



TOTEM TIMES

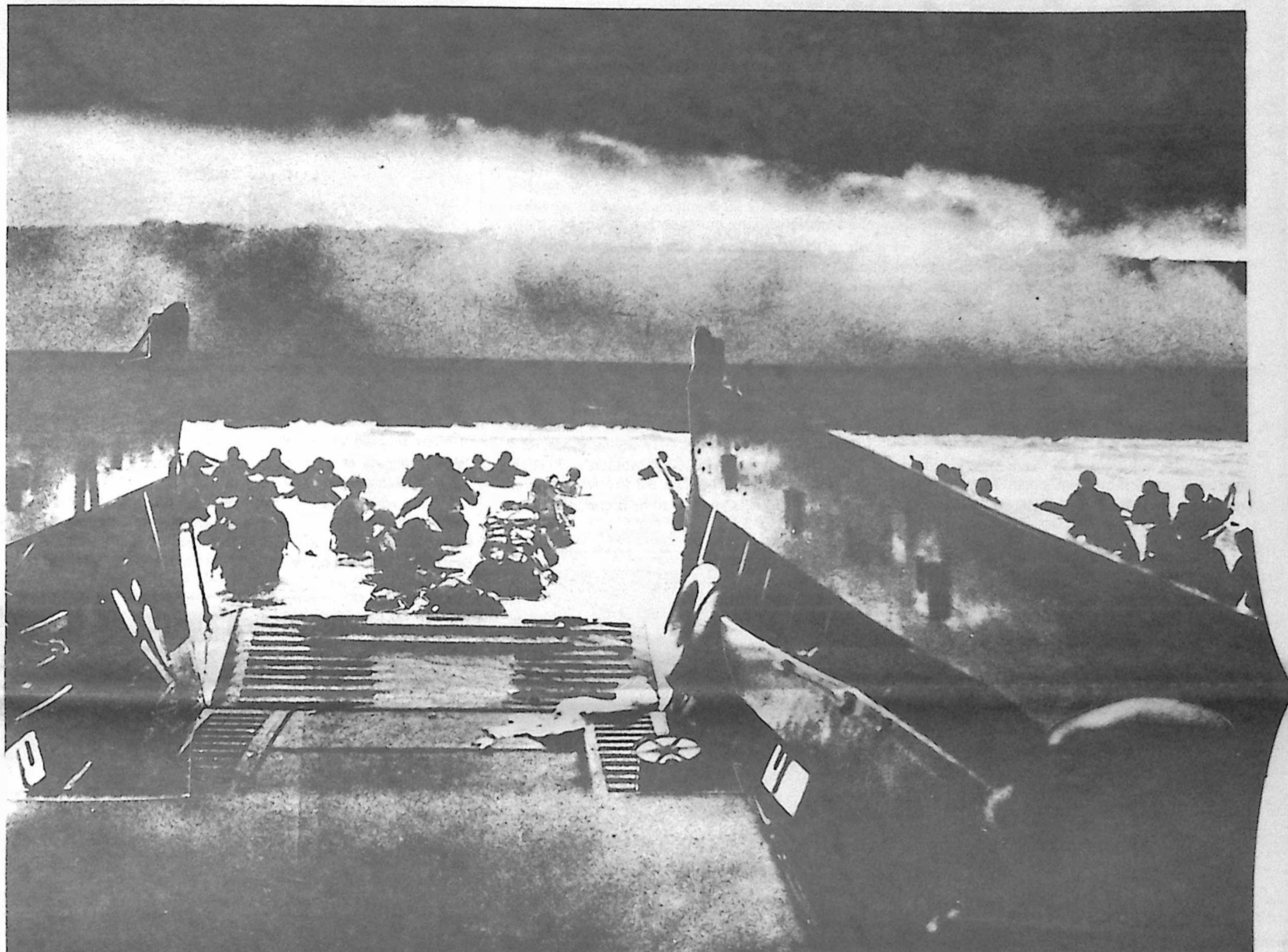


Canadian Forces Base Comox B.C.

VOL 31 NO 16 SEPTEMBER 14, 1989

NEXT DEADLINE MONDAY, SEPTEMBER 25, 1989

COST: PRICELESS



Allied troops land on the beaches of Normandy on D-Day, 6 June 1944. Less than one year later, the Third Reich would lie in ruins, shattering the dream of Adolf Hitler, begun 50 years ago with the invasion of Poland.

Fifty years ago: Germany invades Poland

On September 1, 1939 a Europe stretched to the breaking point with the megalomaniacal ambitions of one man, finally snapped, and the powerful German military machine swept across the Polish border, thus beginning World War II. Poland had had the effrontery to deny Adolf Hitler his demands, so when the Nazi — Soviet Pact was signed on August 23, assuring Hitler of non-interference by Russia, Poland's fate was sealed.

With Stuka dive bombers leading the way, raining terror on civilians and soldiers alike, the Germans tried out a new strategy they called 'Blitzkrieg' or 'Lightning War'. Though resistance was stiff at first, massed columns of German

tanks soon punched holes through the Polish defences and drove deep into the country's heart. Infantry followed, quickly rounding up the demoralized Polish troops and dispatching them to P.O.W. camps, labour camps, and as often as not, to their makers. On the heels of the infantry came the dreaded S.S. An estimated 50,000 civilians were murdered in the first two weeks of the occupation alone.

In a mere three weeks, Poland was carved up like a Thanksgiving turkey, the largest slice going to Germany and Hitler's "Thousand Year Reich" and a smaller one to Stalin's Russia.

Britain and France declared war on Germany on September

3, honouring a pledge to help defend Poland against German aggression, though their support was extremely limited. Canada followed suit on September 10.

By war's end, Canada's armed forces had grown from a token force to over 1,000,000 men and women. The R.C.A.F. alone was 250,000 strong with 48 squadrons overseas making it the fourth largest Allied air force. But there was a terrible price to pay; 45,000 Canadians were killed and 55,000 wounded in the six years of bloody warfare. Worldwide, 50,000,000 died, most of them civilians. The illusion of an honourable war was forever shattered; the world would never be the same.

4th Clasp to CD for Airman

Canadian Forces Base Toronto — On 24 June, Air Commodore (ret.) Leonard J. Birchall, OBE, DFC, CD, the Honourary Colonel of 400 Squadron, was awarded the Fourth Clasp to the Canadian Forces Decoration. This honor represents a total of 52 years of service to the Armed Forces and Canada.

A/C Birchall is only the fourth Canadian serviceman ever to receive a fourth clasp, and is the first airman to achieve this. The award was made by the Commander of Air Command, LGen Larry

Ashley, during a ceremony on the hangar line at CFB Toronto, where 2 Tactical Aviation Wing — of which 400 Helicopter Operational Training Squadron is an integral part — was on parade.

Also participating in the parade was a sizeable formation of World War Two veterans from the Burma Star Association, most of whom served in the India-Burma theatre of war in 1943-45.

A/C Birchall graduated from the Royal Military

continued on page 14

"A man in love is incomplete until he is married. Then he is finished."
Zsa Zsa Gabor

Editorial

You had to be there . . .

How many times have you said that? You tell what you believe to be a hilarious story to apparently willing listeners and it falls as flat as a raw egg hitting a concrete floor. You shrug your shoulders with some embarrassment and say weakly, "I guess you had to be there..."

Humour -- it's a very personal thing. I remember a cartoon someone once described to me. I don't know what was in the air that day or who slipped something into my coffee but I laughed so hard my stomach muscles began to cramp, my face turned crimson red as I fought for breath, and I rolled around on the floor like a beached walrus. The cartoon was of a balding man who, desperate to hide his retreating hairline, grew his nose hair to exceptional length and combed it up over his face and across the top of his head. Amusing, yes, but though I still chuckle over it, there is no tendency for me to lose control.

Another example: I confess to being an avid "Far Side" fan. My day is not complete without turning one more page of our Far Side calendar to see what insanity Gary Larson has in store for me. But though he is very popular, not everyone understands and appreciates his humour. A friend once asked me to explain one of the cartoons to him. It showed a woman walking in the park with her pet snake slithering across the ground in front of her. A leash to the snake was in one hand and a 'pooper-scooper' with a long narrow scoop in the other. Though I tried, I could not make him understand the humour in it. I felt I had failed to make an essential link with another human being. We were like two people who spoke different tongues using rudimentary sign language to talk to one another but failing miserably to communicate on a higher plain.

One last example: I went to see the movie "1941" with a few friends when it first appeared. I found its attempts at humour for the most part crude; in place of subtlety, ingenuity, and irony it used expensive, elaborate stunts and witless dialogue to get a laugh. I told my friends so and received uncompromising stares in return. Like I said, humour is a very personal thing.

There is a moral to this story. Humour is what sets us apart from other species on this planet. Indeed, the ability to laugh at our own foibles and idiosyncrasies may be the only saving grace for a species that has created so much misery and grief. To find humour in the blackest moment is to show uncommon spirit and resiliency. To make other people laugh as well is a gift most precious, though most of us who try end up shrugging our shoulders and saying, "I guess you had to be there..."

Painting presentation at museum



The Comox Air Force Museum was the scene of a moving ceremony on Aug 2, shortly before the Base Change-of-Command. An oil painting, titled "The Last Argus," by CAFCAP artist Robert Pollock, was presented to the museum by Miss Tammy Hamilton, in memory of her late father, Col Peter Hamilton, who commanded 407 Squadron from July 1978 to May 1980. The painting will be exhibited as part of the 407 Squadron display in the Museum. Seen viewing the painting are Lt. Col J.E. McGee, Miss Tammy Hamilton, Mrs. Marlene Hamilton, and Col J.E. Gibbon.

Thanks for keeping CFB Comox beautiful



Base Commander's Commendation was recently awarded to CE Roads & Grounds for "keeping CFB Comox beautiful". Left to right: back row-Mr. Hartley, Mr. Bain, Mr. Greissel, Mr. Trueman, Mr. Bennett, Mr. deVries. Centre row-WO Fisher, Mr. Gustavson, Cpl Adamczyk, MWO Perry, Maj Coriveau. Front row-Mr. Burch, Mr. Windley, Mr. Epp, Mrs. Mendonca, Mr. Park. Missing -- Mr. Soles, Mr. Gillis, Miss Kingston, Pte Hebert.

New boss at AIRCOM



The new Commander of Air Command, LGen F.R. Sutherland, took over from LGen Ashley on 4 August. LGen Sutherland joined the RCAF in 1961 and graduated from Royal Military College in 1965 before receiving his pilot's wings in 1966. He flew the T-33 and CF-104 before taking command of 439 Sqn at CFB Baden-Söllingen, Germany in 1976. Following several staff appointments, he assumed command of CFB Cold Lake and oversaw the introduction of the CF-18 fighter from 1982 - 1984. Promoted to Brigadier-General in 1984 and Major-General in 1986, he assumed the position of Chief of Personnel Development at NDHQ before a further promotion saw him take over his present responsibilities.

Outstanding Service



Capt Cossette, the Base Security Officer, receives a Certificate of Appreciation from the Washington Air National Guard's 141st Refuelling Wing for service above and beyond the call of duty during their recent exercise at CFB Comox.

TOTEM TIMES

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

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Letters To The Editor

"hands-up vs hands-out"

Dear Sir:

There has been a great deal of editorial comment on the letter I recently sent to 49,000 employable income assistance recipients telling them that they will not receive another assistance cheque until they produce proof that they are looking for and have been unable to find work.

The general public (the taxpayers) have responded very positively to this. Many people have told me personally that they support this approach. However, editorial writers in some of the major newspapers seem to have missed the point. Even the major electronic media have made a special ef-

fort to distort the value of the program.

Temporary assistance is intended to provide support for those who are out of work and who have exhausted all other sources of income. We make every effort to encourage people to get back into the work force as quickly as possible. To quote a Vancouver columnist "hands-up are better than hand-outs". This is what we are trying to do -- to provide the assistance people need to become self-supporting. We will assist with transportation costs, work clothes, training and work experience. And we will also keep the pressure on employable people to get them

back to work.

I want to emphasize that my letter went only to singles and couples, without dependents, who are employable. I want to assure the elderly and people with disabilities that we will continue to assist them so that they can live independently.

I find it curious that the major media assume such an adversarial position whenever the Government announces a worthwhile program. Maybe they see the need to play the role of the official opposition.

Yours truly,
Claude Richmond
Minister of Social
Services and Housing

Angry about turbans

Dear Sir:

I write, for the first time, on a subject dealing with Canadian culture and heritage. I write with request that this letter be published as presented or not at all. In most cases with the press, the essential message is lost due to editing by those who do not know the issue or edited due to space requirements.

We have just had the privilege of having the RCMP Musical Ride here in Nanaimo. Will we see it again in its present form? Consider the subject. A remarkable decision was recently made in Ottawa allowing Sikhs' to wear turbans, beards and carry ceremonial swords whilst officers in the RCMP. The far reaching implications of this decision are beyond comprehension. I do not object to Sikhs or other minority groups becoming police officers, but I

strongly resent the long and proud traditional dress of the RCMP altered to pacify a minority group. I do not, like others, try to bring my religious beliefs into the workplace, I do not attempt to bring my native dress into the workplace of a country which has given me livelihood and identity.

My message is short and simple, do we maintain some degree of Canadian identity or do we passively allow the erosion of our heritage. Is our next Musical Ride to consist of six horses, six elephants and six camels? I have seen both elephants and camels and I can assure you, they will be out of 'step' in this musical ride. Perhaps anticipating future changes to accommodate others, we should also include six asses. I would suggest however that said asses be imported from the United Arab Republic

rather than using those from Ottawa where we appear to have an over abundance. Those from the UAR are noted for their intelligence.

I have petitions available to present to Parliament. I am a Canadian, my forefathers helped build this country. Indeed a fort still stands, however weakly, in Alberta which was commanded by one of my ancestors, Captain Ethier, of the 65th Mount Royal Rifles, this during the Reil Rebellion of 1885. I have served my country both in war and peace and resent any intrusion upon our heritage. Those interested in this petition need only contact me.

Ted P Ethier CD Capt (SR)
5097 Laguna Way
Nanaimo, B.C.
V9S 5N7
758-8640

VIA ... to be or not to be

Dear Sir:

As the campaign to save VIA Rail rolls into high gear, perhaps your readers may wish to view the issue in its full political context -- and the real reason VIA is so vulnerable to the cuts about to be made by the Conservative government.

VIA was created by a Liberal government as a means of bailing out Canadian National and Canadian Pacific Railways, thereby allowing CN and CP to concentrate on more profitable freight services.

The first spike contributing to VIA's death was due to the Liberals forcing VIA to pay between \$70 and \$80 million to CN and CP for their dilapidated rolling stock. No company could survive on its own with that degree of debt.

The second Liberal spike was their refusal to introduce legislation giving VIA the power to control its own destiny. They remain captive to the scheduling and costing decisions of CN and CP.

The third Liberal spike was their refusal to provide VIA the

necessary funds to re-equip its passenger fleet in order to properly serve the traveller.

The fourth Liberal spike was the 1981 unilateral decision by then - Minister of Transport Jean Luc Pepin to cut 19% of VIA's services - without holding public hearings. As a result of these cuts, VIA's deficit increased \$27 million since rail costs are relatively fixed while revenue will change according to ridership.

This is now where the VIA story takes a bizarre twist.

After the 1981 Liberal cuts the Opposition Conservatives conducted a cross-Canada tour to save VIA Rail. In 1981 they campaigned on a platform to replace the routes cut by the Liberals, to purchase new rolling stock and to enhance VIA's operation.

Once elected the Tories did re-establish the routes eliminated by the Liberals but that's where it stopped.

In spite of ongoing insistence by the NDP Transport critics, the PC's reneged on their promise to provide new passenger cars and failed to

follow through with VIA Rail legislation.

Now, the most bizarre twist of all. In the name of deficit reduction VIA is to be dismantled, leaving only a few unconnected routes in place.

In 1981 the PC's were outraged by the Liberal tactics of using Cabinet decree to make their cuts. Now, in 1989, the Conservatives are going to make their decisions in secret and not allow any public hearings either.

Mr. Editor, it is clear that the Conservatives are in an ideal position of attempting to dismantle VIA. Past neglect and deliberate policies of the former Liberal government have ensured this.

As the Opposition Liberals hold VIA hearings in a few major cities in this country your readers should ask themselves if the Liberals can really be trusted to save our passenger rail system any more than the Conservatives could.

I personally don't think so.

Yours truly,
Iain Angus, MP
Thunder Bay-Atikokan

Drive with care



(there are kids out there!)

It's September. ICBC, B.C. police, and MSE Safety are asking motorists to take care on the road as kids head back to school.

This year police will stick with tradition and step up enforcement during the back to school period. Special attention will be placed on motorists who exceed the speed limit in school zones. Those caught will face a \$75.00 fine in addition to driver penalty points.

Back-to-school is a time when youngsters are often excited and nervous. They can forget to practice pedestrian safety, when walking to and from school. Although efforts are made in the schools to educate the children on safety, motorists need to be aware of this particular situation and drive accordingly.

If you have children starting school, it is a good idea to walk with them to teach them to walk, not run. Show them how to stop, look and listen before crossing the street. Get them to wear clothing that increases their chances of being seen.

Motorists are asked to slow down in school zones, watch for kids getting in and out of cars, and stop for school buses when their lights flash. Remember ... the kids are there, so drive with care!

To help our 'NEW' drivers learn to drive defensively MSE Safety will be conducting a Defensive Driving Course for dependants in early November. This course is for all dependants, experienced or not, who have not had the DDC and would like to become a better driver. Watch for the flyer for further details.

How are you, really?

Most of us think of ourselves as healthy, according to the recent Health Survey of Canadians. But the next time someone greets you with "hello, how are you?" St. John Ambulance asks you to take a moment to consider:

- Are you within 10 pounds of your ideal weight?
- Do you brush and care for your teeth regularly?
- Do you sleep well?
- Are you a safe, defensive driver?
- Have you learned basic first aid?
- Do you know when to treat yourself and when to see a doctor?
- Do you find it easy to express your emotions?

These are the questions that St. John Ambulance "Healthy Aging" program leaders are asking seniors wherever they meet -- in community centers, churches, apartment buildings, health drop-ins and schools.

Qualified volunteer health professionals, many of whom are retired themselves, talk to groups of men and women about staying physically and mentally active, dealing with emergencies, handling medications, stress, and other issues that play a big part in their lives.

Program leader, Irma Zack, recalls one of her favourite sessions called "Staying In-

dependent": "Everyone made lists of what they felt they needed to maintain their independence and then they exchanged ideas and suggestions among themselves. Group discussion like this can encourage seniors to take that first step towards a better life."

Besides "Healthy Aging", St. John Ambulance offers two other health programs for mature adults:

"Healthy Retirement -- A time of Challenge" is for people who are starting to think about retiring and all the accompanying adjustments in relationships, activities, health, and housing; and "Caring for the Aging and Family Health" is a three day certificate course in home nursing skills. This caregiver's course is invaluable for anyone looking after family members or friends who need help with their personal care or for people working in the field who wish to upgrade their personal care skills.

For more information on any of these courses, contact your local St. John Ambulance office or call 1-800-972-8253.

Posted in?
see Note pg. 14

On and off the base

Visit by W. P. Chief of Staff

Ottawa—The Chief of Staff of the Hungarian Peoples Army, Colonel General Jozsef Pacesk, was in Canada for a four day visit, from August 22 to 25, at the invitation of the Canadian Chief of the Defence Staff, General Paul Manson. The goodwill visit stems from the growing openness in East-West relations.

It was an historic first visit by a member of the Hungarian senior general officer corps. He is the first Chief of Staff of any Warsaw Pact nation to visit Canada. Colonel General Pacesk is also the Hungarian Deputy Minister of Defence.

The visit was intended to familiarize Colonel General Pacesk with the composition, roles and responsibilities of the Canadian Forces. It involved a

wide range of discussions with senior Canadian military officials, including an exchange of information on arms control measures.

"It is encouraging to see that our two nations share common aspirations towards arms reductions globally," said General Manson following his meetings with his Hungarian counterpart. "This visit is a stepping stone towards the opening up of bilateral discussions with Hungary and other Warsaw Pact nations."

The Canadian military has maintained many contacts with Hungary over the past ten years. The National Defence College at Kingston, Ont., has visited Hungary recently as part of the Staff College International Studies Programme.

Crossword

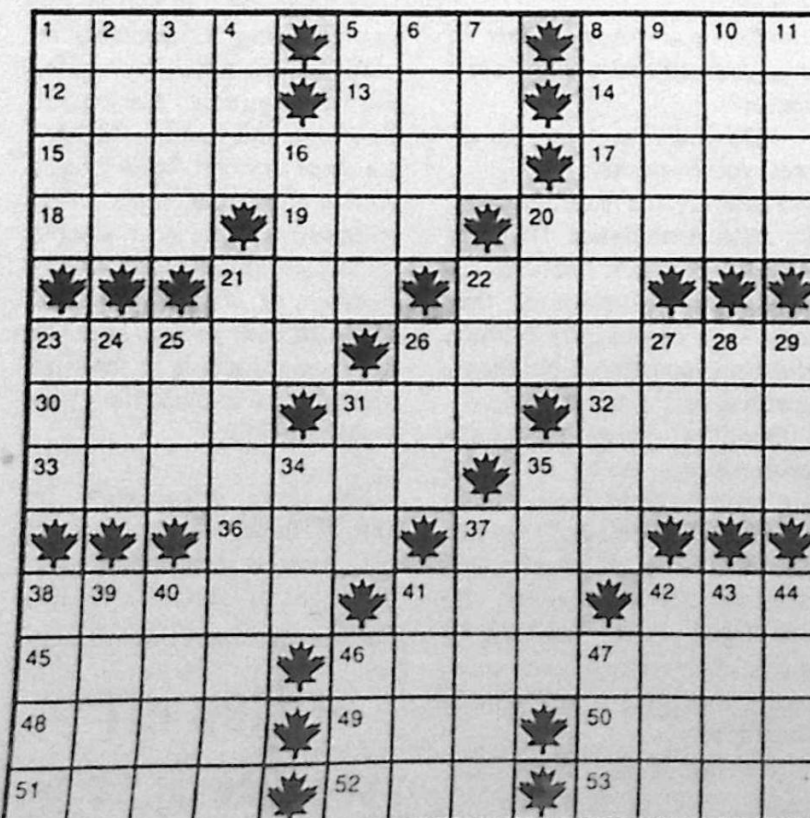
By Rick McConnell

ACROSS

- 1 Soft curve
- 5 Pigs digs
- 8 Court order
- 12 Margarine
- 13 Big tart
- 14 Simplicity
- 15 Town on the Rideau Lakes
- 17 Dagger
- 18 Seiner's need
- 19 Future fish
- 20 Town on Anticosti
- 21 Took first
- 22 Lively in Longueuil
- 23 Bushy
- 26 Watched
- 30 Snacks
- 31 Gender
- 32 Beige
- 33 Beginner
- 35 Dwarfish
- 36 ____ ami
- 37 Rove
- 38 Welding gas
- 41 Transit vehicle

DOWN

- 42 Sib
- 45 Boyfriend
- 46 Town on the Okanagan
- 48 Paradise
- 49 Picnic pest
- 50 High prefix
- 51 Idiot
- 52 Fuss
- 53 Sign gas
- 1 Escalator
- 2 Sheltered
- 3 Relax
- 4 Negative
- 5 Utensil
- 6 Rubber roller
- 7 Still
- 8 Kings town in N.B.
- 9 Rave's partner
- 10 Understanding words
- 11 Golfer
- 16 Push
- 20 Slick liquid
- 21 Ride in the sunset? Que.
- 22 Type of switch
- 23 Oolong or pekoe
- 24 Regina player
- 25 Airport abbr.
- 26 Each
- 27 N.D.P. predecessor
- 28 Silkworm
- 29 Dull
- 31 Okanagan player
- 34 Age
- 35 Sun-up site
- 37 Zest
- 38 Retired
- 39 Try again
- 40 Scottish Celt
- 41 Bow
- 42 Retail event
- 43 Interested
- 44 Demis
- 46 Nursery noise
- 47 Prohibit



solution on page 17

The 9th annual TERRY FOX RUN For Cancer Research

Friday 29 Sept, 1300 — 1530 hrs.

Route: 10 km — Rec Centre to the Tower and back
Pledge sheets available at Rec Centre
BBQ afterwards



Cancer is the number two cause of death in Canada, behind heart disease and stroke. One in four deaths from all causes is by cancer. In 1989, approximately 50,000 Canadians will die of this disease. It was Terry Fox who said, "Somewhere the hurting must stop," before setting out on his gruelling run across Canada to raise money for cancer research.

Clearly it is through research that the number of people affected by this disease will be greatly reduced. Recent exciting research breakthroughs by Dr. Tony Pawson from the Mount Sinai Hospital Research

Institute in Toronto, Ontario give us a hopeful outlook on beating cancer. Dr. Pawson is part of a team of scientists that discovered oncogenes which are believed to be the genes that trigger cancer. It appears that no matter what the cause of cancer, the oncogenes are the probable source of the disease. Once we find out how to repress these genes, we will be on the road to beating cancer.

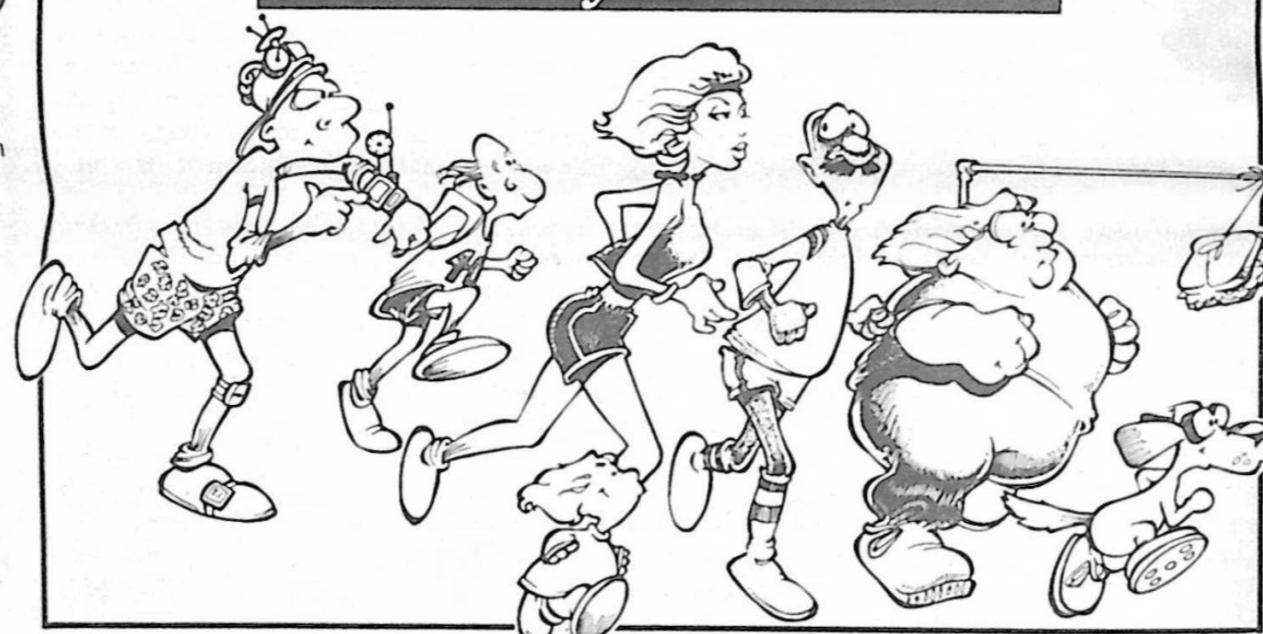
A cure for cancer is in sight, but the research must continue. That was Terry's dream and that is how we can help stop the hurting.

Terry realized the importance of research when he was told

he had a 50 to 70 percent chance of surviving his cancer through a drug treatment called chemotherapy. Two years earlier, before these drugs were available, his survival chances would have been 15%.

Since 1980, when Terry Fox began his Marathon of Hope, the Terry Fox Run has continued to raise dollars for the fight against cancer. To date, over \$72 million has been generated and the Run is now the largest fundraising event for cancer research in the world. The money is used to help fund special programs and important research projects in Canada and around the world.

RUN WALK JOG RIDE WHEEL

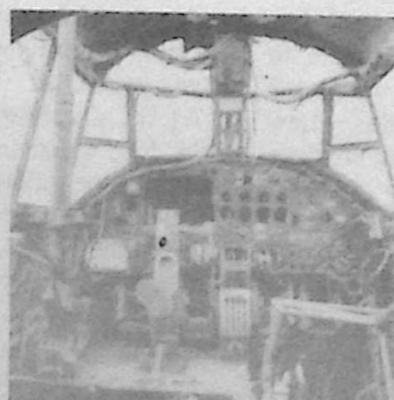


Air Force Trivia

WHAT WHERE WHEN WHY



I left this one with you to guess, while I am away in the UK. I took my first flight in one of these as a Halton (RAF) apprentice in Feb '49. Perhaps someone can say what Mark it is.

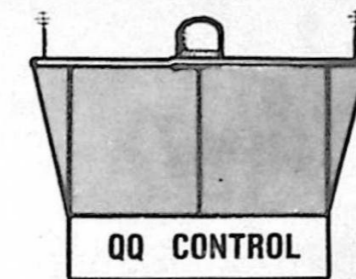


Trivia Answer

This is the cockpit of a Lancaster 9B. Where does the co-pilot sit? There isn't one. Bomber pilots were scarce in WW II, so the practice was to use one pilot and have another crew member (partly) trained to fly the bomber if the pilot was injured.

...N.V.B.

As the beacon turns



I wish to thank all of you people who came to me with the juicy stuff on your colleagues. It's good to see that the rumor mill is well and alive. Regretfully, most of what I got from you was not fit for publication, or concerned one person who got hurt on his bike recently. As my deadline was approaching, I was compelled to let my imagination do the work for me and come up with something for this edition. By changing a word here and there, a rather plain but original story often takes another form and pretty soon what you have is honest-to-goodness drama.

Paul got a bike for his birthday. He immediately took it out for a ride. "What a feeling! What a beautiful day! I feel full of energy!" he said out loud to the wind as he rode along. Coming to the bottom of Ryan hill he looked left, he looked right, and up the hill he started

pedaling. Halfway up he said, between gasps, "Poof-poof, I'm gonna be ill!" and he let go of the pedals and closed his eyes.

Meanwhile, Al was driving his propane powered pick-up truck down Back Road, considering his options: "Six and four? Four and four? no! no! Three and three, that's the ticket! Now who's gonna write that schedule for me ... Pat, Erik, Red or Ringo? Hmm ... Who's Ringo?!? Hmm ..."

Not really seeing the road ahead he overshot the red light at the intersection of Ryan Road and Back Road. He stopped and looked around, sort of concerned. Horror!! A cyclist was coming straight at him at full speed and in reverse! Funny, Al thought, cycling in reverse, so he shouted to the cyclist, "Wake-up buddy!" and honked his horn at him.

"That wind sure feels good" was thinking Paul, not realizing that having stopped

pedaling, his bike had started to go downhill, in reverse. He was rapidly losing altitude when he heard a shout and a horn from behind him. He looked behind thinking, "Maybe she's good looking".

Thank God Paul quickly recognized upcoming disaster when it looked him straight in the eye. He was going down the hill, in reverse, very fast, and was aiming at a two-tone pick-up truck stopped in the middle of the intersection. Coolly managing this crisis, Paul opted to apply full brakes and hoped for the best. The rear wheel locked and Paul went flying over Al's truck and landed on the other side, huring himself needless to say.

Now you guys all know how you can go flying off a bike by locking the rear wheel. This also explained why Al got a canopy for his pick-up. "I'm gonna be ready for anything now," says Al.

by Alain Rheume

442 Squadron — Flight Engineers

The section would like to begin by formally welcoming our new section commander. MWO J.J. Landry has arrived to take over the reins from WO Byron McDonald, who has traded his snake skin boots for a VP swordfish. The new boss slipped in from spud island and has been seen on many occasions with rod & reel, an ear to ear grin, and a chorus of "It's great to be home".

While the new boss is busy setting up household, Gord and Carole Neave blessed the section, the squadron, and half of

Comox with strains from their house warming party in August. Everyone had a marvelous time, by all accounts. They're just lucky the real party people were on standby that weekend. (Sorry to say it was me!) We got them back on Friday as the Sar Tech and FE shops put down cash at the Golf Club to celebrate the promotions of Paul D'Amors; Yves 'Ziggy' Carignan; Vimy Trevors, Serge Poirier, and the operational categories awarded Dan Pierson and Gord Neave. August was a busy month for

the Lab and Buff boys, with airplanes scattered all over the Province. Kevin 'Hef' Morawski and Dan Pierson were very impressed when they were hauled away from the Abbotsford airshow to go on search. Well, not everybody was crushed with work these past few weeks. Paul Caughy took the month off to sight see in Canada and the U.S. in his infamous MG. Paul returned to do a sea rescue with Dan Pierson off of a cruise ship no less. Great way to end your vacation.

With summer drawing to a close and all the postings now a fact of life, the FE's of 407 would like to welcome Sgt John Smith to our squadron. Isn't the MOAT course a treat? Two more sacrifices have also recently departed for Greenwood to try their hand at the MOAT course: Sgts Newt Newton and Frances Levesque. The MOAT course is MAG's equivalent to the Ironman Triathlon and Spanish Inquisition all rolled up in one.

A new and old addition has graced our humble abode. Recently retired Sgt Bill MacCulloch is our latest Reserve Force FE. With over 5000 hours on the Aurora, it seems probable that Bill is the World Record Holder. Maybe David Ford will have Bill as guest celebrity on the Guinness Book of World Records TV show if his claim is valid.

On a lighter note, it is rumoured that the recently improved schedule board with its

new high-tech look is largely responsible for the section running at peak efficiency. Yes Herb, your finesse with the day to day scheduling helped also.

by Sgt R. E. Dowe

407 Squadron

It's a dog's life



Photographic proof that 407 Sqn Nav Section Deputy Dog, Capt Paige Cutland, is getting better looking all the time.

Flight Engineers

Better late than never



CFB Comox Sgts Professional Development Seminar 8902

LCol Bishop (centre), directing staff, and students. Editor's apologies for not publishing this sooner.

Section news

Section news



Truckin' Tales



Seven of Base Transport's best MSE operators were presented Safe driving Pins last month. The pins are awarded for 5, 10, 15, 20, and 25 years of accident-free driving. From left to right: back-row-Cpl Gabe Audet, MCpl Ray McElhinney, MCpl Vern McLearn, MCpl John Salkaley, Cpl Doug Cusson; front row-MCpl Derrick Keen, Cpl Kelly Davies, and presenters Maj Fisher, Lt Robertson, and MWO Foreman.

We have had a lot of excitement around Base Transport during the past couple of months. There have been a few changes in the 'hierarchy' with Lt Christa Robertson posted to CFB Moose Jaw at very short notice and MWO Frank Kraft posted to CFB Cornwallis on equally short notice. Frank received his well-earned first clasp to the CD from Col Gibbon prior to his departure. We will miss 'Miss Congeniality' and 'Big Billy Goat Gruff'. Lt Murray Jacklin took Lt Robertson's job as MSEO. He is not as good looking as she is but he tells a better story. MWO Dave Foreman, who was promoted to his present rank on 1 Aug, took over MWO Kraft's job as MSE Controller and is doing a fine job, however he hasn't insulted anyone yet to my knowledge.

While we are on the subject of promotions, three of our best privates, Linda Chasse, Maryse Poulin, and Mike Galichan, received their well deserved Cpls hooks in the recent past and Murray Streeter

was promoted to MCpl and is now officially 2 i/c of the Refuelling Section. MCpl 'Sam' Perrault from Base Traffic received her promotion last month. Sam is the lady that books all those flights for us. MCpl Gary Casey received his first clasp to the CD from Col Gibbon.

Our mechanics have been busy getting snow blowers, snow plows, and other equipment ready for the upcoming winter. If this winter is anything like last winter, we will be busy keeping the runway open. Frankly I am hoping for rain -- we don't have to plow that! MWO Ray Belanger arrived last month from Calgary to take over from MWO Gord Campbell who went to Germany. Ray is a highly experienced Veh Mech who will keep our fleet in top notch working order.

Our Base Traffic personnel are in a bit of a quandary over the recent decision to cut service flights into Comox effective 1 Oct. We were doing an impact analysis now but one

thing is for certain, Time Air and Air BC will be getting a lot more business! Our new Base Traffic Officer, 2Lt Karen Larke, will have her hands full for the next few weeks analysing the impact of the cancellation.

The sailors at the Marine Section have been working their fingers to the bone trying to keep up with the Sea Cadets activities which have wound down now with camp closure and clean up. The boats are being taken out of the water in preparation for jetty repairs and new floats coming in this October. The jetty was built in 1942 and the salt water has done a lot of damage in the past 47 years!!

Demands for the numerous and varied services we provide here at Base Transport keep pouring in and we are endeavouring to maintain our high standard of service to all our customers. We look forward to serving our new Base Commander with SERVICE SECOND TO NONE. Keep on truckin'...



Supply Signals

The weatherman promised a cloudy day and we all thought that it was just another washed out golf tournament for Base Supply, but low and behold the sun actually began to shine through those dark clouds overhead and the day turned out all right. Perhaps it had something to do with the fact that VU33 Sqn also had their golf day on the same day.

Congratulations go to the winners: 1st place — Jack Picard's foursome; 2nd place — Cal Jefford's foursome; 3rd place — Wally Berger (no prize but just had to mention his name in the winners circle); Luckiest Golfers — Karl Cameron's foursome.

A special thank you to Middleton Meats and Comox Builders for donating the prizes. A good time was had by all.

There are some new faces in the world of Base Supply. In 1 Sup Grp we have MCpl Judy Brown who comes to us from Esquimalt.

In General Stores we have Cpl Paul Lavalee, or better known to his friends as 'PJ'. He comes to us from the European theatre. He never did any work, just watched a lot of movies (groan).

Good luck to those in our little world going on their career courses. MCpl Pat Armstrong was seen loading his golf clubs into his car for his TQ6. When asked what he was doing, he replied, "What course? I

thought I was going on a tournament!"

Also on their merry way to their JLCs are Cpls Cathy Hailes and Cathy Higdon. Just what we needed, to get rid of some Cathys around here. Good luck to all!!

Farewell to those leaving. Cpl Joan Cook is off to the great white leader's place. Also 2Lt Angela Bernard is off to complete her Log Officer Training. I never knew she wanted to be in charge of a forest (double groan). Good luck and happy trails.

Turning again to sports. Congrats to the Mens' Fastball Team for winning the Zones, with a special congrats to Pte Norm (Skid) Hailes and Jack Picard. Way to go guys! Good luck to the Ladies' Fastball team as they head for the Nationals down East, under the leadership of team captain Joanne Wheeler, ace infielder Cathy (Chin) Preece, and ace pitcher Cathy (Skinhead) Edwardsen. Best of luck, ladies.

The Logistics Curling Committee held a successful garage sale at the Canex. Not much was left when the sale was completed. Thanks to all the donors and especially the volunteers who showed up early to man the sale.

Cpl Karen Charbonneau just completed a civilian jump course, successfully I might add. Could it be that her favourite colour is maroon or perhaps she really, really wants a posting to Ontario.



Ripples from the beaver pond

"What I did on my summer vacation"

A lot has happened to CE section personnel whether it be vacation, TD, or work related since we last appeared in the Totem Times.

The top story belongs to Anne, our Timekeeper-Accountant, who has just returned from her Japanese vacation. Anne and Dave visited their son, Scott, who is teaching English in Morioka. They travelled extensively throughout the islands and brought back many interesting stories of Japanese culture and life.

Another vacationer was Helen, our Word Processing Operator, who travelled to New Brunswick with her husband for a family reunion. Unfortunately, she fell down some stairs on the first day of her holiday and is suffering from acute whiplash.

Other CE members vacationing on TD in Chilliwack this year are Pte Josh Lachapelle, Cpl Dan Dupuis, Cpl Joe Huard and Cpl Joyce — all on their TQSA courses, and Capt Mel Clisby on his CEMIS Systems Manager Course. Returning from CFSME is MCpl Cote in the Heating Plant after successfully completing his TQ6A

course.

A months end, Boss Beaver will be missing from the fold as he travels to Ottawa to sit on the 141, 151, 631 and 651 MOC Trade Merit Boards. This explains all the effervescent Corporals surrounding the Major during the last couple of weeks. Cpl Jobin will be enjoying the rigors of his JLC in Penhold until the end of Oct. Cpl Jim Waddell will attend his industrial electronics course in Cornwall, Ontario, for two weeks this month. Now there's a paid vacation! Another fine vacation went to 'the Snake' who recently got a TD trip to Holberg to look at a dishwasher.

Congratulations to Chester Lewis and Rick Fisher for picking up their 'crowns' and to Perry Johnson and Jim Scott on receiving their 'leafs'. This means that WO Fisher is now expected to 'get it right' when he introduces the Base Commander.

We also extend our congratulations to Mr. and Mrs. Dan Dupuis on the birth of their baby boy.

On the Engineering front, we find Lt Kevin Mercer, our Eng O, off playing soccer for the week. It's so quiet in there at times you can almost hear Rick Finney getting thinner!

Cpl Bill Irving is thinking about mounting wheels on his drafting table — he gets moved so much, and the whole building wants to pay for voice training lessons for Peter Cartwright. Also, the 'King' is working day and night on his BMI — allowed only one mug on Fridays and has to spend all Sunday jogging it off.

Returning to Steam Distribution is the three-fingered sloth just in time to help move, although it is

unknown as yet where the 'fitters' will set down permanent roots.

Over the course of the summer we had the CE picnic championship ball game which was a huge success!

Mac Carswell, Mechanical Shop Foreman, retired after 30 years of service. Also retiring soon will be Capt Tom Esler — most likely to return as a civilian at a later date.

News on projects around the base has the MP building fifty

percent complete with a projected cost of 900K, give or take a dollar. The retrofitting of base buildings is near completion and the apron between 7 and 3 Hangars well advanced.

Before signing off, I'd like to remind all CE members that MCpl Scott will be collecting for the United Way this year. Please open your hearts and wallets to this worthwhile cause. The CE goal for 1989 is \$1,723.1!

Chimo!

From the Fire Chief's office

Smoke alarms — continued

Know how to escape

The best fire-detection equipment can only awaken you if there is a fire, but you may not be thinking clearly. You should practise escaping before an emergency strikes.

Why?

★ Once a fire has started, it spreads rapidly. You may have only seconds to get out.

★ Normal exits from bedrooms may be blocked by smoke or fire. It is important that everyone knows exactly what to do.

★ Identify escape routes.

★ Plan two exits from every room. Second-storey windows

may need a rope or chain ladder to enable occupants to escape safely.

★ Choose a meeting place outside the home so you'll know everyone has escaped.

★ Practise escaping

Practice allows you to test your plan before a real emergency. You may not be able to reach your children! It is important that they know exactly what to do.

★ What do I do if the alarm goes off?

★ Do not waste time getting dressed or gathering valuables.

★ Follow the pre-arranged escape plan and get out of the

house.

★ Call the fire department from a neighbour's house, not from the fire scene.

★ Once outside, go to the meeting place established in your plan.

★ Do not re-enter the house until the fire is out and the smoke has cleared.

Facts

★ Careless use of smoking materials is the greatest single cause of deaths by fire.

★ Over 40% of accidental fire victims are asleep at the time of fire.

★ 75% of fire fatalities occur in residential fires.

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The Canadian Forces Recruiting Centre in Victoria has moved to a new location.

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Choose a Career, Live the Adventure

For more information on plans, entry requirements and opportunities, visit us. No obligation, of course!

Or write: Canadian Forces Recruiting Centre,
721 Johnson Street,
Victoria, B.C. V8W 1M8
Our telephone number is 388-3717



THE CANADIAN
ARMED FORCES
REGULAR AND RESERVE

Canada

Section news



Aircrew

MARCOT should be in full swing by the time this newspaper hits the stands with the crews putting in the long hours that are the first sign of fall at the Squadron. If the past week of weather is indicative of a Vancouver Island fall, I hope summer never comes back. The weather was very co-operative for this Squadron's annual survival camp at Rock Bay last weekend. Thanks to the dedication of many of the crew downstairs, the Rock Bay adventure was a huge success with only a few minor hitches (just ask the SAMEO). Capt Harry Chapin finally arrived at the Squadron and received his baptism by fire at the Rock Bay mess dinner. Welcome Harry, I hope you and your wife, Penny enjoy your tour.

The slo-pitch season is finally over and VU33 swept the series in two games straight. The support of all the loyal fans in the playoffs really made a contribution. Maybe next year, Ron Fortin could even get his wave.

Congratulations to Sgt Ted Town on winning the Kevin Saunders Memorial Trophy for his outstanding contribution to the Squadron. Ted does much for the Squadron on and off duty. Good work Ted!

Groundcrew

The past week has been slow on the flying and maintenance side of things since the Sqn was away for part of the week on adventure training at Rock Bay. Before we get into the events of the exercise there are a few other items which should be mentioned.

The Sqn has an award which is presented annually to the

Anker Klankin'



The Slo-pitch champions from VU33.

person contributing most to the Squadron and the well being of unit personnel. This year's recipient of the Kevin Saunders Memorial trophy is Sgt Ted Town. He received the award for his contributions at work and his participation and hard work in almost every function the Sqn has held over the past year.

MCpl Harry Weeds is in hospital recovering from an operation. We wish you good luck and a speedy recovery Harry.

Rock Bay — the advance party for Rock Bay consisting of Sgt Ted Town, MCpl Al Nantel, Cpl Ron Fortin, Cpl Tony Passolli, and Cpl Brian Lavigne arrived on scene at 1500 hrs on 6 Sep, they had the camp set-up by 1800 hrs and supper was caught and cooked by Sgt Oscar Grubwieser, MCpl Fred Kay, and MCpl Grandmont (BAMSO Rep). Fishing was very good for the three days of the exercise and the weather was nothing less than fantastic.

Thursday evenings highlight was the Mess dinner and the food was excellent. After dinner, various skits were presen-

ted and this year the Aircrew finally won with their rendition of 'The Chelsea Pensioners'. The winner was democratically selected by the CO. A gymnastic display was put on by MCpl Boyd Russell and Cpl Martin Lavigne which drew a great deal of interest from the crowd. All events were under the direction of the Master of Ceremonies, Cpl Brian Lavigne.

The cut-off time for the fish weigh-in was 1400 hrs on Friday. Prizes were awarded for various categories as follows: largest cod — MCpl Brian Shackleton (10 lbs), largest salmon — Pte Gary Jones (4½ lbs), largest trout — Cpl Paul Sparling (11½ inches), strangest fish — Mr. Neil Black (sole) and the random draw was won by MWO Stew Cameron. A belt buckle was presented to the Sqn by some appreciative U.S. and Canadian visitors who happened to be camping next to the Sqn and who were invited to have supper with us.

Special thanks to all those who worked so hard to make the exercise a great success again.

David Rothermund

Promotions & Awards



Linda Chasse-BTpt-promoted to Cpl



Chris Levelgn-BTpt-promoted to Cpl



Mike Gallichan-promoted to Cpl



"Sam" Perrault-BTpt-promoted to MCpl



Cpl Neale, 407 Sqn, was presented with his second ATAT Honours Certificate. He attained scores of 97% on QL-4 Trade Advancement exam and 96% on QL-5 exam.



MCpl Gary Casey - 1st Clasp to CD



Bud Brown-Firehall-promoted to Sgt



Murray Steeter-BTpt-promoted to MCpl



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CF battles drugs and alcohol

The Canadian Forces saw a number of encouraging signs in its battle against alcoholism in 1988. Service members are more cautious, however, about the war they are waging against drugs and are arguing for the introduction of screening tests.

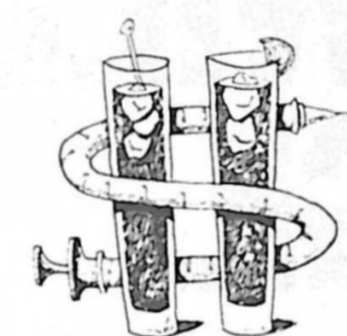
In all, 585 Canadian service members were released in the past six years because of problems associated with drugs, while a further 601 were placed on probation for six months. In 1988, 46 soldiers, 25 sailors and nine airmen were released because of involvement with drugs. Since 1983, the figures are 262, 126 and 82, respectively.

Conversely, in 1988 the Forces' alcohol rehabilitation centres treated the lowest number of patients since 1980: 518 people were treated in its six clinics, compared with 572 in 1987, 600 in 1986 and 586 in 1985.

The Quebec centre, which is situated in CFB Valcartier, treated 61 people in 1988, the lowest number in Canada. Quebec, however, is the third largest region in terms of service population, with 9,730 personnel, compared with 18,770 in the Maritimes and 14,425 in the Prairies.

Admissions were highest in the Maritimes clinic with 142 cases, followed by Ontario with

101, British Columbia with 90 and the Prairies with 76. The contingents stationed in Europe accounted for 48 cases. "Each year, the Forces spend over \$1 million on the various facets of its drug and alcohol prevention programs," said Maj Michel Leblanc, program co-ordinator for the province of Quebec. "That's about what it costs to train one pilot. It may seem like a lot of money, but we get it all back if we manage to rescue just one pilot from alcoholism."



Both 1983 and 1984 were record years in the struggle against alcohol and drugs in the CF. An in-house study on the use of alcohol and drugs had just revealed some disturbing facts. The Surgeon General's report estimated that the number of drug users totalled 11,000. From 1980 to 1981, the number of individuals admitted to alcohol rehabilitations clinics had risen by nearly 50%.

From the time the report was released until 1987, the military police conducted 2,450 drug investigations — 1,235 of them in 1983 and 1984 alone — involving suspected use by service members ranging in rank from private to major.

During the same two-year period, 1,325 people with drinking problems were admitted to the alcohol rehabilitation centres, making an average of 660 a year. This was more than double the number of cases reported in 1977.

Over the past three years, however, the number of service personnel released for behaviour due to alcohol has remained relatively stable: there were 29 in 1986, 37 in 1987 and 45 in 1988. In each of these years, approximately 160 people were placed on six month's probation because of their drinking problems.

The promoters of the prevention program now claim that hard drinkers no longer enjoy the prestige they once did in the service environment. Moreover, as a sign of the times, service members received an unusual Christmas present from their employer last year: a book of recipes for non-alcoholic drinks.

In fact, the Canadian Forces have practically imposed prohibition on it members.

Happy Hour and TGIF will henceforth be banned, along with 'drinking games', the object of which was to demonstrate the participants' capacity for alcohol.

Even bartenders in the messes and canteens have been pressed into service under the drug and alcohol program: they are now prohibited from serving members who show signs of intoxication.

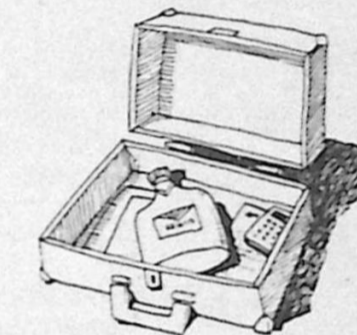
Although officials of the Department of National Defence and addiction experts maintain that alcohol problems, like drug problems, are no worse in the CF than in society in general, Maj Leblanc acknowledges that certain aspects of service life encourage drinking.

"First of all, prices used to be lower than in most bars," he said. "As well, a more 'macho' attitude prevails in the army. The work is more physical, and the advertisements always make the point that, if you want to be a man, you have to have a beer in your hand."

Consequently, some bases have introduced 'dry' days in their messes and canteens. During the holiday seasons — at Christmas and Easter — the military police sometime set up breathalyzer equipment at the

gates to test service personnel leaving the base.

The CF also makes a number of resources available to members suffering from a drinking problem. The success rate of the military clinics is 70%, or 20% higher than that of the average civilian clinic. "These results, however, are explained by the highly structured environment which is part and parcel of an organization like the 'CF,'" observed Maj Leblanc.



But if the CF treats alcoholics with considerable understanding, it has little or no sympathy for drug users. There are not clinics for them. In the case of non-commissioned members, a second offence results in release, and officers simply do not get a second chance. "It is this way because the mere possession of drugs is illegal," explained Maj Leblanc. "We are aware that the taking of drugs is considered by the younger servicemen to be as normal as drinking is to their elders. It is difficult for us to change their attitudes overnight."

That is why Maj Leblanc recommends that urine tests be carried out on people employed in certain specific fields, such as pilots and airport technicians.

Organ donation ...a gift for life?

It's an important question and one that requires some thought and discussion with your family.

Every year, hundreds of people begin their lives anew because of the generosity of organ donors and their families.

Registration is simple and anyone can register.

• Drop by any Motor Licence Office, Autoplan agent, public health unit, Government Agent, or B.C. hospital.

Pick up a "Gift for Life" pamphlet.

It contains a postage-paid registration card you simply sign and return, as well as a donor consent card to sign and carry with you.

• Or you can register with the B.C. Registry for Organ Donors when you renew your driver's licence or obtain a B.C.I.D. card at a Motor Licence Office. Your new licence or B.C.I.D. will carry the words *Organ Donor* beside your I.D. photo. You don't have to wait until your licence expires. Register now at a Motor Licence Office and you will be given a replacement licence at no cost that identifies you as a registered organ donor. (However, the \$25 fee still stands for a normal, five-year renewal.)

"Because of organ donation, I received a gift for life." — Heart transplant recipient Tony Beftink



Info: 875-4665

Housebound?
see Note pg. 14

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Soccer team silver medalists

CFB Comox Totem soccer team have returned home from Chilliwack with the silver medal after playing a hard fought regional championship.

The Totems played host to Chilliwack first and surprised the home town team and fans with a 4 - 2 victory. Next the Totems faced Esquimalt in a game ending with a heart stopping 2 - 1 victory. To end the

round-robin play Comox had to face the Fleet, who were also undefeated. This time the Totems came out on the losing side of a 2 - 1 score. This brought on the same two teams faced each other in the finals. The game ended in a 1 - 1 draw, including two overtime periods. The game was finally decided by penalty shots with the Fleet victorious.

Four players were selected to attend the CISIM training camp and should prove to be worthy of this achievement.

As player/coach, I would like to thank all the sections for their support, the wives and girlfriends of the players and the players themselves for their dedication throughout the season.

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ON JANUARY 1, 1991, CANADA'S FEDERAL SALES TAX SYSTEM WILL CHANGE.

PLEASE SAVE THIS NOTICE.

IT EXPLAINS THE CHANGES AND THE REASONS FOR THEM.

IT IS A MAJOR PART OF THE ONGOING PROGRAM TO REDUCE THE DEFICIT.

A new Goods and Services Tax (GST) will replace the existing Federal Sales Tax. It will be charged at a uniform rate of 9 per cent on the vast majority of goods and services consumed in Canada. The existing federal sales tax rate is generally 13½% at the manufacturer's level.

The present federal sales tax system has been pushed beyond its limits and can no longer sustain the demands placed upon it. The structural weaknesses of the system have given some corporations the opportunity to reduce the amount of tax they would otherwise pay. For a tax system with 75,000 taxpaying corporations, there are 22,000 special arrangements and administrative interpretations required to keep the system in operation.

The present federal sales tax system is an increasingly unpredictable and unreliable source of revenue for the federal government. It must be replaced.

Our enormous debt has put pressure on the government's ability to meet other priorities. Canadians know the risks of not acting to bring the debt under control. The size of the debt has left us exposed to increases in interest rates, and vulnerable to international economic shocks. The reliability and stability of our sources of revenue are all the more important in such an environment. The new federal sales tax will secure year by year reductions in the deficit, while ensuring we can continue to provide Canadians with a standard of services that is among the best in the world.

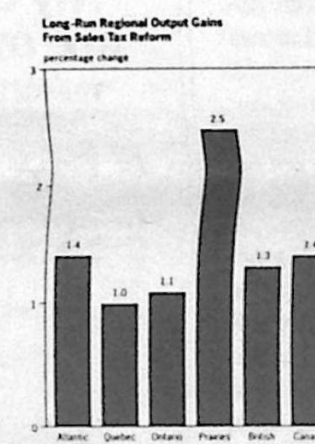
IT WILL STRENGTHEN OUR INTERNATIONAL COMPETITIVENESS AND CREATE JOBS IN CANADA.

Our current federal sales tax favours imports over Canadian made goods. We are the only country in the industrialized world that is putting itself at such a disadvantage. The existing system also makes Canada's exporters less competitive in the world economy. Our present federal sales tax makes our annual economic output about \$9 billion lower than it would be with the new GST in place.

Under the GST, we will be able to completely remove tax from our exports and make Canadian products more competitive abroad. And in Canada, Canadian-made products will be able to compete more effectively with imports.

The benefits to the Canadian economy from sales tax reform will extend across all regions and sectors of the economy. The Atlantic and Prairie regions for example, will benefit significantly because their economies are resource-based and export-oriented - two sectors that will benefit the most from sales tax reform.

The GST will lower the cost of the machines, supplies and equipment companies have to buy to produce their products. This will lead to higher levels of investment and expand our output. Higher output will lead to more jobs.



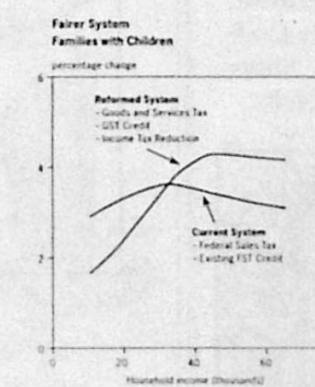
IT WILL HELP LOW INCOME CANADIANS.

Once the GST is in place, families earning less than \$30,000 a year will be better off. This will be achieved through a combination of income tax changes. First, low income Canadians will receive the new GST Credit. Second, the middle personal income tax rate will be reduced from 26 per cent to 25 per cent.

The GST Credit will be paid every three months and in advance of expenses. Eligible Canadian households will receive their first credit cheque in December 1990, before the January 1, 1991 GST start-up date. About 9 million Canadians will receive Credit cheques. The GST Credit will be calculated on the basis of income tax returns. Every income tax return will contain a one-page form showing Canadians how to apply for the GST Credit.

The amount of the Credit will depend on family size and income. The basic adult credit will be \$275. Most single adults will be able to get an additional credit of up to \$140, for a total of \$415. The child credit will be \$100. Single parents will receive an adult Credit of \$275 for one of their children. Canadian households with incomes up to about \$25,000 annually will be entitled to the full Credit.

A family of two adults and two children, eligible for the full Credit, will for example receive cheques of \$187.50, four times over the course of the year, for a total of \$750.



IT WILL ELIMINATE HIDDEN TAXES.

Right now, everywhere in this country every time Canadians buy a good or service made in Canada, they are paying federal sales tax. For example, a substantial amount of sales tax is presently buried in house prices. Under the existing system, it is clearly impossible for Canadians to know how much federal sales tax they are paying. There are four different rates on a variety of different products and the tax is buried throughout the production process.

It will be clear to Canadians when they are paying the 9 per cent GST. The broad base of the GST means it will apply to almost everything. The few exceptions will be widely known.

Some retailers in Canada will have cash registers that are capable of showing the GST separately at the check-out counter, while other retailers will not. The federal government will provide an incentive to retailers to assist them in acquiring the cash registers to show the GST separately.

In all cases, the federal government will provide retailers with signs for their stores that clearly indicate that the 9 per cent GST is being applied.

PROPOSED CHANGES.

- For consumers, the GST will be similar to a retail sales tax, at the rate of 9 per cent on the retail price of goods and services. The GST will replace the existing federal sales tax, which is hidden at the manufacturer's level.
- The GST will apply to virtually all goods and services sold in Canada; however, Canadians will **not** be charged tax when they buy the following **GOODS**: basic groceries; prescription drugs; medical appliances such as eye-glasses and wheel chairs; residential rents and existing houses.
- Canadians will **not** be charged tax when they buy the following **SERVICES**: loans, mortgages, securities and insurance policies; health and dental care; most education services; daycare services; legal aid; and municipal transit and passenger ferry services.
- Newly constructed houses will be taxed, however, most new home buyers will not see a significant increase in the price of a new house resulting from the GST, because there will be a \$900 million GST housing rebate. In many parts of the country price increases will be less than half a per cent. Indeed, many communities should see lower prices as a result of the GST rebate. The main exception will be Toronto, where extraordinarily high land prices may cause prices of new housing to increase by about 1½%.

- Because the present federal sales tax will be removed, prices will not automatically rise by 9 per cent when the GST is introduced. The prices of some things will be lower, and others higher. The prices of many big-ticket items for example, that are taxed at 13.5 per cent under the present system, will be lower once the 9 per cent GST is in place. The price of other items that are not taxed under the present system will increase.

Finally, well before the GST is up and running, the government will be telling Canadians about the GST and informing them about the kinds of price changes they can expect for key goods and services when the GST replaces the existing federal sales tax.

For instance, here are a few examples of what consumers might expect:

ITEM	PRE-TAX REFORM(\$)	POST-TAX REFORM(\$)
Air Conditioner	780.00	770.00
Car	15,000.00	14,700.00
Snow Tires	200.00	203.00
Hotel Accommodation	90.00	95.00

For more information about the GST, please call:

1-800-267-6620 (English) **1-800-267-6640** (French) **1-800-267-6650** (Telecommunications device for the hearing impaired)

Recreation



The club championship was held 26 & 27 August with a total of 71 entrants participating. The Brass Ring was captured by Gary Brown with a smooth even-par 142. 'A' flight low gross went to Arnie Mathus at 146, closely followed by Doug McArthur at 148. Low net in 'A' went to the Berger family, with Wally's 132 earning top spot while Mike's 135 secured the runner-up position. All members of the club will be closely following the further exploits of the 'Net Family Berger'. 'B' flight champion was Jim Perry at 165, followed by Rob Turgeon at 170. Net prizes went to Bill Chiki at 135 who just nosed out the 136 posted by Scott Guenther. Bill had a great opportunity to win the gross prize after his 7 part swing carried a 77 on opening day. But alas, some

skulduggery was afoot and only 6 parts of the infamous swing could be assembled for the final day and Jim Perry prevailed in the only playoff of the tournament. 'C' flight gross went to Gord Leblanc with a 169, while Fred Bishop finished second at 176. On the net side, Ray Cossette's 133 outlasted the 139 posted by Jim McCaffery. Hank Fortin also carded 139 however the inevitable count-back dropped Hank to third. Well done to all the winners and a big thank you to all the volunteers and especially to Tyee Moving & Storage for their sponsorship of the event.

The tournament schedule is winding down but there are still a few opportunities to win a prize before the season's over. Next on the agenda is the Lefty/Righty tournament on 16

Glacier Greens Golf Club news

September. It will provide an excellent chance to get in a few digs at those hackers who continue to strike the ball from the wrong side. October Sundays are pretty full with 3 tournaments left. First, the Men's Closing goes 1 Oct, then the Friday Mixed goes 8 Oct, and finally the Mixed 4 Ball is slated for 15 Oct. Entries to all events may be made, as usual, at the Pro Shop.

Is the barman a loose impediment? You might try asking Nigel Denham, who was astonished to see his approach shot fly off the 18th green at Moortown Golf Club during the English Amateur. The errant blow pitched on a pathway in front of the clubhouse, bounced up the steps through the open door, hit a wall and rebounded in the bar. Moments later the perplexed Denham followed, having first been ordered to remove his golf shoes

in accordance with the rules of the club. He found his ball nesting on the carpet and surrounded by members in whom alcoholic refreshment had released unsuspected talents for ribald remarks.

Denham consulted the local rules and confirmed that the clubhouse was not out of bounds. It followed that his ball lay within an obstruction from which no relief was available. He could move a chair or a table but, having done so, there was no interference with his stance or the intended area of his swing. Therefore, he reasoned, he must play the ball as it lay. He had 20 yards to the green and, to facilitate the shot, he opened the window. He played a crisp shot through the open window and the ball finished 12 feet

from the hole, to a resounding ovation from the drinkers.

In the fullness of time the details of this daring stroke were conveyed to the Rules of Golf Committee for adjudication. The committee ruled that Denham should have been penalized for opening the window. Chairs, tables, beer mats and sundry impediments could be cleared aside with impunity as movable obstructions but the window, as an integral part of the immovable obstruction of a clubhouse, should not have been moved. Meanwhile, the committee of Moortown pondered the incident and declared the clubhouse out of bounds. So if you are destined to scatter the patrons of our club from the sunroom, may you have the good fortune to find an open door.

Ladies golf with Vi

Further to our first report, it was teamwork that counted when 84 of the Provinces top women golfers teed off at the Rivershore Golf Club, host of the 1989 BMW Tournament played on Wednesday, August 23rd in Kamloops, B.C.. Included were 28 teams from around the province. The 18 hole play-off, based on combined team net score, provided two berths to National team finals in Quebec this month. Glacier Greens Golf Club, represented by the trio of Jesse Trto, Frankie McCaffery, and Rose McClesh were pleased with their showing, even though they lost out to teams from the Surrey Golf Club and Glen Meadows in Sidney.

The Glacier Greens Ladies Club Championship was held Saturday and Sunday, August 26 and 27. Nineteen ladies competed, teeing off at 1 pm, on Saturday under a hot, gruelling sun -- but they survived! Congratulations to Jesse Trto, a top notcher, who came in with a score of 178 and won the Field Low Gross. Frankie McCaffery was Runner-Up with a 179 and Vi Wilander claimed Field Low Net with a score of 129.

Our thanks to the sponsors who contributed to the success of this annual event: Comox Valley Credit Union, Washington Inn, Anna's Coiffures, Jim Nolan Pro Shop, Glacier Greens Ladies' Club.

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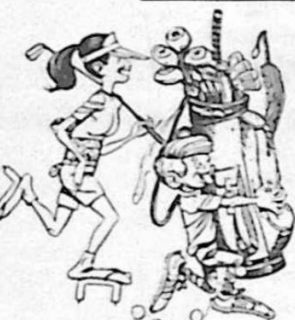
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The ladies from Powell River, our neighbors from across the pond, visited the Glacier Greens ladies to enjoy an interclub golf challenge. Due to the ferry schedule tee off time was 11 am which made for a long but enjoyable day. Winners were: for Powell River — 1st LG Eileen Wilson 93; 2nd LG Lena Grant 95 (CB); 3rd LG Lou Bekkema 102; 1st LN Phil Williams 74; 2nd LN Shirley Cole 75; 3rd LN Ruth Carmichael 79. Putting, Marguerite Low 32 (CB); for Glacier Greens — Lorraine Courtemanche 90 for 1st LG; Frankie McCaffery 97 for 2nd LG; 1st LN Vi Wilander 71; and 2nd LN Marg Wreggett 72. In spite of a higher score, Laurie Sweeney defeated the putting green with only 27 putts. The 50/50 draw was won by Ange McCallum of Powell River. We will be going to Powell River for a return challenge on September 19th.

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Falling from the sky!

Greetings from the somewhat periodic blue skies of B.C. This invisible summer has not dampened the enthusiasm of the Club's intrepid purveyors of quality adventure and life in the freefall lane. Early summer had the staff extremely busy conducting first jump courses and still finding time to keep their competitive skills sharp. This was ably demonstrated with Reid Wharton taking the gold medal in the intermediate accuracy category at the renowned Kamloops May meet and the silver medal at the summer games in July.

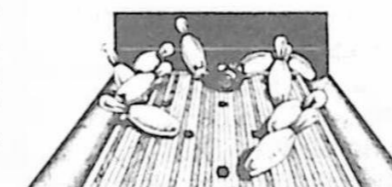
Congratulations. Two weeks after the summer games, the national competition was held in Chiliwack, with competitors travelling from across Canada for a week of intense jumping. Comox was represented by Dan Lindquist and Cpl Clive Webb who teamed up with two others for the 4 person team relative work category, where competitors must compete as many formations as possible in 35 seconds. After six rounds, the team members captured bronze medal in the senior category. Clive went on to add a bronze medal in team accuracy and a silver in intermediate style (individual timed free-fall maneuvers). These were

presented, along with his ten year pin at the closing banquet by the Canadian Sport Parachuting Association President. Again, congratulations on this outstanding individual achievement.

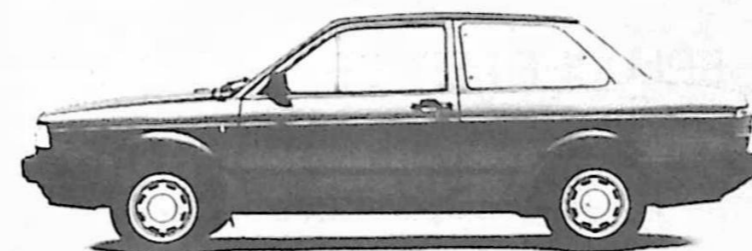
The summer has also seen club members partaking in exhibition jumps into the Saratoga Speedway and the opening of the B.C. Special Olympics before an extremely appreciative crowd. These jumps are as much fun for the skydivers as for the spectators and promotes parachuting as a safe, fun sport to participate in. Speaking of which, over 2500 first jumpers have passed through the Comox Club which is twenty-five years young this year. A few have gone on to become past national team members. One of these is Ron Dionne who has been around the sport as long as the club. Ron is the chief instructor and rigger and an indispensable wealth of technical knowledge. Friends from points on the island and mainland recently celebrated with Ron at his annual drop-in BBQ, trading jump stories and other feats of grandeur that seem to improve with each passing year.

Bowling registration

Registration and start of the 89-90 YBC Bowling season will be 16 Sept. Registration will take place at the Bowling Alley between 0900 - 1500 hrs. The fee is \$6.00 per bowler.



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Good sports make good sport

Coaches have many roles to play and numerous tasks to perform. They must be teachers, role models, counsellors and friends.

At the grassroots and recreational levels, no task is more important than the tremendous responsibility of developing an athlete's sense of sportsmanship and fair play.



will last a lifetime. Most of these attitudes are learned directly or indirectly from a coach.

"Coaches are leaders and innovators and trend setters. Simply stated, theirs is the job of ensuring athletes are provided with opportunities to be the best they can be -- not just in their athletic endeavors, but in their daily lives," explains Dr. Geoff Gowan, president of the Coaching Association of Canada (CAC) and a member of the national Commission for Fair Play.

The Commission, a group of 20 volunteers from the sport community, is encouraging a return to the principles of fair play, honesty, integrity and sportsmanship.

Recent events involving some of Canada's top athletes have underlined the erosion of ethics in sport and the important role coaches play in the development of their athletes.

The CAC has developed a strong partnership with the Commission and recently reworked the National Coaching Certification Program's Level

One Theory Manuals to incorporate a strong fair play message.

The CAC recognizes the pursuit of excellence as a commendable goal, but emphasizes that the value of sport should never be measured only in terms of wins or losses.

"It is important to understand that there are more ways to win other than finishing first," says Gowan. "If athletes can honestly answer that they played their best, ran their fastest or jumped as high as they could, well, you can't ask for anything more than that."

An over-emphasis on winning may cause some of today's problems such as cheating and the use of performance-enhancing drugs. It also causes many younger athletes to drop out of a sport before ever really getting a chance to experience it.

Coaches, administrators and athletic directors must recognize the need for fair play in sport and encourage it in their programs. Resources are available from the Commission for Fair Play, 365 Laurier Ave. West, Ottawa Ont. K1A 0X6.

Badminton/squash playoff

Anyone interested in playing in the Pacific Region Badminton, Squash Championship should commence training soonest. The Regional Championships will take place 16 October at the Rec Centre.

The Squash competition will consist of three open, one senior (40 yrs), and one female

per team.

The Badminton competition will consist of open singles, open doubles, Junior Vets singles, Junior Vets doubles, Veterans singles, and female singles and mixed doubles.

For more information contact MCpl Rothermund at the Rec Centre, local 8315.

Intersection curling meeting

21 Sept, 1:00 pm at the Rec Centre, fees will be discussed at this time. For more info contact MCpl Rothermund at Local 8315.

Squash Anyone?

CFB Comox recreation centre has booked squash rental time at Courtenay Recreation Association. Any military members wishing to play should contact the CFB at local 334-1371. The rental fee is \$10.00 per hour. For additional information, contact MCpl Rothermund at local 8315.

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CF news

Stamp issue celebrates PPCLI and Royal 22e



Ottawa — Two 38-cent commemorative stamps were issued September 8 by Canada Post Corporation to celebrate the 75th anniversaries of Princess Patricia's Canadian Light Infantry and The Royal 22e Regiment. 15,000,000 of the stamps will be issued, a tribute, indeed, to their distinguished pasts.

Both regiments have similar histories. They were formed as infantry battalions in 1914.

They distinguished themselves in many battles in the First World War, in the Second World War and in the Korean conflict. As well, both regiments served as part of NATO forces in Germany and as United Nations peacekeeping forces, most notably in Cyprus.

The PPCLI was created in Ottawa in August, 1914 as a result of an offer made by Captain Andrew Hamilton Gault to finance and equip a battalion for overseas service. The battalion was named after Princess Patricia, the daughter of the Duke of Connaught and Strathern. He was the Governor General and a son of Queen Victoria.

On December 21, 1914, PPCLI became Canada's first regiment to go into battle during World War I. The regiment distinguished itself on numerous occasions — most notably at Frezenberg on May

8, 1915, and during the capture of Vimy Ridge, April 9, 1917.

On March 20, 1919, the Regiment was selected by the government to form part of Canada's peace-time army. This also occurred following the Second World War, during which the PPCLI performed with honour, particularly in the Italian campaign.

During the Korean conflict the traditional of excellence under fire persisted. During the 6th Chinese Communist Forces offensive the Regiment successfully defended the Kapoyong Valley and Seoul. In recognition of their outstanding heroism and exceptional meritorious conduct, the Second Battalion PPCLI received a United States Distinguished Unit Citation.

Today the Regiment continues to participate in United Nations Peacekeeping Forces, a function it has performed regularly since 1964. Its regimental headquarters is

Currie Barracks, Calgary where its highly acclaimed military band brings yet another type of honour to one of Canada's best known regiments.

The formation of the 22e battalion, or the Van Doos as it is more commonly known, was authorized by the Government of Canada on October 21, 1914. The first commanding officer of this battalion, which was to be comprised entirely of French Canadians, was Lt Col F.M. Gaudet. On September 15, 1915, the Battalion took part in its first battle and later saw action in many of the major battles of the war. The Battalion was particularly well known for its fighting at Courcellette against superior enemy forces and Cherizy where it suffered terrible losses to its ranks.

The Battalion was disbanded after the war but soon

promulgated as the 22e Regiment of the Permanent Force. The regiment's gallantry in combat was recognized by King George V on February 16, 1921, when he granted it the title 'Royal'.

During the Second World War the Battalion repeated its distinguished history in battle in the Italian and North-West Europe campaigns and during the Korean War, notably in the desperate fighting on Hill 355.

From its headquarters in Quebec City — the historic Citadel, the Regiment has followed the tradition of valor in peace time, fighting forest fires and floods and participating in United Nations Peacekeeping Forces. Popular for providing Guards of Honour for dignitaries during important state occasions, the Regiment has also had many distinguished soldiers among its members including former Governor General Georges P. Vanier.

Victoria Scottish Regiment 75th anniversary

On the weekend of 22 - 24 September, Victoria's Scottish Regiment (Princess Mary's) celebrates its 75th Anniversary. The highlight of the festivities planned is the parade on Saturday at 1:30 pm at The Provincial Legislative Building where Her Royal Highness Princess Alexandra, Colonel-in-Chief, will present a new Queen's Colour to the regiment.

On the dias during the parade will be one of the regiment's oldest former serving members, William A. Little, who served as a private during World War I. Now 90, Mr. Little was only 16 when he enlisted in 1915. His story, written by his son, J.R. Little, follows and is a tribute to the courage and fortitude of many veterans.

Private Little enlisted in the army at Selkirk, Manitoba, on December 18, 1915, at the age of 16. While doing considerable training and route marching around the area, he was able to remain at home until February 8, 1916, when he reported for duty. After rigorous training at Camp Sewell, near what is now CFB Shilo, he went overseas with the 108th Battalion, landing in England on September 25, 1916.

On May 5, 1917, he transferred to Number 3 Platoon, 1st Company of the 16th Battalion Canadian Scottish. He remained with the 16th for the balance of his war service. Three weeks after his joining the Battalion, he was transferred to the Signals Section.

On the morning of August 15, 1917, the 16th went over the top amidst heavy shelling and machine gun fire to attack Hill 70. During this successful attack, Bill was struck by shrapnel and badly wounded in the left shoulder. A field dressing was applied and he had to walk back to the field medical station. He was later sent out of the line with other wounded and eventually arrived for treatment at Number 5 United States Army Field Hospital at Camiers near the French coast.

On September 4, German Zeppelins bombed the area killing and wounding some doctors and nurses. From there he transferred to the Number 6 Convalescent Hospital where he remained for three weeks. This hospital was operated by the Australian Army and Bill discovered he was the only Canadian in the establishment.

After a period of further training and fatigue duties, he returned to the 16th Battalion on November 15, 1917, in the Avion-Lievin-Lens sector for a 24 day tour in the front lines. The unit suffered many casualties from heavy shelling, trench raids, and gas bombardments. From this point until May 7, 1918, when the unit reached the Arras front, they were constantly in and out of the front lines. Hundreds suffered from influenza and many died from illness as well as enemy action. On several occasions, Bill was sent on artillery observation into 'No-Man's Land' in front of the lines.

After moving with great secrecy, on August 3, the Battalion arrived on the Amiens front and prepared to attack in the last great battle of World War I. With no previous ar-

tillery barrage, the 16th Canadian Scottish went out of the trenches and over the top at 4:20 am on August 8, 1918. Battalion objectives were achieved in sharp fighting despite heavy German shelling and machine gun activity.

On August 11, at Rouvroy, at about 8 pm, Bill received multiple wounds to the arms, legs and back. His signal partner, Cliff Ineson of Calgary, Alberta, was killed while standing at his side. Three days later, Bill recovered consciousness in the operating room at Number 40 Casualty Clearing Station in Amiens. The following day he was sent to the Number 1 Australian

Army General Hospital in Rouen.

At first it was thought that his left leg would have to be amputated above the knee, but fortunately this proved unnecessary. Bill was moved to hospital in England, where he remained until invalided home to Canada on January 13, 1919, and was Struck Off Strength on May 23, 1919.

Thus ended Bill's service in the 16th Battalion Canadian Scottish, although he has over these many years maintained a keen interest in the unit: a remarkable record of a man who has been part of the Canadian Scottish Family for 72 of its 75 years.

ÉPLUCHETTE DE BLÉ D'INDE

le 16 septembre 1989
à 18:00 h au pavillon,
Plage de la BFC Comox
suivi d'un feu de joie
(température permettant)

Tous les francophones,
francophiles et amis sont
cordialement invités

Note!

The Base Social centre is open every day for the enjoyment of all ranks, dependants, and retirees. Whether its a section gathering or a casual visit, this is where the elite meet! Reasonable prices and pleasant surroundings, no annual dues or mandatory meetings. For a sociable sip or snack, its all at your social centre.

Golfers: Pro-rated memberships for September only \$150 - \$250 for husband/wife. Stay active during the winter and meet new friends. There's no life like it.

For information call 339-8592

New relationship: CF & families

Currently, there is an increased awareness in the Canadian Forces of the need to address issues relating to military family and community life. Recently, a policy formally recognizing military family associations was approved. Another policy, dealing with the requirement to develop community resources in support of military families is currently in the process of approval.

Family Association

The right of civilian spouses and family member of the military personnel to form autonomous family associations has now been formally recognized. Commanders at all levels are being directed to open the channels of communication with such associations through a new administrative order.

Encouraging the development of associations in a climate of consultation and cooperation with the CF is the aim of the initiative announced recently at CFB Esquimalt by the Honourable Mary Collins, associate minister of National Defence. In her announcement, Mrs. Collins said that "in the military community civilian spouses want to participate in decisions that affect their lives and the well-being of their families and communities. Furthermore, they have a legitimate right to do so, and obviously, they are all well qualified to do so as well."

New Relationship

"We want to eliminate the old paternalistic attitudes towards families which have lingered in the Canadian Forces — the view that the system alone knows what is best for its people," Mrs. Collins added. "We recognize that what is needed is a new relationship between the Canadian Forces and military families, one in which consultation and communications are paramount."

A study released in 1986 by the Department's director of social and economic analysis, entitled "The Military Family, Occupational Stress and Emotional Well-Being", revealed a high degree of dissatisfaction among spouses and service members about their relationship with the Canadian Forces. More than 60% apparently felt that the relationship was not a reciprocal one.

In 1984, a group of spouses organized an association in CFB Penhold, Alta. called the Organizational Society of Spouses of Military Members (OSSOMM). They were trying to effect changes in the local military community, and expressed more universal concerns about family matters, such as dental plans. They also expressed concerns about what they felt was hard-to-access military administration.

Through the process of Senate Hearings in 1985 and 1986, the psychosocial issues of military family and community life were raised.

Studies Initiated

In 1987 the Canadian Forces took two steps: the Family Support Program Project was initiated to study many issues and to develop policy related to military family support; and an independent study was initiated under Dr. Desmond Morton to review political activity on defence establishments.

One of Dr. Morton's recommendations was that the CF consider the formation of military family associations and a mandate to study and suggest solutions to social problems affecting military families. In light of this recommendation, the Family Support Program Project (FSPP) undertook a study of family associations existing in the United Kingdom, the United States and Canada.

In its subsequent report the FSPP concluded that "the best approach to the development of a military family association is one whereby the spouses initiate, develop and maintain the association. The

CF should ensure a suitable climate exists for this grassroots development and for a consultative and cooperative relationship." The administrative order, then, recognizes autonomous military family associations and opens the channels of communication.

Multi-Service Family Support Centres

At this point in time, no branch or service is solely responsible for military family and community matters. Maj Lionel Byrne, project manager of FSPP, says the Canadian Forces have "assumed historically that we look after our own, but the services in place did not relate directly to the family. Much of our system has been set up for the military member."

In 1982, a community-based family support centre was established at CFB Cold Lake in order to coordinate and develop family support resources under the umbrella of one organization. Presently at 13 other locations, centres are in the early stages of development.

Based on its own extensive research, the FSPP has developed a model for multi-service support centres with the role of promoting individual, family and community health and well-being and preventing or reducing individual family or community breakdown.

It has been concluded that through the employment of

appropriate professionally qualified staff, involvement of civilian spouses and families in planning, developing, managing and evaluating family support centres, the psycho-social needs of families and communities can be addressed.

4th Clasp

continued from page 1

College, Kingston, Ont., in 1937, and shortly joined the Royal Canadian Air Force, in which he served continuously until his retirement as an Air Commodore in 1968. Since early 1970, he has further served as Honorary Colonel of 400 Squadron, the most senior air unit in the Canadian Armed Forces.

In the spring of 1942, then-Squadron Leader Birchall was the pilot in command of a PBY Catalina flying boat based in Ceylon (today Sri Lanka), south of India. On 4 April 1942, he and his eight-man crew departed on a day-long

reconnaissance patrol over the Indian Ocean. Towards dusk, a Japanese main battle fleet was spotted, steaming to attack Allied bases in Ceylon and India.

Birchall's radio operator was able to transmit a warning message before the slow, lightly armed Catalina was jumped by Japanese carrier fighters and shot down. Birchall and five others survived, and were picked up by an enemy destroyer.

For the next 3½ years, A/C Birchall underwent grueling mistreatment in Japan as a prisoner of war. He was senior Allied officer of his camp, and as such was regularly beaten when he intervened to keep sick

or injured POWs off work details. During this time, he secretly kept a diary of all war crimes he observed, and this proved valuable after the war when he testified at trials that brought many of the Japanese war criminals to justice.

For his gallantry during the mission of 4 April 1942, A/C Birchall was awarded the Distinguished Flying Cross after the war, and was also named an Officer in the Order of the British Empire for his courage and devotion to duty while a prisoner of war.

"This is one of the happiest days of my life," A/C Birchall summed-up in his remarks to 400 Squadron following the medal presentation, "and that includes the day when we were liberated from Japanese captivity back in 1945. It has been a privilege to serve as your Honorary Colonel these past nineteen years."

by Capt Mike Minnich
Public Affairs Officer, 2TAW



An aspiring young Corporal welcomes the Honourable Mary Collins, Associate Minister of National Defense, to the Family Support Centre at CFB Cold Lake during a recent visit.

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Bored?

see Note pg. 14

Public announcements

WANTED Museum Curator

Air Force Museum is accepting applications for the permanent part-time position of Curator.

The Curator, responsible to the Museum Committee Chairman, will direct the day-to-day operations of the Museum, including acquisition, organization and conservation of the collections; planning and implementation of exhibitions and displays; and supervision of volunteer and paid staff.

He/she will liaise with Museum Committee Members and Sub-Committees in areas such as public relations and fundraising.

The successful applicant will have a demonstrated knowledge of Air Force history and organization, the ability to organize materials, and an understanding of modern museum philosophy and ethics. Formal museum training would be an asset but is not essential.

Remuneration is by honorarium at the rate of \$8.50 per hour on the basis of a 25 hour week.

Applications should be sent to Maj R.I. Sibbald, Comox Air Force Museum, CFB Comox, Lazo, B.C. V0R 2K0 by 30 September 1989. Further information may be obtained by telephoning 339-8332.

Join the Air Cadets



For:
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leadership training
technical training courses
gliding courses

For further info come to Bldg. 22 CFB Comox on Tues. eves. 1830 to 2100 or call 339-8547.

Are you out of work or unhappy with your job?

Then join a support group meeting at the Family Support Centre, 119 Little River Road, starting Thursday, Sept. 21, from 7:30 - 9:00 pm.

We will be talking about how to write a resume, how to get ready for an interview, how to increase your self-esteem, how to become more assertive, where to look for a job, and more.

Random Rounders

Round & Square Dancers of the Comox Valley

Anyone interested in refresher square dancing can inquire at 339-3205, Pat or Ken Smith or attend our lessons at Marsland Hall on the Back Road Monday nights from 7 to 9 pm. Come & round dance with the Random Rounders Tuesday nights 7 - 9 pm at Marsland Hall, Round dancing learning lessons available.

Ph 339-3205

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The giving begins with you.



(If more of us were one, more of us would know what it meant.)

Looking for Guide leaders

Due to the unexpected transfers of 2 of our Guide Leaders from the Airport School Company, we need energetic and enthusiastic persons to assist with the running of this Company in order to keep it open. Please contact Sally Scott, Komux Dist Commissioner, 339-4859

Workshop's 15th Annual Reunion

The workshop's reunion will be held the 21st and 22nd of Sept. 89, at CFB Trenton for all serving and former 561's, 562's and 563's.

There will be a meet and greet on the 21st at the North Side Warrant Officers and Sergeants Mess from 16:00 till closing, followed by a golf tournament on the 22nd at CFB Trenton Golf Club with presentations and steak BBQ back at the mess.

For further information all interested individuals are to contact MWO Drewlo at (613) 965-2853/Local 2853.

Continuing education

If you are wondering what you can do that will be challenging and different this summer and fall, the Base Personnel Selection Officer has a suggestion to offer. How about resuming your education in preparation for the years ahead when you may want to apply for a Commission? It need not be a two footed jump, or a headlong plunge. Instead, you could maybe 'dip a toe' and take one subject that really interests you to get you back on the road to your Diploma or Degree.

The CF offers financial reimbursement for courses that are successfully completed, but only if they can be applied against a diploma, certificate, or degree from an accredited institution. For more information contact the BPSO at local 8469. Invest in your future!

413 Reunion

413 Transport and Rescue Squadron wishes to bring to the attention of all past members the upcoming 50th Anniversary to be held in the summer of 1991. We are interested in locating all former members in order to keep them informed of the Anniversary details as they unfold. Please forward your current address to:

Commanding Officer
413 (T&R) Squadron
CFB Summerside
Slemon Park, PEI
C0B 2A0
ATTN: SHISTO



LEGION LOG

BRANCH 17 COURTENAY

ENTERTAINMENT

Fri & Sat Sept 15 & 16. Music by *DUKES*
Fri & Sat Sept 22 & 23. Music by *COUNTRYMEN*
Fri & Sat Sept 29 & 30. Music by *WESTWIND*

REGULAR ACTIVITIES

BINGOS—Thu, Fri, Sun at 7:00 PM
MONDAY.....FUN EUCHE
TUESDAY.....PUB DARTS
WEDNESDAY.....LEAGUE CRIB
THURSDAY.....FUN DARTS
FRIDAY.....TGIF & MONEY DRAW AT 6:30PM
SATURDAY.....FUN BRIDGE AT 12:30

"MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information

SPORTS

Friday, to Sunday September 15 to 17 -- Register now for our 16th Annual Sugar Bear Dart Tournament. Phone 334-4322 for details.

Sunday September 26 --Come out and enjoy our Fun Crib Tournament, registration 12 - 1 pm.

NOW OPEN SUNDAYS.....12-7 PM

BRANCH 160 COMOX

ENTERTAINMENT

Fri Sept 15. Music by *WESTWIND*
Fri Sept 22. Music by *VALLEYBOYS*
Fri Sept 29. Music by *ALLEYCATS*
Fri Oct 6. T.B.A.
Fri Oct 13. Music by *VALLEYBOYS*

REGULAR ACTIVITIES

SUNDAYS.....Lounge 2-6 pm
MONDAYS.....Men's Dart League, Navy Room, 7:30 pm
TUESDAYS.....Ladies Crib League, Lounge 7 pm
Mixed Dart League, Upper Hall, 7:30 pm
WEDNESDAYS.....Navy League Drop-In Bingo Upper Hall, 7 pm
THURSDAYS.....*1st Br. Exec. Mtg. 8 pm
L. A. Exec. Mtg. (as req.)
*2nd L.A. Gen. Mtg., Upper Hall, 8 pm
*3rd Br. Gen. Mtg., Upper Hall, 8 pm
FRIDAYS.....Meat Draws, 2-6 pm
Dance, Lounge, unless advised
SATURDAYS.....Meat Draws, Lounge 2-6 pm

EVENT

SUNDAY, SEPTEMBER 17 -- CFB Comox (Battle of Britain Day Parade). A full Legion Contingent is expected. Assemble at Legion by 930 hrs for transport to CFB Comox (Heritage Park). Fall-In at 1030 hrs, service begins at 1100 hrs.

SPORTS

SUNDAY, SEPTEMBER 17 -- Euchre in the Lounge, 1 pm Reg. \$5, Members & Guests welcome.



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call Shirl McCann 338-8011
or Marie Malmloff 334-2336

LADIES Pot Luck Supper and Meeting, Tues.
Sept. 19, 6:30 pm at the rink. All lady curlers welcome. Please come and bring a casserole, salad or dessert and a friend.

MENS Tues. evening — one draw,
Thursday evening 7 - 9 pm
call 334-4712 or 338-8324

MIXED Sunday evening 7 pm; Monday and
Wednesday 7 and 9 pm

SENIORS Monday, Wednesday am. Men & Ladies
call John Holley 338-0216,
Knobby Clark 338-9610 or Ron Collett 334-2680

HANGOVER LEAGUE Sunday 9 & 11 am
call Pheric Chayko 334-4240
or J. Inglis 339-4715

Junior Curling--more information later

Curling Clinic Sept. 26, 27, 28 Evenings with
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Local scene

Safe Driving Awards



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Sgt W.P. Carroll - 407 Sqn



Mrs. Nicole Mullin

Junior Ranks

Ladies Club

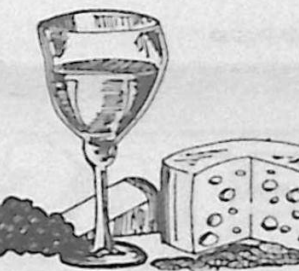
Meet & Greet

Date: Thurs, 21 Sept.
Time: 7:00 pm
Place: JR Ranks Mess
(Totem Lounge)

There will be wine, cheese and entertainment. All JR Ranks wives and female members are welcome. Bring a friend!

for more info call:

Gloria Ross 339-0592
Kelly Haines 339-0139
Liz Basham 339-4314



Mrs. K. Harper

Crossword Solution

D	A	R	N	S	T	Y	W	R	I	T
O	L	E	O	P	I	E	E	A	S	E
W	E	S	T	P	O	R	T	S	N	E
N	E	T	R	O	E	O	T	T	E	R
W	O	N	U	I	F					
T	R	E	E	D	P	O	L	I	C	E
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WEDNESDAYS SEPTEMBER 20 & 27
OFFICERS COFFEE HOUR: Coffee will be served in the Lounge at 1000 hours. All officers are invited to attend. Dress will be dress of the day.

FRIDAY SEPTEMBER 15
MIXED TGIF & GAMES NIGHT: Italian Night will feature Caesar Salad, Lasagna, Garlic Bread and Dessert; also Games/Cost per person: Members \$3.00, Limited Associates & Guests \$4.00 - Dress Casual - Time 1830 for 1900 hrs.

WEDNESDAY SEPTEMBER 20
OMLC MEET & GREET, Wine & Cheese 7:00 for 7:30

WEDNESDAY SEPTEMBER 27
LADIES CLUB BRIDGE 7:30 in the Lounge

SATURDAY SEPTEMBER 30
MEET & GREET DANCE, Band — SANTOS. Dinner will be Veal Cordon Bleu. Cost per person: Members \$10.00, Limited Associates & Guests \$12.00 - Dress casual - Time 1800 hrs. Come out and help welcome new members. Reservations by 27 September.

COMING EVENTS FOR OCTOBER

14 - 15 Oct — Ladies Club Art Auction
20 Oct — Oktoberfest

Are you a Shopaholic?

Shopaholism is on the rise in Canada, though few people recognize it as a personal problem, says a Vancouver therapist.

Lisa Barnes, a recent graduate of the University of

British Columbia counselling program, defines a shopping addict, or shopaholic, as a consumer who consistently spends far beyond his or her earning capacity — "someone who is always in debt, who has more than one credit card that is never paid off", she says.

These people frequently use shopping as a 'coping technique'. "They use that good feeling — the high — that comes from a purchase to overcome a poor sense of self-esteem or deficits in their personal life.

Shopping becomes truly addictive when the buyer gets home and faces the bills, says Barnes. The depressing guilt and remorse felt at this point drive the person back to the stores for another high, and the shopping cycle begins anew.

Barnes says shopaholism is on the rise, citing as evidence the growing mountain of consumer debt in Canada. She also notes that the number of personal bankruptcies is as high now as it was during the 1982 recession.

"In the United States, where there are groups like Overspenders Anonymous and Spender Menders, the eighties have wit-

nessed a brand new phenomenon — second and third bankruptcies", she says.

Barnes says that it seems the majority of shopping addicts are women, and most of their purchases are clothing. "The men who get into this situation spend differently; they like to buy the big-ticket items — cars, stereos, vacations".

As a first step in overcoming shopaholism, Barnes insists that shopping addicts cut up their credit cards. Therapy then progresses to a discussion of the personal problems that lead them to use shopping as a pick-me-up.

"One rule of thumb I often use is to suggest that the client do volunteer work. Doing something for someone else takes your mind off yourself and your problems."

Though Barnes has recently been featured in numerous newspaper articles and radio programs, all this exposure has prompted only one person to call her for help. "People will recognize a shopping addiction in someone else, but not in themselves. In our society, we talk more openly about our sex lives than we do about money", she says.

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Seasons.

BAPTISMS & MARRIAGES — By appointment - notice well in advance
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CATHOLIC WOMEN'S LEAGUE — Second Tuesday of the month in the
Parish Hall, preceded by Mass in the Chapel at 7:00 pm. President: Mrs.
Mary Kerr, Phone 339-2552.

CATECHISM CLASSES — September - May in the PMO School at 1830
hrs, every Wednesday. Co-ordinators: Bonnie Gillis, 339-3496, and
John LeRoss, 339-4388.

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St. Michael & All Angels

Ladies Guild

So often I am asked: "What
is Ladies Guild and what do
you do?" The perception most
people have is of a bunch of
religious 'fuddy-duddies' who
get together to pray — then
pray some more! This is not so!
We are a group of Christian
women who met for fellowship
and work together to support
local charities and foreign
missions.

The Protestant Guild is
comprised of Guilds from
every military base in Canada
and Europe. Funds raised are
used to meet on an on-going
commitment to Vellore-
Ludhiana, a teaching hospital
complex in India. This is the
major commitment of Guilds
everywhere.

Guilds sponsor local
charities also and the CFB
Comox Guild supports the
Comox Valley Food Bank,
Salvation Army Christmas
Fund, the Toy Shop (a used toy
depot which refurbishes toys
for the needy), the Pacific
Riding Association for the
Disabled, and others too
numerous to mention. Various
fund raising methods are em-
ployed from small to large
bazaars, garage sales, car
washes, used-book sales,
novelties, and hand crafted
items, and after-service bake
sales (a big hit).

In the Church family the
Guild pays for the babysitting
service in the nursery during
service and for the snacks and

juice given to the children. The
Guild also provides the after
service tea & coffee every Sun-
day.

The CFB Comox Guild
meets the 1st Monday of every
month and everyone is
welcome to join. Members
have been on other bases so it is
an extended family at-
mosphere. The fun and
fellowship is great and a good
time is had by all.

Come out to a meeting —
don't be shy. Remember new
ideas for fund-raisers or crafts
are always welcome and always
needed. For more info please
contact: Liz Basham, President
339-4314; or Padre or Beth
Baker 339-0189.

Padre Bob Speaks

Exciting things are hap-
pening at the Chapel! This past
Sunday we held our Back to
Chapel Sunday when members
of the congregation were en-
couraged to bring out old
friends and new neighbours

and we used the occasion to
register for Sunday School,
Chapel Guild, etc. If your in-
vitation went astray, it is not
too late. Come out next Sunday
as we will still be registering
and starting up over the next

few weeks. Sunday School will
start 24 September.

Don't forget the change in
time for Sunday, 17 September
as we will hold our service at
0930 hrs so that we will be
ready for the Battle of Britain
Parade at the CFB Comox
Heritage Aircraft Park at 1100
hrs. If you are participating in
the parade or would just like to
see it, come along and join us
for worship at 0930. Following
the service there will be plenty
of time to form up, if you are
taking part. But if you are just
along to watch, the coffee pot
will be on and the fellowship is
very warm.

Hey, I told you it was ex-
citing around here. I almost
forgot to introduce myself: I
am Padre Bob Baker and along
with my wife Betha and our
two sons, I arrived at the
beginning of August from CFB
Winnipeg. To date we have en-
joyed touring around the
Island and enjoying the sights.
But instead of trying to tell you
about our family come on out
on Sunday at 0930 and we will
see you then. After this Sun-
day, we meet at 1100 hrs, with
Sunday School starting 24 Sep-
tember with a Nursery
available.

See you there!

Padre Bob

Retired DND?
see Note pg. 14

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Local scene



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