

Battle of Britain Sunday September 16

Battle of Britain parade, service, reception...details on page 4



TOTEM TIMES



Canadian Forces Base Comox B.C.

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COST: PRICELESS

50 YEARS AGO



Canadians flew in the Battle of Britain - story on pages 2 and 4.

Original painting by Tom McNeely...print courtesy CFB Comox Airforce Museum

On and off base

The Battle of Britain...

Totem Times, Sept 8, 1965

A half century ago Britain survived her darkest hours by hurling back the German Luftwaffe in the Battle of Britain, fighting in the skies of England from June through October, 1940, and causing Winston Churchill to utter his immortal words:

"Never in the field of human conflict was so much owed by so many to so few."

Numbered among the "few" were Canadians who served as aircrew and groundcrew in Fighter, Bomber and Coastal Commands. Most of these Canadians had crossed the Atlantic in pre-war days to enrol in the RAF. There were, however, two fighter squadrons identified as Canadian. One was No.242 (Canadian) Squadron, composed of Canadian fighter

Padre Bob

pilots of the RAF; the other was No.1 (Fighter) Squadron of the RCAF (later changed to No.401) which had arrived in Britain on the eve of battle.

Among them, Canadians scored some 120 victories in aerial combat, with about 100 more enemy aircraft counted as probably destroyed or damaged. These victories were not without cost: 47 Canadian airmen gave their lives in the Battle of Britain.

The battle was not fought solely in the air: the groundcrews were engaged in it as well as the pilots. After each sortie the aircraft had to be immediately re-armed, refuelled, the equipment checked and tested, and the machines generally made ready to take off on the next "scramble". Damage to engine, air-

frame and equipment had to be repaired in desperate haste to keep the maximum number of aircraft (mostly Spitfires and Hurricanes) in the air to meet the German onslaught.

The mechanics kept them flying only by round-the-clock maintenance, snatching sleep in flight shacks and bunkers beside the aircraft. The finest tribute to the efficiency of these "erks", performing under extremely trying conditions, was found in the daily reports of aircraft serviceability.

For the RCAF, the Battle of Britain had special significance. It was the force's baptism of fire. It was then that Canadian airmen flew into action as a force for the first time against an enemy, won their first victories, and suffered their first casualties.

BATTLE OF BRITAIN

SUNDAY 16 SEP 90

SEQUENCE OF EVENTS

- 1040 Parade Formation
- 1050 BComd and guests depart Officers Mess
- 1055 BComd arrives parade area
- 1100 Royal Anthem - "God Save the Queen"
- 1102 Opening prayer
- 1104 Hymn
- 1108 The Dedication
- 1109 Reading of High Flight
- 1112 Reading of the Honour Roll
- 1115 Laying of Wreaths
- 1122 Lessons from Scriptures
- 1125 The Last Post
- 1126 Silent Remembrance (2 mins)
- 1128 Flypast

Reveille

- 1130 The Act of Remembrance

Prayers - The Padres

Address

Hymn

The Benediction

National Anthem - "O Canada"

Parade dismissal

On the base

PRE-JLC SEMINAR



Front Row L to R: MCpl Woolridge, Sgt MacNeil, LCol Bishop, CWO Doherty, WO Breesa, Sgt Smith.
Back Row L to R: Cpl Fulford, Cpl Shelly, Cpl McCallum, MCpl Limoges, Cpl Himsal, Cpl Schusztar.

JR. RANKS MESS ENTERTAINMENT

13 OCT-OKTOBERFEST

BAND-FRINGS BENIFITS

27 OCT-HALLOWEEN

V.J. MUCH MUSIC

NOV 16&17 GRAND OPENING

BAND-ECHO

N.Y.EVE BAND-FRINGS BENIFITS

TIMES FOR EVENTS - TBA



TAKING IT TO THE SKIES!

UNIROYAL SKYDIVE CHALLENGE

On September 29th & 30th, look up....because Uniroyal takes to the skies as they launch the 1st Annual Uniroyal "SKYDIVE CHALLENGE", sanctioned by The B.C. Sport Parachuting Council.

Each participant is collecting pledges on the number of jumps made that weekend - 100 percent of the proceeds from this Uniroyal sponsored event will go directly to The B.C. Lions Society for Crippled Children, to support services throughout the province for disabled children.

Pledge your support and watch for the event taking place through your local Skydiving Club.

Participating Clubs:
Comox...Victoria...Chilliwack...Terrace/Smithers...Prince George...Kamloops...Abbotsford...Pitt Meadows.

- it's going to be a colourful weekend!

The Battle of Britain...

At the end of June 1940, the Axis controlled Western Europe from the North Cape to Sicily and the Bay of Biscay to Brest. Only Great Britain stood between Germany and complete victory. Germany therefore resolved that Britain must either be battered into surrender or invaded and physically occupied. Lacking a fleet capable of challenging the Royal Navy, Germany's weapon of necessity was their Air Force. The Luftwaffe had been created from the outset as a tactical force but it was now to be used in a strategic role - the first time an Air Force had been so employed.

In Britain, equally new concepts were included in the RAF's defensive plans. A radar directed, ground controlled system of interception had been developed to guide the Spitfires and Hurricanes to their targets. As the campaign unfolded, useful information concerning enemy intentions would be provided by ULTRA intercepts. But in the final analysis, it was to be the "few" - the pilots of Fighter Command who would win the victory. And among their number were many Canadians - participating in the first ever battle involving the Royal Canadian Air Force.

Much has been made of the various phases of the Battle. From the Channel, shipping attacks of July to the fighter bomber sorties of October, the most dangerous and dramatic

period was probably the last week in August and the first week in September. During those two weeks, the Luftwaffe concentrated on Fighter Command and achieved its best loss ratio of the entire battle. However, a combination of circumstances caused them to abandon this approach and to begin daylight attacks on London on 7 September. The climax came on 15 September when the RAF inflicted such losses on the enemy that he began to resort to night attacks - a foretaste of the Blitz. By now, Fighter Command was able to more than replace its losses and, by retaining control of the air, had won the Battle of Britain.

Historians will probably never agree precisely on the statistics of the Battle. The following are gleaned from official sources, both British and German, and cover the period 1 July 1940 to 31 October 1940. British losses are Fighter Command only, while German are for the entire Luftwaffe.

Aircraft written off: Fighter Command 1076; Luftwaffe 2044.

Pilots killed, missing or POW: Fighter Command 438; Luftwaffe 1335.

A total of 94 Canadian pilots participated, of whom 20 died during the Battle.

Primary Source: Battle Over Britain; Frances K. Mason; Published in UK by McWhirter Twins Ltd., London 1969.

A NEW NATIVE LAND CLAIMS POLICY FOR BRITISH COLUMBIA

MADE-IN-BC POLICY BASED ON FAIRNESS, BALANCE, AFFORDABILITY.

The provincial government has developed a new "made-in-BC" policy for negotiating and settling Native land claims in British Columbia. Under this new policy BC will - for the first time - join the federal government and BC Native people at the negotiating table to work out settlements which are fair to everyone. The province will assist the Government of Canada in meeting its obligations to fully settle Indian land claims.

This new approach to land claims is based on recommendations from the Premier's Council on Native Affairs. The Council has spent the past year travelling the province and meeting with Native Leaders.

Claims accepted by the Government of Canada for negotiation.



□ Treaty areas
□ Accepted claims
□ Anticipated claims

FEDERAL GOVERNMENT RESPONSIBLE FOR CLAIMS

The Canadian Constitution makes the government of Canada solely responsible for "Indians and Indian lands." Ottawa has the ultimate legal and financial responsibility for land claims in British Columbia. In British Columbia the federal government has accepted 19 claims for negotiation, has three more under review and is expecting eight others. These claims extend over every region of the province.

BC SHOWS LEADERSHIP ON NATIVE CLAIMS

The province is joining land claims negotiations to right a historical wrong and to ensure fair treatment for all British Columbians.

Current federal policy allows only one negotiation at a time in BC. That's not good enough - this "made-in-Ottawa" policy doesn't allow for the large number of claims we face in British Columbia. The provincial government will join BC Natives in pushing Ottawa for a more realistic "made-in-BC" negotiating process which allows us to settle more than one claim at a time.

WHAT WE'RE DOING

The province has announced:
• a new Claims Registry to receive land claims proposals which have been accepted by the Government of Canada;
• a new Claims Negotiations Unit in the Ministry of Native Affairs.

This will ensure an orderly and consistent claims negotiation process. At the same time, following another recommendation of the Advisory Council, the province will provide the public with additional information on land claims. For further information please write:

Land Claims Information
Parliament Buildings
Victoria, BC V8V 1X4

BACKGROUND

One third of all Indian Bands in Canada are located in BC. There are almost 200 bands in the province, organized into thirty tribal councils. Almost 20 per cent of all Canadian Native people live in British Columbia. Two thirds of the country's Indian reserves are located in BC (1600 reserves). Fifty four per cent of BC's 77,000 status Indians live on reserves.



MINISTRY OF NATIVE AFFAIRS
Honourable Jack Weisgerber, Minister

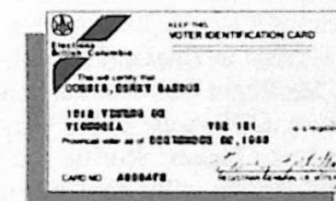


Are You Registered to Vote?

A Special Opportunity for You to Register.

Do you have this card?
Is it correct?

This card means that you are registered to vote at a Provincial Election, based on the address printed on the card.



If you do not have this card, or the address is no longer correct, please check at a Registration Centre now!

You must be a registered voter to vote.

How to register.

If you think that you are not registered to vote:

- Contact a Registration Centre or Registrar of Voters.
- Have the Voters List checked for your name.
- If you are not on the list, but qualified, complete a registration form!

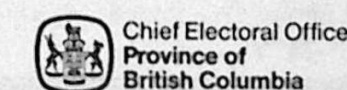
Qualifications:

- 19 years of age or older
- Canadian citizen
- Resident of British Columbia for the past 6 months

For more information:

Elections British Columbia Information Line
1-800-742-8683 (Toll Free)

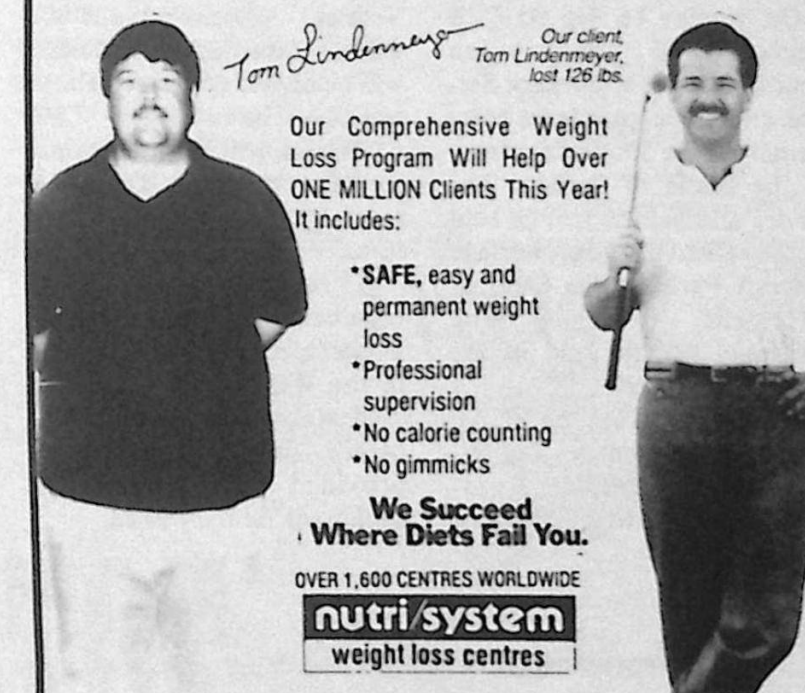
Remember: You cannot register on Election Day.



Registration Centres:

Registrar of Voters
420 Cumberland Road
Courtenay
334-1100

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RECYCLE THIS
NEWSPAPER
TOTEM TIMES



Editorial

NORM BLONDEL



Seeing the Battle

Fifty years ago, Hitler suffered his first major defeat. A small band of men and women, operating from heavily bombed airfields with patched-up aircraft and equipment, fought the vaunted Luftwaffe to a standstill. Daylight attacks on RAF airfields and installations virtually ceased, and the Luftwaffe switched to night bombing of civilian and industrial targets instead.

What Hitler and his Luftwaffe chief, Herman Goering, didn't know, was that the Royal Air Force was hanging on by its fingernails. Another week of daylight attacks on the RAF might have left Britain's airspace completely undefended.

To my seven-year-old eyes, this was exciting stuff. I stood in the fields, watching the contrails and the little "toy" aeroplanes as they twisted and turned and occasionally plunged to earth, trailing smoke and flames, and thought it was a great game. So did my pals. We all wanted to be Spitfire pilots when we grew up.

Unconsciously we (and Winston Churchill) were putting the Battle of Britain in the perspective from which it is seen by people today. This was David versus Goliath, the Underdog versus the Bully. In fifty short years, the Battle has become a legend, and the pain and the loss, the acts behind the scenes, forgotten by all but historians, writers and participants.

The "Few" are authentic heroes, anointed by Winston Churchill, revered by veterans and the source of inspiration for countless of our youth. Which, as I see it, is the way it should be.



Battle of Britain Parade

On Sunday 16 Sep 90 CFB Comox will conduct an Ecumenical Remembrance Service and static parade to commemorate the 50th anniversary of the Battle of Britain. The service and parade will be held at the CFB Comox Heritage Aircraft Park. In the event of inclement weather the ceremony will be held in the Protestant Chapel.

Contingents from the RCAF Association, Comox Legion, Courtenay Legion, Cumberland Legion, Korean

Veterans Association and the Royal Canadian Air Cadets will be invited to participate. A military band from CFB Chilliwack will be in attendance. The dress is DEU 1A (medals).

A reception for parade members and other guests/spectators will be held in the WO's & Sgts Mess immediately following the parade. Entertainment will be provided by the CFB Chilliwack military band.

The Battle of Britain

By Duke Warren



On the 16th of September, Remembrance Services will be held in Britain and many other locations to commemorate the 50th anniversary of the Battle of Britain. To fully appreciate the significance of that historic event one must stop and imagine how different the world might be today had the battle been lost by the Allies. Hitler's plan for domination over all of Europe would have been realized and democracy as we understand it would not exist wherever the swastika waved.

At the time of the Battle I had just turned eighteen and was waiting to join the Royal Canadian Air Force. News of the Battle was broadcast each day on the radio and followed with intense interest. Churchill's famous tribute to the men of the Royal Air Force Fighter Command on the 20th of August, 1940: "Never in the field of human conflict was so much owed by so many to so few" rang around the free world.

Although 'the few' are most often thought of as the pilots of the Hurricanes and Spitfires engaged in combat the supporting staff of groundcrew, both men and women, must not be forgotten for they were equally important to the winning of the Battle. Mechanics, fighter controllers, radar operators, firefighters, all played important parts in the Battle.

There have been many statistics quoted re the struggle and the following are, in my opinion, the most accurate. On the RAF side, there were 67 squadrons, two flights, and two Fleet Air Arm squadrons for a total of 71 units involved with 2925 aircraft. One squadron of the RCAF is included in this total. German figures are not complete but records indicate they lost 1887 aircraft destroyed for 1335 lost by the British. These figures are for the official period of the Battle, 10th July, 1940, 'til 31st October. In total numbers of aircraft the Luftwaffe had approximately 3000 from Britain to Norway.

Losses of aircrew show a big difference. The RAF had 497 pilots killed in action, and a further 47 in accidents. The Luftwaffe lost 2662 aircrew, of whom 551 were fighter pilots. Bomber crews accounted for the others and when a bomber was destroyed several aircrew were lost.

But the figures are meaningful when units are examined closely. For example, 145 Sqn had 10 pilots KIA and lost 12 aircraft in five days; 603 Sqn lost 12 pilots and 16 aircraft in 9 days; 253 Sqn lost 9 pilots and 13 aircraft in 7 days, and many other squadrons suffered the same fate.

As a point of interest, of those pilots taking part in the Battle of Britain 791 of them were killed in action later in the war. Small wonder there are so few of them today—50 years later.

I arrived in England in early '42. My Flight Commander at a Spitfire OTU was Bob Doe—who is the highest scoring Battle of Britain pilot still alive. 'Johnny' Johnson, whom I met later, is the highest scoring overall ace, although in the Battle did not score as many as Bob Doe. Post-war I met Bader, our Canadians Turner and Christmas, and others, of all nationalities who had taken

part in that epic conflict. These were all very young men at the time of the Battle, indeed, very few taking part were over 25 years old. If I were to describe a common link between them it would be their high-spirited aggressive attitude to engage the enemy.

The Sunday closest to the 15th of September is the day chosen to be the time to remember and give thanks for the victory in the Battle of Britain. On this Sunday, the 16th of September, the 50th anniversary of the Battle, let us remember the young men, and their supporting personnel, who served so bravely when the fate of the world hung in the balance.



"Never in the field of human conflict was so much owed by so many, to so few" - Winston Churchill

Comment

By Duke Warren

Letters

Goose 50th

Dear Editor:

1991 will mark the 50th anniversary of the Air Base at Goose Bay, Labrador, and to celebrate, the Town of Happy Valley-Goose Bay will be hosting a 'Come Home to the Goose' reunion for former civilian and military personnel. This event will take place from July 19 to August 5, 1991.

We're planning two weeks of activities including the North West River Beach Festival, the Canadian Forces Airshow and Open House, and the Labrador Canoe Regatta. There will be lots of opportunities to meet and reminisce with old friends and re-explore the area.

Former Goose-ites are encouraged to let us know if they're thinking of coming, and we'll send information on what is planned, how to get here, where to stay, registration, and more. We'd like to hear from them soon to give us a forecast of how many visitors to expect at REUNION '91.

Write: Reunion '91, Station A, Happy Valley-Goose Bay, Labrador, AOP 1S0, or call Carolyn Maybee, Tourism Coordinator (709)896-5431.

Yours sincerely,
Carolyn Maybee

Safe Driving

Dear Editor:

Those "lazy, hazy, crazy days of summer" were over Sept 4 for students in B.C. and it is important to ensure that this new beginning in learning includes a happy ending in life.

Traditionally September is the time for reopening our province's 1,600 schools and for half a million young people and about 27,000 teachers to once again hit the books. It is also a suitable occasion to remind motorists that streets and roads everywhere become more heavily used with energetic, youthful pedestrian traffic.

Everyone should pause and think for a moment about the fact that last year in B.C. 685 pedestrians between the ages of 6-18 were injured or killed on our streets. That's almost two accidents, on average, each day.

On behalf of your local board of school trustees, and all the people working in your school district, please take a moment when getting in your vehicle to prepare yourself to exercise extra motoring care throughout another school year.

Sincerely
Donna Jones
BC School Trustee Association

Halton Brats

Norm:

I liked your editorial about the "Halton Brats". I wanted to be one myself pre-war but never made it to England. My Sqn Cmdr at the Battle of Dieppe in '42 was a famous Halton Boy -- Jim Hollowes -- and he had a distinguished career as a fighter pilot.

I've enclosed an article about the Lancaster dedication at Nanton. You will be interested

to know the Lanc was once on strength 407 Sqn here at Comox. LCol Chester attended the ceremony at Nanton.

At Nanton I read the VC citation at the outdoor ceremony, and acted as Master of Ceremonies at the banquet that evening. It was a great occasion for me as I was born in Nanton some 68 years ago.

Duke Warren

The Nanton Lancaster

On the 27th of July a dedication ceremony was held at Nanton Alberta when the memory of Squadron Leader Ian Willoughby Bazaglette was honoured. The Lancaster, displayed at Nanton which is sixty miles south of Calgary, has been maintained for public display by the Nanton Lancaster Society.

S/L Bazaglette was awarded the Victoria Cross posthumously for his gallant attempt to save two of his flight crew when his aircraft was shot down on the 4th of August 1944. The bomb aimer and one gunner could not bail out, and while attempting to land the aircraft, which was badly damaged and on fire, S/L Bazaglette and the two crew members were killed.

The dedication took place by the Lancaster which had been recently refurbished and looked almost ready to fly once again. S/L Bazaglette's sister,

Ethel Broderick, unveiled a memorial plaque and two crewmen, George Turner and Charles Godfrey, who had been on the fatal flight with Bazaglette, unveiled the markings on the aircraft, F2-T. These letters were the same as on the aircraft in which the Squadron Leader had lost his life.

The Reverend Dwight Powell of Nanton gave a speech of dedication and told of the significance of such memorials in our heritage. Following was a flypast of an Aurora, a CF-5, a Harvard and a T-28.

Shortly after the outside ceremony was completed a banquet was held where nearly four hundred people were present. A most impressive display started the proceedings when the hall lights were dimmed, the roar of approaching Merlin engines was heard over the PA system, the stage curtains parted to reveal a very

large model (25 ft wingspan?) of a Lancaster, which due to the lighting effect, appeared to be bearing down on the audience!

Present at the banquet and speaking were representatives of both provincial and federal governments, Nanton's mayor, the former flight engineer George Turner and wireless operator Charles Godfrey. The latter two told of the final fatal flight and their great admiration for S/L Bazaglette, as an individual and as a pilot.

Mr. Larry Melling, of Burlington, Ontario, who with his crew alternated with S/L Bazaglette's crew in flying F2-T, spoke of his relationship with the Squadron Leader.

Following Melling, the very famous Group Captain Hamish Mahaddie, DSO, DFC, AFC and Bar, who was the chief recruiting officer and trainer of Pathfinder crews, told how S/L Bazaglette had "begged" him to arrange his transfer to the Pathfinder Force. This he did and Mahaddie told of his sorrow at the loss of S/L Bazaglette when he was acting as "Master Bomber" on his last flight.

Mr. Dan Fox, President of the Nanton Lancaster Society, and the members of the Society, are to be congratulated on their work to achieve the outstanding success of the dedication of Lancaster F2-T.

D. Warren

S/L Bazaglette V.C.

"Gazette"

—continued on page 7

TOTEM TIMES

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Published every second Thursday, with the permission of the Base Commander, CFB Comox. Second Class mail registration 4098.

Hospice in the Park

Comox Hill

Valley Hospice Society Fund

Raising Committee announces:

Pledges are being requested to support the creation of a much-needed, free-standing hospice in a tranquil, beautiful public park or original forest near St. Joseph's Hospital, Comox. Contributions are tax deductible.

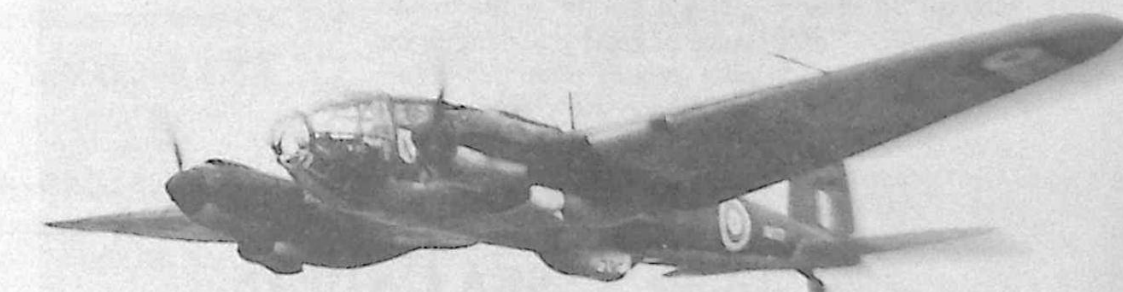
Pledges can be mailed to P.O. Box 1404, Courtenay V9N 7Z9 or left at the Galley Restaurant or Blue Heron Bookstore. For more information phone B. Price 339-4015.

Create the Hospice, Save a Park!

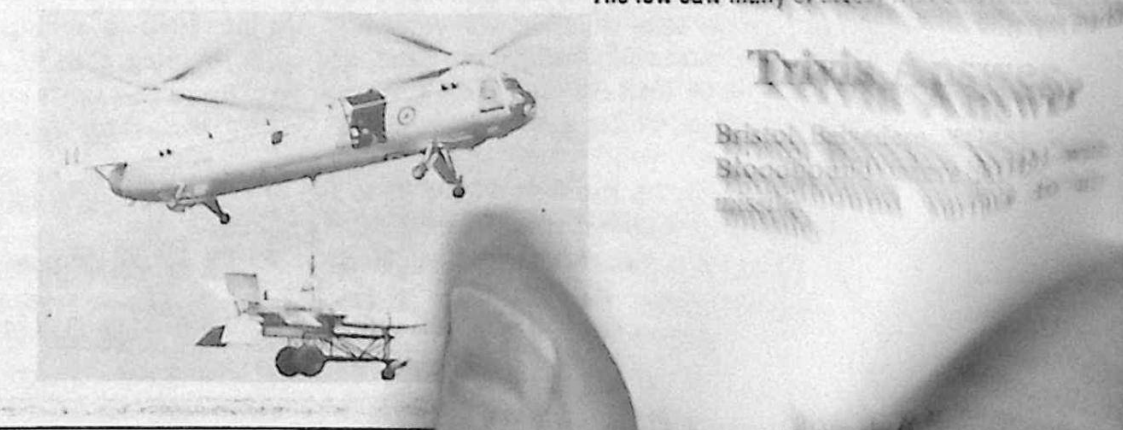
I, the undersigned, pledge to give \$_____ to the Valley Hospice Society to support the creation of a much-needed hospice in a tranquil, beautiful public park or original forest near St. Joseph's Hospital, Comox. (contributions will be tax-deductable)

Signed _____ Date _____
Name _____ Phone # _____
Address _____
P.C. _____
For further information, phone the Office, 339-5470 or Hope Spencer, 339-5272

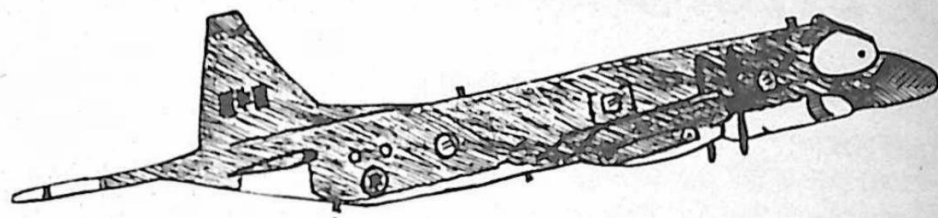
Air Force Trivia



The few saw many of these, with others...



Section News

407
Squadron

Aircrew

Despite the annual vacation season, it has been a very busy summer for the members of 407 Squadron. Crew 5, those daring gods of ASW were outstanding in their participation in TPT 6-90, held in Bermuda. Accompanied by some of the finest groundcrew in the world, Crew 5 conducted themselves in a manner that would make their compatriots proud.

Perhaps the most outstanding individual efforts in the exercise were those of Captains Verville and Vincent. Not once did they leave their stations to rest their eyes and fill their stomachs. Not once was the vacant, warm space beneath the acoustics console occupied. What a telling indication of their high level of dedication and professionalism.

The island's British heritage is clearly visible in that people drive on the left hand side of the road. Those members of the crew who possessed the necessary documentation were given some brief training on the rules of the road and ample opportunity to display their driving abilities. Sgt Mario Roussel adapted very well to the new environment. His driving skills were such that he attracted a police escort to the aircraft on not one, but two occasions. To his good friends in the Marine Corps, he bids a fond hello.

The trip seemed to have a profound effect on the relationship between the crew's pilots. The bond between them became so strong, that each was assigned a nickname, reflective of the experiences they had shared together and the particular gaffes they had made on recent flights. To the amusement of all, Captains 'Torch' Palmer, 'Slowpoke' Cumming, and Lt 'Fingers' McLennan delighted in their very public display of camaraderie.

Capt Fred Reed's enhancement of the English language brought both blank stares and looks of envy from our American hosts. Maj Cousineau graciously stepped in to translate. Fred found the island to be pretty 'sweet up' and was pleased that he didn't have to shell out 'giga bucks' to spend a night at one of the local hotels.

In addition to his duties as MPCC, Capt Reed was given the master key to all of the rooms. He exacted a heavy toll from those 'cats' who were unfortunate enough to have to 'jerk his chain' in the early hours of the morning, pleading with him to open their rooms so they could get some sleep. It

seems he accumulated a fridge full of beverages for services rendered. The last laugh was had by those who saw Fred scurrying about the barracks on the morning of our departure, clad in nothing but a towel. Fred claimed that he was just showing off his fabulous tan, but it became obvious that he had left his keys in his room in all the excitement.

To finish the exercise without a celebration of sorts would have been foolish, so the techs rustled up some vittles and put on a barbecue. What a barbecue it was! The smell of the searing flesh wafted up through the building and out the front door. The aroma was so tantalizingly powerful that the Base Fire Department arrived on the scene eager to sample some good old western Canadian grub. Well done, and thanks to all who helped put on a great spread.

On the home front, Lt Ernie Romans would like to thank Dr. Graf-Blaine for being so gentle during his last medical visit.

Spurred on by his wife and daughter, Capt Mike Bell has taken to shaving the inside of his ears. In fact those unsightly little hairs grow so rapidly now that Mike is 'thirtyish', that the ritualistic shaving of the ears has become an integral part of his daily routine. Given that this is not an entirely common practice, the members of his crew were surprised to see Mike arrive for brief one morning, with both ears full of shaving cream. Alas, poor Mike in his rush to make morning brief forgot to clean the shaving cream from his ears. Now that his secret is out, Mike is happy to announce that he will be giving a lecture on the importance of good grooming in the pilot training room next Thursday. Navigators need not attend.

Nuff said!

SEA CADETS

Tired of baseball, soccer or hockey? Want to try something different? Why not give Sea Cadets a try? If you are between the ages of 12 to 18 years and are interested in sailing, seamanship, navigation, band, and range shooting, then RC-SCC Port Augusta is the Corps for you. Recruiting starts on Tues, 11 Sep at 6:45 pm at HMCS Quadra, located on Goose Spit.

Cadets run from 11 Sep 90 to Jun 91 every Tues night and most Sundays for sailing and other activities.

Bus transportation available from PMQs for all corp activities.

For further information call: Lt McCulloch - 339-4358 or LCdr Ritchie - 339-5435.

COME SAIL WITH US!

Armament

A short word from the 407 Armt Shop. It has been a quiet month with everyone keeping out of trouble - absolutely - nothing out of the ordinary happening here!! There was however an eye opening moment for MCpl Bob Davidson when he just showing off he did not have a private parking spot on the Comox Harbour Ramp. I guess you'll just have to use the parking lot like everyone else.

Sgt Jim Newhouse has returned from his teaching career in Penhold. It seems that he is quite happy to be back at his old job. MCpl Dan Booth and MCpl Loren Hatfield have returned from the Abbotsford Air Show with extremely good tips on towing practices, and MCpl Roger Woodward is back from the PNE where he has been an 'outstanding' representative of the military.

Lt Rob McConkey is away upgrading his Armt knowledge in Borden - we are trying to stay out of trouble until his return.

A big welcome goes out to Brenda Nijjar on her arrival in Comox; George seems to be smiling a lot more lately. Set Jim Cook has a new day job as acting WO - while we patiently await the arrival of WO Don Dunne. Where are you Don?

We have recently learned that Leo Henwood, after a recent illness - is convalescing at home. Anyone wishing to drop a note or stop for a visit will be more than welcome.

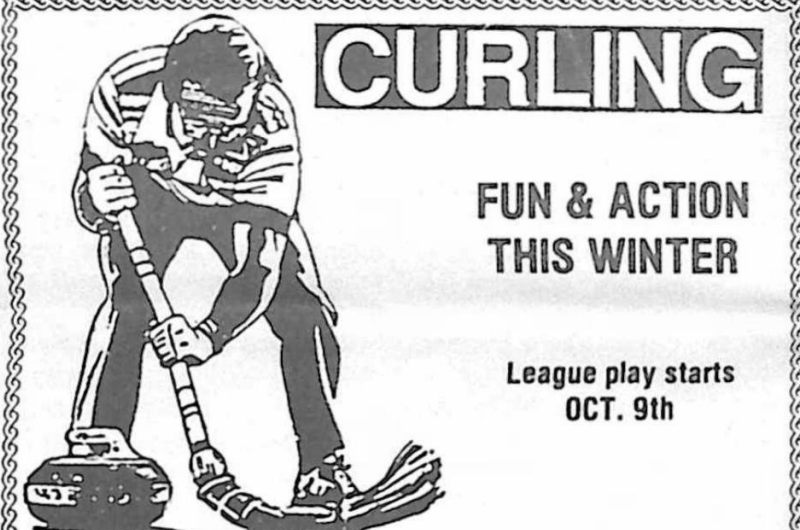
The Annual Armt Christmas Party has been set for the 14th of December. Anyone requiring more info should contact Sgt Steve Watts at 407 Armt, loc 8448.

ST. PETER'S
Anglican/Episcopal Church
218 CHURCH ST., COMOX
HOLY EUCHARIST
8:00 a.m. and 10:00 a.m.
Fr. John Paetkau - 339-2925
— JESUS IS LORD —

Promotion



Maj Reaume 407 D/CO presenting Sgt Chris Little with his promotion to Warrant Officer effective 1 Aug 90.



CURLING

FUN & ACTION
THIS WINTER

League play starts
OCT. 9th

MIXED LEAGUES

Sunday evening 7 pm., Mon. & Wed. eve. 7 & 9 pm
334-4712 or 338-8324

MENS LEAGUES

Tues. & Thurs. evening

LADIES LEAGUES

Tues. & Thurs. afternoon
Tues. evening
Carol Busse - 338-7131

HANGOVER LEAGUE

Sunday morning
Eric Chayko 334-4240
J. Inglis 339-4915

SENIORS LEAGUE

Mon. & Wed. morning
contact
John Helley 338-0216
Ken Wellings
339-7487

SILVER BELLS
-50 PLUS

Shird McCann 338-8011
Lu Grant 339-3790

POTLUCK SUPPER & MEETING - Tues. Sept. 25th
6:30 pm - All lady curlers welcome. Please bring an item such as a salad, dessert, casserole, etc.

Junior Curling - More information later
CURLING CLINIC - Oct 2, 3, 4 & 5th
7 pm
All Juniors welcome - register early

All curling supplies & information at the rink
334-4712 or 338-8324

COMOX VALLEY

CURLING CLUB



Anker Klankin

It's my turn already. Boy, how time flies. Just the other day I had a car...while visiting Disneyland someone 'borrowed' the complete interior and all the contents of the writer's car. Oh well, maybe I'll go golfing to cheer myself up. Oops I forgot! My clubs are gone too. Well, I'm sure ICBC will take good care of me.

On to the news. First we'll go over things that haven't changed. Pam's away, Trevor's gone and Troy is on leave! Sgt Grubwieser is still building his house. His present dilemma is tar, shakes, aluminum or tile for his roof?

Getting back to the present and on to the future. Rock Bay is just around the corner and there is lots of work for all. I hear that our newly ordained European (Wayne) has been busy making himself known across the pond. What else is

new? Oh yeah! Shack (alias Hoser) said that the chairs he recently ordered are open for grabs, so help yourself!

I asked maintenance for some info (polite for dirt) on its personnel, but they didn't offer up much. First, I guess Dwain Veitch is back off leave. I was told one could easily deduce that. Marc Pigeau is away, so maintenance will play! Marc is away on his weight and balance course (nothing to do with BMI). Marc can hardly weight until he gets back. Guess who suggested the pun? Tony Hernandez is back off leave and says he had a good time. He spent a week hiking up Mount Robinson and living off the land. Another maintenance flash is the return of Nevin Bernard to maintenance. I asked them if he fills Wayne Martin's shoes, but the reply was he hasn't been late for work yet!

Getting back to Rock Bay for a sec, we lost Ron Fortin the cook but I hear the menu will still be quite enjoyable; omelet Alfredo for supper. You guessed it, Antonio Passolunghi is our new cook.

MCpl Sheppard, a relative newcomer to VU33, is already taking on the regulations. He wants to rewrite the flight line dress code policy. Maybe we can save him the hassle and pitch in and buy him VU33's T shirt. The rif-ARAF (Neil Black) says no work until I get paid. Can anyone out there help him?

I'm going to wrap this up now but I'll leave you with a point to ponder; if Dave Brown, Harry Weeds, Brian Lavigne, Al Knight and Willie Williams were in a room together, who would have the last work? Looks like I did it this time!

VU33 Hosts a Mig 29.



The best little transient servicing outfit in the west in action when a Russian Mig 29 staged through recently.

KCTS-9(PBS) 35th Year

Operating with a staff of fifteen in the mid-1950s, KCTS aired its first program as a new community educational television station. The station was located on the University of Washington campus and was on the air four hours a day, Monday through Friday, only during the school year. Throughout the 1960s, KCTS

expanded its broadcast service to meet the needs of the community. In 1967, KCTS became part of the Public Broadcasting Service. The 1970s were milestone years in the station's evolution. In October, 1972, KCTS aired its first subscription campaign. In 1978, Channel 9 was the first station in Seattle to receive its regular programming via satellite television transmission.

KCTS Channel 9 Seattle, Channel 3 locally, the largest public television station in the Pacific Northwest, is celebrating its thirty-fifth year of broadcasting. The station's broadcast signal reaches over 2 million people in Washington State and British Columbia, serving the seventh largest audience in the PBS system. KCTS is proud that half of its audience lives in British Columbia.

The 1980s generated many landmark achievements. In 1980, the station entered into an affiliation agreement with Simon Fraser University in British Columbia. This created the first such international relationship in the history of public television. Today, KCTS has a permanent base of operations at Simon Fraser University located in down-

town Vancouver at the Harbour Centre campus. In October, 1986, the station also relocated from its quarters at the University of Washington to a new broadcast facility situated in the heart of Seattle's cultural center. In 1989, the station began its stereo transmission and twenty-four hour per day programming service.

KCTS continues its commitment to serve the community through quality television with a variety of entertaining, informative and educational programming. Viewers turn to KCTS for excellent drama, unique musicals, comedies, science, children's and instructional shows. The station's own productions include outstanding and award-winning documentaries, public affairs programs and local cultural specials.

Section News

Nanton Lancaster

...continued from page 5

EXTRACT FROM THE SIXTH SUPPLEMENT
TO THE LONDON GAZETTE
OF TUESDAY, 14TH AUGUST 1945

The King has been graciously pleased to confer the Victoria Cross on the undermentioned officer in recognition of most conspicuous bravery:-

ACTING SQUADRON LEADER IAN WILLOUGHBY BAZAGLETTE, DFC (118131), ROYAL AIR FORCE VOLUNTEER RESERVE, Number 635 SQUADRON (DECEASED)

On 4th August, 1944, Squadron Leader Bazaglette was "Master Bomber" of a Pathfinder Squadron detailed to mark an important target at Trossy St. Maximin for the main bomber force.

When nearing the target his Lancaster came under heavy anti-aircraft fire. Both starboard engines were put out of action and serious fires broke out in the fuselage and starboard mainplane. The bomb aimer was badly wounded.

As the deputy "master bomber" had already been shot down, the success of the attack depended on S/Ldr Bazaglette and this he knew. Despite the appalling conditions in his burning aircraft, he pressed on gallantly to the target, marking and bombing it accurately. That the attack was successful was due to his magnificent effort.

After the bombs had been dropped the Lancaster dived, practically out of control. By expert airmanship and great exertion S/Ldr Bazaglette regained control. But the port inner engine then failed and the whole of the starboard mainplane became a mass of flames.

Squadron Leader Bazaglette fought bravely to bring his aircraft and crew to safety. The mid-upper gunner was overcome by fumes. S/Ldr Bazaglette then ordered those of his crew who were able to leave by parachute to do so. He remained at the controls and attempted the almost hopeless task of landing the crippled and blazing aircraft in a last effort to save the wounded bomb aimer and helpless air gunner. With superb skill, and taking great care to avoid the small French village nearby, he brought the aircraft down safely. Unfortunately, it then exploded and this gallant officer and his two comrades perished.

His heroic sacrifice marked the climax of a long career of operations against the enemy. He always chose the more dangerous and exacting roles. His courage and devotion to duty were beyond praise.

COURS DE CONVERSATION
EN ANGLAIS

Un cours d'anglais axe sur la conversation sera donne par North Island College a la BFC Comox au batiment 22 ET commencera a la fin de Septembre 90.

Tous les dependants et membres interesses a apprendre ou a ameliorer leur anglais comme langue seconde sont invites a contacter CPIC Daniel Duchesne au local 8595 ou a la maison au numero 339-0952.

Toutes les personnes interessees devront avoir donne leur nom avant le 17 Septembre 90.

CONVERSATIONAL ENGLISH

A conversational English course will be conducted by North Island College at CFB Comox in Building 22 starting end of September 90.

All dependants and members interested in learning or improving their English as a second language can obtain information and submit their names to MCpl Daniel Duchesne at local 8595 or at home at 339-0952 by the 17 Sep 90.

Glacier Greens Social Centre

An all-rank facility in scenic surroundings. Specializing in unit/section gatherings, crew de-briefs and open daily. Formal functions are requested to phone ahead, casual drop ins are always welcome. Limited catering is available from our facilities, outside catering and pot lucks are available with prior approval. A base facility for base personnel. The experts in recycling DND dollars.

***BAR*GRILL*TV*LOUNGE*BBQ*DARTS**

INFO 8720

Where the elite meet because its cheap! Call us the Social Centre or call s the Golf Club-but do call.

Section News



Supply Signals

Posting season is over at last! It's been an uphill battle in Clothing Stores this season with losing Pte Blondel, Pte Arsenault, Cpl VanderVoort, Cpl D'Amours and MCpl Bailey. Except for PO Watts and Cpl Hooze, everyone else is new.

There has been some results on trials of new clothing. Safety boots that were on trial will be issued to CE personnel in the spring of 91. Work dress shirts for Airforce personnel will be issued next year. Shirts to be exactly the same as Navy work dress shirt.

Undress Ribbons are now to be worn by Airforce personnel. Base Tailor has made the first lot of ribbons which are ready for issue. The second set are being started now.

New cold weather coveralls are being trialed in 442 Sqn this winter. Intermediate jackets and white coveralls for 500 series trades will eventually have velcro over zippers to prevent FOD.

NEWS FLASH - It seems during a supply baseball game this summer, WO Lavoie was seen hitting a grapefruit instead of a soft ball. Some people

really can't tell the difference! MIS welcomes Monty (Cpl Hurd) who replaced Kim Heath. Monty says your story sounds good but what's the point you are trying to make.

Cpl Rogers has joined Customer Services branch and Leading Seaman Leask has sailed up from Victoria to join CE Section.

NEWS FLASH - Ken Chaderton has finally started to build his house after one and a half years of planning.

These brown jobs have really invaded Base Supply this season. Cpl Sampson joins MPO Section from Gagetown and Cpl Hewer joins CRS from Petawawa.

As fall approaches us, I'm sure we've all seen those cute little deer roaming the Comox Valley minding their own business. Did you ever think that someone in our section would try to attack one of those poor defenceless creatures! Well, someone tried during Base Supply golf day. Not even hunting season mind you and it wasn't a clean shot by any means. Where's the game warden when you really need one?

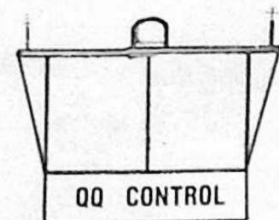
Promotions



The BScuro, Capt Ray Cossette presenting Pte Brian Steel with his first chevron. "Congratulations Brian, many more. No you don't have to buy the beer (and chips) at Post 13. This obligation is for 2 stripes or more only."



Congratulations to Pte M.J. Kearns on presentation of her 'first hook' by Capt R.G. Cossette, Base Security Officer.



As the beacon turns

Good day and welcome to yet another edition of our section guess whats. First of all, on behalf of the entire ATC staff, I'd like to thank Cpl 'Alien' Rheame for a job well done during his tenure as section reporter and wish him all the best on his posting overseas. PROSIT Mon Ami! On Vas s'ennuyer.

So what's been happening the last couple of weeks you say? Well, for starters Jim Houston is back from the Hotel de Aspirin in Cornwall and busy at work checking out downstairs. Speaking of checking out, Jan Jedras has shaken the monitors off his back while Bill Best is performing solo in the steel tree-fort.

Steve Knox made it back from the Banana Belt and you'll notice another ribbon on his uniform. You can't miss it, it's

the one with the dollar sign in the center. Apparently, he got a hard time down there on his morning inspections, specifically his hospital corners. I guess it took a while but his maid finally got it right. Must have been nice. Jacques Maillee and Sandra Guenther are off to Ticktee for 5 weeks of Par-For-The-Course. "Sorry guys, I had to say that." The Board of Education will be waiting for their return.

Barry Norris' single days came to an end this month with his wedding ceremony out east. Many a worlds problems were solved at his stag except for the problem Barry has of keeping things down at night. Let's just say he didn't care about his new shoes. The girls had a shower for Darlene Arsenault earlier this month where, among other things, I'm sure

the sex and weight of the baby was discussed. It came to me in a dream Darlene, you're having a baby girl, 7 lbs 8 ozs. And now for the sports. Chalk up another championship for those Base Ops boys of summer! The Base Ops Intersection Fastball team brought home the trophy for the 3rd time in the last 4 years. Congrats! The B Ops O Sports Day was held on the 5th of Sep where interesting golf scores were shot. A certain terminal controller trainee had a rather tough first hole. Look on the bright side Captain, if it was a par 15, you would have shot a birdie! The only two good balls I hit that day was when I...well you know. Well, it's time to say last call 'til the next time. This is Eric Howk reminding you... 'Death before miss-ident'.

Base Hospital

KEEPING YOUR BLOOD PRESSURE UNDER CONTROL.

High blood pressure is a serious medical problem that increases a persons risk for stroke, heart attack, or severe kidney damage. A number of life style changes can help lower your blood pressure, such as losing extra weight, using less salt and exercising. But most people with high blood pressure also need medication. There are several points to keep in mind about the medication your doctor has prescribed.

1. There is no cure for high blood pressure. Your medication lowers your blood pressure only as long as you keep taking it. Most people with high blood pressure must continue to take medicine to reduce their risk of developing one or more of the serious diseases mentioned above.

2. It's important to take your blood pressure medication every day according to the schedule your doctor has given you. You may not feel sick if you don't take your medicine, but uncontrolled blood pressure can damage your heart, blood vessels and kidneys, even if you feel fine. When your supply of medicine begins to run out, make sure to refill your prescription so that you won't get caught short and have to miss any doses.

You can do several things to help make sure you take your medication regularly.

1. Try to take your medication during a specific part of your daily routine so you won't forget it. For convenience, keep your pills near where you take them. If you have no small children at home, you may

want your pill bottle next to the toothpaste, for example, if you only take medicine in the morning. If you take medicine in the morning and evening, you might keep the pill bottle on the kitchen table so that you'll be reminded when you sit down to breakfast and dinner.

2. If you have trouble remembering whether you took your pills, consider buying a pill organizer at the drugstore. Once you've filled the organizer with your pills for the upcoming week, you'll be able to see at a glance whether you've forgotten to take any.

3. If you think you might forget, ask your spouse or another family member to remind you to take your medicine.

4. If you're worried about the cost of your medicine, ask your doctor whether he or she can prescribe a less expensive drug.

Comparison shopping may help you find a drugstore with lower prices.

Every medicine can cause certain side effects, but not every patient will get them. If you think your medicine is causing you side effects, phone your doctor, but don't stop taking your medication. Your doctor can often prescribe a different drug that will be less troublesome for you.

Don't miss doctors appointments even if you have not been taking your medicine every day. It's extremely important to have your blood pressure checked regularly. When you see the doctor, you can also discuss any problems you may be having with the medication and ask any questions you may have about your blood pressure.

WE WANT YOUNG IDEAS WHICH WILL BENEFIT YOUTH IN YOUR COMMUNITY!

The British Columbia Youth Advisory Council provides funds through the Youth Grants Program to support projects based on these ideas.

Applications are available from all Youth Council members, MLA offices, Government Agents, and Job Training Area Offices of the Ministry of Advanced Education, Training and Technology.

For more information, contact:

British Columbia Youth Advisory Council
5th Floor, 1483 Douglas St.
Victoria, British Columbia
V8W 3K4
Phone: 387-6065

The Honourable Bruce Strachan
Minister Responsible for Youth
Ministry of Advanced Education,
Training and Technology



CANEX

BIRTHDAY SALE

27 SEPT - 6 OCT 1990

COME AND HELP US CELEBRATE OUR 22nd BIRTHDAY. WE WILL BE SERVING FREE CAKE AND COFFEE AT 1000 HRS 27 SEPT.

RETAIL STORE

SUPER BUYS!

SEPT 28 BBQ \$329.99 Reg \$289.22 Sale	SEPT 29 \$50 OFF COMPUTER WHEN YOU BUY: Monitor, Keyboard and Disk Drive	SEPT 30 \$22.00 OFF ALL IN STOCK LAWNMOWERS	OCT 1 \$22.00 OFF ALL IN STOCK BICYCLES
OCT 2 CORNING DISH SET 16 Piece \$34.99 Reg \$22.22 Sale	OCT 3 SCRATCH NIGHT 5 Percent to 25 Percent 6 to 7	OCT 3 SCRATCH NIGHT 5 Percent to 25 Percent 8 to 9	OCT 4 EMERSON TS4354 20" TV \$499.99 Reg \$422.22 Sale
OCT 5 COLEMAN LANTERN OR EXTENSION POLE \$22.22	OCT 6 JOLYN JEWELLERY CHARMS & EARRINGS 22 PERCENT OFF	OCT 7 LAWN CHAIRS \$44.99 Reg \$37.22 Sale	OCT 8 HOLIDAY HOURS 12 to 4 HAPPY THANKSGIVING

WHILE QUANTITIES LAST

EXPRESSMART

SUPER BUYS!

HOSTESS CHIPS OR SNACKS 190-200 g ASST. 99¢	PEPSI OR 7UP REGULAR OR DIET 750 ml 59¢ plus deposit	McGAVINS FRENCH OR 100 PERCENT WHOLE WHEAT BREAD 510 g 79¢	COKE, SPRITE OR GINGERALE REGULAR OR DIET 750 ml 69¢ plus deposit
QUAKER CHEWY GRANOLA BAR ASSORTED 225 g \$2.19	ROWNTREE FAMILY BARS ASSORTED \$1.19	MJB COFFEE REGULAR OR FINE 737 g \$5.79	IMPERIAL SOFT MARGARINE 454 g \$1.89
PURITAN DINNERS ASSORTED 680 g \$1.99	HUNTS STE WED OR CRUSHED TOMATOES 398 ml 89¢	FLETCHERS WEINERS 450 g \$1.69	HI DRI JUMBO PAPER TOWEL 1's 89¢
HUGGIES DISPOSABLE DIAPERS ASSORTED \$10.49	PALMOLIVE DISH SOAP 1L REGULAR OR LEMONLINE \$2.49	LANCIA PASTAS 800 g ASSORTED \$1.59	SWISS YOGURTS 125 g ASSORTED 3/99¢

WHILE QUANTITIES LAST

VALUE • SERVICE • SATISFACTION

CASE LOT SALE

On selected items

Details at Canex

Express Mart

7 HANGER SNACK BAR

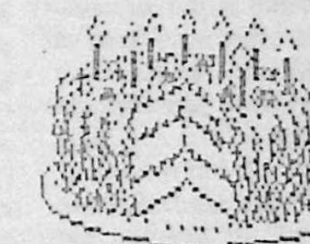
Daily specials during

Birthday Sale

CANEX SERVICE STATION

Shell TLO 10w30 and

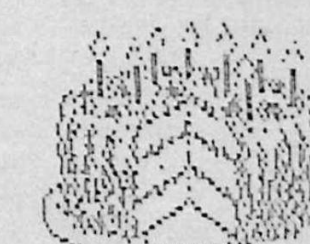
10w40 oil. Special



A draw will be held for an Emerson VCR Model 765 on 6 Oct at 1700 hrs. Just fill in your sales slip and put it in the draw box provided at each Canex outlet.



A Flea Market will be held in the Canex Parking lot on the 29th of Sept with an alternate date of 30 Sept in case of rain. The cost per table will be \$2.00. Proceeds to go to the Military Police Blind Fund.



To reserve a table call 339-8372. Tables are limited. Time for Flea Market is 1000 hrs to 1600 hrs.

Section News



442 Squadron

Buff Maint

A big welcome to the new guys on the floor, Cpl Martin Brooks and Cpl Mark Potter.

They will be a super addition to the Buff team and the Sqn Darren Thordarson's six month period of celebrity is almost over. He will soon depart for New Brunswick to tie the knot with fiancée Paulette. Paulette is a bit of a mystery to us all, as none of us have had the pleasure of meeting her yet. Congratulations to the lucky couple.

Brad Struke is out of commission for the next 3 or 4 weeks. He is undergoing D.L.I.R. We wish you a speedy recovery Brad.

Bruce Morgan and Aubree Bergin are off to Trenton to assist on a periodic. Congratulations are due to Aubree on his recent promotion to Cpl.

Overtime! Sgt Doug Roblee is finally getting even with us for all the less than savory

comments directed toward him, like baldness and BMI. Soon he'll be on his way to Amcro. Thankfully, he'll be sharing his hunting, fishing and grunt stories with those poor unfortunate souls rather than us.

Lastly, a big thanks and adieu to John Yaniuk who's on his way to brake and wheel. Good luck John.

R/W Maint

Serge Perron is gone, but not forgotten. Apparently, the chopper hoppers made Serge's last week in Comox an eventful and memorable one. I've yet to get confirmation in writing, but rumours have been circulating of one continuous party. That's believable. Serge and family are now residing in lovely Ottawa. They'll all be missed.

Congratulations to Shane Roenspies on his recent promotion to M slash. Great. Now you can decide when smoke breaks are. Way to go Shane.

And so long to Harlen Dziuba as he traverses over to brake and wheel. Hope to see you, and your nose, back at the Sqn after rotation.

AVSO

In the AVSO Section there is not much excitement lately. Some people are being moved around. In that vein we bid farewell to Wilf Laybolt who, while only with us for a short time, has left his mark on us in some way or another. He will be sadly missed. As we choke back our tears, we would like to wish him well on his new assignment to No.1 Crew. Get out your darts. There is a glimmer of light in all of this. Lisa Wilgress, from Nav Comm Labs, is with us during her ATAT rotation.

Kirk Waugh has rejoined us after a honeymoon in Hawaii. The happy couple tells us tales of fun and enjoyment and from this we deduce they had a good time. We are a little puzzled by the wearing of cotton in their ears. Some sort of family tradition or possibly a new fad?

Lloyd Stajkowski has also returned with tales of adventure from way up north. He also mentioned the strange drinks to warm your insides.

Ben Therrien is back as well after travelling to Edmonton and Vancouver. He looks well rested and ready to tackle all the surprises we find for him.

MSRO

The MSRO office is a hub-bub of excitement these days. Al Stephens was off to the mainland for the Indy. A reliable source has reported that 'Good Ol' Al' indulged a little more than norm and slept right thru the Indy race. Bet there's a story behind that info. The office would like to welcome Alex Martell and so long to Jim Fortin we think. Possibly Jim likes it here more than we know. He keeps coming up with all these extensions. That's ok, he can stay as long as he wants - we don't mind.

Big news for Nathalie Corneau. She's been slated for the rigors of JLC this fall.

Knowing Nat, not only will she do fine but she'll enjoy every minute of the course. Hope you do Nathalie.

June Curtis is back from holidays at the West Edmonton Mall - or was that Edmonton?

Apparently she and family had an excellent time and hope that a possible posting to the Mall could be arranged.

Finally, the Squadron would like to congratulate some of our members who are off to national sporting events. They include Robyn May and Anne Davies for Women's Fastball held in Edmonton, Kirk Waugh, Guy Godin, Maurice Leger and Denis McGuire representing mens fastball in Chilliwack, and Dave Devries, Rudy Holm, Don Peters and O.J. Williams for mens soccer being held in Calgary.

Our best wishes to all these fine athletes and hope they bring home some great memories.

DARTS! DARTS! DARTS!

THE JUNIOR RANKS MONDAY NIGHT MIXED DART LEAGUE IS IN NEED OF MORE PLAYERS. OPEN TO ALL MEMBERS AND SPOUSES. ALL LEVEL OF PLAYERS ARE NEEDED. SEASON BEGINS SEPT 11 90. FUN BEGINS AT 7:30 AT THE JUNIOR RANKS MESS. TO REGISTER CALL 8430 OR SIGN UP AT THE MESS. SEE YOU THERE!!!

Maida's Boutique

Lingerie and Maternity Wear

202-307 5th Street
Courtenay 338-1550

Bring this Ad in for your 10 percent discount on all merchandise

LINGERIE

Dim, Rosy Linda, Montelle and French-Maid.

We carry Warner's, Wonder-Bra,

MATERNITY

In maternity wear we carry Du-Date and Surprise.

Section News

Soccer Champs



Back Row: K. Mercer, B. Gowen, G. Williams, G. Johnson, R. Holm, D. Devries, K. Westerveld, D. Rothermund, K. Smith.
Front Row: O. Bokor, D. Portz, K. Roy, D. Peters, S. Bell, P. Landry, D. Durado.



Base Commander's kick-off.

Totems Win Gold

CFB Comox recently held the Pacific Region Soccer Tournament 27-30 Aug 90. Our own Totems went undefeated throughout the tournament which earned them a spot at the CF National Soccer Championship held at Calgary.

The team had been playing four nights per week for the entire summer prior to the championship. Although their night life suffered, the conditioning

paid off as the team powered its way toward the gold medal. At this time, I would like to thank Section heads for the support given to all players throughout the season. Also, I thank the players for their support, attitude and professionalism shown throughout the season.

David Rothermund
Coach
Base Soccer Team



You and Your Pay

The news this issue is Treasury Board has approved a 4.9 percent pay raise for the Canadian Forces retroactive to 1 April 1990. The Pay Section has quickly responded by actioning the raise to all the Pay Guides. This means your end September pay will include your back pay on the raise from 1 April to 30 September 1990.

Do you want extra money to spend at Christmas? Why not buy a Canada Savings Bond(s) this October and every year after that. You make a pay allotment for 12 easy monthly payments based on the size of

the bond you wish to buy and the bond is mailed to you next November. You can then cash the bond (which will include interest) just on time for Christmas shopping or hold onto the bond and let it mature. Say 'yes' when the canvasser comes around to your section in October and see just how easy it is to save money.

As you see in the photos, our Branch has had some promotions. We also have a number of new faces posted in. I will endeavour to come up with their names and a bit of background on them in upcoming articles.

BCompt Promotions - Maj Bodner presenting



Cathy Gow to Sergeant.



Marion Tasco to MCpl.

PCB Destruction Project Completed

OTTAWA--The Minister of National Defence, the Honourable Bill McKnight, announced today the successful completion of a PCB destruction project at Canadian Forces Base Goose Bay, Labrador.

The PCBs were destroyed in an infrared incinerator owned and operated by OHM Remediation Services of Canada Ltd. Despite some early mechanical problems, all 3,500 tonnes of PCB contaminated material originating in Goose Bay and coastal Labrador were destroyed. This represents 40 percent of the federal government's PCB inventory. The incineration, which began in January, marked the first time that a transportable incinerator has been used to destroy PCBs in Canada.

During the incineration, environmental monitoring was conducted by Environment

Canada, the Newfoundland Department of Environment and Lands, and the consulting engineering firm of Proctor and Redfern. The testing ensured that the incinerator met the requirements of Newfoundland and federal regulations on the use of mobile PCB destruction facilities. The results, which were made available to the public, indicated that the air quality surrounding the site and all water and ash leaving the site were in compliance with all regulations.

"The project was a success because of the direct involvement of the community in the planning and environmental monitoring of the incinerator," said Mr. McKnight. "The project demonstrates an expanded use of DND resources to meet national environmental goals and an increased commitment

by DND to undertake meaningful public consultation."

This project completes a first and important phase in the federal government's commitment to eliminate PCBs. The government will continue to work towards facilitating the siting of federally sponsored mobile PCB incinerators in regions across Canada where volumes of waste warrant it. The siting process will involve the full cooperation and participation of provincial and private sectors, as well as the communities involved.

The incinerator will be dismantled and removed from Goose Bay via barge by mid September. An environmental decommissioning plan is currently underway that will leave the destruction site in better condition than it was prior to the start of the project.

1,002,478

THAT'S HOW MANY CANADIANS ARE WATER SKIERS

Way to go, Canada!

PARTICIPATION

OFFICERS' MESS
SEPTEMBER 1990

Friday September 14 MEET & GREET

- Music by the band 'Echo'.

Food: Chinese.

Cost per couple: Members \$12,

Limited Associates & Guests \$14,

New Members (Current APS) \$6

Reservations by Sept 11

Wednesday September 12

OFFICERS MESS GOLF DAY/BBQ. Details TBA

Wednesday Sept 19

OFFICERS MESS LADIES CLUB.

Meet & Greet, Wine & Cheese.

Time 7:00 for 7:30.

Wednesdays September 5, 12, 19, 26

OFFICERS' COFFEE HOUR - Coffee will be served in the lounge at 1000 hrs. Dress of the Day. All officers are invited to attend.

Fridays September 7, 21, 28

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

Wednesday September 26

OLC BRIDGE CLUB - Time: 6:30 pm. WINE & CHEESE. Bridge to follow. For information call Trish 339-3262.

Saturday September 29

FISHING DERBY & BBQ - BBQ Steaks, Potatoes, Salads.

UPCOMING EVENTS FOR OCTOBER

13 October - OKTOBERFEST with CROSSWINDS

Protection
for
Firefighters

OTTAWA, June 29, 1990 -- Strong measures to protect the public and firefighters from often fatal fires set by arsonists will come into force on July 1, 1990. The announcement of the proclamation of Bill C-53 amending the Criminal Code provisions on arson was made today by the Honourable Kim Campbell, Minister of Justice and Attorney General of Canada.

"This new legislation makes public safety and protection of firefighters a top priority and will significantly reduce fatalities and injuries caused by deliberately and accidentally set fires," said Ms. Campbell.

The new simplified law sends a tough message to the modern day arsonist and to those considering arson as a scheme to defraud insurance companies.

To reflect the reality of modern day technology and chemical explosives, the new

continued on page 14

Military update

CF helps in Drug Bust

HALIFAX -- Canada's navy helped win a battle in the war on drugs late last month in a combined Canadian Forces, Royal Canadian Mounted Police, Canadian Coast Guard, and Sydney police operation.

The crew of HMCS Nipigon spotted a fishing boat entering a secluded cove late on the night of July 30, in heavy fog. Having been asked by the RCMP to assist in the capture of suspected drug smugglers, the Nipigon had switched from routine navy training exercises in the waters off Cape Breton Island to combat readiness requirements. When the ship's radar surveillance pinpointed a craft skulking into the cove, Nipigon CO Cdr Carl Doucette knew that it looked suspicious.

"There was no reason for it to be there and it was going at slow speeds," he said.

The Nipigon crew informed the RCMP and in the early morning hours of July 31, about 20 tons of hashish, worth an estimated \$300 million, were seized at Baleine, near

Louisbourg, N.S.

More than a dozen men were arrested; two fishing vessels and several vehicles, including a tractor trailer, were confiscated.

The operation was coordinated by Sydney Police and RCMP and included Aurora aircraft from CFB Greenwood and a Canadian Coast Guard ship. While the Aurora aircraft tracked ship locations, CCGS Mary Hichens provided RCMP with ship support.

"We (the Nipigon) were tasked to provide support to the RCMP to aid in the interdiction of drugs coming into Cape Breton," says Cdr Doucette.

The ship's crew was in constant contact with the Aurora aircraft and authorities on shore with the specific mission to prevent escape to sea by the drug-smuggling vessels.

Cdr Doucette says his crew did a great job during the surveillance operation, needing no specific training to carry out their duties.



HMCS Nipigon

"Our ability to operate as a naval warship allows us to do many other tasks."

In August of 1987, the Department of National Defence agreed in a Memorandum of Understanding to provide Canadian Forces ships and aircraft to monitor and

track offshore vessels and to provide the RCMP with the means of boarding suspected ships.

"There was tremendous cooperation between the federal agencies who were working together in this drug bust," says Cdr Doucette.

Cdr Doucette assumed his duties as commanding officer in Nipigon in July of 1989. Nipigon was commissioned in 1964 and recently refitted to accommodate 58 female crew members who are currently part of the total ship's company of 264.

The Future of the Navy

Canada's naval strategy for the future will consist of three elements -- that of three oceans, a balanced and versatile fleet, and sea control, says Rear-Admiral H. Timothy Porter.

The former chief of staff of Maritime Command Headquarters told the Oceans Policy in the 1990s conference held in Toronto recently that Canada is almost an island nation, with the world's longest coastline on three oceans, and a great inland waterway through the Great Lakes.

"The Canadian maritime security strategy for both national and collective defence contests can be distilled down to three principal elements -- three oceans, the balanced, versatile fleet-in-being, and sea control."

Rear-Admiral Porter described sea control as the ability to exert sufficient military influence at a point of contention that an enemy will back down.

"The idea is to make a challenger realize that the probable outcome of his challenge does not warrant the risks. Alternately it would make him come to the negotiating table in good faith."

The rear-admiral was one of several civilian and military speakers who dealt with various aspects of Canada's oceans policy. Topics included fisheries, sovereignty and offshore resources development.

In his speech, Porter gave a hint of how Canadian defence thinking is changing in the post Cold War world. He said naval planning has up to now largely been predicated on support for NATO maritime planning, but this is now shifting to a "Canada First" line of thinking.

"We have...adjusted our planning to note the greater potential for adversaries to challenge Canadians, their territories and their interests more directly and from all three ocean approaches -- the development of the submarine-launched cruise missile is a case in point. This audience is well aware that in terms of burgeoning trade in the Pacific, resource riches in the Arctic, and increased foreign military activity in both, these two regions are continuing to gain greater economic and strategic significance for Canadians."

Porter told the gathering, largely made up of retired and serving officers, that Canadians are becoming more aware of the importance of protecting ocean real estate. "We are proceeding on the assumption that Canadians will want to know what is going on in their ocean front yards, and then will want to be able to do something about things that they don't like."

He said evolving government policy is increasingly demanding that maritime forces be used more visibly for their fundamental purpose, which is

underwriting national sovereignty. "We like to call our maritime thinking in this regard the 'Canada First' approach -- I must make it perfectly clear, however, that this approach does not mean that our maritime forces can be less capable."

Doctor Peter Meyboom, deputy minister of fisheries and oceans, praised the navy's support of his department in helping to enforce the country's offshore regulations. This included the destroyer HMCS Saguenay, which last year opened fire on an American trawler illegally fishing in Canadian waters. The trawler fled, and refused to halt when Saguenay put a shot across her bows.

"We have no policing ability ourselves," he said. "Now the violations have almost stopped, and a new agreement has been reached with the United States on dealing with such infringements."

Moderator for the conference was retired rear-admiral Fred Crickard, of the Centre for Foreign Policy Studies, Dalhousie University, one of the sponsoring bodies.

"We are meeting 1,000 miles from the Atlantic, 2,000 miles from the Pacific, and 3,000 miles from the Arctic coast," he said. "But we are on the shores of our great inland waterway. We are an island nation -- there is no doubt about it. And we must start to look outward, and be prepared

to pay the bill for the protection and preservation of our ocean environments."

He emphasized that a direct military threat is not needed to justify a navy for Canada. The country, the rear-admiral said, must have a fleet-in-being that can work with other government departments to exercise

sovereignty and protection in three oceans.

"Our northern seas are the Mediterranean of the 21st century."

The conference was also sponsored by the Naval Officers Association of Canada, and the Oceans Institute of Canada.

Chem-Bio Reviewed

by DND

OTTAWA -- The Minister of National Defence, the Honourable Bill McKnight, on August 20, 1990, released the first annual review of the chemical and biological defence program of the Department of National Defence.

The review was prepared to make it easier for Canadians to understand the issues surrounding the chemical and biological research and development work of DND. The review identifies the focal points of Canadian activities concerning chemical and biological self-defence: hazard assessment, detection, protection, decontamination and therapy, along with international disarmament negotiations. The Barton report has already made it clear that those activities represent no risk to the public or the environment.

The annual review goes on to state that DND is tightening the management and control of this self-defence program in order to improve safety mechanisms applicable to research installations, and to ensure that ministerial directives are being followed.

Several other measures aim to encourage a better public understanding of Canadian initiatives in chemical and biological self-defence. The annual review is an indicator of this openness.

"These measures have done much to improve public trust and the visibility of DND's research activities," said Mr. McKnight. "I would like to foster the openness that has helped to put to rest many of the traditional misconceptions on chemical and biological self-defence research being done by our Department."

On the base

Airshow 90 in Review



Foreground: Experimentals, Centre, 407 Aurora



F-15 Eagle



Lots of shade under those wings



"Wonder if it'll fit m'Harley?"



"Hi Grandma!"



442 S.T.O.L.



Future Pilot

Section News



BAMSO

Protection for Firefighters

continued from page 11

IE/IS

NDT

We are starting to recover from the summer posting/retirement/leave period, and welcome Sgt Shentler as the new IS boss who comes to us from afar (407 serving 1 crew). Another welcome goes out to Pte Russell who comes to the IE side direct from Borden. He had arrived on 20 Aug, but none of us are really quite sure of the exact date he slipped in. We also welcome our new ATAT rotation apprentices from 407, Pte Sylvestre and Pte Dubreil.

I have to make mention about MCpl A. Turgeon who has almost settled into his MQ, and MCpl R. Turgeon who has been settled into his MQ for quite some time now. (Something funny is screaming to be said here, but I just can't put my finger on it.)

Congratulations go to our cyclist extraordinaire Pte Hutchins who placed 2nd only 2 minutes behind the leader in a 40 km race.

Cpl Grawbarger and I are back from our leave in Sturgis, South Dakota at the Black Hills Classic Motorcycle Rally.

Finally, in parting, goodbye to Cpl Boutet who we have lost to VU33. It was good working with you Mark.

Well it appears to be my turn at the computer this time. Nancy's conveniently sent herself to Penhold to become educated with the various aspects of junior leadership. I just returned from mine in the spring so I told her all about it. You know the story, "It's the best course you'll ever go on, you have so much fun, etc., etc." I lied to her just like everyone lied to me. I don't think that she believed me though as she has already planned her 'R&R' for the stresses incurred from the JLC. Five days after her return from Penhold she is off to CFB Edmonton to complete a practical examination for a second level NDT qualification. Shortly following that she will be on an aircraft bound for sunshine and white sand in Jamaica. I think I heard her say something about Ontario during Christmas and Australia in the spring. Wow, that JLC must be 'some hard'.

Dan Duchesne has finally moved back to civilization after camping most of the summer out at Airforce Beach. All of us were expecting him to come in to work one day with a raccoon hat in place of his wedge. He has been pretty busy as of late



Cpl Grawbarger observing the no-helmet/no T-shirt law in Wyoming during his trip to the Black Hills Classic Motorcycle event, "South Dakota".

trying to formulate a base bicycle club. By all indications it looks like there is a lot of interest. If any of you bikers out there are interested give Dan a call at the NDT shop.

About Bert Pelletier, well I don't know. None of us really know where he is. Actually he has been very busy. He bought a new house just lately and someone said he has been in his garage for the last week or so. Apparently if he doesn't come into the house soon his wife is going to apply to rezone the property and annex the garage. Lately every time Bert tries to come back to work he gets sent on a course or TD or

something. I'm sure that we'll see him sooner or later.

As for myself, things are plugging along as if they were normal. The end of the month I head to Trenton and Ottawa for a course at the same time I'm supposed to move. That's a trick that I haven't quite figured out yet.

It's been quite the summer. Between our normal work load and still working out the logistics of a new shop, we've had our hands full at times. Lucky for our undying dedication and unmatched fortitude.

Cpl Rick Franke

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British Columbia Lung Association

SENIORS

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You may be eligible for Shelter Aid for Elderly Renters (SAFER). The SAFER program provides direct cash assistance to eligible British Columbia residents age 60 and over who rent their accommodation.

On July 1, 1990, the SAFER program was enhanced by increasing allowable rent ceilings for singles, couples and sharers.

If you or someone you know may be eligible for SAFER, find out more by calling:

Victoria: 387-4331
Lower Mainland: 682-0391
Rest of Province: contact the operator and ask for Zenith 2656

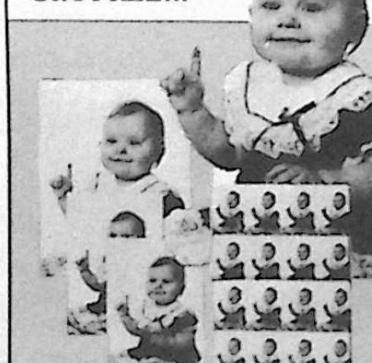
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Ministry of Social Services and Housing
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V8W 3A1

Province of British Columbia
Ministry of Social Services and Housing

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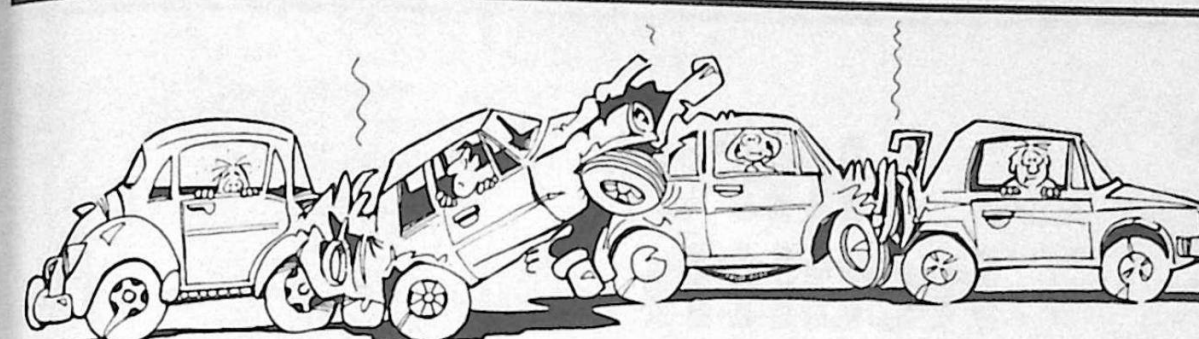
Sgt Corah (Steward) is presented his new rank by LCol D. Anderson, BAdmO. Congratulations are the order of the day!

Promotion - Maj Brown presenting



MCpl Carmichael (BAMPavo)

On and off base



MSE Safety

As schools reopen after summer vacation, hordes of youngsters will threaten your right-of-way as they go to and from their studies. It's one of the worst seasonal headaches of a drivers year.

A recent study showed that the general standard of road sense and behaviour among children is poor and there is a widespread failure to observe safety rules.

Many of the youngsters observed selected unsafe places to cross the street, more than half crossed without looking and nearly half were running.

Boys, particularly younger ones, are more likely to behave unsafely than girls.

And parents aren't really aware of the risks their children were running. How else can you explain that the researchers observed approx. 17 percent of six year olds being allowed to cross busy streets by themselves?

Hearing impaired children are particularly vulnerable, the study found, being 30 times

more likely to be involved in a pedestrian/motor vehicle accident.

One researcher commented that "most drivers expect children, however young, to be totally responsible for their childish actions; parents leave teachers to educate their children about road safety; and road designers expect children to cope in an adult environment."

Think about it. When you were a kid, did you really keep pedestrian safety in mind as you jostled your way along the street? Of course you didn't! You were to busy planning, laughing and playing and today's youngsters are no different. They're invincible.

They take risks. They're unpredictable.

So what are you to do?

The only safe course for drivers is to be constantly alert when children are around. Exercise caution at intersections near schools, at school

bus stops, near parks and playgrounds, and don't expect children to stay on the sidewalk. Just remember that their personal safety isn't necessarily on their minds...so it's got to be on yours.

Drive Child Friendly...Drive Defensively!

MSE QUESTION

Upon approaching a railroad crossing, you must

A. Slow down, listen and look both ways

B. Stop not less than 5 metres from nearest track when required.

C. Make gear changes before crossing track.

D. All of the above.

ANSWER 'D'

DRIVERS STATEMENT OF THE MONTH

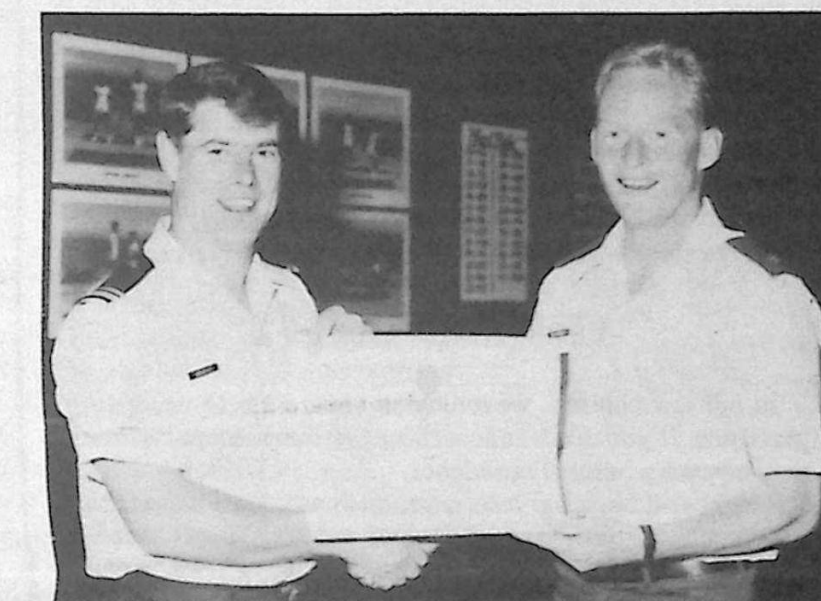
"The pedestrian had no idea which direction to go, so I ran over him."

Aerobic Excellence Awards

Lt (N) Bradley (BPERO) Presenting



Lt J.G. Carlisle



Cpl D. Devries

From our Yukon Correspondent



Teresa Miles

If you ever find yourself in the Yukon, be sure to travel along the Klondike Highway toward Skagway, Alaska. I guarantee you it will be a drive you will never forget.

The first thing you will notice is the ever changing scenery. Emerald green lakes and snow capped mountains to the Carcross desert to sub-arctic tundra.

At Mile 62.5 lies the town of Carcross. Take a stop here and visit Matthew Watson's General Store and the Caribou Hotel. Originally named Caribou Crossing, Carcross was the site of the driving of the Golden Spike completing the White Pass and Yukon Railroad on July 29, 1890. Continuing on down the highway takes you into British

Columbia and along the turbulent Tutshi River, and then to Canada Customs at Fraser, BC.

Just after passing the international border you reach the White Pass Summit, 3290 feet above sea level. Often hidden in the clouds, it feels as though you are on top of the world.

The fourteen miles from the Summit into Skagway are very picturesque. Waterfalls and creeks decorate both sides of the highway. Be sure and take a picture of Pitchfork Falls. Tumbling down the mountain from Goat Lake, under the White Pass and Yukon railway tracks and down into the Skagway River gorge, this waterfall divides into three forks at the bottom; hence its name.

Arriving in Skagway takes you back to the time of the Klondike Goldrush. Buildings have been restored to their original state and the boardwalk takes you along the main street lined with old saloons and of course numerous gift shops.

This just gives you a brief insight as to what you will find along the Klondike Highway.

If you are ever in Skagway, plan on spending a few days there. Give yourself plenty of time to explore the town and learn a little more of the history of the Klondike Goldrush. I hope you will enjoy it as much as I did.

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Health & fitness



ASK YOUR PHARMACIST

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

Healthier Feet - 1

Foot problems can make your life miserable. So don't take your feet for granted. Many common foot problems can result from poorly fitting shoes, poor circulation, unevenly trimmed toenails and disease.

Check your feet regularly or have them checked by a member of your family. Checkups can be important in the early diagnosis of many illnesses, including diabetes.

Standing up and stretching, walking and other forms of exercise help to improve the circulation of blood to the feet. Gentle massage and warm foot baths can also help.

Circulation is reduced by exposure to cold temperatures, smoking, wading or bathing in cold water, pressure on the feet from shoes and long periods of sitting or resting.

Choose shoes with uppers made of soft, flexible material which allow the shoe to conform to the shape of your foot. Leather shoes let the feet "breathe" and can reduce the possibility of skin irritations.

After washing your feet, dry them carefully, especially between the toes. Make sure toenails are properly trimmed.

Healthier Feet - 2

In our last column, we looked at some ways to avoid foot problems. If you don't follow those few simple steps, walking may become a painful experience.

Fungal and bacterial infections, such as athlete's foot, can cause redness, peeling, blisters and itching. If not treated promptly, a fungal or bacterial infection can become a chronic condition. To avoid such problems, keep your feet clean and dry, especially between the toes. Dust daily with a fungicidal powder or spray.

Itching and burning feet can also be a symptom of dry skin. For relief, apply moisturizers containing petrolatum or lanolin to the legs and feet every day. It's best to use soaps, even mild ones, sparingly since they dry the skin if used too often.

Repeated friction and pressure from shoes can cause corns and calluses. Consult your family doctor, a skin specialist, a podiatrist (a doctor who specializes in care of the feet) or an orthopedic surgeon to determine the cause.

Treating corns and calluses without a doctor's advice can be harmful, especially for people who have diabetes or poor circulation.

Warts are caused by viruses. They are sometimes painful and can spread if left untreated. Non-prescription preparations used without professional advice rarely cure warts. Consult your doctor for the best form of treatment for your particular case.

Bunions are big toe joints that are swollen and painful. Ill-fitting shoes or an inherited weakness in the foot can cause this problem. To help treat bunions, use protective pads that help cushion the painful area. Wear shoes that are wide in the instep and toes.

An ingrown toenail is a piece of nail which has pierced the skin. Improper trimming of the nails or pressure from a nail deformity is the usual cause. Cutting the toenails properly - straight across and level with the top of the toe - can help prevent ingrown nails.

Finally, people with diabetes are especially prone to foot infections because the disease may impair their sense of feeling. Diabetics also heal slowly, so any cuts require immediate attention.

If you have any questions about proper foot care, ask your Shoppers Drug Mart pharmacist. He or she can also recommend products which can help heal minor foot conditions.

info health

Dr. Bob Young



Spray Bombs

Some patients call them bombs, or spray bombs. Squirters, puffers, inhalers - all are terms used to describe what are best called metered dose aerosol dispensers.

These little containers, pressurized with Freon or other propellant, deliver a measured dose of a drug each time the valve is pressed. The nozzle is inserted in, or pointed at the mouth as a rule, but occasionally aerosols are used in the nose.

Most medicated aerosols are used to treat asthma, with the squirt timed to coincide with the start of a deep inward breath. Drug delivery is said to be enhanced if the puff is blown into an air-chamber held in the lips first, and the resulting fog inhaled.

This prevents the blast from hitting and sticking to the back of the throat, where it would do little good. Elaborate spacers are sold, but the cardboard tube from a roll of toilet paper works almost as well.

which open up air passages in asthma sufferers, minute doses of cortisone can be given this way. Cortisone tablets may not then be needed and their side effects avoided. Costisone sprays are also used in the nose for hay fever and similar problems.

More recently nitroglycerine aerosols have been introduced. Medicinal nitroglycerine does not explode, in spite of its name. The drug is used to treat angina, the chest pain

associated with coronary artery disease. Nitroglycerine has traditionally been given as a small tablet to be dissolved under the tongue. The bomb, which is sprayed into the mouth without inhaling, has a two-year shelf life while the tablets are only good for six months.

One patient, having been successfully switched to aerosol nitro, requested a supply of tablets in addition. Asked why, she said she could not take the aerosol when she and her husband took their customary weekend drives.

The car rides were sometimes a little bumpy, she said and it says right on the aerosol container 'Do Not Shake'!

Babycare

My wife and other young mothers of 25 years ago enjoyed seven to 10 days in hospital following uncomplicated deliveries. My daughter was allowed three, and some now take the baby home on the second day.

One thing that is sacrificed by the fast tracking is education of the new, and especially the first-time, mother.

Instruction in breast feeding, bathing, care of the umbilical cord, changing diapers, burping the infant, once provided by a knowledgeable nurse, is now received from a video tape, if at all.

The new mom is fortunate if she has her own mother or mother-in-law around to provide help. Visiting nurses, if available, also provide reassurance and can answer

questions - and perhaps advise when the doctor should be phoned.

I was hoping that I could summarize some of the things new parents might wonder, and perhaps worry about after they bring baby home. My list of things that I should include is longer than the column, and there is not room to provide meaningful information.

How can I discuss the difference in the cry due to colic and that due to hunger or wet diapers? Whether the spitting up after feeding is normal, as it usually is or is excessive? Eczema or heat rash as the cause of skin irritation?

Is the jaundice (yellowing of the skin) normal or a potential problem? The answer was known before the week-old baby left hospital in times past.

Chuckle

America has a very strong candidate in 'La Dur,' a fear-some looking schnauzer hound, who was retired from the Orlando police force in Florida in 1978. He consistently refused to do anything which might ruffle or offend the criminal classes.

His handling officer, Rick

Grims, had to admit: "He just won't go up and bite them. I got sick and tired of doing that dog's work for him."

The British contenders in this category, however, took things a stage further. 'Laddie' and 'Boy' were trained as detector dogs for drug raids. Their employment was terminated following a raid in the Midlands in 1967.

While the investigating officer questioned two suspects, they patted and stroked the dogs who eventually fell asleep in front of the fire. When the officer moved to arrest the suspects, one dog growled at him while the other leapt up and bit his thigh.

Health & fitness

B.C. Bestsellers

Week Ending: September 2, 1990
Produced: September 4, 1990
(Brackets) represent last week's position

FICTION

1. (5) *Four Past Midnight* King
2. (8) *Scions of the Shannara* Brooks
3. (1) *Skinny Legs and All* Robbins
4. (4) *Message from 'Nam* Steel
5. (-) *Bright's Crossing* Cameron
6. (-) *The Rowan* McCaffrey
7. (-) *The Golden Orange* Wambaugh
8. (-) *Hungry Ghosts* Fisher
9. (-) *The Remains of the Day* Shiguro
10. (-) *The Stone of Farewell* Williams

NON-FICTION

1. (6) *The Great Depression* Berton
2. (4) *Dance of Intimacy* Lerner
3. (2) *Bradshaw on the Family* Bradshaw
4. (-) *American Night: Writings of Jim Morrison* Morrison
5. (3) *Don't Shoot Its Only Me* Hope
6. (-) *The Sea is at Our Gates* German
7. (-) *Trump: Surviving at the Top* Trump
8. (-) *Maggie: An Intimate Portrait of a Woman in Power* Ogden
9. (-) *Gretzky: My Own Story* Gretzky
10. (1) *A Brief History of Time* Hawking

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Rec Centre

Better Bodies

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We at the Rec Centre are always pleased to acknowledge the fact that certain individuals seek to better themselves during their personal time. For this reason we strongly support the Aerobic Award of Excellence program here at the Base.

We are pleased to announce that two more of our Base personnel have received such an award. They are *Lt Jeff Carlisle*, the Base Fire Chief and *Cpl Dave Devries* of 442 Sqn. Lt Carlisle has been pounding the pavement for over a year and feels great. Cpl Devries is an avid soccer player and bodybuilder and runs as well. Both persons have endeavoured to enhance their overall fitness with aerobic activities.

Congratulations are extended to both for a job well done!

Exercise!

By Birgit Guderjahn - Fitness Consultant

Twenty percent of the Canadian population will exercise no matter what. Twenty percent will not exercise no matter what. This leaves sixty percent of the population that needs to be informed, educated and motivated to stay involved in some type of exercise and/or programmed activity. How? Let's take a look at some of the benefits of exercise, to help provide some incentives.

Improved cardio-vascular functioning - Increased ability of the heart and lungs to deliver oxygen to the working muscles and all other cells of the body.

Increased muscular strength and endurance - It will become easier to perform everyday tasks such as lifting, carrying and walking up stairs.

Increased metabolic rate - With more exercise the body will be able to utilize or burn up those extra calories.

Decrease in percentage body fat - The size of the fat cell can diminish. There can also be an increase in the amount of lean body tissue.

Reduction of stress emotions and anxiety - Research has shown that people who exercise regularly and in moderate amounts are able to cope more easily with life's stressors.

Increase in self-esteem and body image - A fitter person is a happier person; one who is able to look in the mirror and like what they see.

As can be seen by the above benefits, regular exercise does play an important role in achieving mental and physical well-being. For those of you who are interested in commencing regular exercise and require further information, contact the Base Gym (8315) PERI staff. They can provide you with everything you need to get you started. Good Luck.

Ladies Golf

Glacier Greens ladies hosted the ladies of the Sequoia Springs Golf & Country Club on Tuesday, August 14.

Winners from Sequoia Springs: Carol Strachan, 1st L.G.; Sarah Chase, 2nd L.G.; Bev Ebert, 1st L.N.; Ruth McGee, 2nd L.N.; Anne McCracken and Pat Campbell, least putts. Winners from Glacier Greens:

Irene Perry, 1st L.G.; Frankie McCaffrey, 2nd L.G.; Kay Banks, 3rd L.G.; Pat Verchere, 1st L.N.; Lorraine Courtemanche, 2nd L.N.; Anne Blake, 3rd L.N.; Claire Rathbun and Martha Campbell, least putts.

Following golf, the ladies enjoyed a delightful lunch.

Don't forget 27 Sep - Ladies Dinner at Columbus!!



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Everyone was a winner when the ladies of Glacier Greens held their annual Club Championship Golf Tournament, August 25-26.

Field low gross: Frankie McCaffrey; runner up Lorraine Courtemanche.

Field low net: Martha Campbell; K.P. Jackie Wilkie.

'A' Flight: 1st L.G., Inge McArthur; 1st L.N., Lori Cameron; 2nd L.G., Millie Hudson; 2nd L.N., Anne Patterson; 3rd L.G., Jan Verbeek; 3rd L.N., Kay Banks; 4th L.G., Jackie Wilkie; 4th L.N., Anna Sutton; 5th L.G., Irene Perry; 5th L.N., Verle Lafferty.

'B' Flight: 1st L.G., Mickey Behan; 1st L.N., Corinne Innes; 2nd L.G., Vi Wilander; 2nd L.N., Anne Blake; 3rd L.G., Pat Schmidt; 3rd L.N., Elsie Downey; 4th L.G., Joan Horvath; 4th L.N., Dianne Bainbridge; 5th L.G., Rosalie Lloyd; 5th L.N., Norma McCall.

PAC

REGION

RUNNING

RESULTS



CFB Comox running team recently returned home after competing at the Pacific Region Running Championship held at CFB Chilliwack. Although work commitments weakened the teams chances to win, it didn't stop WO Al Munday, MCpl Tanner and MCpl (W) Tanner from attaining excellent results. MCpl (W) Tanner finished fifth in the mens open category. WO Al Munday finished first in the Masters and was subsequently selected to attend the CF Nationals held at CFB Borden. Congratulations to all three members for a job well done!!

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HOME environment
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COMOX AIR FORCE MUSEUM AND GIFT SHOP

Experience our military West Coast aviation heritage from Canada's first flight, the Silver Dart, to the modern jet age, the Comox Air Force Museum's exhibits reflect the heritage, customs and traditions of Canada's air forces by focusing on the history of CFB Comox.

MAY thru SEPT daily 10:00-4:00
OCT thru APR Sat & Sun 10:00-4:00
CFB COMOX, LAZO, B.C. V9R 2K0
PHONE: (604) 339-8635
FREE ADMISSION

Next Deadline 24 Sep 90

Next Deadline 24 Sep 90

Public announcements

Rink Attendant

Persons interested in working at the Glacier Greens as a rink attendant, wage approx \$6.25 per hr, are to hand in their resume to the Snr PERI by 21 Sep 90.

Fire Chief

Investigation revealed that there is a possibility of improper operation of the one shot in Type A3 coffee maker. Failure of the unit to respond to a fault situation is attributed to the above condition. This failure mode causes overheating and a potential fire and shock hazard.

Pac Region Soccer

Approximately ninety competitors from CFB Chilliwack, CFB Esquimalt, 3 PPCLI Esquimalt and CFB Comox will vie for soccer supremacy and the privilege of representing our region at the Nationals at CFB Calgary, 10-14 Sep 90. Accommodations will be provided by Base Housing. Due to the nature of the sport a Medical Assistant is to be in attendance for all games. A work party may be required to assist the organizing committee.

The OPI for this competition will be 2Lt Bradley, BPERO, at loc 8542.

CANEX

BEAUTY SHOP AND BARBER SHOP HOURS

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OPERATION

CANEX GAS BAR

MONDAY TO FRIDAY
0700 - 1600 hrs
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1000 - 1600 hrs

NO.7 HANGAR SNACK BAR

MONDAY TO FRIDAY
0800 - 1430 hrs

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MONDAY TO SUNDAY
0830 - 2100 hrs

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MONDAY TO SATURDAY
1000 - 1700 hrs
SUNDAY
1200 - 1600 hrs

BEAUTY SHOP

CLOSED - SUNDAY & MONDAY
TUESDAY - FRIDAY
0900 - 1600 hrs
SATURDAY
0900 - 1300 hrs
WILL STAY OPEN LATER WITH APPOINTMENT

BARBER SHOP

MONDAY TO FRIDAY
0700 - 1600 hrs
CLOSED
SATURDAY AND SUNDAY

Officers Mess

Ladies Club

The Officers Mess Ladies Club's first function to begin the 1990/91 year will be a 'Meety & Greet' wine and cheese on Wednesday, Sep 19, 7:00 pm for 7:30 pm. The cost will be \$7 for members and \$4 for non-members. Memberships may be purchased that evening for \$6. We encourage new memberships and old alike to come out for the evening and enjoy the festivities.

Jr Ranks

Ladies Club

Wine and Cheese

Meet and Greet
Mess Lounge
at 7:30 PM

8:00 PM Business Meeting

New Members Welcome



TERRY FOX

RUN

14 SEP -

BE READY - PARTICIPATE

The Base will conduct its run at 1300 hrs on the 14 Sep 90. All participants (runners, walkers, cyclists, skate boarders, etc.) will traverse a well marked route from the Rec Centre out to the tower and return (approx 8 km). Refreshments will be available at the tower and Rec Centre. Section heads are encouraged to support this worthwhile event in order to surpass last years total pledge of \$875.

WALK • RIDE • WHEEL • SWIM • DANCE •

10TH ANNUAL TERRY FOX RUN

For Cancer Research

SUNDAY, SEPT. 16

FOR MORE INFORMATION
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Enclosed is my gift in the amount of \$ _____

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Canadian Crossword

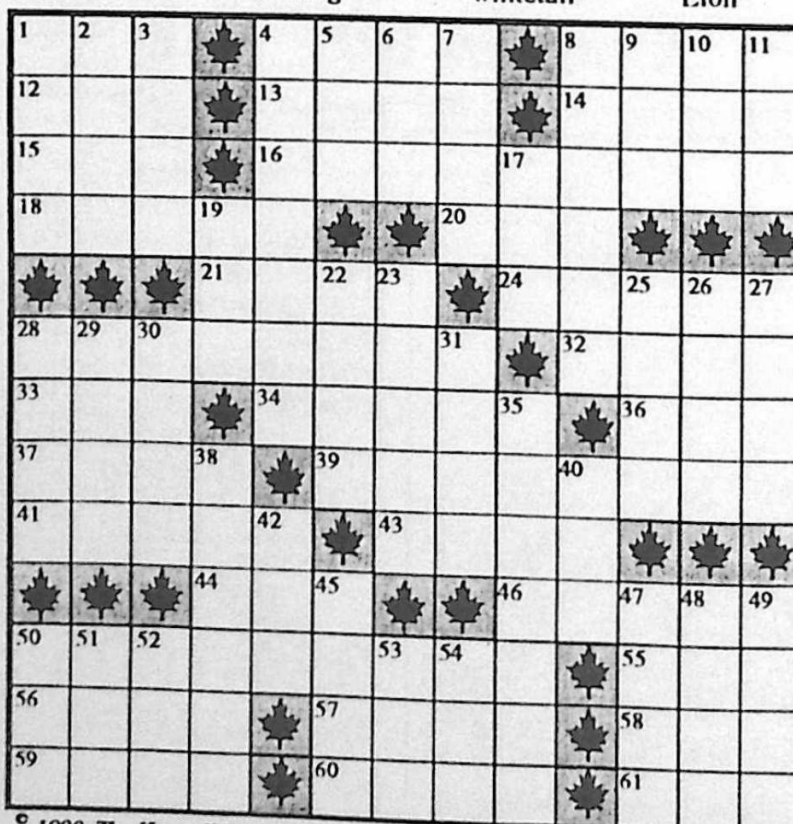
By Rick McConnell

Solution on Page 20

ACROSS	1. Network (abbr.)	4. Dreadful	8. Ruin	12. Brew	13. Symbol	14. "Thanks _____!"	15. Salt in Sorel	16. Bright Flank egg choice	18. Fantasy Garden flower?	20. Sea-bird	21. "Small bell" girl	24. Combines	28. Scorched Flank river, NWT	32. Pair	33. Japanese statesman	34. Express	36. Meadow	
	37. Info	39. Hillside Fire	41. Yukon	43. To be in Taibi Lake	44. "Rock-aria" band (abbr.)	46. Dunc	50. Bright Hillside, N.S.	55. Libyan measurement	56. Portico	57. Paddles	58. Hearing organ	59. Macdonald bills	60. Rework copy	61. Swiss peak				
	group	2. Navy or Sky in Noyan	3. Smallest living unit	4. Rid	5. Hosp. ward	6. Former Leaf Ellis	7. Sicilian resort	8. Revelled	9. Clay now	10. Head move	11. Summer in	12. Sayabec word	19. Hotel	22. Arm or leg	23. Worship	25. Fraser Delta	26. Mule or whitetail	
	27. Canuck's Smyl	28. Offers	29. Mormon state	30. Canuck's Darcy	31. Coup d'	35. Strangest	38. Playing places	40. Playing place?	42. Layer	45. Wood-wind	47. Creation	48. Test type	49. Canvas cover	50. Certain jet	51. Western Indian	52. sequitur	53. Water cooler, for short	54. Biblical Lion

DOWN

1. Acting



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Next Deadline 24 Sep 90



Backed by the Showdogs Art Bergmann has compiled one of the most compelling, often haunting, releases of the year. "Sexual Roulette" (Duke Street) is the follow-up to 1988's critically acclaimed "Crawl With Me" but this time around the Showdogs (previously known as Poisoned) have become a tighter group. It is their cohesive sound that augments the haunting lyric line that Bergmann brings to life via such tracks as "Bound for Vegas", "Bar of Pain" and "The Hospital Song".

The title track has the spotlight firmly pointed to Art's street-wise song. The Showdogs (Susan Richter, keyboards; Taylor Nelson Little, drums; and, Ray Fulmer, bass) punctuate Art's delivery with a sound that sometimes alternates between pop and rock while the front man holds a steady groove in "Swamp Food Thing" and the biting "Gambol".

Bergmann's musical history started with The Schmorgs and moves through a succession of groups that include The K-Tels, Young Canadians and Los Populares. A half-dozen years ago, Los Populares released the single "Mystery To Me" and an extended play "Born Free". Shortly thereafter, they split. It was in '84 that Poisoned (now Showdogs) got together and the result was "Crawl With Me". It's taken a few years, a couple of releases, constant touring but finally, Art Bergman is on the brink of full blown success. A couple of other tracks to check out include "(She) Hit Me" and "More Blue Shock". CHECK IT OUT.

If you're looking for something great that grooves from start to finish, check out Oingo Boingo's "Dark At the End Of the Tunnel" (MCA). On the chance that you are one of the remaining Canadians that hasn't picked up a copy of Sinead O'Connor's "I Do Not Want What I Haven't Got" (Chrysalis) it is about the best thing that happened to the charts this year. Finally, Bell Biv DeVoe's "Poison" is where it's at! A monster hit that should be in everyone's collection.



Art Bergman

888 (KOMOX) WING
RCAFA
AUGUST CALENDAR OF EVENTS

SAT 25 - CORN BOIL 'N BBQ Air Force Beach
Pavillion 3 - 8 pm - \$2.50 ea

SUN 26 - SLOW PITCH BALL GAME At the diamonds behind Canex - 1 - 3 pm

Wing will be open 12 noon - 6 pm
Come out and support the Wing and have a good time.
Wing hours of operation are as follows:
Thurs. 11 am - 6 pm
Fri and Sat 11 am to 1 am

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IT'S COOL INSIDE - IT'S COMFORTABLE ON OUR PATIO.
DND AND MILITARY GUESTS WELCOME



YOU MAKE IT HAPPEN

COMOX DISTRICT UNITED WAY

The CFB Comox United Way Campaign will commence on 17 Sep 90 and will continue until 31 Oct 90.

The United Way is an extremely worthwhile organization that exists to raise funds for a wide variety of important community charitable organizations, and this year is providing funds to 22 agencies in the Comox Valley. Since the United Way relies almost exclusively on volunteer ad-

ministrators and canvassers, it is an extremely efficient way of channeling funds directly where needed. Less than 6 percent of funds raised go to administration costs.

Donations by Base members remain locally to benefit those in our own community less fortunate than ourselves. This year over 10,000 Comox Valley residents will benefit in some way by contributions to the United Way.

In the coming weeks every Base member will be approached by a designated United Way canvasser. Everyone is encouraged to contribute, no matter how small, either with a cash or cheque donation, or a monthly pay assignment. Remember, by giving a little you will be helping a large number of people who rely on these benefits.

Our traditional success in meeting our goals has made CFB Comox a significant contributor to the Comox Valley campaign. Let's make it happen again in 1990!

Capt John Purdy
United Way Coordinator
Local 8634

IBM Power Cords

Toronto, June 28, 1990...IBM Canada Ltd. is notifying customers and dealers today of a potential problem with power cords intended for its Personal System 12 production.

While there have been no reports of electrical shocks from the defective cords, situations may exist in which users would be exposed to potential electrical shock or injury.

The affected power cords were sold in Canada, the United States, Latin America and certain countries in Asia.

These cords can be identified by the marking 'Multilec' embossed on the male end plug of the cord. As a preventive measure, IBM Canada will exchange all power cords identified with the 'Multilec' marking.

Customers with one of these cords should contact an IBM authorized dealer on IBM at 1-800-465-6666.

COMOX DISTRICT UNITED WAY
KICK-OFF DANCE

CAMPA Big Band

SATURDAY
SEPT. 15, 1990

FLORENCE FILBERG CENTRE
411 Anderson St.,
COURTENAY

Doors Open: 7:00 p.m.
Dance: 8:00 p.m. - 12 midnight
\$10.00 per person

REFRESHMENTS AVAILABLE

TICKETS AVAILABLE AT:
★ SOUND STATION Courtenay
★ FLORENCE FILBERG CENTRE Courtenay
★ BLUE HERON BOOKS Comox Ave., Comox
★ CAMPA STUDIO Hector Road, Comox

Say YES The United Way
FOR INFORMATION
339-5141

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BIG BAND ERA
as played by ★ GLENN MILLER ★ HARRY JAMES ★ WOODY HERMAN
★ GENE KRUPA ★ TOMMY DORSEY AND MORE!!



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338-5596



830 CLIFFE AVENUE, COURTENAY

Off the base

Comox Legion Golf Tournament



The Comox Legion held its 1990 golf tournament on 12 Aug at the Comox Golf Club. Joe Terris, Br. 160 Sports Officer presents Hank Vanderhalven with his trophy for low net.



Comox Legion golf tournament low net winners under the Calloway handicap system. (With players like these, who needs a handicap?) From L to R: Joe Terris, Tournament Director, Pete Chaluk, Ted Mitchell, Ray Pearce, Blaine Schmidt, Lee 'The Postle'.

Proctor-Silex recalls Coffeemaker A74AL

Toronto, Ontario, August 23, 1990: Proctor-Silex Canada Inc. has announced it is voluntarily recalling certain 10-cup drip coffeemakers made during 1985 and 1986, because they may present a potential fire hazard.

The coffeemakers involved are Model A474AL, Type A3, with Series Numbers ending in 58 or 68. However, units marked with Series Numbers A1558 or A3058 are not being recalled.

The model, type and series numbers are marked on the metal bottom plate of the coffeemaker.

The potential hazard, discovered by Proctor-Silex, results from an improper operation of a component part of the coffeemaker, supplied by another company.

The coffeemaker subject to this voluntary recall are no longer being manufactured nor

are they available in retail stores.

In the interest of safety, Proctor-Silex requests that owners of the recalled coffeemakers discontinue using them and return the coffeemakers by mail, as soon as possible. Only the basic unit

should be mailed, immediately, together with a label showing a return mailing address in block print. Do not return the glass carafe, lid or basket parts.

Send to:
Proctor-Silex Canada Inc.
Product Safety Department
Dept. 514, P.O. Box 1630A

Picton, Ontario, K0K 2T0
Proctor-Silex will replace the coffeemaker with a 12-cup coffeemaker.

If you have any questions on this recall action, please call the toll free recall question line at 1-800-465-3483. These lines are staffed to handle recall questions only.



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EXCELLENT VIDEO OPPORTUNITY. Incorporated company in video rental and electronic retailing located in Comox Valley. Projected 1990 gross sales of \$340,000. For sale by owner. Contact Nena or John Bill, 264 Arderton Road, Comox. Business 339-0112 or residential 337-8840.

LIVING PAYDAY TO PAYDAY? I can, and will, show anyone, any age, how to make serious money anywhere! Send Self-addressed envelope to: "MONEY", 11810 Kingsway Ave., Edmonton, Alta. T5G 0X5. Do anything today, but don't ignore this ad.

ALBERTO'S PIZZA. Burns Lake, B.C. Probably the best decor and equipped pizza restaurant in the northwest. With best possible location in town on Hwy 16 and Main street. Owner will train for whatever time required and will finance (O.A.C.) with \$70,000 down. Also, will consider all trades (boats, real estate etc.). Call Dave 1-692-7707 after hours 1-699-7639.

Your Business - Our Experience. Enjoy the benefits of our years in Automotive Detailing. Our training and business plan plus your location = SUCCESS. Call or write TODAY. First Step Consulting, #140-20465 Douglas Crescent, Langley, B.C. V3A 4B6. (604)533-2931.

LADIES, earn up to \$60,000 in your own part-time home-based gift basket business. Contact Bountiful Baskets Wholesalers, 1250 Sheppard Ave. West, #17, Downsview, Ontario. M3K 1Z9.

BUSINESS OPPORTUNITIES

Do you like to deal with the people who make your community move? Then this P/T or F/T commission opportunity will definitely appeal to you and put money in your pocket! You deal directly with business, clubs and other organizations. For further information write: Box 812, c/o The News, 1405 Broadway, Port Coquitlam, B.C. V3C 5W9.

START A MAIL-ORDER HOME BUSINESS. Easy, profitable. Sell information by mail. Books, newsletters, courses. We drop-ship. Details: Garant, Box 2895WK, Thunder Bay, Ontario. P7B 5G3.

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ORDER YOUR "LOVE STUFF" BY MAIL FROM OUR NEW LOVER'S LANE CATALOGUE!

You're assured privacy and security from our established store! Check us out in the BBB HOME SHOPPING! BEST SELECTION GREAT SERVICE! \$5/catalogue: LOVER'S LANE BOUTIQUE, 1074 SHOPPERS' ROW, CAMPBELL RIVER, B.C. V9W 2C6. PHONE (604)286-1010.

DIVORCE? No court appearance or consent of spouse necessary! Just 5-15 weeks \$69.95 plus costs. You or we type. Lawyer endorsed. Send for copy of Canada's new Divorce Act and literature. Same system since 1970. Divorce service, 1-657-2900. Franchises available.

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FREE care guide to home-study correspondence Diploma courses. Accounting, Airconditioning, Bookkeeping, Business, Cosmetology, Electronics, Legal/Medical Secretary, Psychology, Travel. Granton, (5A) 263 Adelaide West, Toronto. 1-800-950-1972.

HOW TO PLAY POPULAR PIANO. New home study course. Fast, easy method. Guaranteed! FREE information. Write: Popular Music, Studio (60), 3284 Boucherie Road, Kelowna, B.C. V1Z 2H2.

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Lighting fixtures. Western Canada's largest display. Wholesale and retail. Free catalogue available. Norburn Lighting Centre, 4600 East Hastings St., Burnaby, B.C. V5C 2K5. Phone: (604)299-0666.

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BODY, MIND, SPIRIT? Who are you really? Call the Dianetics hotline 1-800-FOR-TRUTH. 1-800-367-8788.

HELP WANTED
Train to manage an Apartment/Condominium complex. The government licensed homestay certification includes free placement assistance. Free brochure: (604) 681-5456. Or: RMTI, 1120-769 W. Pender, Vancouver, B.C. V6C 1H2.

VANCOUVER ISLAND GROCER REQUIRES QUALIFIED PEOPLE NOW! We have immediate openings for a Bakery Manager, Bakery Clerk, Deli Clerk, Produce Clerk, Grocery Clerk and Cashiers. Previous experience at these positions will guarantee you a reply. Successful applicants will be rewarded with an excellent starting wage and a comprehensive employee benefit package. Please fax your resume stating your experience to: FAX # (604)248-4307.

HOUSEWIVES, Mothers and interested persons needed immediately to sell toys and gifts for National Home Party Plan. No investment, deliveries or money collection. Call (519)258-7005.

HELP WANTED

Industrial First Aid Attendants. B or higher needed for employment throughout B.C. Forward resume to: Polar Industrial First Aid Service, 6200 McKay Avenue, Suite 145-749, Burnaby, B.C. V5H 4L7. Fax: (604)435-7638.

The town of Smithers is seeking a mature individual to carry out the duties of Bylaw Enforcement. The preferred candidate will have previous experience in the area of law or bylaw enforcement. The successful applicant should have excellent reporting and communication skills, both oral and written. Forward resumes to the undersigned by September 21, 1990. Building Licence Inspector, Town of Smithers, Box 879, Smithers, B.C. V0J 2N0. FAX: 847-9643.

REQUIRED IMMEDIATELY journeyman or 3rd year parts person for progressive Ford New Holland dealership and Napa auto parts store. Apply: Ed, Box 2589, Pincher Creek, Alta. T0K 1W0. Phone (403)627-3646.

CHATEAU LAKE LOUISE. The Jewel of the Rockies requires two ski instructors to begin mid-November and mid-December. Mandatory to possess Canski Level 1. Please send resume to: Chateau Lake Louise, Lake Louise, AB. T0L 1E0. Attention: Human Resources Dept.

WE'RE BUSY. Journeyman service technicians required. We want the best! We'll pay the best! Up to \$20 per hour, flat rate, plus benefits. Please call Pioneer Chrysler Jeep, Wetaskiwin, AB. (403)352-2277. Ask for Larry or Wayne.

SUNSHINE VILLAGE, BANFF. Lift operations supervisor required. Excellent ski privileges for proven supervisory skills. Teresa Mullen, Box 1510, Banff AB, T0L 0C0. (403)762-6546.

CAMELION - Run a business from your home marketing sheer non-hosiery & sterling silver jewelry. 40-50% profit. Start before the pre-Christmas rush. Call collect: (604)687-0510/687-0409, weekends/evenings 681-3354.

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An advertising "Best Buy" For \$165.00 you can place your classified ad in over 100 B.C. & Yukon Newspapers.

HELP WANTED

Twice-weekly community newspaper requires full-time photojournalist. Duties include enterprise, news, sports and general assignments. Wages and benefits are in accordance with the union contract. Send resume and clips to Ward Perrin, Photo Editor, Now Newspapers, 418 Sixth St., New Westminster, B.C. V3L 3B2.

PERSONALS

WOULD YOU LIKE TO correspond with unattached Christian people, ages 18-80, the object being companionship or marriage. Write: ASHGHQVE, P.O. Box 205, Chase, B.C. V0E 1M0.

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AUSTRALIAN/NEW ZEALAND. Call the South Pacific Specialist, ANZA Travel. Vancouver/Auckland, return from \$899 to \$1,289. Vancouver/Sydney return from \$1,149 to \$1,579. Toll-free 1-800-972-6928.

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EMPLOYERS! Qualified & experienced German tradesmen & executives seeking sponsors for immigration. Willing to locate anywhere. Architects, carpenters, computer technicians, etc. Fax (604)980-5563 or phone (604)980-5580. URGENT.

RÉSUMÉ SERVICE. Are you a reporter, writer, graphic artist, sales manager, or looking for a job in the newspaper industry? We keep résumés of people within the newspaper industry looking for work for our members.

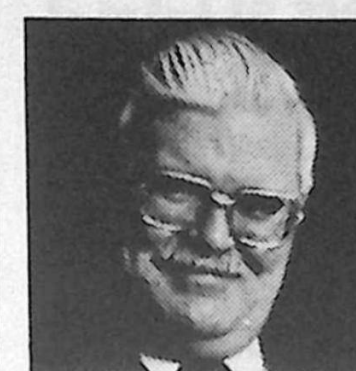
So, if you are looking for a job in the newspaper industry, send a covering letter and resume to: Special Projects, BC&YCN, 414-1033 Davie St., Vancouver, B.C. V6E 1M7.

Leisure

by Gerry Gerow

Little Eskimo

Dog Talk



Let's start this off by reviewing a breed book I received recently. The Complete American Eskimo, by Barbara Beynon, Howell Book House, and Collier Macmillan, Canada. \$27.95.

This is a 206 page hard cover addition, illustrated by over 90 photographs. It's all here, starting with the history of the breed, and attributing it to the Spitz type of dog from Central Europe. This lovable little dog is not presently officially recognized in Canada or the United States, and Beynon goes to considerable lengths explaining why it has not been recognized and detailing the steps being taken to bring this about.

The breed standard used by the United Kennel Club, a private organization in the United States, which does recognize the American Eskimo, is clearly stated and explained. As well there are chapters dealing with showing and obedience with these lovable little dogs.

Don't confuse the American Eskimo with the Canadian Eskimo dog, which is a working sled dog breed. The American is a miniature model which stands only 12 to 15 inches high.

Anyone who has an interest in these dogs can find out all they want to know, right here in this book. It should be in book stores now. If not, it can be ordered from the publisher.

The book I just reviewed leads naturally into this week's subject. The so called, miscellaneous class of dogs. For many years, the Canadian Kennel Club, which was the only organization authorized to register purebred dogs in Canada, under the Canadian Livestock Act, had taken the position of being obstinate about admitting new breeds to the registry. They have established a miscellaneous class listing these dogs, but they will not register them. The public has finally had enough. Under pressure of having the Kennel Club destroyed by

warring factions, the miscellaneous class has now been expanded to include 159 breeds of dogs. Hopefully, many of these breeds will be admitted to full recognition in the not too distant future.

Anyone can register dogs in Canada. You do not have to be a member of the Canadian Kennel Club. It costs a member of the C.K.C. \$10 to register a litter, and another \$10 each to register each individual dog in the litter. Non members must pay double these amounts, so the '35 membership fee is usually worth while. When one considers the prices charged for registered dogs these days, it can easily be seen that if an individual purebred dog does not have papers, the reason is not cost.

I would like to add a question and answer section to these articles. If you have any questions, please write me a note in care of this newspaper.

Chuckie

Attempting to catch a persistent thief in 1978, the Doncaster police set up a secret camera in the changing rooms of a local squash club.

When they played back the film, the police found that all they had succeeded in filming was one of their own policemen wandering round naked and looking for his clothes, which had been stolen.

IT'S A MATTER OF LIFE AND BREATH
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British Columbia Lung Association

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50th ANNIVERSARY
SEP 16



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LADIES, earn up to \$60,000 in your own part-time home-based gift basket business. Contact Bountiful Baskets Wholesalers, 1250 Sheppard Ave. West, #17, Downsview, Ontario. M3K 1Z9.

BRANCH 160 COMOX

ENTERTAINMENT

Fri 14 Sept
Fri 21 Sept
Fri 28 Sept
Fri 05 Oct
Fri 12 Oct

Music by Westwind
Music by Alleycats
Music by Valley Boys
Music by Westwind
Music by Shaboom

REGULAR ACTIVITIES

SUNDAYS..... Lounge 11 am to 6 pm
MONDAYS..... Men's Dart League - Navy Room. 7:30 pm
L.A. Drop-In-Bingo. Upper Hall, 7:30 pm
TUESDAYS..... Ladies Crib League, Lounge 8 pm
Mixed Dart League. Upper Hall 7:30 pm
WEDNESDAYS..... Navy League Drop-In Bingo
Upper Hall. 7:30 pm
C.V. Crib League. Organization Mtg. Sept 19, 8 pm
THURSDAYS... *1st Branch Exec.Mtg. 8:00 pm Upper Hall
L. A. Exec. Mtg. (as req.)
*2nd L.A. Gen. Mtg., Upper Hall, 8 pm
3rd Branch General Mtg. 8 pm Upper Hall
FRIDAYS..... Meat Draws, Lounge 2-6 pm
Dance, Lounge, unless advised
SATURDAYS..... Meat Draws, Lounge 2-6 pm

UPCOMING EVENTS

WEDNESDAY SEPT 19 - Comox Legion Branch 160 will hold an organizational meeting of all interested MALE CRIB PLAYERS who are members of Br.160 and wish to play in the Comox Valley Cribbage League. If enough interest and enough players are available Comox Legion may have two teams in the league. League play is on Wednesday nights, either home or away at 8 PM. League play will likely start on Sept 26. TBA.

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Leisure

Sailing News

CFSA gathers at GGGC on Sep 19

There will be a gathering of the Comox chapter of the CFSA (not to be confused with a general meeting, which I understand is infinitely different from a 'gathering') at Glacier Greens Golf Club on September 19 at 1900 hrs. There are a number of topics that require

discussion, including the particulars of the Fall Cruise at the end of the month, and the intention of a keelboat course scheduled for the 13th and 14th of October. Unfortunately, there will be no rum race this year due to the poor condition of the dinghy fleet. The 'new'

dinghys (currently in dry dock) were lacking in good craftsmanship and ease of rigging, which made them unsuitable for beginners and ultimately led to their rapid deterioration. Apparently, this same problem has been observed on other CF Bases.

Regrettably, the combination of the jetty construction and less than adequate equipment has led to a lackluster sailing season, but these are problems that could not be foreseen or avoided. There are still a few events remaining, so all interested persons

are urged to attend the gathering on the 19 of September.



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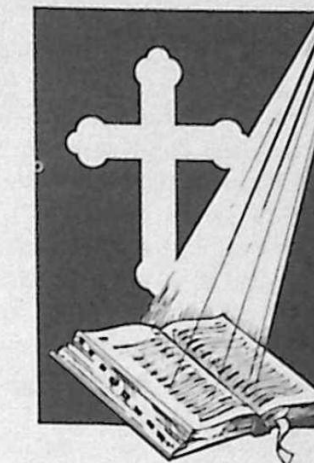
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Military update

Padre Bob



Greetings one and all! Welcome to Comox or welcome back from leave, whichever is appropriate. Our family had a good leave time; not straying from the Island but day tripping here and there to explore more of the beauty which surrounds us.

Now that summer leave is over it is time to get back to a very busy fall schedule, starting this Sunday with our Battle of Britain Sunday. Our service, to which we have invited members of 888 Wing of the RCAF Association and 386 Air Cadet Squadron as special guests, will be at 0930 hrs, but be sure to bring along a new neighbour from the block and join us as we commemorate the 50th Anniversary of the Battle.

The following Sunday, 23 September, will be our Back to Chapel Sunday when we take the opportunity to register for Chapel Guild, Choir, Sunday School, Youth Group and whatever other programmes

you would like to see in your congregation.

Sunday School and Nursery run simultaneously with our services so that the boys and girls get to sit with Mom and Dad for the first part of the service until our children's time (it's not really Art Linkletter's time, it just seems that way some days) then off to Sunday School. Once again we will be using the Whole People of God curriculum that was so popular last year. Another good time to arrange to pick up a new neighbour and bring them along.

On Sunday, 30 September, our 11:00 am service will once again be followed by our monthly pot luck lunch. Although a coffee fellowship (coffee, tea and cold drinks for the children) is provided each week after service, on the last Sunday of the month, members of the congregation bring along finger foods; i.e. sandwiches, veggies and dip, cheese and

crackers, muffins, squares, or cookies, to provide a pot luck lunch, so we can stay around longer to get to know one another better.

As we move into fall I will be making an effort to visit the PMQs. If I happen to miss visiting you, then come along on Sunday and we can visit then, or give me a call to arrange a visit at your convenience at 8273.

Hope you had a pleasant vacation and a good rest because we have a busy fall planned at the Chapel.

See you in Chapel
Padre Bob

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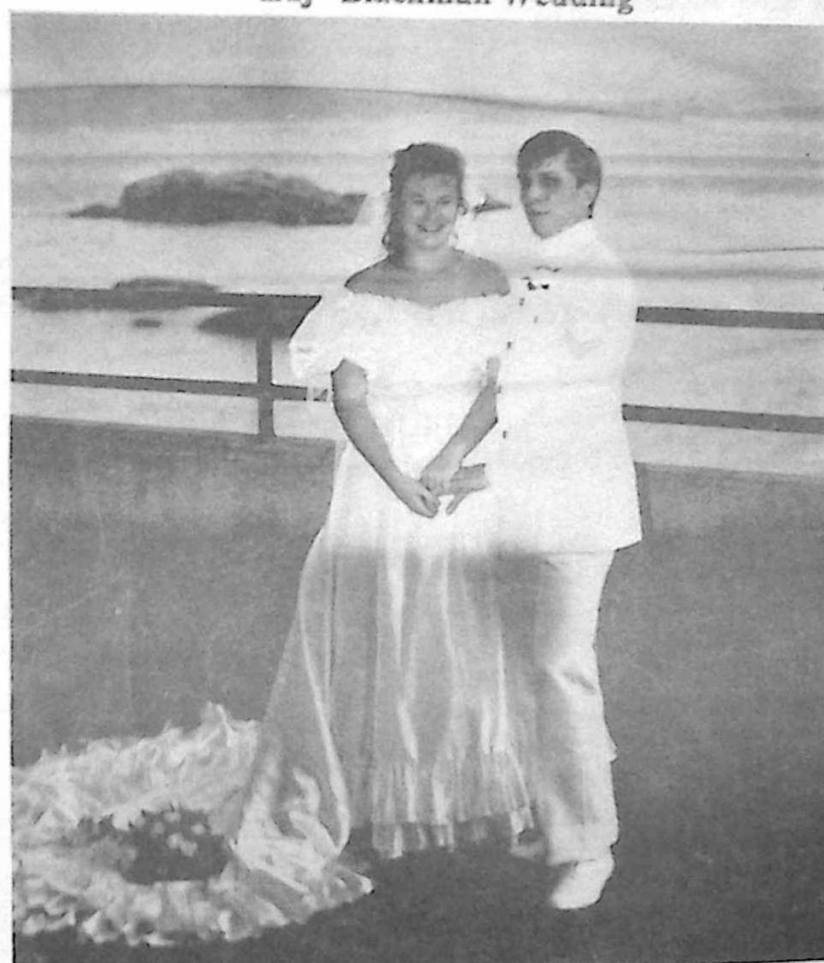
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Schemes and Pyramids

...outside of British Columbia, and it is difficult or impractical to see them. If you are tempted to invest in this type of enterprise, the best advice is to consult with a lawyer or an accountant first before you sign anything.

Consider the chain letter. This scheme usually invites you to send some money to a person whose name is at the top of a list, and then to prepare new lists inserting your name at the bottom. These are then passed on to other individuals with the request that they do the same.

Apart from being illegal under the Criminal Code, chain letters are almost always guaranteed to fail. The only people who may benefit are the actual instigators of the scheme. Success for a few people can only occur if many people lose everything they put in. The best thing to do with chain letters is to throw them out.

Another type of business scheme urges you to send money for details on how you can earn substantial income 'rolling envelopes'. Or you may see an advertisement of a 'successful' individual who claims to have a secret formula for success, which he will share with you for only \$10.

These schemes are invariably misleading. There is no 'lazy man's way to riches'. When the schemes are analyzed in detail, the advice which is being sold boils down to telling people what has just been done to you, namely to place ads in other newspapers persuading other people to send you money.

Remember, there is very seldom an easy way to make a lot of money. If there were, the world would be doing it, and not telling you.

...the world. In some cases, it is not only difficult but also impractical to see them. If you are tempted to invest in this type of enterprise, the best advice is to consult with a lawyer or an accountant first before you sign anything.

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