw a few things into a suitcase for him and sent Kenny off to the airport. Yes, Ken arrived with seconds to spare and we wonder if while unpacking in Halifax he discovered shoes, but no socks

Ken, along with Lieutenants Bob Barratt, Gord Crawford, and Tom "Sleepy" Norris, attended the ADAC course in Halifax. Tom kept falling asleep in ex-Demon Alex Marsden's lectures and was sent back to Comox. Anyone knowing Alex can sympathize with Tom. However, Tom actually had a reason for sleeping, he was diagnosed as having mononucleosis.

and shirts, but no pants.

Capt Larry Arnold recently flew his airplane back to Ontario on leave. On the return leg of his journey Larry was a few days overdue. The squadron expected to be called out for SAR Arnold at any time. However, Larry arrived safely, blaming bad weather for the delay.

Crew 7 Moosemen may soon be without an MPCO as well as a TacNav. Capt Pete Holst (TacNav) is in Toronto learning to write and Capt Richard Szegidewicz has been selected to try out for the Snowbirds. This time Shag's legs are short enough, but the VP Girth may be of some concern. Max Ward is reportedly disappointed.

There have been many arrivals and departures from 407 over the last month. Crew 3's Lt Mark Wisted was particularly happy to see the arrival of his new cabin boy, Lt Mike Palmer. Speaking of Crew 3, anyone wanting a gerbil can contact WO Bob Pokeda. But hurry, they're going fast.

On the topic of new arrivals, the stork recently visited the

home of Capt Spike Lavigne and his wife Julie, dropping off a new Demon, Andrew Lavigne. As well, several Demons decided it was time to denounce batchelorhood. Congrats to MCpl Walt Carroll and his wife Sherri, MCpl Luc

and Capt Pete "Scarface"

Holst and his long time nemesis

and now wife Jane. Nuff said.

The last couple of weeks have been pretty boring in the old Armament section. Our Lt has left us to have her fun taking pictures on a photo course in Borden. Sgt Steve will be representing Armament on Fincastle. Make us look good to the Aussies Steve. Dan Booth will also be going to Australia right before Steve just to make sure the Aussies know that Steve will be headed their way. Dave Oakes has become the winner of a beautiful trip for one to the wonderful winter paradise of Bordom, Ontario for a whole two months. He'll be going on his XG-9L course and we know he'll love every minute of it. Tom MacInnis will be gone from the section for a while; he's going on his JLC course followed immediately by Christmas leave followed immediately by his XG-9L course. Will anyone recognize him when he finally does come home or more like it will he

come home or just proceed on

I heard one silly rumour that

his next posting?

all our immediate bosses are scared of us poor junior Armourers. It must be true or else at least one of them would have showed up at the last Bosses Night. With the onset of hunting season two of our Armourers went out for a weekend of fun. Blair Kennedy and Jason Forese went out to take care of poor Bambi. Jason was heard to say "The only deer I saw was coming out of the back of the truck after Blair went for a little drive." Good shooting Blair, lousy eyesight Jason. With the end of the posting season the Training section decided they might as well do some work. They can be seen at the Arming Point wearing red bump hats, carrying clipboards and screaming at all the new Armourers they are supposed to be teaching to load the aircraft.

The annual 407 Sqn small arm qualifications will be starting soon and hopefully everyone will fire and have a good old time because the poor old Armament section has to work at the range while everyone else gets to play. Speaking of the range the big bosses had their own top gun competition on the pistol. The low scorers were so embarrassed they didn't show up

to clean the weapons. Guess EXERCISE program on the who ended up doing it; the CO, The DCO, the Flight commander and the Squadron Chief. Doesn't that make you feel good Archie?

P.S. The bosses, in all likelihood, would have shown up had the bosses been invited. Signed THE BOSS.

2 CREW SERVICING

The posting season robbed us of many good techs, I'd like to say goodbye and wish good luck to: Barry Sooley in Gander; Ron Ayotte, Al Huntly, and OG Pond in Baden; Jan Wind in Greenwood; and Stu Cameron in VU 33. We also lost Kevin Fleet and Doug Warriner to 3 Crew. While we are on the subject, welcome to Jim Helpard, Carl Smith, Phil Green and our new Crew chief WO Droulliard, we hope you

enjoy 2 Crew. The trend this summer was marriage! Marc Dufour was married in June, Mark LaRoche married in July and Mark Penney married in August. (This was a bad year for Mark's). Also, married this summer was Tod Wallace. None of the female members were foolish enough, but it looks like JoAnne is engaged and will therefore be married sometime in March, or is it Anyhow, congratulations to each of you and good luck and happiness.

With various people away on TD all the time it is hard to keep track of everyone but we all made it through the summer and hope the fall isn't quite so busy. Speaking of TD, Theresa and Marie would like everyone to know that Australia is a terrible place to go on detachment and that in future they will volunteer for Downunder Detachments to save everyone else from the horrible experience. For some reason no one

In recent news, we had our annual "Welcome-to-thenewcomers" party at the pavillion. Sue put together a great corn boil for the crew and a good time was had by all. Thank you for your efforts. We are looking forward to the Squadron sports day where we intend to win the softball tournament. (If not, I suppose we will still have a good time trying.) See ya!

WONDERFUL WORLD OF PHOTO

Starting with the more important topics, all you career minded individuals are asked to prepare a wish list and have your crying towels handy, as your very own career manager is coming to town (sung to "Santa Claus is Coming to Town''). Continuing on, a Sports Day requires your participation in golf or baseball on Thursday 29 Sep. Otherwise an

same day will most certainly benefit from your unsportsmanlike conduct. Congratulations to Gerald

(Bones) Fairbrother (of Base Photo fame) on his promotion to the rank of Sergeant. "Bones" has worked very hard to reach this managerial position. Good work and may you be recognized and rewarded again. While we are in Base Photo, a hearty welcome goes out to MCpl George McManus who arrived from Greenwood with her K-9 Corps, and welcome back to MCpl Rod Cando who returned after a short hiatus in ST Margarets, New Brunswick. Unavoidably, it is time for

gossip and other potentially damaging information. Starting at the top and working down through the sections, the mire and the muck has been disturbed. Filtering through the ooze we see that WO Jean Cote had visitors, unfortunately he missed them. It's not all bad however, as he received a commendation for extraordinary endurance on the golf course during this period. "warning" make sure that you and your family have a

washroom break before visiting at Sgt Brian Buttnor's house: rumour has it that his plumbing is under major renovation and not for aesthetic reasons either. Lori, Rob Granger's Reservist better half has returned from her Admin course in Borden and can be found working as a clerk in the MP section. No doubt to correct spelling errors on parking tickets. Cpl Neil Lauder has moved Cheryl's effects up from Victoria and put her work at the local Master bakery where they encourage all employees to work their buns off. And the piece de resistance, MCpl Terry Wood, currently undertaking a career course in Kingston, Ontario is returning this month. CPL Dawn Nickerson is house hunting which means that Landlord Cpl Laurie Roy will have to hang up his FOR RENT sign once again, and MCpl Real Denechaud and his trusty Harley can be seen heading out to various Island destinations for gatherings of other Two Wheeled motorized vehicle enthusiasts. In conclusion, I now hand over this pen to the next rumourmonger and eagerly await its return six months



Cpl MacEachern receives his accelerated promotion to Cpl from Capt Lamdry



12,000 people in the forest industry have just put a new name on top.



Crown Forest and BCFP are now working together as Fletcher Challenge Canada.

On September 2, the employees of two major Canadian forest products companies began working under a new name: Fletcher Challenge Canada. This combination creates one of the largest forest products organizations in the country.

Fletcher Challenge Canada manages some 40 facilities with more than 12,000 employees dedicated to producing and distributing quality forest products. The new company will benefit from greatly enhanced efficiencies and from economies of scale. Working together as Fletcher Challenge Canada, Crown Forest and BCFP also have the stature and financial strength to compete more successfully in international forest products markets.

The new company is an important component in the world-wide Fletcher Challenge organization headquartered

in New Zealand. The Fletcher Challenge group of companies, in Canada, United States, Australia, New Zealand and South

America, is among the world leaders in the production of newsprint and market pulp. The group is also a major producer of lumber, building materials, packaging, petrochemicals, and agricultural products. It also has major interests in construction. Total annual sales are in excess of \$7 billion dollars.

Fletcher Challenge Canada has committed more than a billion dollars to improve quality, to increase operating efficiency and to expand production capacity. These investments improve the company's ability to weather market fluctuations, and provide greater stability for employees, customers, suppliers and investors. It also helps to sustain a healthy economy in your community.

If you have any questions about the new company, write to us at this address: Fletcher Challenge Canada Limited, Public Affairs Suite 1840-1050 W. Pender St., Vancouver, B.C. V6E 2X3.

FLETCHER CHALLENGE CANADA



EDITORIAL

I'm sorry but I just don't buy

most. However you don't send a it! How can a National Olymsoldier to the front lines pic Committee send one of its without checking to see that he has enough bullets; or you players into the biggest sportdon't drop a search and rescue ing event in the world without doing a walk-around first? Hey technician into a crash site Ben, is your tie straight? Are without first checking his parachute. Surely the Canadian your shoes polished? Have you taken any steroids lately? Well Olympic Committee must have let's just take a peek into our foreseen the magnitude of a gold medal victory for Canada microscope anyway just to save and done more than "random our Nation a teeny-weeny little drug testing" to ensure that embarrassment. I was in the Officers' Mess they were sending a clean team to the Olympic Games. I think on Friday night and found

myself literally jammed into they're the ones we should the TV room to watch the 100 point the fingers at. meters final. When Ben John-When you put a Thoroughson exploded across the finish bred horse in the starting gates, line the place went crazy, as he's only thinking of one thing; the bucket of oats and the rub-I'm sure was the case all across down in the stables after the Canada. Everyone was cheering and high-fiving and race. He's not concerned so collectively claiming that "we much about the training or the sure showed them Yanks a travelling or the finances. He thing or two;" just like it was just knows that as long as he their own personal victory. wins he keeps getting the oats What a moment for an entire and the rub-down. That's the nation! What a feeling of way we should regard Ben Johnson...he's not paid to Now, of course this whole think, he's paid to run. He has steriod scandal is predicated on sacrificed many hours to train the final outcome of the inand workout so that our comvestigation, and Ben Johnson is mittee could take him to Korea so

certainly entitled to due

process. However, things don't

look good for our hero. So let's

play the "if" game. What if

Ben did take Anabolic Steroids

in order to enhance his perfor-

mance? What does he have to

gain from it? Well how about

millions of dollars in corporate

endorsements; being in the national spotlight when he

returns home to a hero's

welcome; and besides that he

told his mother that he would

win the gold for her. I'd say

he was under an incredible

amount of pressure to succeed.

So before you pass judgement,

that race.

oats...however big that may be. I think that right now Ben Johnson needs and deserves the support of Canadians, particularly from those people who are banning him from the Canadian Track team and chastising him for disgracing their good names. Hang in there Ben, I'm still with ya.

that he could win his bucket of

On another Olympic note I was slightly shocked over the reaction of the Koreans when one of their boxers lost a close one to a Bulgarian. The chairtossing, the ref-bashing...hey guys that's how wars are starttake a good long look in the ed. And I don't think mirror and try to explain to peacekeeping forces from New your reflection that you Zealand are going to show up. I wouldn't do anything to win guess our friendly protesters down the road in Nanoose Bay But is Ben Johnson the real are going to have to put up issue here? If you take a closer signs saying "Olympic Free Zone."

look you'll find that he's just one of the players, albeit Until next week, keep the slightly higher profile than blue side up.

BATTLE OF BRITAIN

The Battle of France was over. Norway, Denmark, France and the low countries had all fallen under the heel of the German Jackboot. The Battle of Britain was soon to begin. The Germans were able to field over 2,800 aircraft against a pitifully few 640 RAF

The opening shots were fired in July 1940 during scattered raids, mostly against coastal and shipping targets. By mid-August the Luftwaffe was striking further inland and on 7 September London's East end was heavily hit. But the German losses were extensive and on 15 September they suffered the costliest raid. In an attempt to regain the upper hand the Germans switched to night raids that continued on until May 1941. The Battle of Britain had become the turning point for the Allied Forces and finally came to an end on 31 October 1940. The famous "Few" had totalled just 3,300 airmen and included Brits, Canadians, the odd American as well as aircrew from other Commonwealth nations.



BASE COMMANDER COL GIBBON UNVEILS MEMORIAL. The Argus propeller blade was erected as a memorial to the memory of those crew members of Argus 20727 and Argus 10737, who gave their lives in the service of their



BATTLE OF BRITAIN CEREMONIES WERE HELD AT CFB COMOX ON 18 SEP



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OF GENERAL INTEREST



THURSDAY, SEPTEMBER 29, 1988

From The Top Rung

COL TED GIBBON

The hardest part of this job is not stemming the seemingly endless flow of paperwork that makes it through the various delivery systems nor is it the difficulty frequently encountered in rationalizing the aim and getting all of us moving together to accomplish it once the direction has been determined. No, the most trying aspect of my current occupation is accepting the frustration associated with encountering situations you have no control over and can do little or nothing about. Recently my wife and I have been devastated by the loss of close friends and professional associates in accidents. It is particularly difficult when young and vibrant people are taken from us just as they begin to realize their own dreams and achieve the success that was to be theirs through talent, application and determination. It is even more burdensome when you have been directly or indirectly involved with their development and to some extent shared their hopes and ambitions if not for their personal achievements certainly for the greater good of this country. The frustration I feel is not unique to my position it is one that we all share and are all too frequently forced to reflect on.

Now, you may be thinking that I am talking about those accidents that are inherent to the profession we have chosen. Not so! We devote considerable time and effort into teaching and employing safe habits and experience disappointment when our endeavours come up short of our expectations. Real frustration is experienced when the accident occurs outside of the environment we have some control over and in most cases it involves a car accident and all too frequently is not the responsibility of the victim. There is not one of you who hasn't been faced with the frustration I describe or felt deprived by the unexpected loss of a loved one, a friend or an associate who were a part of your own life. The most difficult staff duty I perform is writing a letter of condolence. Dammit it's frustrating. Be careful out there.

NATIONAL YOUTH ORCHESTRA **AUDITIONS**

accepted from young musicians for auditions for the 1989 National Youth Orchestra. All struments between the ages of chestra. 10 and 26 are encouraged to apply for a free audition. NYO auditions are held in more than 20 centres throughout Canada in November and December. The audition is designed as a training experience in itself and to stimulate interest in orchestral performance. Full scholarships of \$6,000 are granted by the NYO to successful candidates. Canada's NYO has been in operation since 1960. Its graduates can be found in many of the great orchestras of the world as well as forming the vast majority of young Canadians hired to fill professional positions in this country's orchestras.

The NYO has just completed its 1988 season with highly successful concerts given in Kingston, Ottawa, Toronto, Montreal and Terrebonne. Major pieces performed included Shostakovich Symphony No. 5, Bartok Concerto for Orchestra and Brahms Symphony No. 2. These con- 532-4470.

Applications are now being certs were conducted by Alexander Brezina, Simon Streatfeild and Gabriel Chmura, Music Director of the players of orchestral in- National Arts Centre Or-

> Each year eminent teachers and conductors from overseas are brought to Kingston to give professional guidance to young musicians in the art of orchestral playing, providing them with advanced training not available elsewhere.

> With the improvement of private instruction in Canada, an increasing number of young players attain the standard required to qualify for the NYO, but funds limit the number who can be accepted to 100. No academic requirements are demanded of applicants - the sole criterion for participation in the orchestra is musical

Audition applications must be submitted by October 30 and are available with all relevant information from the NYO, 1032 Bathurst St., Toronto, Ontario, M5R 3G7; telephone (416) 532-4479 or

IT'S TIME...TO JOIN THE GIVING - YOU MAKE IT HAPPEN

The CFB Comox United Way Campaign goal is \$25,000. The campaign is well under way now and every section on the base has an eager canvasser ready and waiting to take your donation. So, if you have not already given dig deep and contribute to this worthy cause.

The United Way is an umbrella organization that provides funds to 17 agencies in the Comox Valley. Donations by base members remain locally to benefit those in our community less fortunate than ourselves. This year over 10.000 Comox Valley residents will benefit in some form by contributions to the United

Let's show the Comox Valley our support by reaching, if not surpassing, our \$25,000 goal. Any questions can be directed to the Base United Way Coordinator, Lt Christa Robertson, local 8475 or Capt Rick Beddard, local 8437.



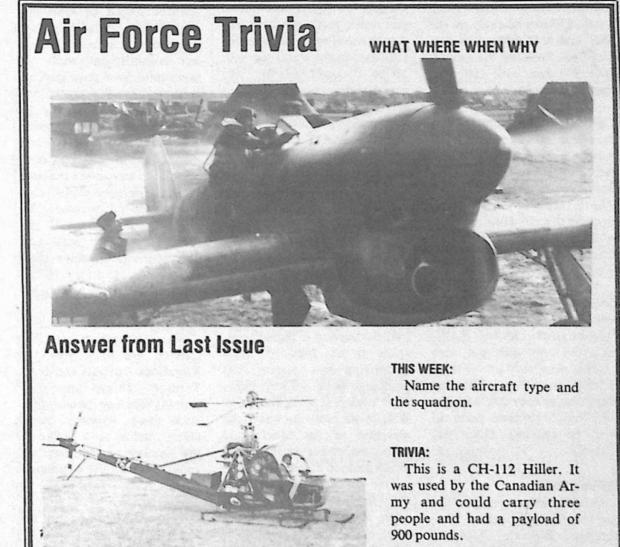
GIVE THE **UNITED WAY**



Col Gibbon raises the United Way flag to officially kick off the Base Campaign. Lt Christa Robertson, the Base Campaign Coordinator, gives him a hand.



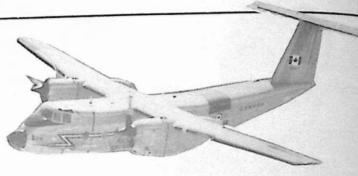
Capt Besnard eagerly accepts Col Gibbon's generous donation to the United



SECTION NEWS



442 SQUADRON



SAR SUMMARY

On the 8 Sep at 3:50 PM, just as the Standby Crews were thinking of taking the rest of the day off with pay, RCC launched the Buff to investigate why a 36 foot vessel was drifting, captainless, in Berkely Sound near Port Alberni. Enroute the Buff crew was advised that the people from the vessel had been picked up by a passing yacht and to now proceed to the Qualicum area to track down an ELT. As the Buff landed at the Qualicum Airport, to determine exactly which aircraft was transmitting, the owner turned it off. The Buff then aborted it's take-off due to engine problems and the crew enjoyed fine dining at the "Shady Rest" in Qualicum while a repair team drove down from Comox.

Two days later R-454 was sent to the assistance of a yacht taking on water near Nanaimo. As the Coast Guard hovercraft was fifteen minutes away the vessel requested an immediate pump drop. This, of course, was dispatched from the Buffalo with deadly accuracy, the water pumped out, and the yacht escorted to harbour by the hovercraft.

A logger with a broken leg was medevac'd from Goat Lake to Powell River on the 17th of Sept. Due to the dense forest the helicopter was required to hover at 200 feet and use a Stokes Litter (There is only 250 feet of cable on the hoist and it is difficult to see your SAR Techs on the ground from 200 feet with 100 foot trees all around!).

Finally, and as usual, there were numerous callouts because people failed to check their ELT or close their flight plan after landing and others didn't secure their boats properly thereby allowing them to drift unmanned into open water resulting in another Search and Rescue Callout.

Speaking of forgetting to advise people...the Rescue Coordination Centre (RCC) suggested that for our next SAREX we should advise them of where we put our simulated crash sites so they don't receive calls about airplane parts all over the beaches...O.K. Maj Howe?!

BUFFALO CHIPS

SAREX '88 was a real success for the Buff Crew of Vanderspek, Roberts, Mulder, Howard, Gaudreault, Ainslie, and Maloney. Came in third

overall but first in good times! Capt Vanderspek the Flight

Pole Hog (65 hrs last month) will be leaving Comox tomorrow. He's off to Lahr to fly Dash 8s. The Sqn will miss him very much...well, maybe just a little bit. Anyway, enough that we plan to take a Buff to Europe next week to recce his new accommodations! Good luck on that trip.

Capt Bedard recently added a new line to his Final Check for STOL landings, "Be prepared to take control." Scarey, isn't it?! Capt Leslie is right a happy guy. He finally upgraded to FO II. That didn't take very long. Time flies when you're having fun, eh, Tim?

The Boss, LCol Jay, will be sitting on the Captain to Major Promotion Board. Sir. if you're reading this, all the eligible Captains would like to say, "We miss you," and "Hurry home with the good

FLIGHT ENGINEERS

The 442 Engineers are adjusting to the onslaught of cooler weather and the doldrums of fall by doing the intelligent thing, which is run-

I mean really, why split three cords of wood when you could go to Tustin, California for nine days on the CH-46 simulator, as MCpl Richmond is doing, or why dig out your longjohns when you could be off to Germany as is MCpl Caughy on leave, and would you rather turn over your garden or travel to the interior for four days in the warm sun with MCpl Dionne? Maybe you would rather turn up the heat and turn on the T.V. instead of going on a training exercise with the SAR Techs for nine days...with Sgt Cutler! Mind you there does seem to be a few of our people with a slight case of spatial disorientation. Sgt Brown and Cpl Prevors are headed north for four days of cold weather climatization or is it really old home week for Sgt Brown? MCpl Fisher is headed to Borden, of all places, for a

S.I.T. course! Even though half our section is moving out, there is no fear of compromising our operational readiness as the SAR Techs have been practicing the art of Billy Pugh pick-ups under the direction of Sgt MacDonald who now wishes he didn't instruct quite so much. One of our Sqn CASARA

trips recently had to deal with some unfamiliar surroundings after being forced to land in Whistler due to deteriorating weather! Wow, what a bad

break! I understand one of the world's longest pre-flights took place the next morning as our Engineers took extra care to ensure a safe aircraft in case any more bad weather was en-

For a certain Sgt of 435 Sqn in Edmonton, an ex-442 member if you are reading this you should sit down. Do you remember a fridge and stove you had in storage with a current member of 442? Well, he just sold it to a new member of 442. What are friends for.

To our beleaguered MCpl Bert Howard, there really is fish in the Georgia Straits, keep

FROM THE SNAKE CHARMERS

A big 442 welcome goes out to the newest members of SAMEO Flight...Sgt Al Stephens makes a coast to coast move after six and a half years at Shearwater and Cpl Michel Corneau (brother of Nathalie) and his new bride Melyse who just arrived from CFB Chatham. Unfortunately for Michel and Melyse a service family's biggest fear has materialized...the movers have lost all of their F & E. If it doesn't show up soon maybe we can call out the Sqn to search for it!

An "atta-boy" is definitely in order for WO Dave Paquet, Sgt Mark Antoine and all members of Buff Maintenance for their Hurculean efforts in completing 458's periodic inspection ahead of schedule. It's this kind of dedication and diligence that allows us to meet our commitment each and every time. Well done guys and

Well, well we finally got CH11307 back from Trenton. It still remains a mystery how it was flying so well at Comox and all the way across the country yet once it got into 424 Sqn hands suddenly became a bag of! Maybe 424 Sqn should look into getting an exorcist to rid themselves of the gremlins...and no...Capt Clarke did not re-enrol and go to Trenton!

Maj Mohns and Sgt Gerry Lauzon are back from the Vibrations Analysis meeting in Trenton. Things should be running nice and smooth now! (sick pun). Rumour has it Gerry tried to set a record for the number of free beer one could drink on the commercial flight from Vancovuer to

Congratulations to Jim and Heidi Laroque on the birth of a boy, Matthew James William Maurice Laroque.





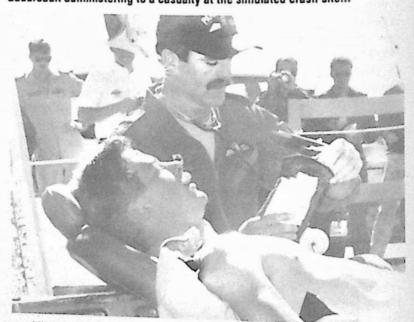
BGen Terreau Comd ATG presents CD to MCpl Mario Guitard.



BGen Terreau Comd ATG presents CD to Cpl John Raine.

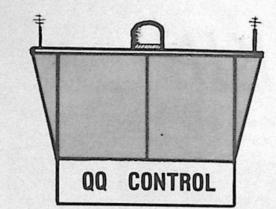


The 442 Sqn SAREX Team. Shown here are MCpl Maloney and Sgt Gaudreault administering to a casualty at the simulated crash site...



...while MCpl Ainslie reaches for his sunglasses.

SECTION NEWS



As The Beacon Turns

We have just entered the autumn season, and for us ATC types that marks the beginning of our "Miracles on Ice."

Intersection Curling will get underway in early October. If you're interested see K.Y. We are desperately trying to sign Capt "Two Turns" T.J. Jones as a skip this year, and I think we are very close to finalizing his contract. It looks like we may just finish the season in the top 24.

If it's hockey you're interested in, see Steve Tinker or Martin Gagnon. The details I've received thus far, is that Tom Banks has ended his holdout and will relinquish his coaching duties to join us on

JUNIOR RANKS CLUB NEWS

COUNTRY & WESTERN NIGHT

30 SEP 88 2100-0100 HRS

DANCE TO THE COUNTRYMEN

WE'RE HAVING A CONTEST!

DESIGN A JUNIOR RANKS CLUB LOGO (for our t-shirts)

AND YOU COULD BE A WINNER. FOR MORE DETAILS,

We are celebrating the Museum's first Anniversary.

New Item: A clock made like an altimeter

(something for the man who has everything). Why

not start your Christmas shopping early!! Offer in

effect from Sep 12-30, 1988

At the gate of CFB Comox

Pins

Books

Posters

Mugs

To celebrate we are reducing all prices by 10%.

Laser Prints

T-Shirts

Models

Edition Prints

CONTACT CPL LAVIGNE AT 8430.

most of the season while he's in Cornwall. Actually "WO Tack" is hoping to crack the Cornwall Royals' lineup. He feels his aggressive style of play and goal scoring will be a big asset to any team. MWO "Soupy" Campbell still insists on playing for the Oldtimers, obviously unaware that our team has lifted the over 50 restriction. There's also talk of the team wearing the colours of the L.A.Kings this year. A team that looks good will play

Lt Phil Robinson has returned from his one month period of sick leave. Phil's major project now is to get the

the ice. Dave Tack will miss massive Chevy Nova on the road for the ski season.

> The Entertainment Committee is planning another Halloween Party this year on Oct 29th. If our party last year is any indication, then this year should be another great one.

I know of many folks at work who have spent countless hours on the water this year in search of the elusive "over 20 lb salmon." If you'd like some tips see Capt J. McQuade. Jan pulled in an enormous, monstrous 22 lb flipper last weekend in Port Alberni. I'm sure she'll enter the Gravel Pit Fishing Derby next year.

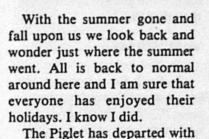
403 REUNION

403 Squadron is planning its fiftieth anniversary reunion in 1991. We are compiling a list of all present and former members of the Squadron. Anyone who has served with 403 Squadron is asked to send their address and that of as many of their former Squadron mates as possible to:

Commanding Officer 403 Helicopter Operational Training Sqn CFB Gagetown Oromocto, NB, E0G 2P0 Attention: Lt.D.Dash

Stalk & Strike

RIPPLES FROM THE **BEAVER POND**



his rainsuit for CFS Holberg and Mother Sow seems to be getting along a little better. As the Piglet was preparing his house for new occupants he was taking some excess bricks from the roof back to the main floor and this was his explanation of the accident he had. "Thinking I could save time, I rigged up a beam with a pulley at the top of the house and a rope leading to the ground. I tied an empty barrel on one end of the rope, pulled it to the top of the house and then fastened the other end of the rope to a tree. Going up to

back down and unfastened the rope to let the barrel down. Unfortunately, the barrel of bricks was now heavier than I and before I knew what was going on, the barrel jerked me up in the air. I hung onto the rope and halfway up I met the barrel coming down, receiving a blow on the left shoulder."

the top of the house, I filled the

barrel with bricks. Then I went

"I then continued on up to the top, banging my head on the beam and jamming my fingers in the pulley. When the barrel hit the ground, the bottom burst spilling the bricks. As I was now heavier than the barrel, I started down at high speed. Halfway down I met the empty barrel coming up, receiving severe lacerations to my shins. When I hit the ground, I landed on the bricks, receiving several cuts and contusions from the sharp edges of the bricks. At this point I must have become confused, as I let go of the rope. The barrel came

As you can see the Piglet had all kinds of problems just as he was about to depart. Thankfully he was not seriously hurt.

down, striking me on the head

and I woke up in the hospital."

In the recent past the Military as a whole has been quite concerned with the weight problem in general of all its members. Rumour has it that some SOWs (Seriously Over Weight) are planning a SOWs Mess Dinner. I would imagine the menu would contain entries such as a variety of salads and

diet wine. Of course the guest speaker would be the Chief Hog with such notorieties in attendance as Mother Sow, the Piglet, Townhouse and others too numerous to mention.

As a serving member myself, I feel the attitude of the Military towards the weight problem is headed in the right direction and in no way wish to offend any individual who may have been identified as a SOW. CHIMO!!!





SERVICE STATION

PRIZE DRAWS

FIRST PRIZE: 30 LITRES GASOLINE

SECOND PRIZE: AUTO EMERGENCY KIT

SECTION NEWS

ANKER KLANKIN'

Two very important events in the Fighting 33rd's exciting fall season have recently taken place. Two weekends ago the Sqn deployed to Rock Bay B.C. for our annual survival training exercise. Once again the majority of Sqn personnel participated in some challenging outdoor pursuits and enjoyed a wilderness mess dinner. An excellent time was had by all, and no one returned any the worse for the experience. Many thanks to Sgt Ted Town and his crew of willing volunteers for all their fine

This past weekend we had the pleasure of hosting a return visit from VRC 30, our sister Sqn from North Island Naval Air Station in San Diego. California. Commander Zachary brought 24 members of his Sqn to Comox in three different types of aircraft: a Grumman C-2 Greyhound, a Beechcraft C-12 King Air, and a Rockwell T-39 Sabreliner. The responsibility for organizing a fun-filled weekend fell squarely in the lap of Capt Wayne Cuthbert, who discharged his duties with characteristic elan. Our guests were treated to a barbecue and hot tub party at his house on Friday; fishing, sailing or golfing on Saturday followed by another bash at Capt Orlando Bokor's Den of Inquity; and a Sunday send-off breakfast at Smitty's.

Unfortunately, Maj Arsenault was in Halifax this weekend on San business and was unable to meet his opposite number from VRC 30. You missed a great party, Sir!

on his Eastern Canada tour was Summerside, PEI where he attended 420 Air Reserve Sqn's Colours Presentation. Accompanying Maj Arsenault on the trip is long-time Tracker pilot, and Comox BFSO Maj Rollie Acorn. If any of Rollie's friends came out to the plane to welcome him to Summerside they can be excused a "Doubletake." His trademark green beret is gone and has been replaced, at least temporarily, by the blue wedgie that Maj Arsenault insists that he wear for the duration of their cross-

Two weeks ago DCO Capt Greg McQUAID, SAMEO Capt Bill Snow, and Sgt John Motyer made history by being the first to take a Tracker

through the "Bird Bath." The trial went much as expected although most of us expected the crew to emerge much wetter than they did.

The Rock Bay adventure trip

has come and gone for another

year. With the high winds and

cool weather it was an adven-

ture out on the water for the elusive fish. Sgt Oscar Grubwieser coming in Friday with the biggest saltwater catch, a 121/2 lb cod. Cpl Dean Young caught the biggest freshwater fish, a very nice trout. Back on the ground, we were having a volleyball match with the servers waiting for a gust of wind just right to get the ball over the net. The winning team consisted of Cpl Martin Lavigne, Capt M. Baggaley, Cpl Chris Shelly, Pte Pierre Boivin, Cpl Dan Dureau and Retiree Merv L'Arrivee. Our after the "Mess Dinner" entertainment this year had us rolling in the aisles. The winners of the first Rock Bay skit award were 2 Crew's Z. Z. Prop with their answer to Gypsy Rose Lee Frank Dumoulin. The officers of VU 33 proved their dexterity by winning the "safe" water toss and then going on to give us a brand new skit. Glen Caslake is now the proud owner of a radar detector from the Friday draw. The food as usual in Rock Bay was put on by Cpl Ron Fortin and crew. Good work people! Seems like some people came back a few pounds lighter though, must be due to

Now for some news from the crews. 1 Crew is very quiet these days but we do know Cpl Dean Young will be away for One of the CO's other stops awhile to do his Tracker A/F

all the exercise.

2 Crew had their farewell dinner for Ray Webber and the report is that it was a huge success putting many BMIs in jeopardy. Troy Jaggard is back from his honeymoon and has returned to the crew, so now I know where to write about him. MCpl Harry Weeds is off to Victoria this week for a Lifeskills course. Back to Rock Bay, Tony Pasolli has been voted the Minnow Award. Seems one poor little trout not only bit his hook but swallowed the whole thing. Also the squadron is collecting donations for a new freezer for Sgt Grubwieser. It seems that his 121/2 lb fish just keeps on growing bigger with every

Maintenance reports that Cpl Paul Nolan is on his Field Survival course learning what bugs and greenery he can eat while on salvage and recovery. Cpl Martin Lavigne will be away for his T-Bird A/F course. The other Lavigne is still keeping all of us in stitches with his one-liners. Cpl Jones is off to Victoria with MCpl Weeds for his Lifeskills course. Lastly from maintenance is something about not letting your newly painted car be washed with a Turbo Brush. Seems it leaves terrible circles everywhere.

Last time from Safety Systems we said hello to Cpl John Redmond, this time it's goodbye. John is off to 442 Sqn soon. I guess we all just come and go.



Cpl Martin Lavigne VU 33 Tech of the Quarter. Apr



it s just a precaution," says vosa samed capt bill snow. The two snorkle-clad aircrew are Sot John Motyer, on the left, and Capt Greg McQuaid who are preparing to take the Tracker on it's inaugural journey through the "Bird Bath"



OUR NEXT DEADLINE-OCT 17th

PASS YOUR B.M.I. TEST WITH FLYING COLOURS

COURTENAY **AEROBICS**

TONE UP **GET STRONG** LOSE WEIGHT ... FEEL GREAT

WITH A REGULAR EXERCISE PROGRAMME DESIGNED TO SUIT ALL FITNESS LEVELS - SQUARE ONE TO WORKOUT AT CLASS TIMES RANGING FROM 6:45 A.M. - 7:30 P.M.

give us a call and ask about our

EMPLOYEE FITNESS PROGRAMME

THURSDAY, SEPTEMBER 29, 1988

SPORTS & RECREATION

Glacier Greens Members Take The Green Jackets

The Second Annual Comox District Free Press Public Links Golf Tournament has been decided. 32 golfers played off on Sat 17 Sep and the 8 finalists on Sun 18 Sep at Glacier Greens. The 8 finalists braved five hours in gusty winds and cold drizzle to decide the winners. This year Glacier Greens cleaned up when Millie Hudson and Jerry Boucher won the honour to wear the coveted "Green Sheet"



L-R: Bill Holden (3rd, Mens), Sam Brown (4th, Mens), Glady Mitchell, (4th, Womens), Jerry Boucher (1st, Mens), Edith Albrecht (2nd, Womens), Millie Hudson (1st, Ladies), Phil Bickle, (Publisher of the Free Press, president of EW Bickle Ltd.), Rose Jacobson (3rd, Womens), Jane Howard (tournament organizer & promotions director of the Free Press).

Missing: Jim Patterson (2nd, Mens). (Photo by Susan Quinn)

JUNIOR GOLF WINDS UP SEASON

The Glacier Greens Junior Golf Program came to a close this weekend with their JR Club Championshop held on 17/18 Sep.

The Junior Club Championship for 1988 was decided on the second hold of a sudden death playoff between Colin Blake and Shawn Fortin who both finished with 173. Blake won the match on the Par 3 No. 2 Hole by sinking a four foot putt.

Shawn Fortin losing the Low Gross Playoff moved into the winner of the Low Net Trophy with a net 137. Mike Warriner was 2nd Low Gross with 182 and Dean Verdenhalven was 2nd Low Net with 138.

The Junior Program jumped from 2 players in 1987 to 17 in 1988. Nine of these juniors competed in this year's club championship. The Junior Chairman and all junior players would like to thank the GGCC Ladies Division and Jim Nolan for their financial support throughout the year.



Junior Club Champion Colin Blake receiving Trophy from Jr. Chairman



The 1988 Junior Golf participants. Back Row - L-R: Brian Creed, Shawn Fortin, Mike Warriner, Adam Stefiuk, Trevor Won and Dean Verdenhalven. Front Row - L-R: John Scott, Jr Chairman Ted Sauve and

PERFECT

BC SOCCER **ASSOCIATION** CLINIC 3 REFEREE

CFB Esquimalt will host a Class 3 Referee Clinic from 28-30 Oct 88, beginning at 1900 hr Fri 29 Oct and finishing 1600 hrs Sun 30 Oct 88.

Cost will be \$35, R & Q available at Esquimalt.

Military personnel wishing to attend are to contact the Base Rec Centre at loc 8315 NLT 12

GLACIER

GREENS

GOLF CLUB

A DEAL FOR SWINGERS

Membership in the Base Golf Club is available to Base Per-

sonnel, Dependants and Retired DND Employees. The Oct

rate is \$100-single, \$161-man/wife. We are active 12 months

of the year. Regular Sunday competitions all winter long. It's

FACILITIES OPEN TO ALL RANKS

BAR-LOUNGE-CABLE TV-GRILL

RESERVE NOW FOR YOUR

SECTION XMAS PARTY

INFO 8592

MEETING

OCT 12 - 7 PM

PICKLE BALL TOURNAMENT

Wednesday 26 Oct 88 will be a Pickle Ball Day (0800-1600 hrs) at the Base Rec Centre. Let's find out who's the best male, female on base. The registration deadline is the 19th Oct. Entry fee: \$2 - for more info call 8315. The Base Gym floor will be closed on the 26th Oct 88 due to the Pickle Ball Tournament. Other facilities remain open during that day.

PREVENTION/TERRY FOX RUN

The Fire Prevention/Terry Fox Run Walk or Bike will be conducted at CFB Comox 14 Oct 88 1300 hrs. All military and dependants wishing to support this event are requested to contact Base Gym 8315 to register and to pick up pledge sheets. Although the Base combined with the Comox Valley Assoc. for the Terry Fox Run on 18 Sep 88, participation was minimal. The event on 14 Oct is a chance to show the general populace that Military personnel are concerned and dedicated to find a cure for cancer. Let's get involved. Further information is forthcoming via flyers and an Admin Order.

BASE BOWLING LADIES WEDNESDAY AFTERNOON LEAGUE

A few vacancies exist for the 88/89 bowling season. Those interested please contact Matlene Allott at 339-5767 or 7:30 PM below Sid Williams Pat Andrews at 339-5729. Bowling starts Wed 21 Sep 88. strengths welcome.

A SMASHING EXPERIENCE

Badminton is a game which consists of hitting a plastic or feathered shuttle back and forth over a net. Almost anyone with strength enough to wield a racket can play. While ranking players compete under precise rules and controlled conditions, it can also be an informal family sport. It is inexpensive and any member of the family "from six to sixty" can

Many of the thrills and most of the charm of the game derive from the shuttle. When tapped gently, the bird flies with feathery softness. When stroked powerfully, it seems to go like a bullet. However, it decelerates quickly and therefore it is possible for even a beginner to defend against all but the mightiest shots of a more experienced opponent.

INTERSECTION BROOMBALL

Intersection Broomball meeting 1 Oct 88 at 1545 in Rec Centre. Sections/Units encouraged to attend.

BADMINTON CLUB

Meeting on 3 Oct 88, 1545 hrs at the Rec Centre. Interested personnel are encouraged to attend. For further info contact 8315.

COMOX VALLEY CHESS CLUB

Meets every Wednesday at Civic Theatre. Players of all

THINK SNOW

Another outstanding ski season is rapidly approaching and I hope everyone is exercising their bodies and waxing their skis in eager anticipation. To get everyone excited and thinking about the mogulbashing ahead, the CFB Comox Ski Club will be holding their Annual General Meeting and Meet and Greet at the Glacier Greens Club House at 1900 hrs, 19 Oct 88. An election of the Executive and discussion on club activities for the winter will be presented as well as displays and demos from both ski areas and all of the major ski shops in the

An active program is planned for this year with Bus runs to the ski hill, Base Ski Days, trips to Whistler, BlackCombe, Baker, Mt Cain and other wild exotic places and our annual ski wrap-up dance are planned. A ski swap for late Oct 88 is also hot in the works. So come out and support the largest recreational club on the base and have a great time while you are at it. Cost to join is \$5 for students or those on TD, \$10 for singles and \$15 for a family membership. More info can be obtained from Jim Kightley loc 8304, Corina Miller loc 8497, Beth Armstrong loc 8524, Allison Randall or Weiner Lavigne loc 8236.

AUTO HOBBY CLUB

A general meeting will be held 3 Oct 88 at 1300 hrs at the Rec Centre in order to form an auto hobby club. All grease monkeys are encouraged to attend. For more info call local 8315....

OFFICERS' MESS LADIES CLUB

The first function for the Officers' Mess Ladies Club was a Wine and Cheese, "Meet & Greet," held on September 21. The evening started with a mixer which gave everyone a chance to get acquain-

The evening's business included greeting our many new members. We hope you are enjoying our lovely Valley and will enjoy the year we have planned for our Club.

Our new executive was introduced and includes :

Honorary President	Anne Gibbon	
President	Kathy Marquis	338-8503
Vice President	Monique Godwin	339-0712
Secretary	Diane Collins	339-5238
Treasurer	Susanne Niewiadomski	339-6992
Entertainment	Angie Bolton	339-7460
Co-Convenor	Sherry Snow	339-3525
Refreshment	Bonnie Norrie	338-7265
Welcoming	Helga Jones	339-7308
Publicity	Bev Whitall	339-0562
Telephoning	Amy Ormsbey	339-0778
Bridge	Rejean Arsenault	339-5948

Rejean Arsenault brought greetings from Ladies Bridge, which is held the second and fourth Wednesday of each month. Rejean extended a welcome to new members and those who would like to learn or spare.

Angie Bolton gave a short description of upcoming events. In December we will pairing up with the men for a Mixed Mess Decorating party. A meal is supplied and the evening is always a great way to launch the festive season.

November will be our ever popular Fashion Show. The entertainment committee is hard at work on this event and it promises to be a treat! This year tickets will not be sold at the door, so be prepared to purchase these early. Tickets, which are \$5, will be available at our October meeting or from Angie Bolton (339-7460).

Our October meeting is guaranteed to be an exciting evening with a Penny Auction planned. Your tastebuds will also be tempted with scrumptuous treats. The admission charge for the evening will be an item to auction off. Your cast-offs may be someone else's treasure! Don't worry if you forget your item or can't part with anything you can still pay the usual charge of \$1 for members and 119 Little River Road \$4 for guests at the door. See you there!

.NEW CHEF

.NEW MENU

.NEW DECOR

.FRIENDLY TABLE SERVICE

COMOX VALLEY'S

ONLY COLD BEER

DRIVE THRU

SALES

ROAD TO KIN BEACH

LITTLE RIVER RD & KIMORLEY

339-4466

ENTERTAINMENT FRIDAY & SATURDAY 9 TILL 1

THE GRIFFIN PUB

COME FLY WITH US

NOW OPEN

UNDER NEW OWNERSHIP

CORDERADA ANTE SE VALUE DE L'ADRES DE L'ADRE

VOLUNTEER DIRECTOR POSITION

The CFB Comox Family Support Centre invites applications from qualified individuals who would consider working as Director of the centre for approximately 15 hours per week.

Duties involve the coordination and supervision of volunteer staff, including screening, selection and training; program planning and implementation; administering a monthly budget; liaising with the steering and community advisory committees.

Preferred Qualifications a university degree or college diploma in a related field i.e. B.S.W.; Human Service Worker Diploma. Several years work experience in the area of human and/or social services, preferably at the supervisory level. A thorough knowledge and understanding of working with a volunteer staff.

The unpaid position is currently under review and may be funded at a future date.

Please send your resume with the names of three references who may be contacted to:

The Director CFB Comox Family Support Centre

Lazo, B.C.

OUR NEXT DEADLINE-OCTOBER 17th

FINANCE, CROWN CORPORATIONS AND GOVERNMENT SERVICES

PUBLIC HEARINGS

Commencing 9:00 a.m. The Westin Bayshore 1601 West Georgia Street

> Commencing 9:00 a.m. Parliament Buildings

The purpose of these public hearings is for the Committee to receive submissions respecting the financial planning

Those wishing to appear at any of the above locations should notify the Clerk of Committees as soon as possible.

Address all correspondence or inquiries to:

Mr. Craig H. James, Clerk of Committees, Room 236, Parliament Buildings, Victoria, British Columbia V8V 1X4 Telephone: 356-2933 Fax: 387-2813

Mr. Jim Rabbitt, M.L.A. (Deputy Chairman)

Mr. G. Clark, M.L.A. Mr. C. D'Arcy, M.L.A.

FAMILY SUPPORT CENTRE

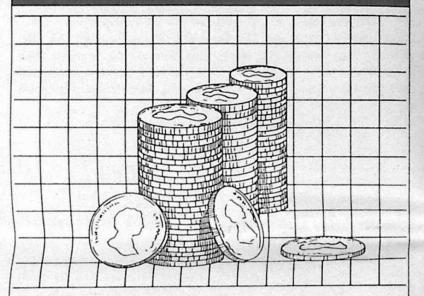
River Road! Our CFB Family on surveys for child-minding Support Centre sends out a and a bus service at CFR welcome to all the new service Comox. Twelve members personnel and their dependants in the area and we would like to meeting where we discussed remind everyone that our centre is open and manned by Thank you was offered to all volunteers from 9 - 3:30 every weekday. Drop-ins are their time in the past. We would like to bring to welcome. Coffee and information are given freely. We are everyone's attention our need

regrouping our forces at the for more volunteers to fill out Centre, having lost a very able our roster. If this interests you director in Jill Sutherland due and you would like to see how to a posting back East and are the centre runs, please call or currently looking for a drop in to our facility and ask graciously filled in since Jill's list. This facility has been put departure.

has met and, after consultation with the volunteers, had decided that one of our current Centre!

Greetings from 119 Little projects will be to concentrate showed up for our Sept 19th short and long-term goals and a the ladies who gave so freely of

replacement to take over from the volunteer in attendance Linda Beatty who has how to get on the volunteer's together with much thought Our Advisory Committee and care and has the potential of being a thriving part of your community...see you at the



British Columbia Legislative Assembly

SELECT STANDING COMMITTEE

ON

FINANCIAL PLANNING INDUSTRY

Monday, October 17, 1988 **VANCOUVER**

Tuesday, October 18, 1988 Commencing 9:00 a.m. Capri Hotel 1171 Harvey Avenue KELOWNA

Tuesday, October 25, 1988 Douglas Fir Committee Room VICTORIA

and advisory industry in British Columbia.

MEMBERS:

Hon. B. Smith

Hon. M. Couvelier Hon. J. Jansen Hon. A. Ree

Hon, E. Veitch Ms. D. Marzari, M.L.A.

CANADIAN **FORCES UPDATE**

THE GRAND OLD LADY RETIRES

The Canadian Forces have flown in her who still rememretiring the venerable old and the grand old lady she still Dakota aircraft, otherwise is. known in military and civilian circles as the C-47, DC-3 and her retirement include a Gooney Bird. And when the ceremonial tour of Canada by last of the fleet is retired in two aircraft pained in colours March 1989, Air Command in- used by RCAF aircraft tends to send the aircraft into deployed in Malaya and retirement in fine style.

THURSDAY, SEPTEMBER 29, 1988

The "Dak," as she is known to her closest friends, first flew in 1935 and entered service with the Royal Canadian Air Force in March 1943. Since then, the mainstay of many countries' air forces, the Dak has been used in numerous roles. In Canada, the Dak's last role is as a transport aircraft operated primarily by the Air Reserve. But like her predecessors in the aviation world, she has finally outlived her usefulness to Canada's military - technology has caught up with old master of the skyways. Replacing the oldest aircraft in the air force's inventory will be the Dash 8 from deHavilland.

A number of aircraft in the Canadian military's stable have been retired in recent years and replaced with more modern and capable airframes. But the Dak will probably get the biggest send-off of all of them mainly because of her wartime heritage and the number of pilots who have flown her, technicians who have main-

announced that they are ber what a great girl she was

The ceremonies planned for Europe during the Second World War, an open house and send off ceremony at her last permanent base in CFB Winnipeg, Manitoba, and other social and nostalgic gatherings of those who flew her then and

The dates for the official retirement and festivities have been set as 31 March and 1 April 1989. Persons who are interested in the farewell to the Dak ceremonies may get more information by contacting:

> C-47/Dakota Close Out Committee Canadian Forces Base Winnipeg Westin, Manitoba R3J OTO

C-47/DAKOTA BACKGROUNDER

The transport aircraft was one of the vital strategic weapons of WWII and its development by the Douglas Aircraft Company marked a crucial chapter in the revolution of military air trantained her and people who have sport. Despite numerous at-

tempts by many aerospace first flown on December 17, manufacturers since, there have been no successful Monica, California. replacements.

Today, more than an average percentage of the many built are still in service, a testimony to the strength, ruggedness and versatility of the original design.

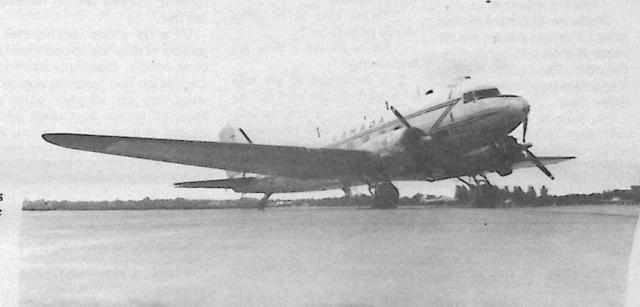
The ubiquitous aircraft celebrated its golden anniversary two years ago, having been

1935, from Clover Field, Santa

The aircraft entered the Royal Canadian Air Force in March 1943. At present, 402 "City of Winnipeg" Squadron and the Instrument Check Pilot School at Canadian Forces Base Winnipeg fly the Dakota aircraft, nine of which are still in service. Canada is the last North Atlantic Treaty Organization (NATO) nation

to have the Dakota in active service with a squadron.

The Dakota, also known by such other names as DC-3, Time Machine, Gooney Bird, and Old Bucket Seats, has served in three major world conflicts: WWII, Korea and South East Asia; has been a peacekeeper with the United Nations; and is still in the front line, with some 60 military or para-military arms in the world operating the type as a military transport.





DEPARTMENT STORE

PRIZE DRAWS

ENTRANTS MUST BE AUTHORIZED PATRONS OVER 18 YEARS OF AGE

FIRST PRIZE: 20" SONY COLOUR T.V.

SECOND PRIZE: PROCTOR SILEX TOASTER OVEN THIRD PRIZE: ROD & REEL COMBINATION

FOURTH PRIZE: ROD, REEL AND LURE COMBINATION

SPECIAL KIDDIES DRAW FOR AUTHORIZED PATRONS UNDER 18 YEARS OF AGE **2 SMALL TEDDY BEARS EACH DAY** LARGE TEDDY BEARS ON 8 OCTOBER 1988

AROUND THE BASE

INVESTMENTS-HOW. WHAT. AND HOW MUCH?

Many people want to invest to prepare for retirement years or to increase current income. But how, and what, and how much?

Some investments are easy to make, such as opening a bank account or buying Canada Savings Bonds. Many are more complicated, such as stocks, bonds and other securities. Where do you start?

You will not make consistent investment decisions without a clear understanding of what you want to accomplish. So the first step is to define your investment objectives.

Which will it be: *Maximize current in-

come. *Long-term growth.

*Tax-sheltered investments, such as RRSPs.

 Minimize income taxes. *Build a cash reserve.

Those are all related to each other. You can achieve one or more of them without hurting

the other. The important thing is to define your objectives and follow them.

You have to consider your investment constraints. These are the personal factors that govern or limit how you invest. They include:

*Your financial ability to risk loss of your investment.

*The degree of liquidity and marketability you need to maintain your portfolio.

*Your overall tax and estate

*Your attitudes and emotional tolerance for risk. *The quality of investment

advice available.

So, to establish you investment program, you should define your own investment policies and procedures in consideration of your investment constraints and objectives.

When developing your plan, ask yourself:

*Should I follow aggressive or conservative investiment policies?

*How much liquidity should I have in my program? *How should I diversify

my investments? *What kind of securities should be included?

*How should I time my

It is important to get help from professionals such as CAs when investing. A CA can help you set goals and coordinate investments buying with bankers, brokers and registered investment advisers.



Pipe Smoke

Gerry Gerow



Biting dogs are again rearing their ugly heads. Twice in the past week I have seen newspaper reports on the subject. A little girl in my own community, horribly disfigured about her face by a dog. And in the U.S. a youngster killed by a

Why do these things happen? In my opinion there are two main reasons. Firstly, parents fail to teach their children the danger that exists. We teach people to treat every gun like it was loaded, but we don't teach our children to beware of any strange dog. This danger is compounded when youngsters have a dog of their own. They automatically assume that all dogs will have the same temperament as their own pet. A neighbourhood dog is chewing on a bone, quite possibly in its own yard and the kid goes up and gives it a hug. Any dog is dangerous under these circumstances. Children must be taught to beware of any dog. On the other hand we don't want our children growing up with an inherent fear of dogs, so parents have a particularly difficult job, in teaching respect but not fear.

Of a far greater consequence is the large number of dogs that are permitted to run free by their owners. Practically every community in Canada has laws requiring dogs to be on a leash when they are off their owner's premises. I know of no law in Canada which is openly ignored by more people. In fact, these laws are ignored to the point that they may be uninforceable. Dogs running free are a threat to people, to other dogs and to livestock.

The problem of dogs running free is further compounded when the dog is possessed of a vicious nature. There are many breeds which have been branded as more vicious than others. Most of these were originally used for herding and the trait of a guard dog was required in their work. It is a well known fact to doggie people that if a dog is not permitted to use the inherent instincts bred into them, they will lose these instincts entirely. That is why so many sporting dogs don't know how to hunt. Thus if a German Shepherd, or Doberman or Rottweiler is actively used as a guard dog, these animals will produce pups with the inherent instincts of a guard dog. But if these pups are not trained or worked at guarding then their pups will have very diminished instincts, and their pups will probably have none of these attributes. Therefore no breed can be branded as inherently vicious, and this includes the pit bull. I fear however, that we do have a certain number of vicious owners and even breeders who breed for this viciousness, which has led to the pit bull

Neither the American Kennel Club nor the Canadian Kennel Club recognize the pit bull. This type of archaic thinking has got to stop and the breed must be recognized. Only in this way can they be controlled and identified. I am completely convinced that the refusal of the kennel clubs to recognize the American Pit Bull has compounded rather than helped the situation. What did the puppy destroy this week, Frank?

that extra effort in keeping our

hours. PMQs a safe and pleasant area

to live in.

PMQ BEAUTIFICATION CONTEST

The results of our annual Most Beautiful PMQ Contest are finally ready for publication. The final judging was done by Col Gibbon, Capt Doug Shaw (BAccomO), Mrs. Linda Rose, and Mrs. June Farquhar. June has been judging our PMQs each month since the end of May. Each PMQ was judged for its lawn, flower garden, yard neatness, and extra efforts. In the end, 1st and 2nd were separated by only one point, as was 3rd, 4th, and 5th. Unfortunately, only 3 overall prizes were available.

These were: 1st \$100 PMQ 68A Mrs. Joanne Zotek

2nd \$75 PMQ 83 Mrs. Susanne Niewiadomski 3rd \$50 PMQ 44A Mrs. P. Van

Individual ward winners received \$25, and the runnersup are given Honourable Men-

Tassel

up are given r	Tollourable Meli-
tions:	
WINNERS	
Ward 1	PMQ3
Ward 2	PMQ C1
Ward 3	PMQ 46A
Ward 4	PMQ 50
Ward 4	PMQ 65
Ward 5	PMQ 71
Ward 5	PMQ 78A
Ward 6	PMQ 91
Ward 6	PMQ 93A
Ward 7	PMQ 107C
Ward 7	PMQ 107F
Ward 8	PMQ 104A
Ward 8	PMQ 109H
Ward 9	PMQ 111B
Ward 9	PMQ 111C

HONOURABLE MENTIONS

PMQ A5 PMQ E1 Ward 2 Ward 3 PMQ 43

I was quite happy being able to present the Ward Winners their prizes. Cpl and Mrs. Scott of PMQ 3 have signed over their cheque to the United Way, and their contribution is much appreciated.

Congratulations to all our winners and many thanks to the judges for their time.

Coming up on Saturday evening, we are sponsoring our Fall Street Dance. This will be held at the Airport School gym starting at 9 PM. All adults belonging to Wallace

Gardens Community are welcome. This Street Dance is being held to welcome and meet all our new neighbours, as well as re-acquaint ourselves among old ones. Admission is free, as are the food trays. As beer and wine will be available, this dance is for ADULTS ONLY. Drop by and enjoy a Saturday night with your neighbours.

We now have a new Animal Control Officer, Pte W.D.Tokarz. He can be reached at 8413 during working hours (or through the Base Operator), and at 339-4793 after working hours. For those not h having yet registered their pets, due annually on 1 Sep-



The mayor, Linda Rose, June Farquhar, Susanmne Niewiadomski, Col Gibbon and Capt Shaw gather round the 2nd place effort by PMQ 83. Susanne Niewiadomski received \$75 for her gardening.

secretary at 8571 during mor-That's about it from your Mayor's Office. Let's keep up

tember, please contact our



Col Gibbon presents a cheque for \$50 as 3rd place in the PMQ Contest. L to R are June Farquhar, Capt Niewiadomski, Mrs. Van Tassel, Col Gibbon, Linda Rose and Capt Shaw.



Col Gibbon and June Farquhar look over the best PMQ 68A. Mrs. Joanne Zotek won the first prize of \$100.

SECTION NEWS



From The Fire Chief's

FIRE PREVENTION WEEK 19 OCT 88 TO 15 OCT 88

For your information, Fire Prevention Week is observed each year during the week of 9 Oct, which marks the date of the Great Chicago Fire of 1871 and the start of Community participation in fire prevention activities in 1921.

This week and throughout the year please practice your Home Fire Evacuation Plan by following the six simple steps listed below. At the sound of your fire alarm or at the first hint of trouble, carefully roll out of bed, keeping low. This way, you will avoid smoke and heat. which rises.

Crawl to the door. Touch the closed door with your hand to determine whether it's hot. If it is, do not open it. Get out an alternate way (through a window or secondary exit). If the door is not hot, proceed following your escape plan.

In the hallway, stay low to stay beneath the smoke level.

Once outside, everybody go to a predetermined meeting place (preferably in front of your house)

Once your family has gathered, send one member to a neighbour to call the Fire Department.

Stay at your meeting place until the Fire Department arrives to tell firefighters your family is out of the house, and where

Everyone is also invited to attend an "Open House" at the CFB Comox Firehall at 13:30 hrs on Saturday 15 Oct 88.

The winner of the Firehall Lottery Draw held 15 Sep 88 was Mr. Jospeh LaCourse of Cumberland.

SEMAINE DE PREVENTION **DES INCENDIES**

9 au 15 octobre 1988

Le theme choisi pour la semaine de prevention des incendies, qui a lieu cette annee du 9 au 15 octobre est: "Un bruit que vous pouvez vivre avec-Verifiez votre detecteur de fumee." L'objectif vise est de vous rappeler, ainsi qu'a votre famille, a vos amis et aux personnes qui travaillent avec vous, enfin, a tout le monde, qu' il faut prendre toutes les precautions, partout, a la maison, au travail, a l'ecole ou au jeu pour eviter les incendies. Les services des incendies dans tout le Canada organisent des campagnes de publicite sur la prevention des incendies et sur les mesures a prendre en cas d'incendie. La population de l'Amerique du Nord est devenue tres sensible dans L'importance de la protection et l'education contre les risques d' incendie en continuant d'observer la Semaine de Prevention des incendies. Celle-ci est la plus vieille semaine designee comme telle, elle aide a promouvoir les mesures de securite a travers la population.

Cette semaine contient toujours la date du 9 octobre, pour marquer le disastre de Chicago en 1871, alors que 17,430 batiments furent detruit par les flames, 250 personnes ont perdues leur vie ou porte disparus et que les pertes monetaire ete estimees d etre dans les environs de 175 millions de dollars. Cette idee de se rappeler de œ disastre a debute en 1911 en ulilisant une journee pour la prevention des incendies, mais en 1922 la Semaine de Prevention a ete officiellement proclame par les Etats-Unis et le Canada pour etre observe annuellement.

L'annee derniere, les pertes dues a des incendies causes par la negligence personnelle ont diminuees au sein du Commandement Aerien (incluent votre Base) par rapport a l'annee precendente, c'est certainement une amelioration, du point de vue de la prevention des incendies, et il est a esperer que cela continuera. Cette annee encore. l'effort principal en matiere de securite se portera sur les ecoliers, en collaboration avec les enseignants. La campagne a pour but d' ameliorer l'attitude des enfants vis-a vis la prevention des incendies et de leur enseigner la facon d'agir en cas d' incendie.

On peut resumer ainsi la raison d' etre de la semaine de prevention des incendies et, en fait de l'ensemble du programme: il faudra peut etre des annees avant que lest bienfaits se fasse sentir dans l' ensemble de la population, meme si de nombreuses vies seront surement sauvees dons l'immediat; de toute facon, l'education en matiere de prevention des incendies doit se poursuivre de facon qu un jour, la prevention des incendies fasse partie integrante des obligations normales de la societe.

L'EDUCATION EST LA BASE DE LA PREVENTION DES INCENDIES.



Supply Signals

What do you mean, the deadline's Today???

With almost a 100% turnover in the Section, this one caught us off guard. But in the true Supply Tech tradition the deadline will be met.

Expert Army experience

Here We Go!

prevailed as Capt Collins and Sergeant-Major Smith led an elite team into the tropical rain forest at Brewster Lake for three days of survival training. Apparently it was a toss-up whether the team leaders would set up tents or make hootchies. Either would have probably taken the same amount of time, considering the expertise available. More on this training next issue.

Supply held its Annual Fishing Derby and Corn Boil on Sat the 24th. Results will be calculated, tabulated, buried, lost, found, recalculated, lost again and published in the next issue. However, let the judges be warned! Watch for a 40 lb (slightly frozen) salmon turned in by Wrong Way Pearce. If discovered this fish should be disqualified due to

questionable techniques and set free.

Supply will be holding its Annual Cadet Seminar on the 1st of Oct. All CLOs will attend to meet with their Cadet Corps unless on TD.

Speaking of TD, Sgt Hillard is on TD to Ottawa. Rumour has it that as soon as he returns he'll be off on TD again to the Customer Services Section.

Beware!).

Jack Picard from CE is

How's Clothing, Shelley? the date set for 12 Nov 88

(leave pending).

Around the Groups!! Brad Lourie has popped into LPO one too many times from 3 GP. This time when he arrived he found a desk with his name on it. He is now Sect 2 i/c of LPO, and is now popping out of the Section whenever he can (Mitch

away with the Totems at the Softball Nationals in Trenton. Congrats to the team on a job well done. The Totems won defeating Shearwater 5-2 in the

Any more on your wedding plans? Is your leave approved yet? Shelley Ratcliffe and Ken Verge are to be married with

Keeping on this track, Kevin Luther is about to become an honest man. He and Deb have set their date for the 15th of Oct (Leave Approved). Congrats to both couples and on behalf of Base Supply, may you find happiness in the years

to come. The MCO typist Sylvia has returned after two weeks leave in Edmonton where she attended her son's wedding and learned what the expression "Born to Shop" means.

Things at Quadra and Rations are starting to slow down now after the Summer's Cadet Blitz. Congrats and job well done to both Sections on making the summer go well for the Cadets who attended.

That's it for this issue and the deadline met.

In closing I leave quoting the logistics motto: SERUITIUM NULLI SECUNDUS - "Service Second to None."

PS: Don't forget to get your crest designs in to the SAO prior to the 21 Oct DEADLINE (yes, another

ANNOUNCEMENT

THE LAW FIRM OF SWIFT DATOO DOHERTY IS PLEASED TO ANNOUNCE THE OPENING OF THEIR COMOX OFFICE.

OUR LAW FIRM HAS BEEN LONG ESTABLISHED IN COURTENAY AND WE HAVE. OVER THE YEARS, ACTED FOR MANY ACTIVE AND RETIRED MILITARY PERSONNEL AND THEIR FAMILIES. IN FACT, ONE OF OUR SENIOR PARTNERS SERVED WITH THE R.C.A.F. IF YOU LIVE IN COURTENAY, WE ARE LOCATED IN THE COMOX VALLEY INSURANCE BUILDING ACROSS FROM THE COURT HOUSE. IF COMOX IS MORE CONVENIENT, WE ARE LOCATED ON COMOX AVENUE NEXT TO THE LORNE HOTEL AND IN ADDITION TO OUR WEEKLY BUSINESS HOURS, OUR COMOX OFFICE IS OPEN FROM 9:00 A.M. TO 12:00 NOON EVERY SATURDAY.

THE LAWYERS OF SWIFT DATOO DOHERTY OFFER A FULL RANGE OF LEGAL SERVICES. IF YOU REQUIRE A WILL DRAWN, WANT ADVICE ON A FAMILY OR CRIMINAL MATTER, ARE BUYING A HOME OR STARTING A BUSINESS, HAVE BEEN INJURED IN AN ACCIDENT OR ARE SUING OR BEING SUED, YOU MAY WANT ADVICE ON THESE OR OTHER LEGAL MATTERS.

IF WE CAN HELP, PLEASE CALL.

RICHARD J. SWIFT AZIM M. DATOO PETER M. DOHERTY STIRLING W. FRASER PAUL B. DREYER

COURTENAY

201-467 CUMBERLAND ROAD COURTENAY, B.C. PHONE: 334-4461

1782B COMOX AVENUE COMOX, B.C. PHONE: 9-7779

COMOX

OUR NEXT DEADLINE-OCTOBER 17th

CANADIAN FORCES UPDATE

FORCES TO RECEIVE NEW COMMUNICATION EQUIPMENT

OTTAWA -- The Minister of National Defence announced recently that Cabinet has approved the definition stage for a new communications system for the Canadian army. The system will include a variety of radios, supported by mobile area-communication equipment and automated computer communications capability.

The project, called Tactical Command Control and Communications System (TCCCS), will total about \$81.7 million in definition costs over the next five years.

"Canada needs a wellequipped army, including both regular and reserve forces, to defend Canadian territory and to contribute to the defence of western Europe," said the Minister. "To carry out these missions, the army must have an accurate and reliable mobile communications system, to transit vital information in the field."

The current radios and area communications equipment are deficient in that they are not compatible with equipment used by other NATO countries, they are unable to process computer data and they cannot operate effectively under enemy jamming.

The entire project, to be completed over 15 years, is divided into three phases:

-the radio system - handheld, portable and vehicleinstalled radios of various frequency bands and power outputs: the primary means of communication in forward battle areas;

-area communications system - similar to Bellmicrowave network installed in light trucks and armoured vehicles; and,

- automation system vehicle-installed computing systems for the exchange of

JRC In House

Darts

Free Pool

S

data with other computers at various command levels.

"Today's announcement is also an important aspect of the planned revitalization of our Reserve Force. As part of the new Total Force, the Militia will receive about 30 percent of the new radios, enabling it to play a greater and more effective role in the defence of Canada and in support of NATO," the Minister added.

The radio system phase of the project, which will include the purchase of about 18,000 portable and vehicle-installed

radios, will cost about \$1.3 billion in 1988/89 dollars. It will get underway with a competition among Canadianbased companies with established manufacturing facilities, leading to a single prime contract award in 1991.

Chapel Chimes

OUR LADY OF THE SACRED HEART CHAPEL (RC)

BASE CHAPLAIN (RC) - Maj G. Veilleux CHAPEL - Our Lady of the Sacred Heart (on Base) OFFICE - Headquarters, Bldg 45, Rm 48, Telephone 8274 MASS SCHEDULE:

Saturday Sunday **Daily Masses**

1900 hrs 1000 hrs As announced in the Bulletin, usually at 0900 hrs, except during

Lent & Advent at 1900 hrs. RECONCILIATION - Confessions will be heard before each Mass or upon request. Penitential Celebrations are held during the Advent and Lenten Seasons.

BAPTISMS & MARRIAGES - By appointment - notice well in advance

CATHOLIC WOMEN'S LEAGUE - Second Tuesday of the month in Parish Hall, preceded by Mass in the Chapel at 7:00 p.m. President: Mary-Anne Stagg, Tel: 338-6214.

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

ST. MICHAEL & ALL ANGELS PROTESTANT CHAPEL

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

JUNIOR RANKS MESS

General Mess

Meeting 14:30 hrs 5

Mixed Wine &

Cheese & Euch

9:00 hrs 12

ENTERTAINMENT

OCTOBER

Pub League

Pub League

Pub League

Pub League

OFFICE - Headquarters, Bldg 45, Rm 48, Telephone 8273 SUNDAY WORSHIP - Each Sunday at 1100 hrs HOLY COMMUNION - First Sunday of the month SUNDAY SCHOOL:

0945 hrs for school aged children (Sep/May) 1100 hrs for pre-schoolers

NURSERY SERVICES - Provided during Divine Worship for children up to three years of age. SENIOR CHOIR - Practices 1830 hrs - Tuesdays at 612 Pritchard

CHAPEL GUILD - Regular meetings first Thursday of the month

President: D.M.Milne - Phone 339-3710.

Ladies Club



LEGION LOG

BRANCH 17 COURTENAY

ENTERTAINMENT

Fri & Sat Sep 30-Oct 01 Fri & Sat Oct 7-8 Fri & Sat Oct 14-15 Sat Oct 01

Music by WESTWIND Music by PRIMETIME Music by WESTWIND ANNUAL GOLF TOURNAMENT Sunnydale 8: AM Start Banquet Sat evening

Mon Oct 17

For more info contact office WWI-WWII-KOREAN VET'S DINNER Cocktails 6:30 Dinner 7:00 Tickets \$5.00

***REGULAR ACTIVITIES ***

BINGOS - Thu, Fri, Sun at 7 p.m.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Fun Euchre Pub Darts League Crib Fun Darts TGIF & Money Draw at 6:30 Fun Bridge at 12:30 Something doing every Sun afternoon

"MORE PLAYERS WELCOME" Phone 334-4322 (days) for more information. NOW OPEN SUNDAYS....12-7 PM

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

BRANCH 160 COMOX

ENTERTAINMENT

PLEASE NOTE: There will be live music on Fri nights only. Special functions, including Saturdays will be advertised. Music by AUDIO EXPRESS (Don Turner) Sep 30 Music by COUNTRYMEN Oct 7 Music by PRIMETIME Oct 14 Music by COUNTRYCLUB BAND Oct 21 Music by WESTWIND

REGULAR ACTIVITIES

SUNDAYS MONDAYS

Oct 28

11 am to 6 pm L.A.Drop-In-Bingo-7:30pm Mens Dart League 7:30 p.m. Navy Room

TUESDAYS

Mixed Dart League 8:00 p.m. Upper Hall

WEDNESDAYS

THURSDAYS

Navy League Drop -In Bingo Upper Hall 7:30 pm *1st Br Exec Mtng 8:00 pm L.A.Exec Mtng as required *2nd L.A.General Mtng. Upper Hall 8:00 pm

Meat Draws *Lounge* 2-6 pm

*3rd Br. General Mtng. Upper Hall 8:00 pm

FRIDAYS

S

Private

(Costume

Wedding in

Free Adm SEPT

Inter "ess

Tee Off

Colf Tourname

Octoberfest

ance-Food &

and OPUS

Mini Golf,

huffleboard

28

TGIF in Lounge 2-6 pm Meet Draws *Lounge* 2-6 pm Dance-Lounge-Downstairs unless advised

SATURDAYS

UPCOMING EVENTS SATURDAY, OCTOBER 15-ANNUAL VETERANS' DINNER- Upper Hall. 6:30 p.m. Tickets \$5/person on sale in Lounge from Sep 6 to Oct 7 (cut off date) Open to all VETERANS who are members of Comox Branch 160 and Ladies Auxiliary.

Comox Shoe Repair

1836 Comox Avenue (Across from Legion) Tuesday to Saturday -- 9:00-5:30

TOP QUALITY

SHOE AND LEATHER REPAIRS



IN THE MAGS....

A REPORT ON WHAT'S NEW ON CANADIAN NEWSSTANDS BY PADDY BATEMAN

Canadian Business has outdone itself with a wonderful September issue cover-titled "Guts, Greed and Glory." A nostalgic history of Canadian business between 1928 and 1988, this special anniversary edition is jam-packed with the kind of information and news that made yesterday's papers (remember the "Telly"?) newsstand sellouts a regular, if somewhat frustrating occurrence.

A sampling of the coverage from the Sixties: Canada Post scraps Saturday mail, a cup of coffee rose to the thenshocking price of .15, George Cohon purchased the Eastern Canada's McDonald's franchise, banking giant CIBC was created, and you could fly from Montreal to Vancouver for just \$132. There's tons more of this sort of interesting trivia, so make sure you grab your copy before they're all gone. Trust me, they won't last long!

September is the traditional month in North America to send the kids trudging off to school for another year. For the exhausted Mom, it usually can't come quick enough (some of my friends would be ecstatic if July and August lasted about five days each). For others, however, and particularly the 745,000 young adults who are heading off to a university in Canada, it's a time for introspection and questions, not the least of which is "How good is the education they're getting?" If that's a question you or one of your children has been pondering, don't miss "Academic Follies" in the current Saturday Night. You may not agree with the authors' observations on Canada's institutions of higher learning, but neither will you close the book until you've read every

word. Like many of you, I'm a "football widow." But this year, I'm going to beat my man that shouldn't be missed.

LIFETIME

GUARANTEE

SERVICE

at his own game, and the current issue of Inside Sports is going to help me do it. The NFC and the AFC are going to be as familiar to me as ABC and CBS; there's absolutely nothing that I won't know about U.S. football by the time

If you, like me, are tired of your mate conversing in grunts between September and January, and you're really looking to blow his socks off with your new-found knowledge, you can't afford to miss this issue. Grab it, memorize it, and hide it. He'll never underestimate you again!

Play the market less than carefully and you could lose a lot more than your money. You could end up losing your freedom as you languish in prison. It's not as far-fetched as it sounds, either, given the confusing statute governing "insider trading."

For more insight on how an entirely innocent tip on the market can land you in court, not to mention jail, don't miss "The SEC Wants You" in the current issue of Success.

This issue of Chatelaine features their annual roundup of "Canada's 10 Sexiest Men." While I don't agree with all the selections, I must also admit that had I known that multibillionaire Robert Campeau was harboring a single, gorgeous, 30-year-old Formulae Three race driving son, I would have viewed his battle to take over the Federated Stores conglomerate with just a bit more than passing interest.

In a much more serious vein, Chatelaine's Suzanne Zwarun takes a hard look at justice in Canada when it comes to sexual assaults against women. A searing examination that cites specific cases where even a modicum of justice appears to have been denied the victim, it's a thought-provoking piece

SERVICE

DEPARTMENT

NEW HOURS: FOR YOUR CONVENIENCE

6 DAYS A WEEK SERVICE 7 A.M. — 7 P.M.

Drop your car or truck off and we will drive you to work.

FORD

COMOX VALLEY FORD SALES MERCURY 360 Island Highway, Courtenay 334-3161

She sizzled in the recent box office hit "Bull Durham" and made minor league baseball the "hottest" sport on the planet today. At 41, she's considered to be among the most beautiful and intelligent of contemporary actresses. To daughter, Eva Maria, she's just Mom - to millions of movie goers, she's Susan Sarandon. Don't miss the current issue of New Woman for an in-depth look at this amazing single mom with a film career that has spanned 19 years and just keeps getting

The sinuses have been called "the air conditioners of the skull," and when something goes wrong with them, the result can sometimes be an earth-shattering headache that you'd cheerfully sell your soul to get rid of. If you've had a problem with your sinuses in the past, make sure you read "Are Sinuses Good For Anything But Trouble?" in the current Cosmopolitan. You may not feel any better when you've finished this excellent article, but at least you'll know why you feel lousy, and how you can help yourself before the next attack.

SAVINGS BONDS NOW ON SALE

Canada Savings Bonds are

now available through the payroll savings plan for civilian personnel and through the pay allotment system for military personnel. Over the years, CSBs have earned the reputation as a sound investment backed by all the resources of Canada. In addition to the convenience of payroll deduction options, the benefits of compound interest rates and instant cashability have made CSBs a popular investment for DND personnel. Application forms are now available through your section canvasser for a limited time only.

About

I was out at Sieffert's Farm ples and then add the rest of the syrup. Bake the works at 350° Market as well as Farquharson Farms and have been checking for one hour. This is truly sinfully delicious. You can serve all throughout the Valley to see this alone or with either cool how the apple harvest is going whip, or better still, vanilla ice and everyone is starting to have lots of apples at really good prices. Here is a small tidbit of SPICY APPLE BARS information about the McIn-I have not had a chance to tosh, it was planted over 170 make these yet but they look so years ago in Ontario! easy and quick to make I'm APPLE BROWN BETTY sure you'll love them. I am

INGREDIENTS 10-12 baking apples, cored &

2 tsp cinnamon 11/2 Call purpose flour 3/4C firmly packed brown sugar

1/4 C butter

SYRUP: 1/3C firmly packed brown sugar 14C hot water

melted (I used my microwave

to melt the sugar and water;

also I think that the syrup is

stingy and I doubled it). The

recipe says to pour half of the

syrup over the apple mixture,

where I had doubled the syrup I

added what is actually the

complete syrup recipe. After

you pour the syrup over the

apples spread the flour, butter,

and sugar mixture over the ap-

The Base Transportation

Garage (Bldg 101) and vehicle

compound are out of bounds to

all unauthorized vehicles.

bicycles and pedestrian traffic.

In particular the roadway in

front of Bldg 101 is an am-

bulance exit and must be kept

Please remind your depen-

clear for emergency response.

dant children.

SPECIALIZE

IN GROWING QUALITY ORNAMENTAL

TREES & SHRUBS

Harry and Roberta are on local Cable 10 T.V. every Tues. 7:30 PM

with demonstrations and phone-in

segment.

ENSEN NURSERIES

ATTENTION

IC all purpose flour 1/2 tsp baking powder 1/2 lemon, squeeze out juice 1/2 tsp baking soda

Preheat oven to 350°F. Core I tsp cinnamon 1/2 tsp nutmeg and slice the apples and arrange pinch of allspice, ground them in three rows inside the cloves, and salt lightly greased baking pan. IC chopped, peeled apples Sprinkle with the cinnamon. Mix up the flour and butter 3/4 C rolled oats 1/2 Craisins with the brown sugar till crumbly. Set both mixtures aside. For the syrup - mix the sugar, lemon and hot water together and stir up till brown sugar is

lunch boxes.

1/2C butter

INGREDIENTS

1/2 C granulated sugar

Preheat oven to 350°F. Cream together butter with sugars. Add the eggs and beat well. Combine dry ingredients, flour, baking powder, soda, spices and salt. Blend into creamed mixture. Stir in the apple and the oats, and finally the raisins. Spread this mixture into the lightly greased pan and bake for 25 to 30 minutes, or until golden brown. This should make about 25 squares.

hoping to make several batches

for the children to take in their

1/2 C firmly packed brown sugar

WOS' & SGTS' WIVES CLUB

Our next meeting will be held on Oct 17 at 8 PM. We are having a guest speaker, Dr. Jenkens, a Dermatologist. Please come out and join your friends for an interesting evening. For more info call: Jackie Symes - Welcoming Committee 339-6669 Rea Knelson - Phoning Committee 339-3909.



.. the only belt for the road.

INSURANCE

-DANCES MARKED WITH AN * WILL HAVE A COVER CHARGE. -ANY SUGGESTIONS, IDEAS OR INQUIRIES CAN BE FORWARDED TO THE EN-TERTAINMENT CHAIRMAN OR MESS MANAGER AT LOC 8430.

AROUND THE BASE

Origins of the Species

John Bradley

replacement was S/L J.Br-Like so many of the RCAF units that were despatched Overseas, 441 Fighter Squadron actually starteld life under an entirely different designation. The squadron was originally known as No. 125 Squadron and had been formed at Sydney, Nova Scotia on 20 April 1942. 125 Squadron was equipped with Hawker Hurrican Mk. Is and XIIs and were assigned to defend Canada's East Coast. The unit's aircraft were coded BA during 1942. It should be noted that the Mk. XII Hurricane than a month or two. He would was built in Canada and used in fact remain until 7 Aug 1945 only by the RCAF. when they were disbanded.

During their relatively short life, the unit moved only twice. The first move occured on 9 June 1942 when they deployed to Torbay in Newfoundland. Two weeks later on 24 June, they returned to Sydney. While

on the East Coast the squadron flew operationally on over 510 missions but did not come into contact with the enemy during

that time.

By September 1943 the buildup for the invasion of Occupied Europe was well underway deminding not only men and material for the Army but men and aircraft for the Air Force. Eastern Air Command, 125's parent formation, was tasked to provide three of its fighter squadrons to the soon to be formed No.83 Composite

Group of the 2nd Allied Tactical Air Force. These three units were No. 123 (Army Co-Op), 125 (F) and 127 (F) Squadrons. Upon arrival in England these units would in turn become, 439, 441, and 443

The transfer, though official, did not come into effect for some time. The unit flew their last operational mission at operations by early November but retained and flew their Hurricanes until December on training flights.

441 (F) SQUADRON

Squadrons.

By the beginning of 1944, the squadron was despatched, without aircraft, to England. The unit was formed again and designated as 441 Sqn on 8 Feb 1944 at Digby. Also formed at the same location and on the same day were 440, 442, and 443 Squadrons. 441 was equipped with the Supermarine Spitfire. The initial version was the Mk. VB. This type was used only for training and by March had been replaced by the Mk. IXBs. These and all subsequent aircraft types that the unit utilized would carry the 9G fuselage code.

441's first Commanding Officer was S/L G.U.Hill who assumed command on 11 March but remained only until 25 April when he was shot down and taken prisoner. His After they returned, they did

441 FIGHTER SQUADRON NO.125 (F) SQUADRON

owne who was himself to leave the squadron after a short period of time. His case was a little happier as he had reached the end of his operational tour. The third CO was S/L T.A.Branagan. Like S/L Hill he too would be shot down after being CO for just over a month. He was lost to the unit on 15 Aug 1944. 441's final Commanding Officer was S/L R.H. Walker. Unlike his forebearers, S/L Walker would remain with the unit for more

OPERATIONS

441 began their operational career on 27 March 1944 as two Mk. IXB Spitfires were scrambled against an unknown incoming aircraft. The unknown was detected over the Channel and was intercepted while still over the Channel. The aircraft was identified as a USAAF Mustang. On the very next day the squadron took part in their first offensive mission. In company with twelve Spitfires from 442 Sqn, twelve 441 aircraft attacked a German airfield at Dreux near Paris. They were able to destroy four enemy aircraft, damaged three more and also claimed one probably destroyed.

From then on the squadron would slowly begin to increase their score over the Luftwaffe. Enemy aircraft were claimed both on the ground and in the air. The first aerial victory was over two Fw. 190s on an April 25 raid over the same Dreux airfield. This was the mission where the CO, S/L Hill was

441 was tasked to not only provide aerial cover for the the beginning of November. bombers of Bomber Command They were stood down from and the US 8th Air Force but to also provide ground support for the Allied armies and in particular Canada's 1st Army. To this end the unit would be required to move onto the continent as soon as the Armies advanced far enough forward to give ample room on the beachhead for the numerous airfields that were to go in. 441's turn to move came on 15 June when they deployed to B.3 at Ste Croix-sur-Mer. During their time on the continent, 441 destroyed or damaged 500 vehicles, barges, locomotives, and tanks. The majority of these targets must have been destroyed by ground strafing as throughout the entire war the squadron had

> Unlike so many of the squadrons that moved into France, 441 returned to England. Their time on the continent was over on 1 Oct.

dropped only twelve tons of

not remain at one location but moved six times to such exotic locations as Skeabrae in the Orkney Islands and Molesworth in Huntingdonshire.

The unit received, in Feb 1945, a new version of the Spitfire. This was the Mk. IX which was supplied to the Squadron in three sub types. These were the F (standard), LF(low altitude, clipped wing), and HF (high altitude, extended wing). The squadron completed their war service on this type. The same month the European war ended, May, was the same month 441 received their final aircraft type. Their final aircraft was to be the

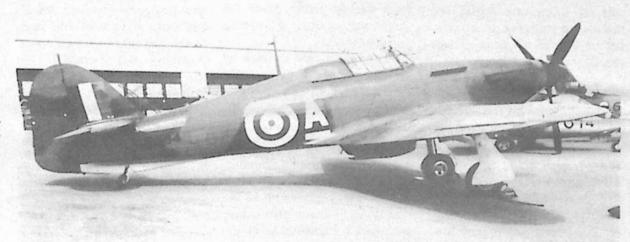
North American Mk. III Mustang. The Mk. III Mustang was the RAF/RCAF version of the US P-51C Mustang that was equipped with the bulged "Malcolm" hood. The Mustang was never used operationally and was in fact retired when 441 disbanded at Molesworth on 7 Aug.

TOTALS AND AWARDS

441 Sqn, in addition to the 500 plus vehicles mentioned earlier, destroyed 56 enemy aircraft and damaged 12 others. Their own losses included 16 pilots killed, wounded or taken prisoner. A further three personnel were either killed, or

declared missing on training flights. 9 DFCs, 1 Croix de Guerre and 3 Mentioned in Despatches were awarded to unit personnel. The squadron itself was awarded the Defence of Britain 1945, Fortress Europe 1944, France and Germany 1944-1945, Normandy 1944, Arnhem, and Walchern Battle Honours.

In Dec 1945 King George VI authorized the 441 Squadron Badge. The central device of the badge was the head of a Silver Fox. The Silver Fox is indigenous to Canada and represents the squadron's nickname. The motto, Stalk and Kill was in English.



A Hawker Hurricane Mk. XII of a type utilized by 125 (F) Squadron at Digby, N.S. Note that this is a Post war photograph. (MAP)

OFFICERS MESS

WEDNESDAYS OCTOBER 5, 12, 19, 26 OFFICERS COFFEE HOUR: Coffee will be served in the Lounge at 1000 hrs. Dress will be dress of the day.

FRIDAYS, SEP 30, OCT 7, 14 REGULAR TGIFs: Food as indicated 1700-1800 hrs. Free taxi. Ask at Bor.

> WEDNESDAYS, OCTOBER 12, 26 OWC BRIDGE CLUB

SATURDAY OCTOBER 15 BRITISH COMEDY SHOW

English-Style Fish & Chips will be served at 1900 hrs. Show begins at 2000 hrs. Dress: Casual. Cost Per Couple: Members \$15 Limited Associates & Guests \$20. Reservations Please.

> WEDNESDAY OCTOBER 19 OWC

FRIDAY OCTOBER 21 OKTOBERFEST Bavarian Buffet 1900-2130 hrs

Show begins at 2000 hrs Free engraved mug and fillup * Free hats Dress: Casual or Bavarian Style Cost Per Couple: Members \$20; Ltd Assoc & Guests \$25

Reservations required.

FRIDAY OCTOBER 28

HALLOWE'EN DANCE Food served at 1700 hrs. (Baked chicken, steamed veggies and baked potato)

Dance to DJ at 2000 hrs Dress: Costume (prizes for best costumes) Cost Per Person: \$5 Reservations Please

UPCOMING EVENTS FOR NOVEMBER 19 Nov - LIVE CONCERT (Doug and the Slugs) TBA - GREY CUP

"COOK YOUR OWN BBQ" is discontinued.

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-toes 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

LIFESTYLES



THURSDAY, SEPTEMBER 29, 1988

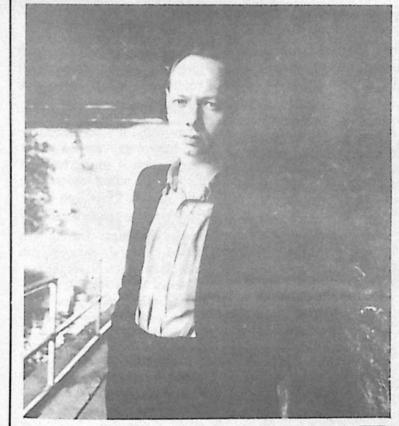
JOE JACKSON'S GENIUS BEHIND **TUCKER: THE MAN & HIS DREAM**

Joe Jackson is one of the true musical genius breed of entertainers on today's music scene. In the past couple of years he released "Big World," a three-sided, digital two track album of new material which was recorded before a live audience in New York? "Will Power," a fully-orchestrated, onemovement symphony for rock, jazz, big band and strings which brought together classical and pop music; and "Joe Jackson Live - 1980-86" (A&M SP6706). The latter covering his Beat Crazy tour of 1980; the Night and Day tour of 82/83; the Body & Soul tour of 1984; and the Big World tour of 1986.

The double album live tour included new interpretations of 22 classic songs and featured four different bands. Some of his best works in this outing included "I'm The Man," "Is She Really," "It's Different For Girls" and "Jumpin' Jive."

Jackson's latest offering is the soundtrack of "Tucker: The Man and His Dream" (SP3917) which musically captures the era of the 1940s when Preston Tucker (played by Jeff Bridges) set out to design and manufactures a revolutionary automobile. The Tucker Torpedo of the mid-40s featured disc brakes, water-cooled rear engine, safety popout windshield and a variety of other innovations that have since found their way into today's cars.

The music is from the swing era and swing it does through such gems as "(He's A) Shape In A Drape" "Tiger Rag," "Showtime In Chicago" and "Freedom Swing." The 18-track performance features a diversity of instrumentation that ranges from trumpet, sax, flute and clarinet to synthesizers and solo violins. This is Joe Jackson's third soundtrack following "Mike's Murder" and the Japanese "Shijin No Le" (House of the Poet) and will definitely stand as the high point in his



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Aids Awareness

by JAMES GREIG

CONVINCING TEENS OF THE DANGERS OF AIDS

My teenage children seem to know a great deal about AIDS, but I'm not sure they are acting responsibly under the circumstances. My husband bought our 17-year-old son condoms over six months ago and the package still remains unopened. I know my son is sexually active and I'm worried. How can you convince teenagers of the dangers of unprotected sex?..(Mrs.) R., Victoria, B.C.

You, like most parents, have reason to be concerned and I'm genuinely sorry. The fact that you say your children know a great deal about AIDS is at least a step in the right direction. However, if they are sexually active and not exercising safer sex practices there is very little anyone can do.

The U.S. Surgeon-General Everett Koop recently cited evidence that teenagers were ignoring the anti-AIDS campaign in the U.S. that warns them of the dangers of promiscuous sex and not wearing condoms.

"The numer of severe cases of gonorrhea and syphilis - two other sexually transmitted diseases - rose in 1987 at the highest rate in 16 years and was especially prevalent among teenagers," he said.

I feel the same galloping apathy may exist in Canada among teenagers. Many of the teenagers I have talked to still think of AIDS (not unlike some curate picture of the AIDS of their parents) as a epidemic in that country. homosexual or gay disease that will not affect them. Despite all the efforts being made by a great many people to educate all Canadians, I'm afraid the seriousness of the epidemic will only "hit home" when eventually everyone will know someone who is dying of the

It is unfortunate that most teenagers do not have the opportunity to visit some P.W.A.s (Persons AIDS) who are currently hospitalized. That's the fastest way I know of becoming aware of the deadliness of the disease and the plight of those it infec-

How serious is the AIDS epidemic in Europe and Africa?...M.K., Oshawa, Ont. As of March of this year,

12,231 cases of AIDS were reported in 30 European countries. The countries with the highest number of cases were Switzerland, France and Denmark. Relatively larger numbers of AIDS infected individuals were found in southern Europe than in northern Europe which authorities contribute to the higher percentage of intravenous drug abusers in those regions.

The impact of AIDS in Europe is steadily increasing as it is in most parts of the world, including Canada.

It is believed by Jean Baptiste Brunet from the Claude Bernard Hospital in Paris, that by December '89 the impact of AIDS in Europe will be as great at it is in the U.S. today.

In Africa, the very size of the country with its remote populous areas, less than adequate health care facilities, and limited communications and monitoring programs by health authorities, makes it virtually impossible to get an ac-

Dr. Bosenge N'Galy from the Department of Public Health in Zaire recently reported that there is an enormous diversity in the epidemiological picture in Africa. Though reported data is still highly inadequate, many countries are showing a distinct method of

investigating the AIDS virus epidemic. Most of the African data has come from major cities and little or not data has been gathered in several coun-

Data was presented from Zaire (1986) that showed the AIDS virus (HIV) to be found primarily in the 15 to 35-year old age group. This same date showed that women had a 50 percent higher rate of infection than men. There was also evidence of potential spread of the virus amongst prostitutes and persons with tuberculosis.

Several African countries are now working with the world health organizations to systematically test for the AIDS virus in major cities. African countries have

shown a considerably higher rate of heterosexual transmission than developing countries. Dr. N'Galy also suggested that the prevalence of sexually transmitted diseases in Africa could also contribute significantly to the increased risk of AIDS virus susceptibility. Despite the seriousness of the AIDS epidemic in Africa every attempt is being made to curb the spread of the disease. Medical programs are being implemented to enable self blood supply, for example, and educational programs are being initiated to reduce promiscuity and encourage the use of condoms. Programs intended to improve the treatment of sexually transmitted diseases are being started.

Dr. Jonathan Mann, AIDS Director of the World Health Organization (WHO), recently predicted that an estimated 5 to 10 million people are already infected with the AIDS virus world wide and is quoted "there must be several hundred million people whose behaviour would permit them to become infected."

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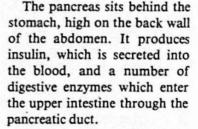
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PANCREAS — SMALL BUT IMPORTANT



Common diseases of the pancreas are cancer, which we will not discuss further, and pancreatitis, or inflammation of the gland. Pancreatitis may be acute or chronic. Both may be difficult to treat.

In acute pancreatitis the digestive juices start digesting the gland itself, and the surrounding structures, instead of entering the intestine. This process is caused, usually, by either excessive alcohol intake (generally long-term), or by gallstones.

WHEN ALL ELSE FAILS...READ THE DIRECTIONS

"Thank goodness you're back from vacation, Doc. I was ill when you were away and the pills your partner gave me really upset my stomach."

"Can you tell me what they were, Mrs. O'Dell? Bring the bottle to the phone and read me the label."

Almost any medication will upset at least a few patients. Usually there is no way of determining beforehand whether this is likely to happen, but when it does a substitute drug is used.

"Here it is Doc. It's called Ah-prilll. Funny, it's spelled with three 'el's. The first tablet I took nauseated me."

"Ah-prilll; Are you sure? I

Some people's anatomy is such that a gallstone can block the pancreatic duct, backing up

Acute pancreatitis is a serious illness, with severe pain in the upper abdomen and back, nausea and vomiting, fever and low blood pressure. Later the pancreas, swollen due to cyst formation or bleeding. may be felt by the examining

The disease can mimic many other conditions which cause abdominal pain. Many of these pain is accompanied by are acute surgical emergencies which demand operation, and diabetes and digestive disorders many a belly has been opened as insulin and enzymes are no in error when acute pancreatitis longer produced. Treatment is has been confused with a perprotracted and not wholly forated ulcer or appendicitis. satisfactory. Alcohol must be avoided completely.

The error is infrequent now

And it did - as soon as l don't know that drug, Mrs. opened it. "Mrs. O'Dell, can O'Dell. Let me look it up. you remember if you filled the That's A-H-P-R-" prescription on your way home "No, no Doc, A-P-R-, from the office that day? You there's no H." did? Well, you were here on "Must be a new drug, it's April 11, 88. You were reading

with

techniques.

newer

Treatment is medical, not

surgical. An intensive care unit

is sometimes required to keep

disease settles down. Treatment

is designed to keep the patient

for the disease but com-

In chronic pancreatitis, also

usually alcohol related, steady

the date on the prescription

bottle! Two of those 'el's are

There may be a moral to this

story, or a lesson to be learned.

I am not going to look for one.

Instead I'll use the episode as

an amusing story that I can

share with my readers. My

patient won't mind - she has

been telling it on herself since

And I thank her for

brightening up an otherwise

the day it happened.

dull day!

not in the book. Does the label give the strength?" "As a matter of fact it does,

Doc. The strength is 88." "Just 88? Does it say milligrams, or mg, anything

"Nope, just 88. Look Doc, I know you are busy in the office, you can call me back

"Hold on, Mrs. O'Dell. The nurse has brought me your chart - it will tell me what drug



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



UNPREDICTABLE REACTIONS

No matter how well we may be prepared, it always pays to expect surprises. The same advice hold true for medications. The way we've been told we'll react isn't always the last word.

the patient alive while the However, we can take some comfort from the fact most people react the same way to a free of pain and to replace fluid dose of any particular loss. There is no specific drug medication. Those whose body chemistry is within the range plications such as infection and kidney failure must be looked doctors call "normal" will have "normal reactions to medication.

> "Normal" reactions may vary somewhat (some people become drowsier than others, for example), but these variations are not harmful or unusual

Some people have very difand potentially ferent dangerous reactions to certain medications. Penicillin, for example, may cause serious problems for some, although generally it's an effective drug.

Doctors can often predict which patients will be allergic

prescribing them. If you have any reaction, either internal or external, to any medication. ask y ou doctor or pharmacist. Sometimes a slight change in medication, or the way you take it, will relieve unpleasant or undesirable side effects.

Your doctor and pharmacist are also concerned about the interaction of two or more chemicals in your body (whether medications or not) and their total effect on your health. You should never take more than one prescription or non-prescription medication at a time without professional ad-

Taken alone, most medications will not cause undesirable reactions (unless you are allergic to them), but a combination could have serious side effects.

If your reaction seems unusual or uncomfortable, get professional advice. Remember to never mix medications without first checking with

THE EYES HAVE IT

and sensitive camera in the world, but unlike the manmade version, nature's camera has to last a lifetime.

Often the simplest accidents can cause serious damage so every effort should be made to prevent them. Choosing safe toys and play areas for children, using tools only while wearing the right safety equipment and paying strict attention to eye care can prevent rreparable damage.

Eyes should be checked by a physician during the pre-school and early school years and regularly after that on the advice of your doctor, opthalmologist or optometrist.

Because a child's eyes are not fully formed at birth, they change as a child grows. Any problems must be discovered as early as possible, especially in the case of crossed eye or "lazy

Parents should beware of signs given by children whose eyes are giving them trouble. Watch to see if your child blinks, squints or frowns frequently. Often a child will tilt his or her head, or try to brush away a blur.

Red, encrusted or swollen eyelids or watery eyes may be a of the professional health care sign of something more serious. If a child appears to hold a book too close or stumbles over small objects, take note. Crossed eyes, an inability Times.

The eye is the most accurate to see distant objects clearly or the recurrence of styles are all conditions you should report to your doctor.

> Normally, it's not necessary to have an annual eye examination if you're between 20 and 40, unless ordered by your doctor. Once you reach 40, it's a good idea to start yearly checkups. During this period, several changes can take place which affect the eye. Some of these have few symptoms, others have none at all so it is doubly important to arrange for regular checkups.

Your pharmacist or other health care professional can help if you notice a change in your vision. Headaches, eyeaches, a blurring of vision or double vision, a need for brighter reading light or glasses that don't seem to help are just a few conditions to watch out

We learn through our eyes and there is no substitute for the magic of sight. Remember to treat your eyes and those of your children with care. If you suspect a problem, ask your Shoppers Drug Mart pharmacist for advice as a member team in your neighbourhood.

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LIFESTYLES



by Larry McInnis **Stamps**

ARTIST PAUL KANE'S WORK OFTEN SHOWN ON STAMPS

Canada has often used stamps to pay tribute to its great artists. Group of Seven members such as Arthur Lismer, James Edward Hervey MacDonald, Alexander Young Jackson and Lawren Stuart Harris have had their work reproduced on stamps, some more than once.

Tom Thomson, perhaps Canada's most famous artist, who many believe was a member of the Group of Seven (he was not, although he is often called the "Father of the Group'') had his work reproduced on three stamps: a 10-cent issued in 1967 (Scott 462) and two 12-centers in 1977 (Scott 733-4).

One of Canada's lesser known but greatest artists was Paul Kane, 1810-1871. The centenary of his death was marked with a 7-cent stamp (Scott 553) issued Aug 11, 1971.

The stamp reproduces his painting, Indian Encampment on Lake Huron. It was printed by British American Bank Note Co. Ltd. in four-colour lithography.

Lithography is a process that sometimes produces colour "glitches" and the Kane stamp is no exception. In the centre of the scene is a teepee. The "Glitch" makes it seem that there is a tear in the teepee fabric near the top.

Just as artist Cornelius Kreighoff recorded life in habitant Quebec in the mid-1800s, Kane faithfully reproduced life among the country's Indians.

Paul Kane was born Sept 3, 1818, in Mallaw, County Cork, Ireland. The family name was Keane, which was later shortened. He came to Canada with his family when he was 9, settling in York, now Toronto. After elementary schooling, he worked four years in a furniture factory. He then moved to Cobourg, Ont., where he began painting portraits.

From 1836 to 1841, Kane painted in the U.S. after which he travelled in Europe. He visited Britain, France, and Italy, where he copied works of the old masters, and he visited Africa.

In 1845, Kane made his first canoe trip to visit the Indians of the Great Lakes region.

He later wrote, "I determined to devote whatever talents and proficiency I possessed to the painting of a series of pictures illustrative of the North American Indians and scenery."

The painting reproduced on the 1971 stamp was not dated, but it is quite likely it was done from his 1845 visit to the Great Lakes.

In May 1846 he set out on a more adventurous trek, sponsored by the Hudson's Bay

Company. He was gone two years and brought back some 500 sketches of Indian life in Canada right to the Pacific

Kane spared no effort to get authenticity into his work. During a buffalo hunt he jumped down from his horse to make a sketch of a particular bull in the herd. The enraged bull charged, sending Kane running for his life. He would not give up, though, and returned to complete his sketch.

Kane was more than an artist. He made voluminous notes about Indian life, which he later used in a book, Wanderings of an Artist among the Indians of North America. It was published in England in 1859 and was a great success.

In 1853, he married Harriet Clin of Cobourg. She was an amateur painter. They had two sons and two daughters.

Kane led a quiet life thereafter and died Feb 20, 1871. It has been said that he gradually took on the reserved manner of the Indians, whom he greatly

A stone to commemorate his death was placed in St. James Cemetery in midtown Toronto.

About a hundred of his paintings are in the Royal Ontario Museum in Toronto, including Indian Encampment on Lake Huron. Others are in the National Gallery in Ottawa, and in the Speaker's chambers of the Parliament Buildings.

Some 25 million of the stamps were printed. Even today, a perfect, unused copy of the stamp showing this beautiful painting catalogues at only 50 cents. Even the teepee variety is readily available, cataloguing



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Invitation to Tender. Man-ufacturers opportunity Economics Futures Committee seeks proposals from all individuals, companies, and so on interested in developing a list of manufacturing The proposal should include how you will develop the list; cover all areas of econpriorities for the committee and a plan of action as to the development of these priorities; and any other

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data or items that you feel are important. Proposals costs, and so on. Proposals Chilcotin Futures Commit-Yorston Street, Williams Lake, B.C. V2G 4J5. For more information, please call Bev at 392-3626. All proposals are Confidential and must be submitted on or before the 30th of Sept-ember, 1988. The Cariboo-Chilcotin Economic Future committee hereby retains the right to cancel this tender or not accept any of the REAL ESTATE

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Canadian Forces Update

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NAVY LEAGUE OF CANADA REAFFIRMS SUPPORT OF WHITE PAPER AT ANNUAL MEETING

OTTAWA -- At its 93rd annual meeting held here April 15 and 16, the National Council of the Navy League of Canada passed a series of four recommendations pertinent to the broad range of maritime affairs. At the same time it reaffirmed the League's support of the maritime defence policies enunciated in last year's Defence White Paper.

The four recommendations

1. That Canada increase its capability to control overfishing or illegal fishing in Canadian waters to ensure the effective conservation of this valuable resource;

2. That the Canadian Government provide the necessary stimulus to encourage growth in Canadian flagged ocean-going merchant marine;

3. That the Government maintain a healthy, modern and efficient shipbuilding and

ship repair capability, for both economic and strategic purposes, by introducing programs which will encourage the building and repairing of ships in Canadian yards; and

4. That Canada continue with the nuclear-propelled submarine acquisition project. "The nuclear-propelled

submarine project will provide Canada with a technological challenge which will see its shipbuilding, high-tech and nuclear industries stand shoulder to shoulder with world leaders in those fields," said Fred Peckham, the newly elected president of the League.

"The project was well within the capability of Canadian industry. It was also a very affordable proposal, with its estimated costs being only about three percent of the annual defence budget," he con-

Since its inception in 1895, the League has worked with the

people of Canada and governments at all levels to present information, and ideas not only on maritime defence, but also on shipping, the fishery, the Canadian Coast Guard and other related maritime ac-

The Navy League of Canada, with a membership of over thirty thousand nationwide, is an association of volunteers dedicated to the promotion of interest in maritime affairs and the development of leadership traits and good citizenship in Canadian youth.

Based in over 235 communities from St. John's, Nfld., to Port Alberni, on Vancouver Island, nearly 15,000 Royal Canadian Sea Cadets, Navy League Cadets and Wrenettes are a visible symbol of the interest of Canadian youth in their maritime heritage.

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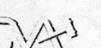
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HOME & FAMILY

CHILD MINDING SURVEY

The Family Support Centre at CFB Comox hopes to establish a Child Minding Service, if there is sufficient need and interest in the community.

A Child Minding Service as defined by government regulations as "Supervised group care for children 18 months to the age they enter school, for not more than 3 hours a day and not more than 2 days a week."

The Centre would be staffed and equipped according to provincial child care regulations.

In order to determine a need for such a service we ask that you fill out the following questionnaire and return it to the Family Support Centre.

- 1. How many children do you have between the ages of 18 months and 5 years?
- 2. Do you feel that you would use a Child Minding Service if it were available?
- 3. Estimate how many hours a week you would use the service.
- 4. Would you use it most often in the morning or the after-
- 5. What would you consider a reasonable hourly rate to charge for the service?

BUS SURVEY

THE FAMILY SUPPORT CENTRE IS LOOKING INTO THE POSSIBILITY OF ARRANGING A BUS SERVICE FROM CFB COMOX TO THE SURROUNDING COM-MUNITY.

WE ASK YOU TO FILL OUT AND RETURN THIS SUR-VEY TO US OR PHONE 339-8654 WITH YOUR ANSWERS.

1.	WHERE	WOULD	YOU	LIKETHE	SERVICE	TO GO?
----	-------	-------	-----	---------	---------	--------

_ Comox Mall	
_ Driftwood Mall	
_ Downtown Courtenay	1
- Other (Please specify)	

2. HOV

W OFTEN WOULD YOU USE	THIS BUS SERVICE?
Once a week (which day)	
Twice a week (which days) Other (please specifiy)	
Other (please specify)	

3. WHAT TIME WOULD BE BEST FOR YOU? LENGTH OF STAY.....HRS?

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_ Afternoon
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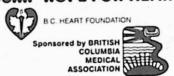
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IF YOU ARE NEW IN THE AREA AND WOULD LIKE TO BE A BLOCK PARENT PLEASE CONTACT 339-0528

IF YOU ARE LEAVING THE AREA PLEASE RETURN YOUR SIGN TO EITHER THE SCHOOL COORDINATOR OR THE RCMP

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It helps to remember some very real progress that Canada has achieved in the battle against cancer.

The Canadian Cancer Society would like you to know that: In 1958, cervical cancer caused the death of 11.4 per 100,000 women in B.C.; in 1985 that dropped to 2.4 per 100,000 as a direct result of the Pap smear test. That's a decline of 79%. Prevention and early detection



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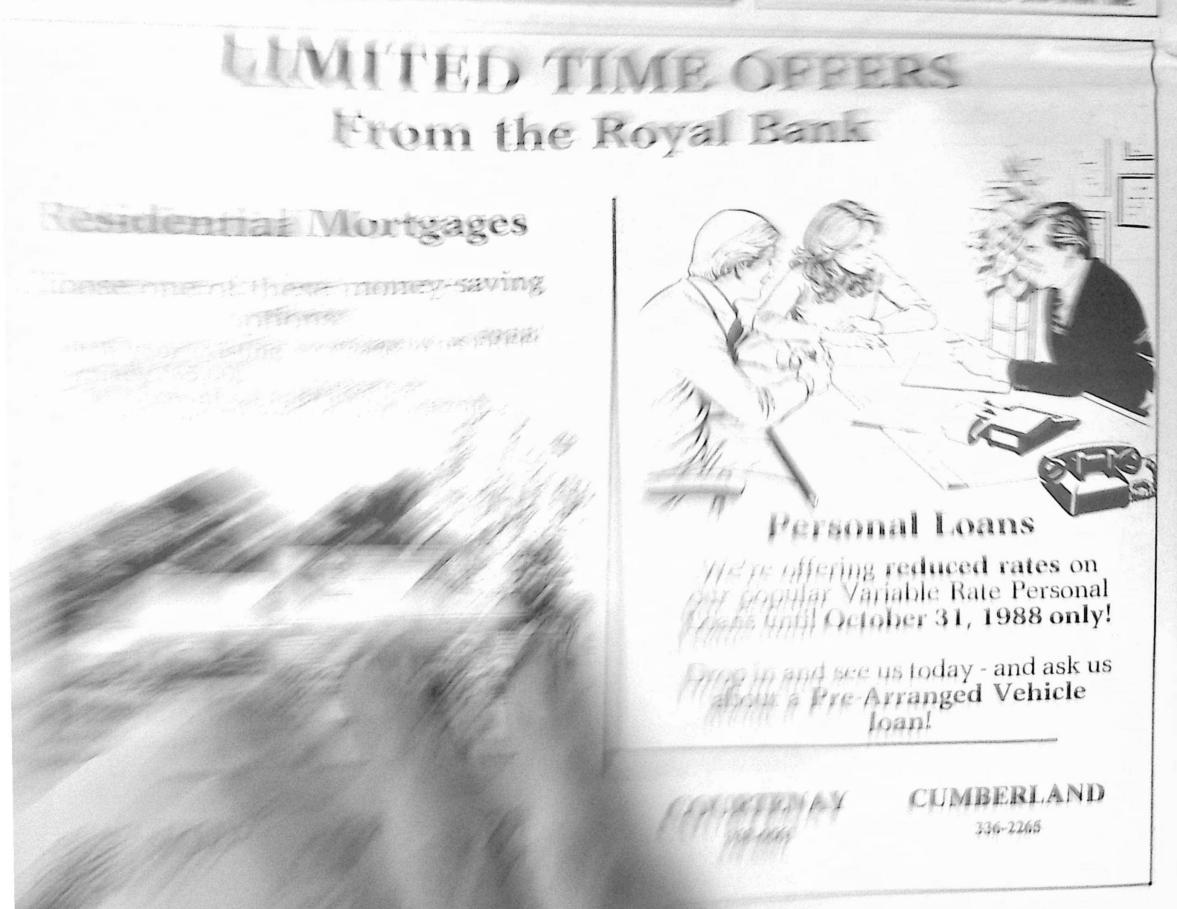
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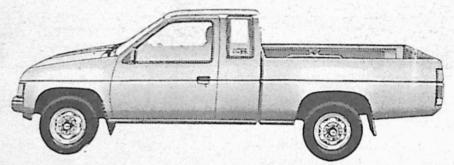
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