



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 30 NO 19 NOVEMBER 3, 1988

NEXT DEADLINE IS MONDAY, NOVEMBER 14, 1988

COST: PRICELESS



What is this Buffalo doing in Greenwood? For the whole story see page 6.

CFB COMOX GIVES \$26,748 TO UNITED WAY

"Another outstanding United Way Campaign at CFB Comox...you have again led the way in your example of generosity and caring for the Comox District."

These are the words of Wing Commander (Ret'd) Alan Brown, Chief Coordinator of the Comox District United Way Campaign. "RED LEAD," as the former 409 Squadron LCol is known, is pleased with the Base effort, and optimistic about reaching the eventual U.W. goal of \$115,000.00.

"There are corporate and

small business contributions yet to come in, and the mailers," said W/C Brown.

For those who did not receive their mailers, or who have misplaced them, there are still the coupons placed in local newspapers, including the Totem Times.

Included in these U.W. donors is Payless Gas, who are giving one cent per litre of gasoline sold on Saturday and Sunday, November 5 and November 6 at their three outlets in the Comox Valley. "Gas-Up to help fill-up the United Way thermometer."

FEDERAL VOTING

Voting for Canadian Forces and Public Service electors will take place at the Parish Hall, Bldg 10, CFB Comox, as per the following schedule:

Monday 7 Nov 88 1000-1500
Tuesday 8 Nov 88 1000-1500
Wednesday 9 Nov 88 1030-1500
Thursday 10 Nov 88 1000-1500
Saturday 12 Nov 88 0930-1230

CF Personnel fill out a Statement of Ordinary Residence (SOR) when they first enroll, determining their electoral district and allowing them to vote for the same (usually their "hometown") electoral district throughout their career.

Some CF personnel may wish to vote in their local electoral district, as they may be more familiar with the local candidates and issues. While this is indeed possible, it is important to know that there are rules to follow to ensure that your vote is counted.

The member's name must be on the civilian's voting list, and the member must have completed an SOR for the electoral district in which he resides. In addition, the member must not have voted at a Service Voting Place.

Voting, if you are on leave or TD can be done at any CF unit as long as you have proof of your SOR.

Remember

False values, false morals,
Pretend that you care.
You don't understand!
Only those who were there.

But, do you try?
See old faces, hear the names?
Bow your heads—
For they all suffered pain.

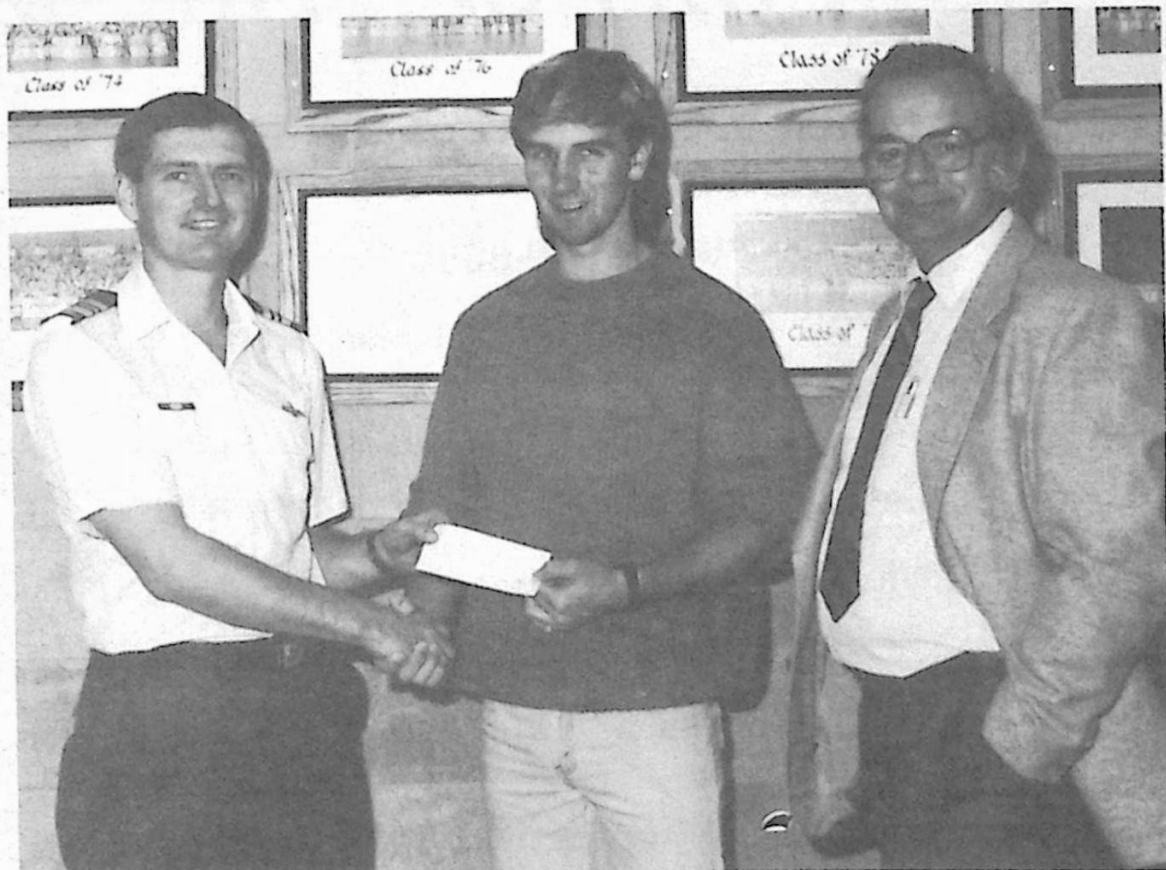
But, there are those who care!
We remember your tears.
We've taken over your fight
And inherited your fears.

We are the new forces.
We've hardly seen war.
But we remember your suffering,
And strive for conflict no more.

Remember! Remember!
With tears in your eyes.
And pray for us, who are living,
And for those who have died.

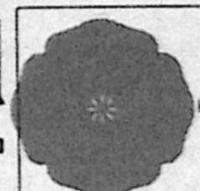
Cpl Judy L. Beresford
22 Svc.Bn, TN Coy,
London, Ontario

407 MAKES DONATION TO THE TROY LEFORT FUND



Major Bill Todd, the Deputy Commanding Officer of 407 Squadron, presents \$500 to the Troy Lefort Fund on behalf of the men and women of 407 Sqn. Accepting the donation are Tony Woodrow, student president of Vanier Secondary School and Vic Berndt, a Vanier teacher who has spearheaded the Vanier fundraising effort. Troy Lefort is the Vanier graduate who was shot this summer in Vancouver. All Demons wish him a speedy recovery.

Together... We Will Remember



"FISHWRAPPER" EXPOSED

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OUR NEXT DEADLINE IS NOVEMBER 14

SECTION NEWS



Demon Doins



AIRCREW

MARCOT has finally wound down, and things should be getting back to normal soon. The crews have all been very busy, collecting a lot of hours and some good on top time. 407 received some fine assistance from VP 47 of NAS Moffett Field, California, which sent up three P3s and crews. We also got to see the USN's new albino paint scheme. Also in town for the exercise were a crew each, from 415 and 405 Squadrons from Greenwood.

With MARCOT coming to an end Comox should soon see the return of Capt Warren Wightman. Wighty "volunteered" to be the VP liaison for the exercise, on board the HMCS Huron. Warren enjoyed his stay so much that he has volunteered to go on board ship again for next year's MARCOT. However, this is probably more an attempt on Warren's part to ensure he remains in Comox beyond next summer, than it is an expression of his love for the high seas. With Warren's luck they'll post him to Greenwood and send him out on the Iroquois for the next east coast MARCOT.

Now the news from Down Under. The Crew 3 Subbustlers returned from the Fincastle competition in Australia. They represented Canada and 407 Squadron very well. However, it wasn't quite enough, as the Fincastle Trophy was captured by New Zealand. The Subbustlers were the runners up to the Kiwis. Although they didn't bring home the silverware Crew 3, led by Major Armstrong, were fine ambassadors and had a great time. Since their arrival in Australia, the breweries have been unable to meet the demand for "Fosters."

Meanwhile, back on the home front, there has been a mini baby boom in progress. Congratulations are in order for Capt Paul Godwin and his wife Monique and for Capt Pete Vandentillaart (V-13) and his wife Carol, on the arrival of their newborn Demons.

We would also like to congratulate Capt Paige Cutland on the arrival of his "son" Elvis. This new Demon weighed in at 47 pounds. No, Elvis is not grossly overweight, he is a healthy bulldog puppy. Believe me, there is truth to the saying that pets resemble their owners. Nuff said.

407 SERVICING
2 CREW

Life goes on after MARCOT, or so they tell us. Everyone is tired out from the long hours and confusion that comes with the increased flying schedule. But, all-in-all things went well. We would like to

thank all the Techs from Greenwood who came to help us out. I'm sure there'll be an aircraft available to take you back soon.

Speaking of Greenwood, just returned from their 1st Line course is Greg Fleet and Mark Laroche. Mark likes Greenwood so much he's decided to go back for another 6 weeks on his JX Course. Moira was supposed to go but declined hoping to go in the Spring when the weather might be more agreeable. (She doesn't like the cold and snow.) Also, going on course are Cpls Guy Belanger and Jim Taillon who are going to Penhold for JLC. Good luck, guys.

We are also welcoming back our techs and aircrew from their trip Downunder for Fincastle '88. They didn't win but, I'm sure they had a great time all the same. We are proud of them and wish to welcome them home.

Looking to the months ahead, things are going to remain fairly hectic with more TD on the horizon to Moffet and San Diego. The crew will be busy at work and after, with all the Christmas parties in the planning.

To end, we will say goodbye to Kym Devries going to 1 Crew and Steve Quinn gone to maintenance. And HAPPY BIRTHDAY to Joanne Parker, hope you enjoyed it!

407 (MP) SQN PHOTO
What is new in the world of photo, you say? At first glance, it appears to be plenty but don't let them fool you though. Let's see if we have the whole picture in focus. First, Laurie Roy is in Australia as trade representative on the Fincastle competition. We wish him and the rest of the crew the best of luck. Also, John Clevett is presently in snowy CFB Borden attending the High Reliability Soldering course. Rod Mattson just returned from a fun filled seminar in downtown Greenwood (does Greenwood have such a thing?) where he received training on corrosion control for the Night Illumination System of the CP 140 aircraft. He claims that no one in this part of the world owns an alarm clock, so we guess that he felt right at home. Bob Davidson just returned from CFB Borden where he successfully completed the MOC 500 trade 6A COURSE. Listen to this one...He proclaimed that it took him 3 days to get back to Comox. Let's not push process here, Bob! Terry Wood is back from CFB Kingston after completing the OSQ.HS POET training. Rumours are that, apparently, Terry is looking for a pair of Servicing white coveralls that will fit him. Could it be that Terry knows something that we

don't? I guess this is it for this time and we hope that we will have more exposures to process next time.

407 (MP) SQN GOLF TOURNAMENT

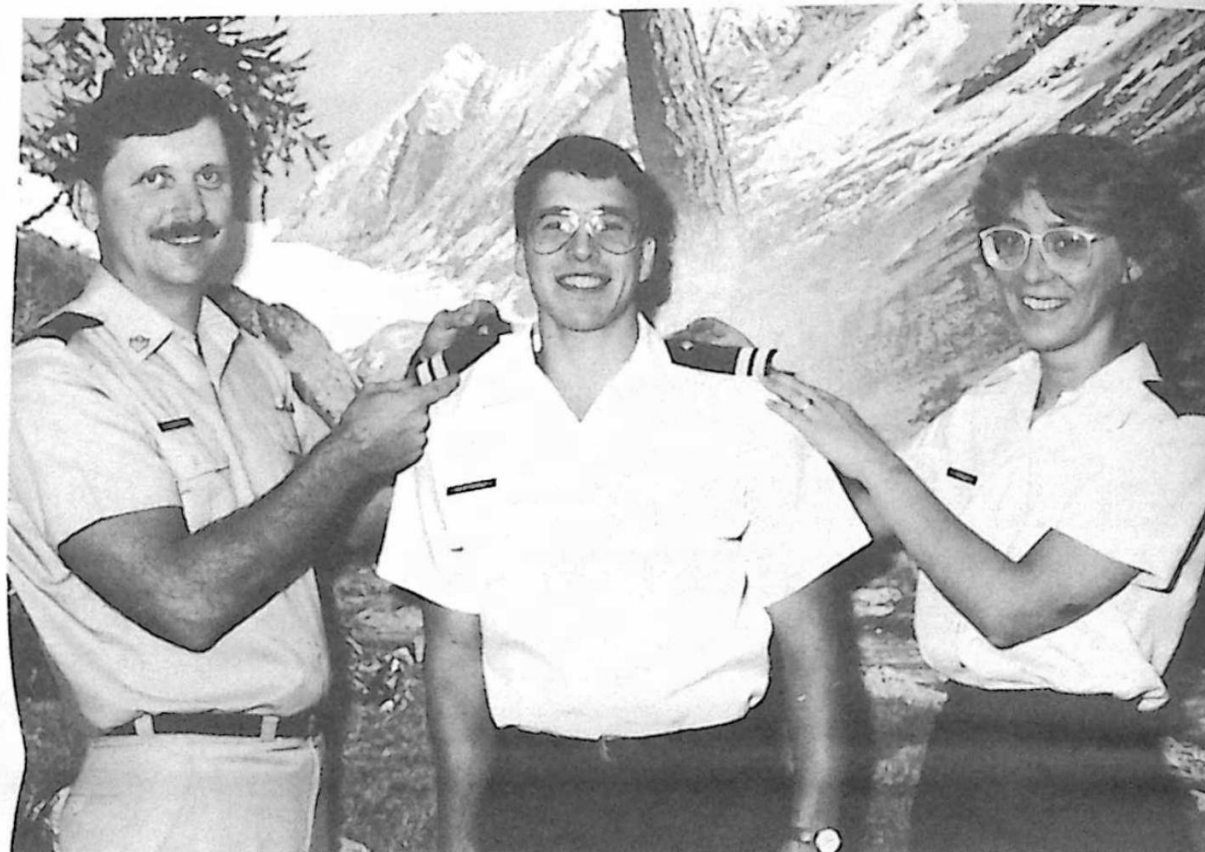
On 29 Sep 88, our Squadron had its Annual Golf Tournament. 88 golfers took part in this event and everyone seemed to have enjoyed themselves. We would like to extend our

gratitude to the following merchants who generously contributed some of the prizes that were given out at this event:

ROYAL BANK, Courtenay
MOUNTAIN MEADOWS SPORTS, Courtenay
COMOX BUILDERS SUPPLIES, Comox
DON TURNER, Barber, Lazo
GOODS MEAT MARKET, Lazo

RED RUBY RESTAURANT, Courtenay
MC CONACHIE FURNITURE STORE, Courtenay
JIM NOLAN PRO SHOP, Glacier
Greens
MIKE FINNERON PONTIAC BUICK, Courtenay

PEDAL PUSHER BICYCLE CENTRE, Courtenay



Newly promoted Capt Lambert Bertrand, the 407 Squadron Admin Officer, gets some help from the orderly room staff, Sgt Chappin and Cpl Dumont.

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Next Deadline November 14th

AROUND THE BASE

From The
Top Rung

COL TED GIBBON

I don't think anybody needs to be told how busy the past few months have been and, given the current activity rate, how unlikely it is that the future will be any different. Some of the new arrivals may be a little taken aback with the extent and the diversity of our activities, while the oldtimers have come to accept our commitments and even anticipate what appears to be a continuing increase in the demands that we be somewhat elastic in our response to various taskings, the activity rate we have been subjected to lately should be giving concern to those who must take into consideration the tensile strength of the rubber band we are asked to work with. I can assure you we are concerned and give constant attention to how much stretch remains in the band, although this may not be readily apparent at times.

It is important that we appreciate the reasons for some of those activities that are imposed on us in addition to routine operations and normal commitments. Many are self-generated with noble intent that come into conflict despite our best efforts to ensure compatibility; the Octagon Expedition, long range trainers and adventure training exercises are some examples of long range planning that clash inadvertently with current operations. Others are the result of successful endeavours leading to increased commitments; the superimposing of the Fincastle competition on the MARCOT just recently completed is a fine example of how unit effectiveness leads to extra work. Another important factor is our geographic location which leads to numerous short and long term deployments by Canadian and foreign units that simply (according to them) cannot be accomplished elsewhere. The 216 visit itinerary administrative orders published so far this year attest to our popularity in this regard. Then there is the unexpected, such as the hosting of SAREX this year which occurred with a minimum of notice in the midst of the usual high volume of SAR activity in this region. Finally, we get asked to do a lot of things simply because we are good folks who can be relied upon to execute every mission assigned in a thoroughly professional manner.

Simply said, it's our effectiveness that leads to most of the band tightening and our pride won't let us do anything but our best, so it is my responsibility, on the advice of your supervisors at all levels, to ensure the band never reaches the breaking point. I know there are limits to what we can SAFELY do; it is up to you to assist me in accurately defining the boundaries. There is light at the end of the tunnel, and it isn't just another train coming - trust me!

DO YOU LIKE COUNTRY MUSIC?
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Westwind

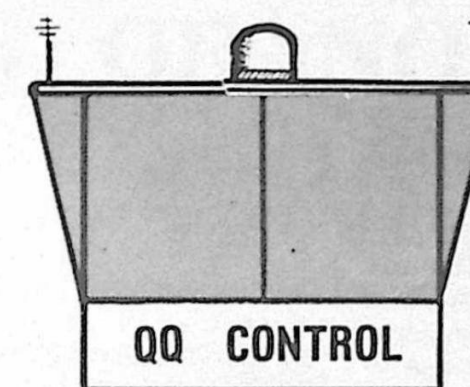


EVERY SATURDAY AND
SUNDAY AFTERNOON

JAMMIN' AT THE "MEX"

Washington

338-5441

As The
Beacon Turns

Trick or Treat! The weather played a Trick, but we were all treated to a night of great entertainment. Such was the case Saturday night at the ATC Halloween Party. The party was held at the Gravel Pit which could best be described as "Semi-Outdoors." The only way to stay warm that night was to come dressed as an arctic explorer. But ATC spirits are not easily dampened by small things such as the weather. Our pledge is to have a good time, rain, snow or shine. The best costume award went to WO Al Munday who came dressed as every man's worst nightmare. Once again, a big thanks to the entertainment staff, and to all others who

lent a hand in orchestrating another fine section party. The next event is scheduled for Dec 3rd, when the Christmas party will take place.

The powerful base Ops Hockey Team is off to a terrific start this season with a 4-0 record. Teams that have fallen victim to the unforgiving domination of the Intersection League, thus far include VU 33/BTLO, RCMP, 442, and 407 Demons. A potent offence and a stingy defence combined with superb goaltending by Marcel Breau are sure to make this team a serious contender for the league title this year.

If hockey is our strong point, then curling is our Achilles' Heel. ATC curlers are 0-4, but

that's where the proverbial "We're just here for fun" can be applied.

Touching on the personal aspect of work, Sgt Don McLean has returned from Hawaii sporting a sunburn that resembles an airfield obstruction light. Alien leaves for Penhold this week to attend the Junior Leaders' Course. Lt Kim Adams is nearing the completion of his tenure as a tower controller. Kim leaves sometime in November to pursue a career with Transport Canada. New additions to the section are Pte Greg Schamp from CFRS Cornwallis and our new secretary Cpl JoAnne English.

Employee
Assistance
Program

This is a program developed jointly by unions and management to help civilian employees with personal or health-related problems. The program encompasses problem identification and clarification, and referral to an appropriate source of qualified assistance.

The kinds of problems are those that affect an employee's performance while on the job; physical, emotional, or mental illness; problems of financial, marital, or legal nature; OR problems relating to alcohol or drug abuse.

The Dept of National Defence recognizes the importance of good health, and particularly the need to promote and maintain the health and well-being of its employees. After all, the most valuable resource the department has is its employees. This is why it is willing to provide them with confidential assistance for problems of a personal nature which are affecting their job performance.

Further information on how the program works can be read on the brochure called employee assistance program - put out by National Defence. These are available through any of the referral agents currently qualified and employed at CFB Comox.

Doreen Erickson-EAP
Chairperson Local 8590, Bev
Chadderton Local 8320.

CHALLENGES OF ISOLATION

Quality of life refers to a person's psychological and physical well-being in the various areas of work, family, community and social life.

For some people who choose to live in isolated areas because they enjoy the lifestyle, appreciate the outdoor life and scenery and do better economically, there are few real problems.

For others who are unaccustomed to a small population, a lack of amenities has limited opportunities and resources, and living in an isolated port can create many concerns, and hence affect work performance.

Sylvia Baron, the E.A.P. Counsellor for Canadian Coast Guard in B.C. has studied the effects of isolation from five different standpoints which will be discussed in a three part series over the next few issues.

Interpersonal Relationships

Personality differences are the greatest when one cannot escape from one's co-workers. Irritating habits and characteristics can lead to hostility and anger when one has to cope on a twenty-four hour, seven day a week basis. Irritation over real or perceived surveillance or invasion of privacy can lead to extreme distress. The inability in certain ports to

have a private telephone conversation or receive personal correspondence can produce undue pressure and resentment.

The supervisory role is often difficult to maintain jointly with the friendly social role required when you are the only other or one of a very small number of people in a vast area. It becomes a tightrope exercise requiring a high degree of maturity to maintain a balance.

The human tendency to focus on a common enemy, a scapegoat, can lead to cruel and abusive treatment of an individual or a group of individuals. Interdependence is a necessity in isolation. In times of crisis the reliability and capability of fellow workers are expected. Those who fail to meet the challenge are ostracized, whether justly or not.

In a small community social sanctions tend to be very strong. When a person is accused, judged and condemned for failing to meet the standards or morality or sociability, the individual may often withdraw, leave, or break under the pressure.

Next issue - Marital problems and work.

EDITORIAL



TERRY STROCEL

Why do we have to remember? What is the significance behind Remembrance Day and who are we remembering? As the memory of the First and Second World War, the Korean Conflict and even the Vietnam war fades, the importance of the day also slips away. There are not many Veterans left from World War I and the numbers from WWII are also growing small. But they are the military men who I admire. And I envy them, too, for they are a unique group of people who really know what it's like to fight for their country. They experienced that energy of going over the top, or coming in out of the sun without hesitation or apprehension because they knew that the fate of their loved ones teetered on their performance at that moment. At least they knew what they were fighting for.

The successes of Canadian military personnel at war are very well documented and provide us with a very rich heritage that we enjoy today. From Vimy Ridge, to the beaches of Normandy to Korea Canadians have always made a distinct mark in the history of modern conflict. And it is up to the present military community to keep the memory of those brave men and women strong in our minds so that the terror of war will never happen again.

Canada is now a world leader in International Peacekeeping operations and our mission is just as important now as it was back then. Unfortunately most people don't see us in that light. This summer I had the opportunity of attending the Canadian Forces Staff School in Toronto. After a visit to the Royal Military Institute our syndicate decided to take the subway back to the Avenue Road site. Keep in mind that we were wearing S3 uniforms, but was that ever like walking on the moon! There were some favourable reactions from a select few but for the most part people stared at us like we were from another planet. One lady startled me from behind by asking me if I was in the Navy. I said "No Ma'am I'm in the Armed Forces." (Freudian slip.)

But after that I really had to wonder how the general public really felt about the military, and what would be the consequences if we weren't around. And what if the military hadn't been around back during the great wars of this century. Back then a soldier in a uniform was a hero, a brave lad, and could walk down the street holding his head high.

So next Friday when you bow your head in silence for one minute at the 11th hour on the 11th day of the 11th month, think about all those people who gave their lives for their country, but also think about yourselves, the importance of the Canadian military and the proud heritage that we must carry on.

Until next time keep the blue side up.

Remember when?



**Together...
We Will
Remember**



TOTEM TIMES

CFB COMOX, LAZO, B.C. V0R 2K0

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REMEMBRANCE

THE MEANING OF NOVEMBER 11



THE POPPY CAMPAIGN

The Royal Canadian Legion thanks all Canadians who shared with us, in the 1987 Remembrance activities.

Our poppy campaign in particular benefitted by your generous response. Each donation allowed us to offer a Remembrance symbol. This may be a poppy worn by individuals, or wreaths, crosses, or sprays, to be appropriately displayed or laid at the cenotaphs and other such memorial to the 114,000 service personnel whose eloquent sacrifice was made on behalf of all Canadians.

For every donation received, a symbol of Remembrance is provided for personal or public use. This may be in the form of the poppy, wreath, cross or certificate. In many areas, in the interest of perpetuating remembrance, the poppy is distributed without expectation of donations, eg. to school children. Poppy material is manufactured by disabled veterans or their dependants and provide a source of income for them. In 1987 material cost \$1,703,000.

Average campaign expenses for the 1453 branches participating in National campaigns is \$632 per branch.

The distribution of funds (\$3,700,000 in 1987) is governed by the General Bylaws of the Royal Canadian Legion. Some of their uses are:

Assistance to needy veterans and their dependants.

Community medical appliances and medical research.

Day Care centres for adults, meals on wheels, transportation and related services.

Purchases for construction, reconstruction, maintenance, renewal, repair, furnishing or

refurnishing of housing, accommodation or care facilities for elderly or disabled persons and their dependants.

Operation of Service Bureau which acts on behalf of veterans and their dependants to present their submissions to the Government, to secure assistance and pensions in accordance with existing programs.

THE LEGION SERVICE BUREAU—AND YOU

Canada's war veterans are slowly disappearing. The average age of Second World War veterans is 66 years, and the lists of deceased veterans that appear in Legion Magazine every month are getting longer.

What does that mean for the Royal Canadian Legion Service Bureau, which was founded after the First World War to help veterans get the disability pensions provided by the Federal Government? Does it mean that the Service Bureau, which is funded in part by donations made during the annual Poppy Campaign, will no longer be needed?

The Legion says that's not the case. The number of veterans may be shrinking, but they still number more than 650,000 and the bureau may be needed for a long time simply to look after their increasing needs and the needs of their dependants. But the bureau's service officers, who provide all of their services at no charge to the applicant, are seeing numerous younger clients these days...including some who are only in their 20s.

They are Canada's peacetime servicemen, and even though they have not gone to war they are still eligible for disability

pensions for injuries suffered while on duty. The service officers help them find their way through the maze of government legislation and will also represent them before the appropriate government board or tribunal.

And even though it is peacetime, injuries suffered while on military duty can be plentiful...in recent years as many as 23 servicemen have been killed in accidents in one year, and many more have been injured.

Those accidents mean that the Legion's Service Bureau will be needed long after the war veterans are gone. In fact, the bureau will be one of the major legacies Canada's veterans will leave for their peacetime counterparts.

HOW THE WAR CHANGED CANADA

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

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

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

Other things had happened. When Japan overran the rubber plantations of Asia, Canada promised to produce synthetic rubber. By war's end, 10 plants were in operation and

Canadians were turning out 15 kinds of rubber. It was the same kind of story for the vehicle manufacturing industry and so many other things.

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

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

The changes that the veterans returned home to didn't stop them...or Canadians...from remembering the country's 114,000 war dead. And that is one thing that hasn't changed in the 43 years since the war ended. The Legion's Poppy Campaign is just as successful now as it was in 1945. Canadians still remember.

WARTIME SACRIFICES MADE IN CANADA

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

for age or sex.

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

But concerns and worries about loved ones weren't the only hardships faced by the people who stayed at home when the Second World War started, about half of what it is today, and most of our factories were busy producing the arms and ammunition and ships our Armed Forces needed. That meant there weren't enough factories to make the foods, the cars and the other goods you are accustomed to.

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

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

The Royal Canadian Legion

**Together...
We Will
Remember**



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SECTION NEWS



442 SQUADRON



So what exactly was that 442 Squadron Buffalo doing in Greenwood, Nova Scotia last week anyway? Would you believe disembarking passengers and freight under the alias of SF 711. That's right folks, we may have Rescue/Sauvetage encribed on the side of our plane but, contrary to popular belief, we have that transport type capability.

It all started out so innocently as a trip to Trenton so that some of the 442 Squadron maintenance personnel could attend an important meeting at AMDU. So as part of our traverse across this vast land of ours, we decided to call in at some of the better AMUs listed on the travel guide. It's amazing what kind of service and attention you get when you are known as a Service Flight (especially when you go u/s).

So anyhow there we were just hangin' around Trenton trying to finish off MCpl Webster's checkride when the situation just fell right into our laps. The 424 Tigers and 426 Thunders were having a tough battle vying for possession of the only available Buffalos on the playing field. Meanwhile, we Snakes decided to cash in on a halfback option up the middle to scoop up an ATOC tasking and left those "other guys" eating our dust. It turns out that about 25 students from the Aerospace Systems Course, out of Winnipeg, needed a lift from Ottawa to Greenwood and were having problems flagging down a friendly Boeing.

You can imagine the look on their faces as a Comox Buff pulled up to the Number One Slot in front of the Ottawa AMU.

As an added extra bonus we even agreed to have one of 424's Navigators get a Nav leg checkout enroute. Sure enough our transponder decided to pack it in for the day so we had to keep ATC updated as to our position throughout the entire flight. There sure are a lot of radials and DMEs in Quebec. But hey...are we versatile or what?

Our return trip was pretty well routine now that the entire civilization as we know now considered 442 Squadron as Service Flight Kings. Trenton couldn't give us enough BMS and Winnipeg insisted on giving our plane a nice warm hangar to sleep in. I have to admit, 2 inches of snow and minus 16°C temperatures are not exactly Comox Ops normal.

After a long conversation with Lorne Reid, of Lab Flight fame, I found out that his sojourn to Trenton was pretty eventful too. First off, while enroute to Central/Upper Canada the boys were diverted into the Calgary/Fairmont area to help search for a lost plane. SAR Wilder was completed on Sunday 23 Oct when hunters found the downed aircraft at the 6500 foot mark of a mountain in the Kananaskis Valley.

So onward went 311 on its way. Apparently the crew members consisting of Capt Reid, Lt Erdos, Sgt Cutter, and MCpl Poirier did their own versions of Creeping Lines Ahead and Track Crawls to some of the finer exotic dancing establishments in Canada. However they did manage to return to Lotus Land in fine form. Welcome back guys.

And now moving on to the social side of 442 Squadron.

The recent golf tournament/Meet 'N' Greet was highly successful and many thanks to the Squadron Entertainment Committee for a truly excellent meal and party. Thanks also to Capt Tim Leslie and Lt Tony Jones (salt and pepper) for organizing the golf tourney. A good time was had by all. Winners included Doug Hutchison (Low Net), Gord Trenholm (Low Gross) on the "pro" side of the field. On the duffer's side Brad Kneller won closest to the pin and Tony Jones won longest drive.

The most honest golfers (who won dinner for eight at the Great Steak Company) were: Natalie Corneau, Michele Corneau, Brenda Lloyd and Maurice Leger. The award for best foursome goes to Lloyd

Staj..., Dwight Wagner, John Raine and Yvan Breton. Congratulations to everyone.

And just a reminder to everyone that the Squadron Christmas Party happens on 1 December and will take place at the Florence Filberg Centre in downtown Courtenay. It promises to be a great time, so get your tickets now.

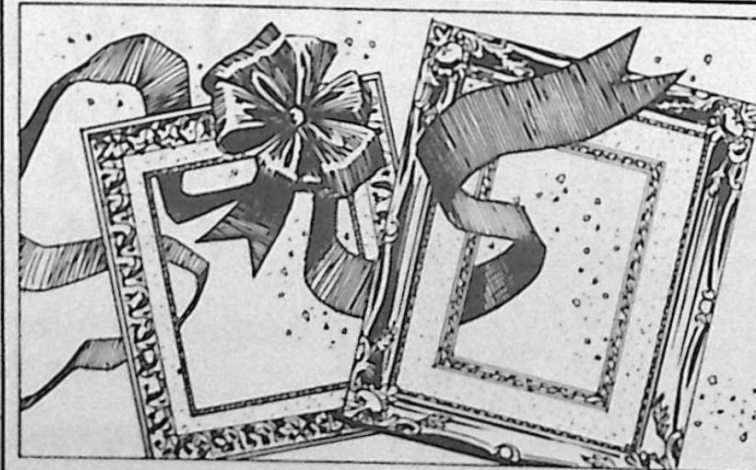
In a recent poll taken by the Totem Times 442 Squadron personnel were asked about the big move that took place a couple of weeks ago. Now that the dust has settled (except from the roof) it seems that everyone is pretty much happy with the layout. Ops is still going through a bit of a transition and rumour has it that the SPIO department is still trying to set up an office time

allocation. Says Capt Mary Bryant (UFSO) "I see one of them step out in the hall every once in a while to change his mind. The maximum capacity of the office is 1.5 persons. I want to know who gets the split personality." Meanwhile other rumours have it that Mary has a work order in for a veranda, a jacuzzi and raquetball court for her office. Where's the justice?

And finally here's a good luck cheer to Buffalo aircraft 456 as it heads out Monday for Calgary for just a little more than the usual maintenance. You might say that she's getting her wings clipped. The next time you see her she'll be talking part Canadian and part Zambian. Keep the blue side up.



A sunrise tribute to aircraft 456 as it sits on the ramp at Winnipeg. The aircraft completed a cross-country trip last week and is now off to Calgary for a bit of an overhaul.



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Framing.....
The Perfect Gift



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SECTION NEWS



BAMSO

BAMSO
DSL1312

It has been a long absence from the old fish wrapper for BAMSO articles but we are like the phoenix arising from the ashes to greater glory. There have been numerous changes to the BAMSO staff and to those new personnel, welcome. To the dearly departed, it was a lot of fun and thanks for your efforts.

An item of great interest to everyone, the BAMSO Christmas Party will be on the 10 Dec 88 at the Comox Valley Curling Club. Ann Davey and her band of merry men will gladly take your money so come out and have a great time. All food served will be of low calories and the dancing will be of a type to burn off calories. It is anticipated that with this combination, BMIs should not be affected!

It should also be noted that the Toronto Maple Leafs are in first place in their division, in their conference and in the league. I will gladly accept congratulatory phone calls on their behalf. I'd also like to thank the IE/IS NavCom hockey pool for allowing me to join after they had selected all the good players. I apologize for having been first place for the first two weeks!

As a closing comment, I'd like to compliment Terry Stroel for his work as Editor of this fine paper. I know how difficult a job it is to produce such an outstanding product. I do, however take exception to your editorial of 1 Sep 88. Base Photo will continue to give you their utmost in cooperation and hard work despite your words. Nuff said!

BASE ARMAMENT

As usual the armourers were busy this summer, with storage for the Americans. We also took time out for a few courses, such as, Rocking Rodney going to Boredom on the Basic EOD course, Gruesome Graham on JLC, Deanna Murray, and Gummy to the Massey-Ferguson course.

In keeping with the Taz tradition; our fearless flyers were employed during MAR-COT flying back seat operating Delmar and Threat Emitter against the navy. Flying hours increased for "Yeager" Corrigan, "Maverick" Patenaude and "Goose" Olson. Whatever you do, don't ask Goose about a few of his trips.

By the time you read this, everyone should be back and Sharon Cameron will be on her JLC.

We wish to welcome WO Jim Turner, MCpls Corrigan and Murray to the Taz's Lair.

NON DESTRUCTIVE TESTING

Dear George:
Sorry we haven't written to you for such a long time but we've been so busy and there have been so many changes since you left. Bill really did go to CFB Trenton and in return, Trenton sent Sgt Bert Pelletier to take over the shop. Bill is happy in Trenton and enjoying all the trips associated with his new job and promotion. Bert is acclimatizing to this balmy area and we wish he and his family a long, pleasant stay in this lovely valley. They are avid skiers and are shopping for a new 4 x 4 vehicle. I'm sure they will be up the mountain often this winter.

Cpl Frank (Rick) is another new tech on our crew. Rick left 407 Sqn in March for his NDT course at AMDU Trenton and joined us in June. His enthusiasm and good sense of humour are much appreciated and we all hope he'll enjoy his new job, hunting for defects instead of fixing them.

On the business side of Non-Destructive Testing, we have had several aircraft special inspections since we've last written, the latest of which is a repeat check of the Aurora nose gear. We are still travelling to Pat Bay Airport regularly for ultrasonic and eddy-current inspections on the Sea King Helicopters. Back in July, Blake and Sandy had a whirlwind mission to Pearl Harbor for NDT of the two Sea Kings on the HMCS Huron. They had a long, tiring flight there and an interesting search around the Naval Base for the Huron, which is a relatively small ship compared to the many carriers and destroyers in port. Everything went well though and the return trip via commercial air, was swift and comfortable.

Last year at this time we were awaiting completion of renovations to our flight line shop. They were completed this year and in August we left the lofty third floor of the hangar and returned to our "Root Cellar." Our time is limited in this shop though, and eventually in 1989 we will return to the "Ivory Tower" permanently. If all our wishes come true we will have one of the safest, most efficient and modern testing facilities in the Armed Forces.

Well George, that's all our news which is publishable. Hope you can drop by sometime. So long for now.



SUPPLY SIGNALS

What's going on in Clothing Stores? Well, to begin with, the issue of the new air force base dress pants has been underway, keeping the staff in Clothing very busy. But people are still asking, "When are we getting the sweaters? Are we going to have work dress jackets?" The answer is that, unfortunately, sweaters may not be available now until March 89 and we have had no info on W/D jackets. Base dress will replace work dress and the regulations for wearing the new base dress will be published in Routine Orders. The deadline for wearing the old work dress is 30 Ju 89 and the CF dress uniform will be 31 Jan 89. After these dates, the wearing of the new DEU uniforms will be mandatory. Trousers/slacks for both air/navy will be available for purchasing or exchange in approximately six to nine months. Also, the special size uniforms are slowly arriving on base, individuals will be contacted upon receipt.

Anyone not in full issue of their DEU uniforms, please contact Clothing Stores for an appointment.

SUPPLY RAMBLINGS:

Time marches on, as do our personnel as more moves are in the offing. June Kinshella will be gracing MPO with her presence. June is presently employed in General Stores. Joan (of Arc) Cook will be transferred from 1 Sup Grp to General Stores and we also have three others, Barbie Arnold, Karen Charbonneau and Manon Gervais, who will be working in 1 Sup Grp.

Barb has just arrived from her TQ5 course and she is more than happy to be back home, her horse having given birth to a foal while she was away.

Along with Barb, was Kim Heath on the TQ5, who, we are pleased to announce, finished first on the course. Kim, being the third Supply Tech from Comox to top the course this year, will be returning on 1 Nov after an extended vacation.

Pat Adams and Allison Randall are also in Borden right now. Pat is expected back 1 Nov from his 6A course, while Allison is knee deep in snow doing her TQ5.

In General Stores everything seems to be running okay, they are managing to keep their heads above water. But with Pat being away, WO Pearce is watching over it like a hawk! Congratulations, Debra Burns, who received her CD on 26 Oct.

It seems like everyone is, or has gotten married lately in Supply. Now that Kevin Luther's long-talked-about wedding is over, we have Shelly Ratcliffe and Ken Verge tying the knot on 12 Nov. Which will leave poor Jim Wilson feeling lonely as John Couture is going on his POL course on 25 Nov. But POL staff is working hard. During the recent weekend exercise issue period, POL issued 117,000 gallons of aircraft fuel. A new record! Well done to all.

We also have a proud and happy Mom in Supply to congratulate. What would have ever thought that Marie would settle down and have a baby, and be so happy? Keep it up Marie, you deserve it! So on a final note, to every air trade personnel out there, in regards to our new dress sweaters, which aren't coming in until March, "Sorry guys, we don't mean to disappoint you."

Air Force Trivia

Answer from Last Issue

THIS WEEK'S TRIVIA: All of our readers have seen the famous "The Spirit" car. But did you know that the car was built by Ford? The car was built by Ford in 1936 and was the first car to be built by Ford in the United States.



SECTION NEWS

ANKER KLANKIN'

MARCOT 2/88 lived up to our expectations and proved to be a very busy time for the Fightin' 33rd. For the most part the trips were interesting and beneficial to both ourselves and the navy units we were supporting. While no amount of flying could satisfy the pilots on this Sqn we were reasonably happy with what came our way. Kudos to the hardworking folks in servicing who kept our steeds in fine shape throughout the exercise. Upstairs Sqn OpsO Capt Orlando Bokor and his deputy Sgt Wayne Larson did fine work orchestrating the Sqn's response to our taskings.

Armed with a tattered copy of Jack Kerouac's *On The Road* and a box of Bob Dylan tapes Lt Randy Chaulk has answered the siren call and departed Comox for a sixties style voyage of discovery. He is driving down the coast to California and Mexico in his newly acquired VW "microbus." Chances are that both he and San Francisco won't be the same again; watch

this space for a report on his adventures. The CO has also left on a "voyage of discovery," but his likely won't be as much fun. Major Arsenault will be spending the week in Winnipeg on the Air Command Squadron Commanders' course.

Winter is a pretty quiet time in the fixed wing utility business. A few Sqn members are taking advantage of this and are heading out of town in the pursuit of knowledge. Only just back from the Flight Safety course, Capt Ron Franklin has now volunteered for the inaugural session of the Maritime Warfare Tactical Directors' course. If his thirst for education persists we'll have no option but to send him to staff school. Since Halifax can be a wild town Sgt Wayne Larson will be going along to keep Ron out of trouble. Capt Martin Baggaley will also be going to Halifax later this year to attend to the standard Maritime Warfare course.

Now that the forest fire season in Western Canada is

over VU 33 reserve pilot Capt Don Fair will be flying with us on a regular basis. He stopped by last week to say hello and fly a couple of trips. He's a veteran Tracker pilot but after muscling Conair's fire-bombing DC-6s through mountain valleys all summer he says he now finds the Tracker "easy to overcontrol."

VU 33 TECH SIDE

MARCOT has come and gone now and things are getting back to normal. We at VU 33 managed to keep ourselves and our bosses smiling with only two lost missions due to unserviceabilities. There were some long hours but they were all

worth it.

Christmas time is drawing near, so get your party ticket early from your rep.

Now for the news. 1 Crew has a new face for now, Pte Jim Beal is here for awhile on ATAT rotation. I'm off to Rolls Royce and Lucas in Montreal for a couple of days to see the people who make our parts and MCpl Duchesne is off to Borden for his hydraulic Fluid Analysis Course.

From 2 Crew, Mike Woodworth is due back from JLC; welcome home "Woody." Harry Weeds and Trevor Jones are switching positions this week; we're sure supply will

never be the same. Pierre Boivin is on the injured list for the next month, any longer than that and Fred Kay has threatened to break his other arm. Brian Shackleton is having problems with piranhas in his jacuzzi and no one seems to know how they got there.

Flash from Maintenance: Cpl Martin Lavigne won't say where he's been or what he did there, says he's been in the paper too much.

All is quiet in Safety Systems these days.

Our Squadron Curling Team has a tie under their belts now and 407 Sqn is so afraid of us they postponed the last game.

OPPORTUNITY KNOCKS

A Community Challenge

GO BC means Growth and Opportunity for British Columbia communities.

GO BC offers a challenge to local groups and organizations to match up their energy and commitment with provincial government resources to enrich their lives and bolster that sense of pride we have in our communities.

Over the next three and a half years, \$162 million from the B.C. Lottery Fund will be available, over and above existing Lottery programs, to support a broad range of beneficial community projects.

These GO BC projects will:

- improve the quality of community life
- exhibit strong community support, including volunteer participation and financial commitment

— stimulate economic activity in the community through job creation and the use of local materials, goods and services

That's the challenge, and that's the opportunity in a program that encourages the widest possible community participation by local people and local suppliers.

Comprehensive brochures outlining details of the program and application forms are available now from your MLA, Minister of State or any Government Agent's Office.

GO BC — There has rarely been an opportunity with more promise.

GO BC Growth & Opportunities

Honourable Bill Reid
Minister of Tourism
and Provincial Secretary

SUMMIT AWARD



Capt Cossette presenting MCpl MacIsaac with his Certificate of Appreciation for the good work he performed when employed in support of the Toronto Summit Conference.

PROMOTION



Capt Cossette, BSecurO, congratulating MCpl Buxcey on his recent promotion. We hope that this is the start of many more. Well done Geoff.

CANADIAN FORCES UPDATE



CHECKERBOARD

WEST

COMOX FOX

A week or two ago, 441 Sqn was involved in an annual requalification/first time ever aerial refuelling scenario. As an ex CF-104 driver I definitely fell into the latter group (along with Maj Strocel, ex-VOODOO Dude), so I thought I would endeavour to give you a taste of what it's like:

A MIDAIR AT 33,000 FT!

Yes, that's exactly what it's like.

HOW TO CARRY OUT AERIAL REFUELLING

First, get a Boeing 707 configured with pods on the wingtips. Like the US Navy, we use the "probe and drogue" method vs the USAF's "flying boom." What this means is the pilot can only blame himself. Next, go flying and end up positioned in "big vic" formation on the tanker. (I skip a bit of stuff in between.)

When cleared by the tanker crew, you extend your probe. The probe is extended/retracted hydraulically out on the right side of the nose. Next, slide back in behind and BELOW the drogue. (Important Safety tip: don't go high! More on this later.) The drogue looks like a big badminton birdie with metal feathers and when extended it hangs out about 30 ft.

So there you are, about 20 feet back of a 300 pound piece of metal and you're both going 350 mph. Unconsciously, every muscle in your body clenches tight. (Some claim to have squeezed juice out of the stick). The wind noise generated by that drogue is much like the sound your TV makes with all stations off the air and the volume turned up.

THE SCARY PART

"KILO FOUR, CLEARED WET CONTACT LEFT." You advance the throttles just a

little bit — you just want to bump this baby, not smash it. Think of it as feeling for the curb in your Porsche. As the drogue gets close, the bow wave of the CF-18 forces the drogue out to the right and it starts to dance. If the pilot starts looking at the drogue and dancing with it — well, it can be fun to watch if you're in another CF-18. It's considerably less fun if you are in the Boeing sans ejection seat. Remember the part about not going high? The reason is that you will be caught in the turbulence (vortices for purists) off of the 707's wingtips and thrown, literally, up and into the tail of the Boeing. Fun city.

THE TIRING PART

If you've avoided looking only at the drogue and flown the correct approach — KACHUNK. You're in. Now you push the drogue ahead until you're now about 10 feet from the wingtip pad, and fuel starts to flow. Voila — all you have to do is fly formation while attached to this great big, skidding, turning monster. Oh yes, I forgot to mention that we also did it at night. In cloud.

THE GOOD PART

All the work seems worth it when you get to fillerup at altitude. Fighter pilots are twit-chy about only 3 things in peacetime — box lunches, instructional tours in Moose Jaw and low fuel. Getting filled up while airborne normally means that you can fly to exotic locations like Europe, Hawaii or California. We must have let a loony into our operations shop, because when we did our cross country with the Boeing we went from Cold Lake to Fairbanks, Alaska! Yes, we'll go out of our way to find cold weather. See you next time. And kids, please don't try this at home.

SEE YOU AT THE LEeward!

PUB HOURS:
Monday to Thursday
11:00 a.m. to 1:00 a.m.
Friday and Saturday
11:00 a.m. to 1:30 a.m.
Sunday
11 a.m. - 12:30 a.m.

THE LEeward NEIGHBOURHOOD PUB & BREWERY

good food!
KITCHEN HOURS
11AM - 10PM

good times!

*country cooking
*rural hospitality
*reasonable prices
*clean air system
*brewing our own natural Leeward lager

649 ANDERTON RD., COMOX 339-5400

DCDS Praises Operation Nile

Ottawa (DCDS) 24 Oct 88:

Operation Nile, a three month famine relief and humanitarian assistance operation mounted by the CF to provide aid and assistance to Ethiopia under the auspices of the United Nations Disaster Relief Organization (UNDRO) and the United Nations High Commission for Refugees (UNHCR) ended 7 Sep 88.

During the operation the Canadian detachment airlifted over eight thousand metric tonnes of food, shelter, clothing and other critical commodities. The quantity of food aid alone will bring

famine relief to over 100,000 beneficiaries for a period of five months. This is a significant contribution to the overall relief effort.

The detachment worked under a restrictive social atmosphere with limited amenities and under challenging climatic and environmental conditions, compounded by the ever-present threat of disease and other serious threats to health and well-being. That the Canadians accomplished so much under often appalling conditions bears witness to the outstanding leadership at all levels and the professionalism and

dedication of the 227 men and women who participated. Moreover, reaching beyond the primary task and taking an active role in giving other forms of humanitarian aid attest to the generosity and altruistic motives of the detachment.

By maximising the tour of duty in Ethiopia the CF profile has been considerably enhanced and all participants should be justifiably proud. The operation brought hope and prospects for a brighter future to many, and its impact will continue well into the future.

Bravo Zulu.

The world's most expensive business suit wasn't designed in London, Paris, or Rome. It's from North Vancouver.

They're \$250,000 each, making the Newtsuit, a product of North Vancouver-based International Hard Suits Inc., the world's most expensive business outfit. But, when the job is 300m below the surface of the ocean, dressing for success means more than having a flair for fashion.

As the only diving suit in the world that allows you to work 50 storeys underwater, in almost normal atmospheric conditions, the Newtsuit has the capability of revolutionizing the difficult task of doing business underwater. International Hard Suits Inc. is part of British

Columbia's leading edge subsea industry employing more than 1000 British Columbians and with annual sales of \$60 million.

So, it shouldn't be surprising that we're the world leader in underwater technology. After all, with 7000 km of coastline there's no better place for us to be than on the shores of tomorrow.

For more information about B.C.'s expanding economy, contact your MLA, your nearest Government Agent, or write to the Ministry of Regional Development, Parliament Buildings, Victoria V8V 1X4.

Challenging the 90's

Together. A Better B.C.

SPORTS AND RECREATION

GLACIER GREENS
NEW LADIES EXECUTIVE

Pipe Smoke

Gerry Gerow



The 1989 Executive for the Glacier Greens Ladies' Golf Club was elected at the General Meeting held 19 October, as follows: Captain, Rose McClesh; Vice-Captain, Pat Verchere; Secretary-Treasurer, Laurie Sweeney; Handicaps, Lorraine Courtemanche; Food Convener, Beth Dreger; Boards, Marg Wreggitt; Housekeeping, Claire Rathbun; Prizes, Millie Hudson; Publicity, Vi Wilander; Business Ladies, Joan Curtis. Award winners for 1988 were: Match Board, Barb Carter; Runner-Up, Rose McClesh; Birdie Board, Inge McArthur; Ringer Board, Most Improved, Inge McArthur, also Lowest score; Handicap Reduction Award, Millie Hudson; Putting, Trudine Berger and Joan West, tied; Chipping Board, tied by Jan Verbeek and Pat Verchere; Dubious Distinction, Kay Banks; Pin Day, Judy

Fellbaum. Congratulations to Rejeanne Arseneault for achieving the Most Improved Differential (40-32), and to Lorraine Courtemanche for a first time "Break 90." Tournament winners were: Early Bird, Field Low Net, Margaret Wreggitt; President's Cup, Field Low Gross, Inge McArthur; Club Championship, Christa Robertson.

Inge says: "Ya gotta practice." **GLACIER GREENS LADIES WINTER GOLF SCHEDULE 1988 and 1989**
TIME: 9:30 AM for 10AM Tee Times.

Every second Sunday commencing:

Sun 30 Oct 88	Sun 8 Jan 89
Sun 13 Nov 88	Sun 22 Jan 89
Sun 27 Nov 88	Sun 5 Feb 89
Sun 11 Dec 88	Sun 19 Feb 89
Sun 25 Dec 88	Sun 5 Mar 89

Watch for further information at end of season regarding wind-up and presentations.

SPORTS SHORTS

PAC REG CURLING (MENS)

CFB Chilliwack is conducting sub Championship 10-18 Jan 89. Service personnel interested in entering a team are to contact the Rec Centre at Loc 8315 to register. Playdowns will be held Mondays 5 and 12 Dec from 1500 to 1700 hrs, Tuesdays 6 and 13 Dec from 0900-1300 hrs and Wednesdays 7 and 14 Dec from 1500 to 1700 hrs subject to number of entries. Individuals who do not have teams may submit names to form a pick up team. Winners of the Pac Region Championship will travel to CFB Lahr 18-24 Feb to compete in National Play.

SQUASH

A number of squash passes have been purchased at the Cumberland Recreation Complex. Military individuals interested in playing or learning this exciting game are to contact the Sr Peri at Loc 8542 for info. Squash lessons are available. Personnel are reminded that protective eye glasses shall be worn.

CFB BADEN BONSPIELS 1988/89

CFB Baden Curling Club has once again extended an invitation to all military Curling Clubs to participate in the following bonspiels:

Baden International:

This is an individual Bonspiel open to any combination of rinks. 24 to 27 Nov 88.

Baden Sweetheart:

This is a Ladies Invitational Bonspiel open to Ladies only. 3 to 5 Feb 89.

Baden Junior Int.:

This is open to anyone under the age of 21 years. 18 to 19 Feb 89.

Baden Guys and Dolls:

This is an Invitational Mixed Bonspiel open to teams with two males and two females. 3 to 5 March 89.

For more info call the Base Gym 8315 or Cpl Peacock at 8341.

PAC REGION CHAMPIONSHIPS

Hockey	16-20 Jan
Broomball	23-25 Jan
Squash	25-29 Jan
Old Timers Hockey	29 Jan 3 Feb
Curling	13-15 Feb
Volleyball	17-19 Feb
Basketball	2-5 Mar
Alpine/X-country Skiing	6-10 Mar
Bowling	TBA Mar
Badminton	17-19 Mar

NATIONAL CHAMPIONSHIPS

Hockey	21-26 Mar
Broomball	27 Feb 3 Mar
Squash	2-7 Apr
Old Timers Hockey	6-10 Mar
Curling	18-24 Feb
Volleyball	6-12 Apr
Badminton	2-7 Apr
Softball (Mens)	4-8 Sep
Softball (Ladies)	2-6 Oct
Golf	18-22 Sep
Running	2-4 Oct
Soccer	25-29 Sep

I haven't had a book to review for quite a while. Now along comes one for you nature lovers. *Birdwatching with Bill Oddie*, Collier MacMillan Canada, \$24.95.

This is essentially a book written in Great Britain for birders in that country, but a great deal of its contents are applicable on this side of the big pond, as well.

Oddie has made a career out of watching birds. He is certainly one of the world's experts on the subject and his book is well written and well organized. Someone who knows little or nothing about birds and the techniques of birdwatching will find all the information he or she needs to get started in this 200 page hardcover edition. Necessary equipment, nice to have items, where to go, and when are all covered. There is a great deal of information on bird anatomy, how to tell one from another and what to look for to differentiate between similar species. If I was to take up birdwatching seriously, I would want to read Oddie's book. I highly recommend it for anyone so inclined. It's a new publication so if you can't find it in the local bookstore ask them to order you a copy.

XXXXXX

Nothing relaxes a person and gets the kinks out like a day in the field with a good dog and a gun. So, one day recently I took a day off, got together with a friend and went bird hunting. When the little dog went on a hard point by a clump of cover, I walked up and kicked the brush in front of her. WHAMMO! A burst of noise and colour erupted as the cock flushed. I heard Frank's shot, realized he missed, brought my own gun around and also missed. Frank stopped the bird with his second shot. Holy mackerel, remarked Frank, a retired air traffic controller, I don't recall authorizing any after burner take-offs. Then we moved off into some stubble and again the pointer froze. I moved off into some stubble and again the pointer froze. I moved past her and ZING! a tiny buzz saw left the vicinity of my feet. Now, I'm not the fastest gun in the west, but I'm pretty good, and when the Chukar partridge hit the ground

it was 40 yards from where it had launched. What's the point? These were pen raised birds!! They grew to maturity in the flight pens at Glen and Kathy Beaton's game bird farm in Black Creek, B.C., and they had been planted by Kathy in the field for us, just an hour or so before we started hunting. They were every bit as exciting and challenging as any bird raised in the wild.

Is this the type of hunting most of us will be doing in the future? I think it is. Natural game is becoming harder and harder to find in this country. There are several reasons and none of them are likely to go away in the foreseeable future. No.1 enemy of game birds in populated areas is the house cat. Cute little Fluffy just loves to kill baby game birds. Another problem is the sprays which are being used more and more by farmers and others. Insecticide sprays kill the bugs, birds eat the bugs and also die, or their reproduction capabilities are affected.

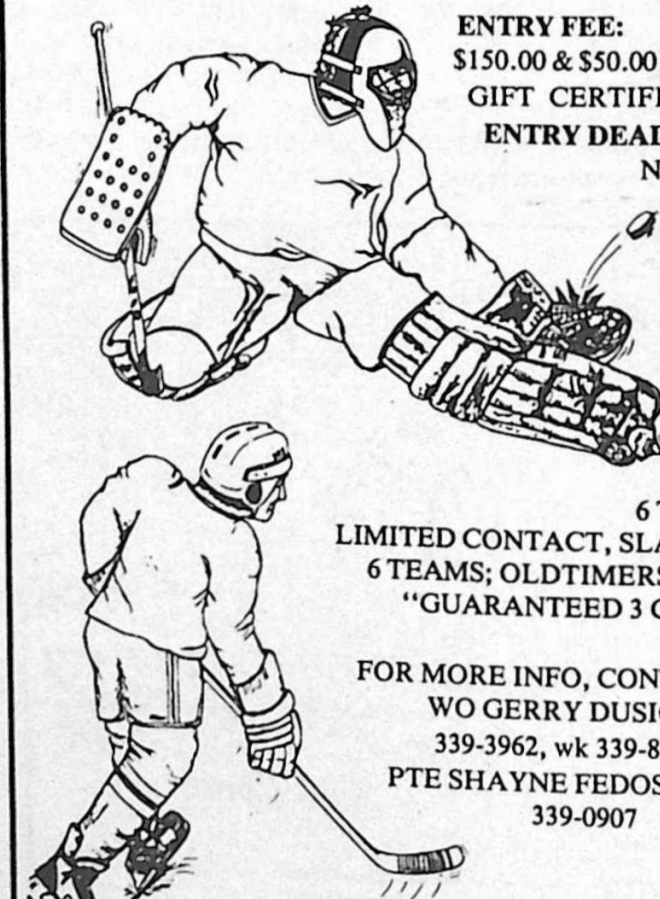
Herbicides are also a problem. This can be stopped and must be. I personally favour a law which would simply make it illegal to kill any insect or plant life by means of spraying. I don't generally side with the bleeding heart fraternity, but they could do a lot more good protesting spraying than worrying about nuclear warships.

A major threat to game birds, and especially their young comes from predatory birds. Hawks, Kites, Kestrels, Falcons, and the like. They are all protected by law. I don't think anyone really knows why. It probably seemed like a good idea at the time, but like many similar decisions it wasn't well thought out. Their numbers need to be cut down sharply. However, as I said, this is unlikely to happen. Until we can find a way to perpetuate game bird reproduction in the wild, it makes sense to me to do what more and more shooting clubs are doing. Raise the birds and stock them in the hunting area. Put and take, it you like. *Time for another hunt, Frank.*

3RD ANNUAL CFB COMOX
TOTEMS CHARITY
TOURNAMENT

NOV 18, 19, 20

ENTRY FEE:
\$150.00 & \$50.00 GIFT or
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ENTRY DEADLINE:
Nov 14th



6 TEAMS;
LIMITED CONTACT, SLAPSHOT
6 TEAMS; OLDTIMERS RULES
"GUARANTEED 3 GAMES"

FOR MORE INFO, CONTACT:
WO GERRY DUSICK:
339-3962, wk 339-8348
PTE SHAYNE FEDOSENKO:
339-0907

\$GREAT DOOR PRIZES\$

CANADIAN FORCES UPDATE

CF SPORTS AWARDS
PROGRAMME

The Canadian Forces Sports Award Program was established to recognize serving and former members who have brought fame to themselves and honour to the Forces and Canada in the field of sports.

Each year, the governing

committee meets to assess the nominations for the Sports Hall of Fame, the Sports Honour Roll and for the male and female athletes of the year. Candidates have to demonstrate administrative. Any individual or team winning a world championship or a gold

medal in world, Olympic, strate outstanding performance in local, provincial, national or international events, either as competitors, coaches, officials Commonwealth or Pan Am games, is automatically inducted into the Sports Hall of Fame.

The selection for outstanding athlete is based not only on athletic prowess, but performance as a military member with regard to his or her physical fitness, and also the demands of the sport. Each command or group is permitted to nominate only one male and

female athlete for consideration each year.

For each of the other two awards, the committee may elect five individuals for achievement before 1949 and up to five for achievements during or after 1949.

Athletes of the Year



Capt Lynne Bermel, Canadian Forces Female Athlete of the Year, runs beside Ottawa's Rideau Canal as she trains for her next triathlon. (Photo by WO Vic Johnson)

CF SPORTS HALL OF FAME

The governing committee of the Canadian Forces Sports Awards Program has named three new inductees into the Sports Hall of Fame. They are: Sgt Gino Bertolussi of Coquitlam, B.C.

Sgt Bertolussi is recognized for his achievement in national and British Empire track and field events during the years 1941 to 1943. He joined the Royal Westminster Regiment (Motor) at Dundurn, B.C. in 1940 and saw service in Canada and the UK before landing with the Allied Forces in Italy.

In 1941, Bertolussi came first in the 100-yard dash at the Canadian Sprint Championship in Hamilton, Ont., and second in the 440-yard event at the CNE Track and Field Meet in Toronto.

In the UK at the 1942 Aldershot Command Meet, Bertolussi was a member of a 4 x 100-yard relay team which set a new Empire Armed Forces record. A year later at White City Stadium in London, England, the Canadian came

first in both the 100-yard and 220-yard sprints and attained second place in aggregate points.

While in Italy, during the artillery battle and in an attempt to reach Ravenna, Bertolussi's scout car was forced off the road by enemy artillery and crashed. The sergeant received a spinal injury that required his evacuation, and eventually, spinal fusion. As a result of his injuries, his athletic career was over.

Sgt Ronald Hurley of Vancouver, B.C.

Sgt Hurley is also honoured for track and field during the years of the Second World War. In 1939, at the age of 17 he joined the B.C. Dragoons but was later transferred to the Royal Westminster Regiment (Motor) of the 5th Canadian Armoured Division.

He and Sgt Bertolussi often competed together and at the 1941 Canadian Sprint Championship in Hamilton, Ont., he came second behind his friend in the 100-yard dash. The results were reversed at the CNE Track and Field Meet in Toronto when Hurley came first in the 440-yard event. He also was first in the 100-yard and second in the 200-yard sprints.

In the UK with his regiment in 1941, Hurley was a member of the 4 x 100-yard relay team which established a new Empire Armed Forces record at the Aldershot Command Meet. In 1943 at White City Stadium

in London, England, he placed second in the 100, 220 and long jump and came third overall at the international meet.

The dragoon also competed in a Canadian Corps Meet in Diedmonte, Italy, and placed first in both the 220 and long jump events. It was while he was in Italy that he was seriously wounded during the crossing of the Naviglio Canal in 1945. Evacuated to Canada, Hurley was honorably discharged as medically unfit for military duty.

Following his release and recuperation, Sgt Hurley devoted his efforts to coaching and administering track and field programs in Vancouver, B.C.

Petty Officer Al R. Wills of Victoria, B.C.

Petty Officer Wills' sport is archery and his skill is such that he was head coach of the 1984 Canadian Olympic archery team. A member of the Canadian Forces since 1968, he has seen service in nine naval vessels as well as being an active instructor at the Fleet Schools at Halifax and Esquimalt and the Officer Candidate School at Chilliwack, B.C.

Wills' interest in archery began in 1970. Four years later he captured a silver medal at the B.C. Indoor and Outdoor Championships, and in 1980 won a gold medal at the Canadian Indoor Championships.



Sports Hall of Fame inductee, Sgt Gino Bertolussi, a member of the 4 x 100-yard relay at the 1941 Canadian Sprint Championship.



Canadian Forces Male Athlete of the Year, Lieut Mike Ashcroft, was a member of Canada's Olympic rifle team at Seoul along with his wife Christina. (photo by Tony Keene)

CANADIAN FORCES UPDATE

Athletes...continued from page 11

Throughout his 18 year involvement with the sport of archery Wills had devoted the majority of his efforts to coaching. He was a master course conductor and coach at both the Pan Am Games and the US championships and was chairman of the FCA national championships and coaching committees. Wills is one of the only two Canadians who held Level 4 certification.



Sgt Ron Hurley, now a member of the CF Sports Hall of Fame wins the long jump event at the Aldershot Command Meet while posted with his regiment in the UK in 1942.

SPORTS HONOUR ROLL

Six people have recently been named to the CF Sports Honour Roll. Selectees are:

Warrant Officer 1st Class Gus Eichel of Indian River, Sask.

WO1 Eichel obtained athletic prominence in the boxing ring. He joined the RCAF in 1939 and served as a physical training and discipline NCO throughout the war years. He was base station warrant officer at several bases and ships warrant officer aboard the Queen Mary and Queen Elizabeth.

Eichel's boxing career spanned 14 years and during that time he accumulated 41 wins, three losses and 12 knock outs. Titles he accumulated included the Saskatchewan Light Heavyweight Championship (five times); the Canadian Championship (twice); the British Empire Trials eliminations and the RCAF Golden Glove.

He retired from the ring shortly after his release from the RCAF in 1945. Today, as a spry senior citizen in Indian River, he is honoured not only by the Sports Honour Roll but by the Saskatchewan Sports Hall of Fame, where his robe, shoes and trophies are on display. He watches his diet carefully and follows the isometric exercise program he started at age 17.

Master Cpl James E. Lagace of Saint John, N.B.

An all round athlete, Master Cpl Lagace has successfully competed in the sports of boxing, badminton, bowling, track and field, gymnastics, softball and volleyball, winning 50 competitions.

He enrolled in the Forces in 1952 and served two tours with the Canadian Guards in Korea and Gagetown before joining the 2nd Battalion Royal 22e Regiment. From 1957 to his retirement in September 1980 he spent the majority of his career in Valcartier, Que., interrupted only by tours to Germany, Cyprus (three times) and exercises to such exotic places as Jamaica.

Honoured as an outstanding athlete, Lagace has participated in over 20 Canadian Forces national sports competitions and on several occasions was chosen to represent the Forces in UN and world class sports events.

He strove not only to excel but to help others. He became an accomplished instructor and assisted service members and their families at CFB Valcartier to succeed at their chosen sports. Although retired, Lagace continues to participate both as an athlete and a coach.

Sgt George Rattai of Petawawa Village, Ont.

Sgt Rattai represented Canada in the sport of biathlon at the 1968 Winter Olympics in Grenoble, France and two years later was the only Canadian to compete at the World Biathlon Championships in Ostersund, Sweden.

He enrolled in the RCAF in 1961 and for seven years, from 1963 pursued the rigors of the sport of biathlon while posted at CFB Summerside. By 1966, Rattai had attained the skill to be able to compete at the Canadian Biathlon Championship in Prince George, B.C. and was selected for the North American Championship in Lake Placid, N.Y. A year later he won a bronze medal at the Canadian championships.

In 1970 Rattai remustered to the physical education, recreation trade and now devotes his energy to the promotion of physical fitness and recreation at CFB Petawawa. He continues to compete in the sports of biathlon and cross country skiing and his enthusiasm provides the impetus for the ongoing development of these sports in the Forces.

Capt Ray Shanks of Digby County, N.S.

Sixteen years ago Capt Ray

Shanks received an award from the Canadian Amateur Boxing Association for "outstanding service to amateur boxing in Canada."

Shanks joined the RCN in 1949 as a radar plotter but in 1955 he transferred to the physical training branch. From the beginning of his career Shanks was involved with boxing and during an active fighting career that spanned eight years, recorded 42 fights.

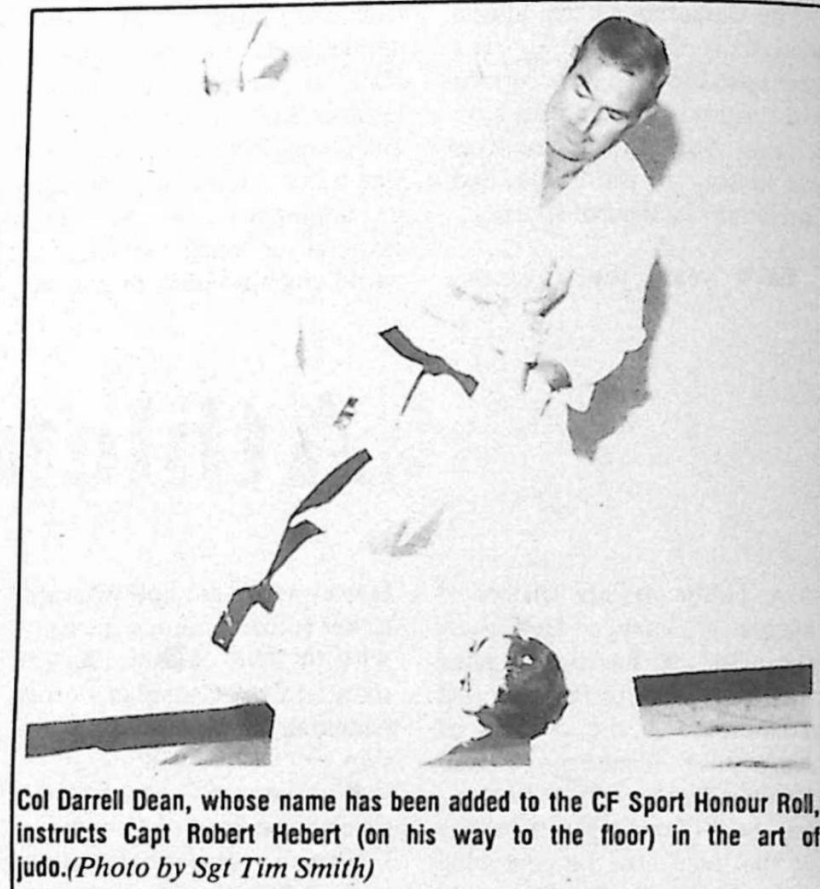
His most notable titles were the 1955 Canadian Amateur Lightweight Boxing Champion; 1955 Atlantic Provinces Champion and the 1956 Nova Scotia Lightweight Boxing Champion. He was a finalist in the Olympic Games trials of 1956.

Until his retirement in 1982, Shanks devoted his efforts to the development of physical fitness and recreation programs and the promotion of the sport of boxing.

Sgt Masao Takahashi of Nepean, Ont.

Born in Stove Falls, B.C., Sgt Takahashi started his lifelong study of judo at the age of eight. He enlisted in the RCAF in 1949 and served in Canada and West Germany as an air force technician until he retired in 1971.

Takashi was awarded his Black Belt when he won the National Judo Tournament in 1951. During the next 10 years he won numerous competitions in Ontario and Quebec before being transferred to 4 Wing, Germany, where, in 1961 he represented Canada as an alternate in the World Championships in Paris. Due to his dominance of the sport, he received special leave to train at



Col Darrell Dean, whose name has been added to the CF Sport Honour Roll, instructs Capt Robert Hebert (on his way to the floor) in the art of judo. (Photo by Sgt Tim Smith)

the Kudokan Judo Institute in Tokyo, Japan, where he obtained his fourth degree Black Belt.

During the course of his military career Takahashi was called upon to conduct instructional clinics in Germany and France as well as Canada. He is honoured for his commitment to the sport of judo and its promotion within the Canadian Forces.

Col Darrell M. Dean, of Ottawa, Ont.

Resulting from his dedication to the promotion of the sport of judo, Col Dean was presented with a diploma for outstanding service in 1983 by the Japanese Government.

Dean enrolled in the Canadian army in September 1960 and spent the first 10 years of his career with the Lord Strathcona Horse Armed Regiment in Calgary and Ger-

many before going to Staff College (Kingston) and senior appointments in Petawawa, Lahr, and NDHQ.

He became interested in the sport of judo in 1964 while instructing a course at CFB Borden. During the period 1965 to 1969 he worked his way from brigade to divisional champion while in Germany. On two occasions he won the British Army Championship.

The experience gained through competition earned Dean his first black belt. Exhaustive training and extreme discipline brought him his third degree black belt in 1979.

Col Dean, who is now on French language training, has shared his 25-year devotion to judo by introducing more than 1,000 service members and their families to the sport.

SUMMIT AWARDS



Good Show Award presented to these members by the Base Commander for their participation in the Toronto Economic Summit in June.

AROUND THE BASE

FROM THE
MAYOR'S OFFICEFrom The
Fire Chief's
Office

Your PMQ Association is hosting the 2nd Annual Christmas Bazaar on Saturday Nov 12 at the Airport School. Joanne Zotek and Kim Rochester have been hard at work planning this event and have several tables open to present your Christmas crafts. If interested give the ladies a call at 339-7725 and 339-7214. Get an early jump on your Christmas shopping by popping by the Airport School on Nov 12.

Ron Bennett is holding another Babysitter's Course on 19 Nov 88. This course will be held on base at the Fire Hall. Any dependants wishing to take this course should call Ron at 339-4203 and reserve a slot. Cost for this course will be \$2.00.

Of major concern to the PMQ residents in the area of Airport School has been the parking of cars in front of their PMQs. The Base will be erecting "No Parking" signs along the roads adjacent to the school. Cars will have to be parked elsewhere until such time expansion of the school parking lot can be done.

Finally, the community council will be meeting on Tuesday Nov 8 at 1900 hrs on the 2nd floor of the Rec Centre. All council members are urged to attend and any guests are welcome.

WALLACE GARDENS ANIMAL CONTROL

Hi! My name is Wayne Tokarz and I'm your new animal control officer: that's dog catcher in non-military terms. That doesn't mean I go around maliciously scooping cats and dogs in a net, for the

sake of giving out fines. What it does mean is that I help maintain the peace and sanity of the PMQs. By that I mean that you should all be familiar with Base Standing Order 9-2. (which should be on your doorstep, about the same time you read this.)

9-2 deals with the rules and regulations, and most importantly, the responsibilities of being a pet owner. Now that doesn't mean because you are not a pet owner, you shouldn't read the "Orders," because they concern everyone in terms of your rights and what action to take in case of any problems.

I'm not saying that just because your neighbour's great dane has just artistically created a new type of castle on your front lawn, that you should phone me and demand I fine the artist's owner. Please try to work some of the little problems out amongst yourselves and only when it becomes a problem, should you contact me.

Incidentally, I can be reached at 339-4793 or local 8399, (Brake & Wheel), or PMQ 7A Spruce St., or leave a message with the base operator. (What makes you think I'm trying to hide!)

Being in the catcher business I occasionally end up with extra pets. If you're in the market for a good low mileage used pet, please contact me and I'll be happy to turn the leash (lease) over to you for the exacting sum of one THANK YOU. You will then be responsible for shots, etc. I currently have a large male short-hair tabby. He's orange-white in colour, is house trained and is very friendly. Please give him a home.

Aaarg!

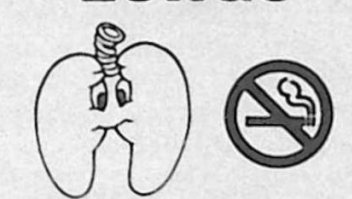
I think
there's a
fire outside
my door!

If you have even the slightest suspicion there's a fire on the other side of the door, don't go for it but remember this smart advice from the Old Lady. First, touch the door handle to see if it's hot. If it is, do not open the door as there could be a fire raging on the other side.

The Old Lady and your Fire Department have lots of other hints on how to prevent fires, how to make your home fire-safe and how to deal with arson, burns and getting out of a fire safely. For these hints, simply contact your fire department.



Fire Prevention Canada and your Fire Department.

PROTECT YOUR
LUNGS

DON'T SMOKE

† British Columbia Lung Association

HOME FIRE SAFETY CHECK LIST

ESPECIALLY FOR THE CHILDREN

Do you make it the rule to leave small children unattended? Yes...No...
Do you show your babysitter the escape routes from your home, and the right way to call the fire department? Yes...No...
Do your babysitters (and you!) know the first rule of safety in fire emergencies: Get everyone out fast, and don't go back in... Yes...No...
Do your children keep a safe distance from flame and spark sources? Yes...No...

SMOKING HABITS

Is smoking in bed against the rule? Do you check for smoldering butts in chairs and sofas? Yes...No...
Are you careful disposing of cigarettes, cigars and pipe ashes? Yes...No...
Are there plenty of large, safe ashtrays throughout the house? Yes...No...
Are matches and lighters kept out of the reach of children? Yes...No...

HEATING AND COOKING

Are furnaces, stoves and smokepipes away from combustible walls and ceilings, and in good repair? Is your heating equipment checked annually by a serviceman? Yes...No...
Are portable heaters properly maintained and located? Yes...No...
Do you make sure there are no combustibles near any stove, heater or fireplace in the house? Yes...No...
Do you have the chimney cleaned and checked regularly? Yes...No...
For safety against chimney and other sparks, is roof covering fire retardant? Yes...No...

GOOD HOUSEKEEPING

Do you keep rubbish cleaned out? Yes...No...
Is paint kept in tightly closed metal containers? Yes...No...
Are flammable liquids stored in safety cans, and kept away from heat and children? Yes...No...
Have you made it a rule never to use flammable liquids for cleaning clothes or starting fires? Yes...No...

ELECTRICITY

Are extension cords never run under rugs or hooked over nails? Are all cords in good condition? Yes...No...
Are appliances checked periodically for good operating condition? Yes...No...
Is the right size fuse in each socket in the fuse box? Do you use a new fuse after each blow? Yes...No...
Is your TV antenna installed safely? Is it equipped with a grounded lightning arrester? Yes...No...

Every "NO" in this check list shows where your family's safety precautions fall short.

TAKE ACTION—FAMILY ACTION—NOW

A certain little old lady who lives in a shoe has become famous for telling people in Canada just what to do about preventing and surviving fires. The portly lady with the big nose - the better to sniff smoke - is the brainchild of FIRE PREVENTION CANADA (FIRECON) ASSOCIATION, the nonprofit, public education arm of the Canadian Fire Service.

Conceived in 1977, the old lady (no disrespect intended), is an animated cartoon figure. Typical of good mothers everywhere, she is matronly, loving, knowledgeable, wise, and concerned. She transcends language, race, and culture, so all groups can identify with her. This wry, spry old lady had one obsession: making certain everyone knows about fire prevention.

My Gift To Help...
THE UNITED WAY

BOX 3097
COURTENAY, B.C.
V9N 5N3



Contributions are tax deductible and we automatically will mail you a receipt for any gift over \$10. Receipts for gifts less than \$10 will be issued if you request it.

Please make receipt to:

Name _____
Telephone _____ (home) _____ (business)
Address _____ Suite No. _____
City _____ Postal Code _____

PLEASE MAKE CHEQUES PAYABLE TO UNITED WAY.
THANK YOU. Please clip this form and return to the above address.

COMOX
FLYING
CLUB

* TRAIN ON CESSNA 150, 152 & 172
* GROUND SCHOOL

CAMPBELL RIVER AIRPORT
BOX 597, CAMPBELL RIVER V9W 5T9

923-6233

Hewter Room
Restaurant

498 ISLAND HWY., 334-4401
Excellent Dining • Steak & Cordon Bleu Specials
\$6⁹⁵ — \$8⁹⁵

Everything for your dining pleasure

EUROPEAN CUISINE

FRIENDLY SERVICE

ON AND OFF THE BASE

TRUCKIN'
TALES

It's that time of year again, time to find out who's been naughty and nice and let's not forget to write a list of all the things we want so we can give it to this jolly man called the CAREER MANAGER. Major Fisher, MWOs Campbell and Kraft will be spending a week in Ottawa to discuss our future. Let's be careful out there!

So you are probably wondering what is new in Transport? To keep our high standard of being the FIRST one out the gate at night, here is our firsthand news:

1. Cpl Jackie Field is the FIRST female in Comox to have passed her class 1 driver's test. She is now a full fledged Tractor-Trailer driver;

IA. Cpl Jim Rogers is the FIRST this year to receive a presentation from the Acting Base Commander for his participation in the Commonwealth Games in Vancouver;

1B. Refuelling Pool is happy that MARCOT Exercise is over. It kept them very busy for a while. But that didn't change their FIRST rate service; and

1C. Finally we would like to wish much happiness to MCpl Ray McElhinney and his "FIRST" wife Shauna.

Now a little bit of Transport on the SAFETY side.

Since Transport's main concern is SAFETY, we would suggest that you practice your backing-in procedure. It is much easier and safer to back into your parking area in the morning when everyone arrives at different times than backing out at 1530 hours when everyone else is! Since everyone leaves at approximately the same time, how often, after checking both sides before you back out, did you have to stop because someone moved out of his spot without even seeing you? And besides, after a hard

day at the office you don't need the hassle of trying to back out your car when all you have to do is drive away!

In the last edition MSE Safety asked the reason for maintaining the correct air pressure in all tires. Well, the answer is:

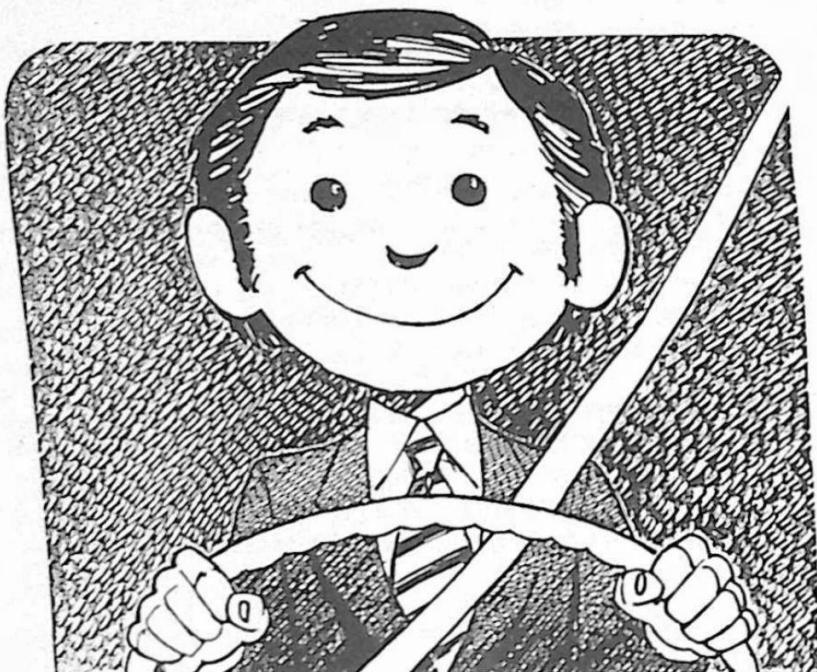
D) Conserve tires by preventing tread wear, rim bruises and carcass breakdown.

This week's question is: The air pressure of a spare tire should be:

a. same as front tires;
b. same as rear tires;
c. same as the tire carrying the highest pressure on the vehicle; or

d. an average pressure of other tires on the vehicle.

The answer will be in the next edition. Watch for it. Also watch for our fantastic ad on DEPENDANT DEFENSIVE DRIVING COURSE coming to the MSE Safety classroom nearest you.

DEPENDANTS DEFENSIVE
DRIVING COURSE

COURTESY IS CARING

For all dependants holding a valid driver's license or beginner's permit

Where: MSE Safety Bldg - 22
When: 24 Nov 88 1800-2100
25 Nov 88 1800-2200

Inquiries welcomed at 339-8263

J.R. Ladies
Club

The Jr Ranks Ladies Club held their monthly meeting Oct 20, in the Lounge.

Plans were finalized for the Fashion Show held Oct 27.

The highlight of the meeting was a presentation by "Creat-a-Book" a selection of personalized books for children of all ages. The best seller was a personalized letter from Santa.

Mrs. Michelle Bennet won the draw - a lovely wicker basket with Christmas napkins inside.

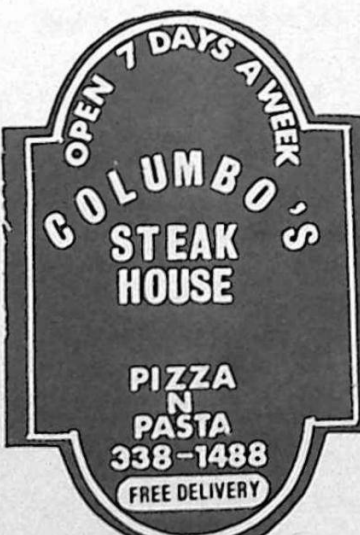
The meeting adjourned to enable the models to coordinate with the suppliers of the Fashion Show.

Refreshments were enjoyed by all. Watch next issue for a full report on the Fashion Show.

Hint - 22 door prizes were won byyou will have to wait.

For additional info contact: Shelmia Young 339-5098.

Next meeting Nov 17, 7 PM.



Comox Shoe Repair

1836 Comox Avenue
(Across from Legion)

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

TOP QUALITY

SHOE AND LEATHER REPAIRS

LEGION
LOG

BRANCH 17 COURTENAY

ENTERTAINMENT

Fri & Sat 4-5 Nov
Sat 12 Nov
Fri & Sat 18-19 Nov
Fri & Sat 25-26 Nov
Fri 11 Nov

Sun 20 Nov

Sat 26 Nov

Sun 27 Nov

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

Nov 4

Nov 10

Nov 11

Nov 18

Nov 25

Nov 27

REGULAR ACTIVITIES

SUNDAYS
MONDAYS

TUESDAYS

WEDNESDAYS

THURSDAYS

FRIDAYS

SATURDAYS

11 am to 6 pm
L.A. Drop-In-Bingo-7:30pm
Mens Dart League 7:30 p.m. Navy Room
Mixed Dart League 8:00 p.m. Upper Hall
Ladies Crib League. Lounge-7:00 pm
Navy League Drop -In Bingo
Upper Hall 7:00 pm
Men's Crib League. (Home & Away) 8:00 pm
1st Branch Exec Mtg(Nov Mtg ONLY-7 PM)
2nd L.A.Exec Mtg (Nov 3-ONLY 8 PM)
3rd Br. Gen. Mtg.-Upper Hall - 8 PM

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

UPCOMING EVENTS

ANNUAL POPPY CAMPAIGN & REMEMBRANCE DAY

NOV 5 - Poppy Blitz-Town of Comox starting 10:00 am
NOV 7-10 - Awareness Week-Legion booth in Comox Mall daily 9:30 am to 6:00 pm.
NOV 10 - Members Night in Lounge
NOV 11 - Remembrance Day Parade from Legion Hall to Cenotaph. Leaves Legion Hall at 10:30 am.
NOV 20 - CRIB TOURNAMENT. Lounge. Reg.\$5 by 12:30. Starts 1 PM.
EUCHRE TOURNAMENT. Date to be advised.

LIFESTYLES

WOS' & SGTS'
WIVES CLUB

We would like to thank Mr. Andy Stringfellow for the presentation on teenagers at our last meeting. Our next meeting will be a Mini Fashion Show, on Nov 14 at 7:30 PM, put on by the Club Clothing Store, Courtenay.

Upcoming events are:

Kids Christmas Party on Dec 11, 1-4 (please register your child at the mess.)
Wives Club Christmas Party Dec 12. For more info please call Jackie Symes Welcoming Committee 339-6669, or Rea Knelson Phoning Committee 339-3909.

CHILDREN'S XMAS PARTY

The WOs' & SGTS' Mess Children's Xmas Party will be held from 1300 hrs to 1600 hrs 11 Dec 88.

All children, up to 12 years of age, are to be registered on the list in the Mess foyer before 30 Nov 88, specifying age and sex.

Gifts and candy will be supplied for registered children.

Hot dogs, pop and ice cream will be supplied for all children attending.

Xmas is a time for sharing, let others know we care, have your child bring an item for the Food Bank.

ASK YOUR
PHARMACIST

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



ADDICTION CAN BEGIN INNOCENTLY

Pharmacists share a deep concern about accidental or intentional abuse of prescription and non-prescription drugs. People often become addicted to otherwise health-giving medications. These tragedies can be prevented by following a few simple rules.

Use medications only as directed by your doctor, nurse or pharmacist. Monitor the rate they are used even if they seem relatively harmless.

Dispose of all outdated medications promptly.

Don't even start to rely on chemical "crutches" to cope with periods of emotional stress without continuing professional advice from your doctor. Finally, seek your doctor's advice immediately if

any member of your family seems to be developing a dependence on any medication.

Medical experts on addiction believe the process of becoming dependent is often not recognized by the person misusing the drug. To him or her its use seems normal, even essential. Your doctor or pharmacist can outline the symptoms of addiction.

Drugs should only be used on the advice of a health professional in your community. This is the best way to avoid a frightening ride on the merry-go-round of addiction.

Dependency can be treated with the help of your doctor or a specialist. If you have any doubts about yourself or any members of your family, seek help right away.

OFFICERS'
MESS
LADIES
CLUB

We had a super turnout at the Officers' Mess Ladies Club October meeting and Penny Auction. The evening commenced with a brief business meeting and a welcome to some new members. Nancy Greene; of the Comox Air Force Museum, was also on hand with an informative talk on the museum.

The Penny Auction was a great success with Jane Holst and Georgia McClellan doing a super job as auctioneers. Bidding was fast and furious, with many homemade, new and old items up for grabs. At intermission we were all treated to taste-tempting cakes and squares with a Halloween touch. Many thanks to those great cooks who contributed!

Our November event is not to be missed! Our annual Fashion Show is Wednesday, November 16, 7:00 for 7:30 p.m. We will be featuring fashions for men and women from the following stores: Connections, Off The Cuff, Rickson's, Donnie's, The Golf Shop, Touch of Class, Roxanne's and Jasmin's. Hair and make-up will be kindly done by Trio of Comox. Tickets are \$5 per person and are by advance sale only. These are available from Angie Bolton 339-7460, Jane Holst 339-6774, Touch of Class and Trio.

As in the past, we will be offering delicious Black Forest Cake and fruit at intermission. We cordially invite all ranks wives and their guests to attend. Come check out the vast selection of new fall and winter fashions!

A reminder: Mixed Mess decorating is coming up on Dec. 8.



JUNIOR RANKS' MESS HAPPENINGS

The Jr Ranks Mess Committee thank those members who attended and helped in making Octoberfest and Halloween successful event. Hope to see you soon!

For all you Dart maniacs we have Breakfast Darts on Saturday 5 Nov 88. Breakfast 0900. Darts start at 1115 sharp! (Get the point) HA!
\$30 per team-Prizes-Trophies

REMEMBRANCE DAY OPEN HOUSE
Nov 11, 1988 JRM LOUNGE 1400-1600
Food-Refreshments-Entertainment
Service Personnel MUST wear S-3 or D.E.U. dress uniform

WINE & CHEESE UCHRE TOURNAMENT
WED 16 NOV 88 at 1900 HRS
Mixed Teams - Open Draw
Come On! Drag that spouse out and have some fun.

MISS "GAY" CUP - NOV 25, 1988
For all those guys who are interested in a chance to win a weekend accommodations for 2 in the Harbour Towers in Victoria, Vancouver Canucks tickets, Gift Certificates and more!!!
MISS "gay" CUP is your chance. The WOs & SGTS Mess said "WE ARE GOING TO WIN." We know better! For entry info contact JR Ranks Mess Mgr 8430

names for the MINI GREY CUP "NON COMS VS COMS" 26 NOV 88 are now being taken by the Sports Chairman

GREY CUP 27 NOV 88

Back to Back TVs, Snacks. Come out and cheer for the team of your choice. The West is going to win!!!

info
health

Dr. Bob Young



FIBROCYSTIC DISEASE

Breast lumps and breast pain both cause, understandably, great anxiety in women. But even at a breast clinic, where difficult cases are seen, only 15% of women with these symptoms will have cancer. Cancer must be looked for, and if present, treated.

Benign or non-cancerous breast disease is common, affecting perhaps one woman, in two, and the pain and discomfort can make life miserable for a proportion of these. There is little known about benign breast disorders, and this makes treatment difficult.

Fibrocystic disease, a name commonly applied to breasts containing a few to dozens of lumps, is probably not well named. Almost all women have "fibrocysts" of microscopic size, with no symptoms. Why some enlarge and others enlarge and hurt is unknown.

In some pre-menopausal women the symptoms are cyclical, related to periods. In others, and in older women, there is no such pattern. The cysts, when they form, may be fairly large and can often be easily drained using a needle and syringe, a procedure that may have to be repeated.

Several theoretical causes have been proposed, most based on presumed hormonal abnormalities. Juggling the hormones has, by and large, been disappointing. So has reducing caffeine intake (tea, coffee, cola and chocolate), although this form of treatment has recently been popular.

Affected women need treatment, and some things can be done. Most important is the exclusion of cancer. This provides reassurance (for both the patient and the doctor), and appropriate counselling may help reduce the pain.

Painful cysts can be drained, and a mild analgesic will reduce discomfort. Adding narcotics must be avoided. Repeated breast biopsies should be eliminated unless there is good reason (such as a new positive mammogram) to do one.

A supportive bra helps some women, but not others. If you are concerned about any breast symptom see your doctor promptly. He or she has examined many breasts and is the best person to decide whether yours are normal, contain fibrocysts, or are suspicious for cancer.

Upkeep Home
Rentals

If you are posted in 1988, and are planning on renting out your property.

Call us now for best tenant selection.

We can tailor our package to suit.

334-4486

AROUND THE BASE



John Bradley

Origins of the Species

NO. 116 SQUADRON

Another of the numerous squadrons to undergo more than one designation in the days leading up to World War II was No. 116 Squadron. No. 116 was first authorized as a Coast Artillery Co-operation Squadron on 1 April 1938 and was a component of the Non-Permanent Active Air Force. By 1 December 1938, the official designation of the NPAAF had been changed to Auxiliary Active Air Force. But whether NPAAF or AAAF, these units were always referred to as the "Auxiliaries."

On 1 May 1939 the unit changed jobs and designation and became known as No. 116 (Fighter) Squadron. The first Commanding Officer was S/L G.E. Creighton who assumed command on the same day the unit became a fighter squadron. Life as a fighter squadron was short lived, in fact no aircraft were issued, before the squadron was disbanded on 2 November 1939. In both the guise of a Co-operation and as a Fighter Squadron, No. 116 had been both formed and disbanded at Halifax, Nova Scotia.

RE-BORN

During the early months of 1941, with the U-boat menace being so high, it was decided additional Bomber Reconnaissance squadrons were required. At the beginning of June 1941, No. 5 (BR) Squadron received nine Consolidated Catalinas and began training on the type. By the end of the month, all of the aircraft and almost all of the squadron personnel were ordered to Dartmouth, from Bermuda where they were undergoing training, to form the nucleus of the soon-to-be formed No. 116 (BR) Squadron.

No. 116 was reformed at Dartmouth on 28 June 1941 under W/C S.S. Blanchard. As stated earlier, they were equipped with the Consolidated Catalina Mk. I and IB. During the remainder of 1941 and up to May 1942, the aircraft carried the ZD codes. From May until 16 October 1942, the NO code was carried. After 16 October no codes were carried on the aircraft. All that was then carried were the roundels, serial number, and the individual aircraft letter. By August 1943 the Catalinas were turned in for Consolidated Canso As.

When formed, 116 was placed under the command of Eastern Air Command and was tasked to provide anti-submarine patrols on the East Coast and in the Gulf of St. Lawrence. Shortly after forming four aircraft were despatched,

on 10 July, to the seaplane base at Botwood, Newfoundland to escort convoys through the Straits of Belle Isle. These aircraft remained until 15 November when they then returned to Dartmouth. In 1942 this detachment was repeated between 31 May and 31 July. The entire squadron then joined the four detached aircraft at Botwood on 1 August where they would remain until 11 November. On the 13th of November, 116 moved to Shelbourne, Nova Scotia.

OPERATIONS

As the majority of the squadron personnel had begun training while with 5 (BR), training would not take up valuable time in getting the unit operational. When what little training that remained had been completed by mid-July, 116 was able to take part in its first mission on 22 July. W/C Blanchard and crew in W8430 "J" departed Dartmouth for a convoy escort. Unfortunately they were unable to locate the convoy and had to return to base after a fruitless search. This was the first of many convoy escorts to be flown by 116.

They were not all uneventful and one convoy in particular resulted in eighty hours being flown on a single day. On 24 October 1941, convoy ON26 was under observation of at least four U-boats in the area of the Straits of Belle Isle. Along with several Digbys of 10 (BR) Squadron, 116 despatched two Catalinas to the area to help search for the submarines. During this mission, Eastern Air Command would record their first sighting and attack on an enemy submarine. The actual sighting and attack, unsuccessful, was made by a Digby from 10 (BR).

Along with their task of searching for and destroying enemy submarines, 116 was to search for the victims of those same submarines. On 24 January 1942, after a long and uneventful flight, one of the unit's Catalinas spotted the wreckage of a 6000 ton steamer, the Empire Wildbeest. The ship had been torpedoed by U-106 about 360 miles southeast of Halifax. Two lifeboats were observed tied together holding a total of 20 survivors. The survivors were informed that a rescue vessel was on the way. Later that day, a third lifeboat was spotted with five survivors and they too were informed that help was coming.

During fall 1942 the weather was not the best over the Atlantic and on one particular day, 12 October, only one aircraft from all of Eastern Air Command was able to provide sup-

port to convoy SC104. The single aircraft was a 116 Squadron Catalina. Even at that the aircraft was unable to make contact with the convoy and was reduced to making sweeps in the general area of the convoy's last reported position.

One incident that occurred in November 1943 resulted in the relief of the squadron commander. On or about 8 November a number of U-boats, in groups known as Tirpitz 1-5, were placed on station about 450 miles east of Newfoundland's Southern tip. One of the unit's Cansos sighted U-714 stalking convoy ON209. The aircraft did not attack the submarine due to anti-aircraft fire. An investigation was ordered and determined that the unit had a serious

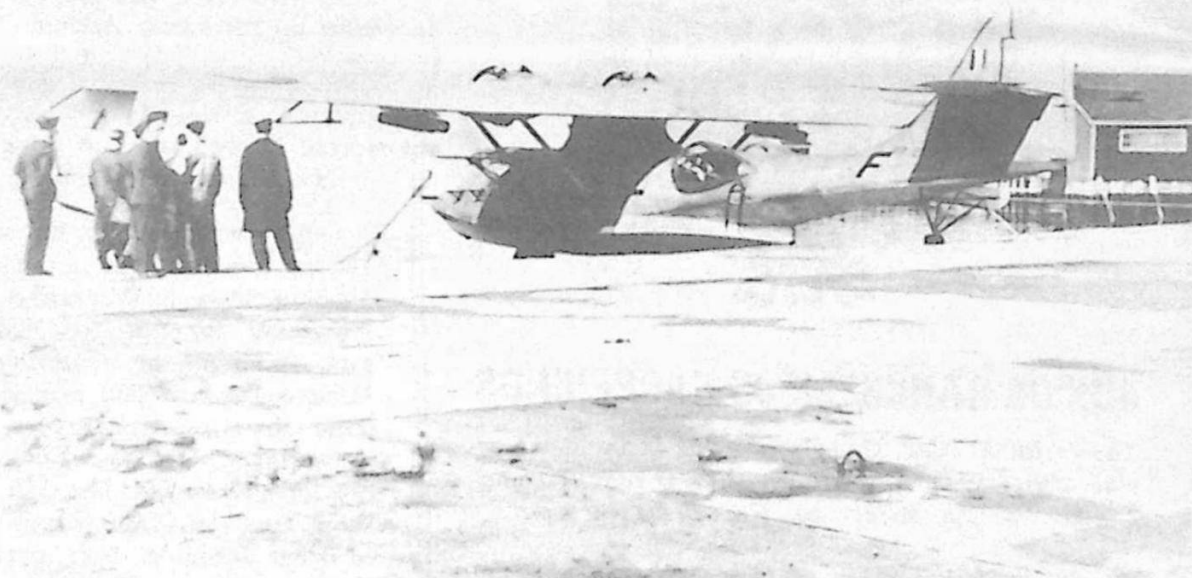
failure of leadership and on 8 December W/C W.G. Pate was relieved of command and replaced by S/L W.G. Egan. S/L Egan would remain as CO until 12 September 1944.

In spite of the "failure of leadership" and lack of an attack in this particular case, aircraft of 116 (BR) did make three attacks on enemy submarines. The remainder of the war proved to be relatively uneventful and on 2 June 1945, the last mission was flown by F/O Cornwall and crew in Canso 9819 "F" on an escort of homeward bound convoy HG9. No. 116 (BR) Squadron was disbanded at Sydney, Nova Scotia on 20 June 1945.

Throughout the war 116 amassed a total of 20,698 hours of operational and training

hours. 1555 sorties were flown that resulted in 8 U-boat sightings. As mentioned earlier, only three sightings resulted in actual attacks. No U-boats were sunk and none were reported to have suffered more than superficial damage. Operationally the squadron did not lose any aircraft or crewmembers but a total of 5 aircraft and 22 personnel were lost on training flights.

Individual squadron members were to receive 6 DFCs, 5 AFCs, 2 DFMs, 1 AFM, 3 BEMs, and 16 Mentioned in Despatches. The squadron itself was disbanded before any Battle Honours were awarded. Had they been either still on strength or reformed they would have received Atlantic 1939-1945. 116 Squadron did not receive a squadron badge.



No. 116 (BR) Squadron Catalina Mk I, FP 296 "F" on the ramp at Dartmouth, N.S. The fact that there is no fuselage code indicates that the photograph was taken after 16 October 1942. (DND)

OUCH!

Every day people are injured on our highways and by-ways. Perhaps you or a loved one are a victim of a negligent driver.

Do you know if you are entitled to no-fault benefits? Do you have a wage loss claim? What about compensation for your personal injury? Get the facts regarding personal injury claims. The initial consultation is free.

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In addition to our regular Monday to Friday business hours, our Comox office is open Saturdays from 9:00 a.m. to noon. No appointment necessary.

LIFESTYLES

OFFICERS MESS

WEDNESDAYS NOVEMBER 2, 9, 16, 23, 30

OFFICERS COFFEE HOUR: Coffee will be served in the Lounge at 1000 hrs. Dress will be dress of the day. All officers are invited to attend.

FRIDAY NOVEMBER 4

MIXED TGIF: Food as indicated 1700-1900 hrs. Come out with your spouse, enjoy some free food and have a quiet drink with your friends.

WEDNESDAYS NOVEMBER 9, 23

LADIES BRIDGE CLUB

FRIDAY NOVEMBER 11

REMEMBRANCE DAY

WEDNESDAY NOVEMBER 16

LADIES CLUB FASHION SHOW

THURSDAY NOVEMBER 17

RETIREMENT MESS DINNER TO HONOUR:

Major D.A. Nelson

Major M.J. Cummings

Capt G. Kruger

FRIDAY NOVEMBER 18

REGULAR TGIF: Food as indicated 1700-1800 hrs. Free taxi. Ask at Bar.

SATURDAY NOVEMBER 19

HOT TUB PARTY

COST: Free

TIME: 1900 hrs

Music by DJ

RESERVATIONS ARE NOT REQUIRED FOR THIS EVENT

FRIDAY/SATURDAY/SUNDAY NOVEMBER 25/26/27
GREY CUP WEEKEND

FRIDAY NOV 25

All Ranks Mixed Pre-Game Huddle

Junior Ranks Club opening at 1800 hrs

Live Band

MISS GAY CUP PAGEANT (Go through your spouse's drawers and be all that you can be) BIG PRIZES - trip to Victoria, Canuck tickets, etc.

SATURDAY NOVEMBER 26

MUD BOWL

Canex Sports field at 1400 hrs

Commissioned vs Non-Commissioned

Mixed Post Game Wash Up/Down Party at WOs & SGTs Mess

Names to S/Lt Chung 8267 or sign up at Mess

SUNDAY NOVEMBER 27

GREY CUP CHAMPAGNE BREAKFAST

Officers Mess at 0830 - 1030 hrs

Big Screen TV for game

Munchies/Finger food at half time

"Special" Coffee Bar available

COST PER COUPLE: \$5.00

UPCOMING EVENTS FOR DECEMBER

Dec 3 - DOUG & THE SLUGS (Tickets available from the Mess Mgr)

December 8 - Decorating Party

December 11 - Children's Christmas Party

TBA - WOs & SGTs at HOME

December 31 - New Year's Eve Formal

January 1 - New Year's Levee

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

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

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



Aids Awareness

by JAMES GREIG

AIDS VIRUS KNOWN AS "SILENT KILLER"

Andrew Moss, an Associate Professor Epidemiology at the University of California - San Francisco, in a recent study published in the British Medical Journal stated that most people exposed to the AIDS virus will develop the disease within nine years. If this is true, what are the implications?...J.P., Guelph, Ont

Dr Andrew Moss and his colleagues studied the development of AIDS or AIDS-related conditions in a group of 462 homosexual men at a clinic in San Francisco. Based on the results, he had predicted that one-half of those infected will develop AIDS within nine years of acquiring the AIDS virus (HIV) infection. This prediction is consistent with other studies.

We know that the Human Immunodeficiency Virus (HIV) is a "slow" virus - it may lie unnoticed without causing any symptoms for a long time period before being triggered into action, leading to the infections and illnesses which are typical of AIDS-related conditions. People may be infected with the AIDS virus (HIV) and capable of unknowingly transmitting it to their sexual partners, needle-sharing associates or unborn children for many years before any symptoms are apparent. This is one of the reasons the AIDS virus (HIV)

has been referred to as "the silent killer."

This highlights the importance of preventive behaviours (condom use, avoiding sharing drug injection equipment) to stop the spread of this infection. Specific behaviours put people at risk of AIDS virus infection. We must all know what these risky behaviours are and take steps to avoid them. The AIDS virus infection is preventable.

I recently had a tooth removed and my dentist did not wear rubber gloves. Am I at risk contracting AIDS if my dentist was AIDS virus (HIV) positive?...A.C., Vancouver, BC

No. If you were AIDS virus (HIV) positive, however, your dentist could be at a slight risk. Having a tooth extracted usually means a certain amount of bleeding and with your dentist's bare hands in your mouth he would be taking a chance if you were carrying the AIDS virus.

While most dentists wear rubber gloves and surgical masks (some even wear eye protection) as recommended by the Canadian Dental Association to protect themselves and their patients, I have talked to dentists who say they can't get used to wearing rubber gloves while working...they apparently find them too cumbersome or restricting. Unless they are buying gloves that

don't fit properly, I find this difficult to accept and totally irresponsible. If neurosurgeons can perform intricate brain surgery while wearing rubber gloves, I'm sure dentists shouldn't have a problem. Tell your dentist to wear rubber gloves or I suggest you look for another dentist.

Years ago there was a treatment called the Koch Treatment. It cured my mother of cancer. The technical name for it is Parabenzoquinone 6X. I think this would be a good cure for AIDS. If you would like some literature on it I will send it to you. W., Kelvington, Sask.

Thank you for your interest and concern, but I wouldn't know what to do with the information if I had it. Many AIDS patients, out of sheer desperation, will try just about anything that might prolong their lives. I discourage the use of any home remedies or drugs that have not been approved by Health and Welfare Canada.

A number of drugs are currently being tested and evaluated by Federal Health authorities and, although this process may be considered by many as devastatingly slow given the plight of so many AIDS patients, any breakthrough concerning a treatment or cure for AIDS will be announced by Health and Welfare Canada.

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- 3) COLOUR OR B&W FAVORITE SNAPSHOT

CONTEST RULES

- 1) ENTRY IS FREE
- 2) PRINTS MAY BE OF ANY SIZE
- 3) PRINTS MAY BE MOUNTED (NOT FRAMED)
- 4) ALL ENTRIES MUST BE IDENTIFIED WITH NAME, PHONE#, AND CATEGORY.
- 5) LIMITED 3 ENTRIES PER CATEGORY.

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TODAY !!!

PARTICIPAction



OF GENERAL INTEREST

FAMILY SUPPORT CENTRE

THE FINAL
WORD ON
BILLY BISHOP

Since the release of the 1982 National Film Board film *THE KID WHO COULDN'T MISS*, controversy has swirled around the legend of Billy Bishop. Was he really the leading Allied air ace of the First World War? Or was he little more than an ambitious fraud—an unscrupulous liar who deliberately inflated the number of his "kills"?

The case is finally put to rest in *BILLY BISHOP: CANADIAN HERO*. Dan McCaffery sets the record straight—once and for all.

Within a short time of going to war in 1914, Billy Bishop became the stuff of legend. Fiercely ambitious and driven by an undisguised hatred of his enemies, Bishop played hard—liquor and women were his favourite pastimes—and fought even harder. In the air he was nothing if not reckless, preferring to fly on hazardous solo missions rather than in formation. But he was also good—very, very good. A skilled pilot and a crack shot, he quickly established himself as the "top gun" of the Allied air forces and by 1918 had secured his position as the most decorated war hero in Canadian history.

Yet Bishop was not universally liked—some of his fellow pilots were put off by his love of grandstanding, and also suspected that he was padding his "kill" record in order to feed his own appetite for glory. Some even doubted whether Bishop's famed solo raid on a German aerodrome had in fact taken place.

These questions, which took on a new life in the 1980s, are at the heart of *BILLY BISHOP: CANADIAN HERO*. Drawing on exhaustive research in military archives, Dan McCaffery tells an exciting, compelling story that holds the reader's attention page after page.

In crisp, powerful prose, McCaffery conveys the extraordinary drama of aerial dogfights in the First World War while also capturing the essence of Billy Bishop himself—the man and the pilot. More impressive still, in *BILLY BISHOP: CANADIAN HERO*, McCaffery provides a wealth of convincing documentation to support his answers about what Bishop really did accomplish in the skies over France.

BILLY BISHOP is a thrilling book that will be widely read and even more widely discussed.



Hello from the Family Support Centre at 119 Little River Road! Just a reminder that we are continuing one more edition of our present surveys and would appreciate if you could fill them out and return or call in your comments to our centre.

Twelve volunteers gathered for our brain-storming meeting Tues Oct 25 and a follow-up meeting will occur in Novem-

ber, acting out some commitments made at that meeting. We hope to keep our centre vital and supportive to the community and would appreciate any comment you would like to forward for our development, or, better yet, come on down and volunteer your help or knowledge. Our friendly volunteers man the centre from 9 - 3:30 weekdays and we are always looking for

recruits. Phone 339-8654 if you have any questions. See you at the Centre!

Christmas Ornaments

How would you like to make nice and inexpensive gifts for your family and friends?

If you do then come out and join our teaching sessions on how to make Christmas ornaments out of bread dough.

WHEN: Nov 23 to Dec 14

PLACE: Family Support Centre, Little River Rd., Bldg 119
TIME: 7:30 PM to 7:00 PM every Wednesday.

COST: \$15 includes material
CONTACT: 339-8654 or 339-7331

For Reservations NLT 20 Nov.

SEE YOU THERE!

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HELP NOW... WHEN YOU NEED IT.

If you are an employer

- wanting to hire help now;
- able to train on the job; and,
- interested in wage assistance for up to six months...

ASK US ABOUT EMPLOYMENT PLUS!

The Employment Plus group of programs is part of a continuing commitment from your provincial government to help people receiving income assistance get into the work force by assisting British Columbia employers to hire and train.

1

EMPLOYMENT OPPORTUNITY PROGRAM

It's Good Business!

FOR PRIVATE SECTOR BUSINESSES, NONPROFIT ORGANIZATIONS AND LOCAL GOVERNMENTS

You can receive 50% of an employee's wage, up to \$3.50 per hour, when you hire and train someone now receiving income assistance from the Ministry of Social Services and Housing.

To qualify, you need only:

- create an additional job to provide full-time employment for 2 to 6 months for 30 to 40 hours per week; and,
- pay at least the provincial minimum wage; and,
- provide a trainee with work experience and skills.

IT'S GOOD FOR BUSINESS!

You may hire and train an employee to help ease your workload, and the Ministry of Social Services and Housing pays half the cost up to \$3.50 per hour. You could find yourself with a trained and valued permanent employee at the end of the training period.

IT'S GOOD FOR PEOPLE!

The Employment Opportunity Program gives employable income assistance recipients the opportunity to develop or update skills while training on the job. This work experience can be their first step to permanent employment and an independent and secure future.

2

COMMUNITY TOURISM EMPLOYMENT TRAINING PROGRAM

FOR REGISTERED NONPROFIT ORGANIZATIONS

You can receive 100% of an employee's wage, up to \$7.00 per hour, when you hire and train someone in a project leaving a tourism legacy in your community. If you have the materials, and can offer employable income assistance recipients jobs that provide work experience and develop skills, we'll pay the wages.

IT'S GOOD FOR THE COMMUNITY!

Already groups throughout British Columbia have used this program to:

- organize or coordinate festivals and special events, exhibitions, collections, heritage and visitor research, catalogues and office operations;
- create or upgrade picnic areas, public gardens, ski areas, town entrances, campgrounds, hiking and saddle trails, and enhance historic sites; and,
- construct or complete museums, arts centres, rodeo grounds, injured wildlife housing and tourist infocentres.

ASK US ABOUT YOUR PROJECT!

FOR PROGRAM DETAILS AND APPLICATION FORMS, CONTACT YOUR NEAREST DISTRICT OFFICE.
(See the Blue Pages of your telephone directory under Ministry of Social Services and Housing.)



Province of British Columbia
Ministry of Social Services and Housing
Honourable Claude Richmond, Minister

JOB TRAINING PROGRAMS THAT KEEP ON WORKING.

AROUND THE BASE



Comox Air Force Museum

"SPILSBURY'S COAST" AUTHOR
TO VISIT MUSEUM

In the 1930s, Jim Spilsbury was busy founding the airline that became Pacific Western (now Canadian Airlines) and setting up the company that is Canada's largest exporter of radio telephone equipment (Spilsbury Communications).

Spilsbury's newly published book, "The Accidental Airline" is a sequel to last year's award winning best seller, "Spilsbury's Coast" and Jim will be visiting the Comox Air Force Museum to talk about his airline and his fascinating experiences.

Jim Spilsbury bought an airplane in 1943, when wartime restrictions prevented the use of his boat to visit the upcoast camps and settlements where he repaired radios. He soon found that his clients were

more interested in this new mode of transportation than they were in his radio telephones and transmitters. From this innocent beginning grew Queen Charlotte Airlines, and when he sold the business to Pacific Western Airlines ten years later, it was the third largest airline in Canada.

This is the history of the accidental airline and those incredible years of flying, growing, and scrambling. Read about the Waco covered with lamp-black, inside and out; the wreck that landed Jim in a giant ice cream sundae; the fatally jinxed Stranraer; and the vicious competition for traffic from Alcan's Kitimat project. There are tales of mercy flights, tragic crashes, tortuous regulations, and

miraculous rescues and escapes, and many entertaining details of the luck, business skill, and hard work needed to keep an airline aloft.

Told with the humour and charm of a born raconteur, *The Accidental Airline* proves as fascinating to the general reader as the aviation buff West Coast history collector.

"...a lively collection of biographical tales, made still livelier by White's bright writing—the stuff of which folklore is woven"—Vancouver Sun on Spilsbury's Coast.

The lecture and slide show will take place at the Comox Air Force Museum November 22nd at 7:00 p.m.

DOUG
and the
SLUGS

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AROUND THE BASE



Stamps - by Larry McInnis

FEW NURSES HONOURED ON CANADIAN POSTAGE STAMP

Recently I was reading through some old columns when one written in June 1984 caught my attention. It was about the Red Cross stamp issued that year, but in it was some background on the famous Florence Nightingale (1820-1910).

I wrote that she had been born to a wealthy family, that she had been destined to be married off to someone of position, but had said no thanks, that wasn't her destiny at all: it was to be nursing the ill. She rejected the man to whom she was engaged to be married.

The rejected suitor has a strong Canadian connection, it turns out.

In researching the connection, I turned up some information in an article by Harry Norton published in *Weekly Philatelic Gossip* on Dec. 9, 1950.

Norton says Nightingale's suitor was Rev. John Smithurst.

On Jan. 1, 1853, Smithurst became the minister of St. John's Anglican Church in Elora, Ont. He brought with him a four-piece communion service, presented to him by Florence Nightingale - sort of.

Smithurst had been employed by a London merchant when he became engaged to marry Nightingale. When she said she would never marry him, he asked what he should do, to which she replied, according to Norton, "It is my wish that you become a missionary to the Indians of North America."

He gave up his job, entered a mission at Islington, was ordained, and arrived at Red River, Hudson's Bay Territory, on Sept. 20, 1839. By that time, Florence Nightingale was operating a nursing clinic on London's fashionable Harley Street.

After 12 years of missionary work in the west, Smithurst returned to London in 1851, hoping that Nightingale had changed her mind. She hadn't.

Smithurst stayed in England for nearly a year. It was during this period that Nightingale caused him to receive the communion service, engraved in Latin and translated here as "Acting as agent for someone, Ebenezer Hall gives as a gift this set of communion silver to Rev. John Smithurst, a very dear friend, in grateful recognition of his many kindnesses, A.D. 1852."

Nightingale had by then reached the height of her fame.

On Oct. 21, 1854, she left England with 38 nurses for the war in Crimea. Her activities there are credited with nursing becoming the profession it is today. She died in 1910, at the age of 90.

Florence Nightingale has never been shown on a Canadian stamp. But then, neither has any other nurse, even though there was a stamp issued to honour nursing in this country.

On July 30, 1958 Canada issued a 5-cent stamp (Scott 380) showing a nurse, a nurse's lamp, and the inscription "Health guards the nation" and "La sante: force de la nation."

But the stamp didn't show a real nurse; it showed someone dressed as a nurse.

The stamp was designed by Gerald Trotter of Canadian Bank Note Co. of Ottawa. For his nurse he used a model—an Ottawa secretary. It was 21-year-old Florence Sullivan from the federal trade department.

The stamp is historical in another sense. It is the first Canadian stamp to show an

son other than a member of royalty. On Sept. 5, 1957, a 5-cent stamp (Scott 373) honouring Canadian mining was issued. The design, from a photograph by George Hunter, shows a miner, but not as clearly as the nurse.

On Aug. 30, 1985, a 34-cent stamp (Scott 1060) was issued to honour Louis Hebert, Canada's first apothecary. His wife, Marie Rollet, was Canada's first nurse, and first school teacher.

It might be argued that an 8-cent stamp issued April 18, 1973 (Scott 615) honouring Jeanne Mance could be classified as showing a nurse. In fact, she's described as being Canada's first secular nurse.

Jeanne Mance, born in Langres, France, in 1606, founded the Hotel Dieu hospital in Montreal in 1645.

Hebert and his family had arrived in Canada in 1617. So perhaps his wife, Marie, was considered an unofficial nurse.

In any case, history honours Jeanne Mance and not Marie Rollet and an unknown secretary posing as a nurse for a stamp designer.

You can make a difference.

Hunger and many diseases are preventable, but both kill millions every year.

It is a tragedy and a waste. It is also a challenge.

In Africa, Asia, Latin America, the Caribbean and the Pacific, hundreds of Canadians have taken up the challenge. They are co-operants with CUSO, Canada's largest independent international development organization.

Since 1961, 9,000 CUSO co-operants have worked with local partners in the Third World to develop more efficient food production, community drinking water systems and health care.

The Canadians working with CUSO have made a difference. They have helped countless individuals improve the quality of their lives. But they need YOUR help - YOUR dollars - to continue this work. Please make a generous donation today. You can make a difference.



YES, I want to help CUSO fight hunger and disease. Enclosed is my donation of:

☐ \$25 ☐ \$50 ☐ \$100 ☐ \$150 ☐ \$200 ☐ \$ other

Name _____ Address _____

Postal Code _____

☐ Cheque enclosed ☐ Bill my VISA or ☐ MasterCard

_____ Expiry date _____ Signature _____

135 Rideau Street, Ottawa Ontario K1N 9K7

PROVINCIAL

ACCESS REPORT RELEASED



STAN HAGEN

VICTORIA-- Advanced Education and Job Training Minister, Stan Hagen, today released the findings of a report on Access to Advanced Education and Job Training in B.C.

The report was prepared by the Provincial Access Committee, chaired by Dr. Les Bullen, to evaluate current access to post-secondary education in the province and make recommendations to improve it.

"The report is the culmination of a yearlong study that involved establishing eight regional committees to provide findings which guided the provincial committee in preparing their report," said Hagen. "An important part of the regional committees' responsibilities was soliciting public input obtained at open public meetings and through a variety of surveys and interviews."

The report makes a number of recommendations which encompass five major issues: institutional capacity and program quality; literacy and adult basic education; under-represented groups; admissions, transfer and articulation; and university degree programs outside the lower mainland and Victoria.

"Although the report is complete, I would stress that the consultation process is not over," said Hagen. "I believe that we need to look closely at the report's findings and seek advice from people in the

system about the advantages, disadvantages and implications of its recommendations."

Hagen has called for a two-month consultation period with College and University Boards, Administrators, faculty and students. Three teams have been set up to carry out this review, headed by: Dr. Les Bullen, Access Committee Chairman and former Superintendent of Schools; Dr. Grant Fisher, former Assistant Deputy Minister of Colleges and Institutes and former College President; and Dr. Peter Remnant, retired Associate Dean of Arts at UBC.

The consultation process will result in a final set of recommendations and an action plan to go to Cabinet early this winter.

FIRST MATCHING GRANT ANNOUNCED

Minister of Advance Education and Job Training Stan Hagen announced recently the first matching grant under the \$110 million Provincial program.

The grant, to the University of Victoria, is for \$1.79 million and will be matched by donations of equipment and services from IBM with an additional \$94 million from the University of Victoria's operating revenue totalling \$4.52 million. The \$4.52 million will fund a major upgrade of the central computing facilities at the University.

"The University of Victoria expressed a number of months ago that their computing facilities had reached the saturation point," said Hagen. "These funds will not only enable the university to cope with the increased demand they expect on their system, but also to move into the realm of supercomputing."

The upgrade will give the university expanded capacity in a number of areas. It will: expand the capability for numerically intensive computing; allow the university library to use the central computer; provide the capability to marry UNIX operating system to the central computer; enable research scientists to develop a computer capacity to collect, analyze and display experimental data in real time; and increase the capacity of the central processor to meet additional anticipated demands, particularly in the area of design work for the TRIUMF KAON Factory.

"As Minister responsible for

Science and Technology I am particularly pleased with the contributions this enhanced capacity will make to the development of new technology," said Hagen. "This is an excellent example how industry, universities, and government can work together to solve common problems and create an environment which will enable this province to become a world leader in science and technology."

The \$110 million matching grant program, announced in May, 1988, will provide a total Provincial contribution of \$10 million for similar projects this year and \$20 million each year for the next five years.

2,000 jobs are in the pipeline.

When the 2000 British Columbians who will build the Vancouver Island Natural Gas Pipeline begin work early next year, residents on the Island and the Sechart Peninsula will be about 24 months away from guaranteed energy savings. There's a significant difference between the cost of electricity or oil, and natural gas - a resource British Columbia measures in the trillions of cubic feet.

Just as important as savings in home heating costs will be the impact of natural gas on the economy and the environment. The cost of energy is a major factor in determining where new businesses will locate. The pipeline makes Vancouver Island and the

Sunshine Coast hot competitors for new industries and new jobs as well as making existing industry more efficient. And in the gas fields of northeastern B.C. there will be stepped-up exploration and development to prepare for an increase of 10 to 15 per cent in the province's gas sales.

For the environment - gas will cut air pollution. Gas has 50 per cent less potential for acid rain than oil, and 90 per cent less grit and dust.

For more information on British Columbia's growing economy, contact your MLA, your nearest Government Agent, or write to the Ministry of Regional Development, Parliament Buildings, Victoria V8V 1X4.



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CANADIAN FORCES UPDATE

CANADIANS RETURN FROM IRAN- IRAQ THEATRE

OTTAWA -- The first of the Canadian peacekeeping troops dispatched to the Iran-Iraq theatre to serve with the United Nations Iran-Iraq Military Observer Group (UNIIMOG) are now home. Fifty-five signallers of the 88 Signals Squadron arrived at Mirabel Airport in Montreal recently and were met by the Honourable Perrin Beatty, Minister of National Defence.

"They have done their job professionally and have brought credit to all Canadians," Mr Beatty said earlier. "The bulk of them should be home before Christmas, much earlier than we had initially expected."

The United Nations provided the transportation arrangements, which in this case consisted of an Aeroflot Ilyushin-62 airliner.

It has been the practice of the United Nations to ask both the USA and the USSR to provide

transportation assistance to United Nations Peacekeeping missions. During the deployment, a combination of Canadian Forces and United States Air Force aircraft was used. For the initial redeployment, two USSR Aeroflot aircraft will be used. Additional redeployment is still being worked out but will most likely involve Canadian Forces and USAF aircraft.

The signallers are a part of the 525-man group that was sent with UNIIMOG to both Iran and Iraq to install and operate the communications system to facilitate the observer group in the early execution of its mission. Of this group, 250 signallers were sent to UNIIMOG in Iran to support the UN missions along the cease-fire line. They provided the vital communications link between the cease-fire line and group headquarters located in Bahktaran and Tehran, and the

United Nations Headquarters in New York City.

The remaining signallers will continue to operate UNIIMOG communications until such time as a UN communications system is established and operated by its civilian staff. This process has already been started in Iran and Iraq.

"The excellent performance and commitment of the Canadian signals contingent has, without a doubt, served the cause of peace with their valuable contribution to peacekeeping operations of the United Nations," said MajGen Slavko Jovic of Yugoslavia, the Chief Military Observer and Commander of UNIIMOG, at Tehran Airport as he bid farewell to the Canadian Peacekeepers. "They have done their utmost to provide UNIIMOG with sufficient support in this delicate and arduous mission."

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MASS SCHEDULE:

Saturday 1900 hrs
Sunday 1000 hrs
Daily Masses 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 please.

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: 339-6214.

CATECHISM CLASSES - September - May in the PMO 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
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 Rd., Comox.

CHAPEL GUILD - Regular meetings first Thursday of the month. President: D.M. Milne - Phone 339-3710.

REMEMBER NOVEMBER 11

BUS SURVEY

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

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

1. WHERE WOULD YOU LIKE THE SERVICE TO GO?

- Comox Mall
— Driftwood Mall
— Downtown Courtenay
— Other (Please specify) _____

2. HOW OFTEN WOULD YOU USE THIS BUS SERVICE?

- Once a week (which day) _____
— Twice a week (which days) _____
— Other (please specify) _____

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

- Morning
— Afternoon
— Evening
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BRITISH COLUMBIA AND YUKON DIVISION

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 afternoon?
5. What would you consider a reasonable hourly rate to charge for the service?

HOME & FAMILY



Holiday Entertaining Ideas Made Easy

It's that time of year again—crisp, invigorating weather along with anticipation over the upcoming holiday season. It's a time for accepting invitations to various celebrations. Social events, parties and get-togethers dot the fall and winter months. And "entertaining" is synonymous with the holidays. There are plans for special menus filled with delectable dishes for your favourite people.

Sunbeam Canada, in step with our "social butterfly" lifestyle has a highly-skilled kitchen performer to do the hard work. It's the Euro-Mixer with dough hooks. The hooks save time and energy and given you more freedom to relax and enjoy the role of host or hostess. They can take all the labour out of kneading dough or delicately mixing ingredients.

Cherry-Pecan Bubble Bread is a festive treat. Make-Ahead Dinner rolls have that steamy home-baked flavour. Try them as perfect accompaniments to any menu. You will have friends wondering where you ever found the time to prepare such tasty foods...and you won't be telling!

Cherry-Pecan Bubble Bread

1C milk 250 mL
1C butter 250 mL
1/4C sugar 50 mL
1 tsp sugar 5 mL
1 tsp salt 5 mL
1/4C lukewarm water 50 mL
1 pkg or 1 T active dry yeast 15 mL
1 egg, slightly beaten 875 mL
1C halved red & green candied cherries
1/4C pecan halves 175 mL

1/2C corn syrup 125 mL
1 tsp vanilla 5 mL

Insert dough hooks into mixer. In small saucepan, heat milk until small bubbles appear around edge of pan. Pour into large mixer bowl. Add 1/4C butter, 1/4C sugar and salt. Mix on low speed to dissolve sugar and melt butter.

Meanwhile, dissolve 1 tsp sugar in 1/4C lukewarm water. Sprinkle yeast over top and let stand 10 minutes. Stir briskly and add to milk mixture. Add egg and mix until blended. Add 2C flour and mix on medium speed for 5 minutes. Reduce to low speed and gradually add remaining flour. Increase to medium speed and mix 2-3 minutes longer or until dough forms into a ball. Remove to lightly floured surface, rubbing out any remaining dough.

Shape into smooth round ball and transfer to greased large bowl; turn to grease top; cover with greased waxed paper and tea towel and let rise in warm place (a heating pad turned to low works well) until dough doubles in volume. This takes about 1 1/4 hrs, depending where it rises. Punch dough down and turn out onto lightly floured surface. Knead 2 or 3 times, then cover and let rest for 10 minutes before shaping.

Reserving 3 T of butter, melt remainder and brush liberally onto a 10-inch tube pan. Arrange some of the cherries and pecan halves on bottom. Pinch off pieces of dough and roll with floured hands into 1 inch balls. Place layer of balls, about 1/2 inch apart, in prepared pan. Drizzle with some of the melted butter. Repeat with 3 more layers of

dough, drizzling with butter and sprinkling with cherries and pecan halves in middle layers. Cover with greased waxed paper and clean tea towel and let rise in warm place about 1 hour or until doubled in volume.

Bake in preheated 375°F (190°C) oven for about 40 minutes or until bread sounds hollow when tapped on top. If bread begins browning too much near end of cooking time, cover loosely with foil, shiny side up.

While bread bakes, melt reserved butter and stir together with corn syrup and vanilla. Place piece of waxed paper under rack; invert pan onto rack, removing pan from bread. Very carefully pour glaze over top of hot bread; let stand 15 minutes. Makes 1 large loaf, enough for 12 servings.

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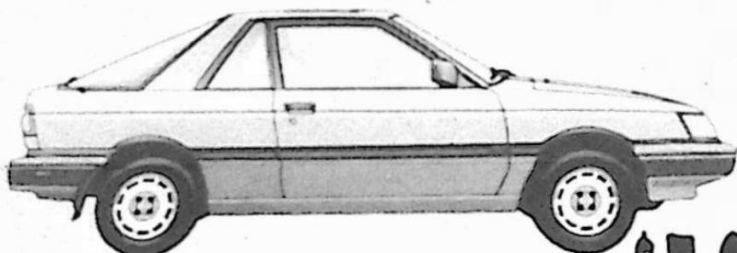
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