

Saluting the ${ }^{66} \mathrm{Few}^{\prime}$

BATTILE
OF
BRITAIN
SUNDAY

50th ANNIVERSARY SEP 16


OBSERVED AND REMIEMBERED

## SIU

Investigated
OTTAWA -- An independent external review of the Department of National Defence's Special Investigation Unit (SIU) has resulted in 41 recommendations.
The report, ordered in April by the Deputy Minister and the Chief of the Defence Staff, was to assess the mandate of the SIU and its Security Clearance Review Board, and the selection, training and conduct of its members.

This report will have farreaching effects. Judge Rene J. Marin's recommendations include relieving the SIU of its criminal and service investigation responsibilities, and removing any reference to sexual orientation as a specific reason for conducting an investigation from its mandate.

A team will be appointed to implement the recommendations.


Base Commander Col J.E. McGee salutes The Battle of Britain fallen at CFB Comox Heritage Alr Park. Assisting in the wreath-laying ceremony was MCpI Levesque. Seated guests Included (L-R) Mrs. Hagen, Mr. Hagen MLA, Mrs. McGee, Mrs. Doherty and CWO Doherty, Base Chlef WO.

## Training Development Cmdt. Appointed

OTTAWA .- The Chief of the Defence Staff, General John de Chastelain, today announced the honorary appointment of Brig.-Gen. (ret'd) Ronald B. Button, of Belleville, Ont., as Colonel Commandant of the Training Development Branch for a period of three years until June 30, 1993.

The position of Colonel Commandant is a prestigious appointment made by the Minister of National Defence on the recommendation of the Chief of Defence Staff to a retired senior officer or prominent civilian.
Brig.-Gen. (ret'd) Button is
the first to serve in this appointment since the creation of the Training Development Branch in 1980.
During his 35 -year career, Brig.-Gen. (ret'd) Button served in numerous capacities, including tours with All Weather Fighter Squadrons at North Bay, Ont. and Comox, B.C. and a posting in the Syracuse Air Defence Sector. He served as commanding officer of Canadian Forces Officers School (Venture) in Esquimalt, B.C., commanding officer of Canadian Forces Station Lowther, Ont. and senior staff officer for organization and management at Air Defence

Command Headquarters in North Bay, Ont.
Following his attendance at National Defence College in Kingston, Ont., he was appointed assistant director, NORAD Alternate Command Post in Montana. He also served as director of Management Advisory Services in Ottawa, commander of Canadian Forces Base Toronto, and senior liaison officer (air) and Canadian Forces attache (air), Washington, D.C.
In June 1981, Brig.-Gen. (ret'd) Button assumed com mand of the Canadian Forces Training System and of the Canadian Forces Central

Region, with headquarters at Canadian Forces Base Trenton, Ont.

Following his retirement in 1983, Brig.-Gen. Button served as the technical advisor to the Special Senate Committee on National Defence. He is now national vice-president of the Royal Canadian Air Force Association and active in a number of national and provincial organizations, including the Air Cadet League of Canada.

Brig.-Gen. Button (ret'd) and his wife Janet reside in North Bay, Ont.

## On and off base




## NORM BLONDEL



NEW TALENT AT THE FISHWRAPPER It was said if you wanted to know the current state of politics in
the Soviet Union, you had only to check the line-up on top of the Soviet Union, you had only to check
Lenin's Tomb during the May-Day parade.
We have a similar situation here at the Fishwrapper. Our staff
list at the foot of this page is an indication of how things are going at your Base newspaper. I'm happy yo to say very things indece. The The
people who started here in January are still here, excent for those people who started here in January are still here, except for those
posted out, and are still turning up early in the morning, putting in posted out, and are stifl urning up early in the morning, putting in
a fulp productive shift, Dawna's sense of humour is like fuel for our
ensine Teres is back from the engine, Teresa is back from the Yukon rarin' to go, Karen is back
from California with a new name (Mrs. Vedova), Ron Fisher, a from California with a new name (Mrs. Vedova), Ron Fisher,
former editor of this newspaper, lends us his considerable talents when he can, and, for the first time in years ( ( t hinink
one, in the early 70 's) we now have a feature writer.
(After reading this far, Julie and Liz, our steadiest pair,
remarked, "What do you have to do around here to get recognized,
He's Jim "Hamish" Kirk, a retired RCAF officer, now a resident of Denman Island and recent contributor of the thrree-part
series "Hry un and Wit" He has a new tree-part series on life series "Hurry up and Wait". He has a new three-part series on life
in the north ready to go, but first we thought we'd offer the following, forwarded to us by Jim:

NOTES FOR THE MILKMAN
James P. Kirk

Ron Jeffries, Editor of the British Milk Industry magazine has Jeffries, Editor of he Briush Millowing, among many, in his files.
Dear Milkman, I've just had a baby. Please leave another
one.
No milk today. Do not leave milk at No. 14 either as he is dead until further notice.
Please cancel milk. I have nothing coming into the house but two sons on the dole., dozen pints, but the other way around. No milk, thank you. We're away for the weekend which is
hhy Im hiding this note under the doormat so nobody will why $\mathrm{r}^{\prime} \mathrm{m}$ hiding this note under the doormat so nobody will
find out. Sorry not to have paid your bill sooner but my wife had
a baby and I've been carrying it around in my pocket for two weeks.
From now on, please leave two pints every other day and From now on, please leave two pints every other day and
one pint on the days sin between, except Wednesdays and
Saturdays when I don't want anymiilk Saturdays when Idon't want any mik. .
My back door is open. Please put milk in fridge, get money My back door is open. Please put mik in fridge, get money pennies because we want to play bingo tonight.
When you leave the milk, please put coal on the boiler, lee
dog out and put newspaper inside the screen door. P.S. Don't deave any milk today.
When you leave my milk, knock on my bedroom window
and wake me because $I$ want you to give $m$ e and wake
mattress.


Leaving your chilldren more of your estate.
Are you aerson whown due because at that moment comprise the bulk of your to leave something for your yun ber tax at at that moment there is a comprise the bulk of your
children is your principal residento leave something for your under tax laws there is a
children when you die? Or are demed disposition of capital you someone who desn't realize that you have an estate
and so have done nothing and so have
about it at all? Many people are not aware
they may have a potential tax they may have a potential tax
problem on their estate..With problem on their estate... With
the rapid rise in inflation
coupled with an unreceognized coupled with an unrecognized
accumulation of valuable assets, you may have a bigger estate than you might expect.
Throw in your savings. your Throw in your savings, your
pension payments, and maybe a registered retirement savings
plan and suddenly you're plan and suddenly you're of course, if you die before
talking a loo of $\begin{array}{ll}\begin{array}{ll}\text { talking a lot of money. } \\ \text { When you die, taxes come }\end{array} & \begin{array}{l}\text { your wife and you leave her all } \\ \text { of your assets, taxes could be } \\ \text { deferrd. The house that may }\end{array}\end{array}$
estate is your principal residen-
ce and the capital gains tax will
not apply.
When you leave your estate When you leave your estate
to your children, your relatives to your children, your relatives
or friends, it's a differen story. or friends. it's a different story.
What can you do Well, it is
innes impossible to avoid all taxes,
but taxes can be minimized and
aren deferred. For tax deferral
programs a complex areal you programs (a complex area) you
should consult a chartered acshould consut
countant.
If you war If you want to make gifts to
your children now, consult your children now, consult
your chartered accountan your chartered accountan
because there may be unfortunate and unexpected income tax consequenc
properly planned.

The TOTEM TIMES is an unofficial publication of CFB Comox. The Editor reserves the right to edit copy and reject
advertisements to suit the needs of the publication advertisements to suit the needs of the publication. Views ex-
pressed are those of the contributor unless expressly attributed to DND, DF or orther agencies. In case of typographical
errors, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charge for the erroneous item.
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registration 4098 .

## For Those Born Before 1935

\begin{abstract}


$\mathbb{P M Q}$ Association Family $\mathbb{D}$ ay

| Association held the annua family day and carnival. Again this year it was a great success! Padre Baker, Major Kampman (BCEO) and I agree that the water temperature in the dunk tank was quite refreshing! | day a success. Special thanks |
| :---: | :---: |
|  | go to Capt Boyd and his Air |
|  | Cadets for assisting the coun- |
|  | visio |
|  |  |
|  | $\begin{aligned} & \text { Things to look forw } \\ & \text { from the Community Co } \end{aligned}$ |
|  | October - Kids Halloween; |
| The big atractions this year -included Base Transpors' | November |
|  |  |
| (inclueded base heansorid, the | Visit/Christmas Tree |
| nold McDonald Smoke | Ladies keep in mind the |
| House and the A\&W Root | PMQ Associations' Evening |
| like to thank | Ladies Aerobics Tues and |
| ganizations | Thurs nights, 1900 hrs to 2000 |
|  | hrs, in the Rec Cent |
| resources to make this family | 8571 for more |


| only 11 cents a gallon. <br> Cigarette smoking was fashionable. Grass was mowed. |
| :---: |
| Coke was a cold drink |
| mething you co |
| Rock music was a grandma's |
| laby, |
| in the principal's office. |
| tain |
| the d |
| was discovered, but |
| before the sex cha |
| emade do with what we had. |
| And we were the last |
| generation to think a husband to have a |
| No wonder we are so |
| fused, and there is |
| generation gap today. |
| tw |
| o celebrate? |
| today we have |
| ed her |
| recall the inten |
| the elation |
| depression of defeat, and |
| full range of human |
| mbing fatigue and the bur- |
| drive to go on, to con- |
| e, to win in spite of |
|  |

## Canex - The Bare Facts



## Hospice in the Park

 Comox HillValley Hospice Society Fund Raising Committee announces:

Pledges are being requested to support the creation of a
much-needed, free-standing hospice in 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 Pledges can be mailed to P.O. Box 1404 , Courtenay
7 Z9 or left at the Galley Restaurant or Blue Heron
Boons Bookstore. For more information phone B. Price 33

Create the Hospice, Save a Park!




OAS Pensions Rise in Oct.


Air Force Trivia
(20)

## Trivia Answe

Heinkel III H AW177 originally shot down at alkeith, Scotland, repair
nd test flown by the RAF.

Thanks to you FOR ALI OF US it workls....

## WE'RE OFF!





WO \&Sgt's Ladies Club

Again, Sept has come and Wenel
Welcome everyone to the Start of another year in all the differing activities on and
around the Base community The beginning meeting for the WO and Sgt's wives was
held Mon 10 Sep, with 51 held Mon 10 Sep, with 51
members - new and old in attendance.
A brief business meeting was A brief business meeting was
conducted by President Jackie conducted by President Jackie
Symes, and introduction of new Executive. ptu surprise of orchestrated
frovolity With all in attendance having fine fla
musical interlude. Opportunity to chat and
mingle were then shared mingle were then
coffee and treats.
Due to Thanksgiving, the next meeting is slated for 15
Oct at 8 pm. Oct at 8 pm. HAPPY
THANKSGIVING! Looking forward to seeing you all at the
next meting. next meeting.
For any

- plearther information Mrs. Jackie Symes at 339-6669.


## Chapel Chimes

OUR LADY OF THE SACRED HEART Chapel (RC) BASE CHAPLAIN (RC) - Maj J.G.A. Veilleux
CHAPLL - OurLLay Othe Sacred Heart (on Base)
OFFICE - Headquaters, BIId 45, Rm 48, Telephone 827
MAAS SCHEDULE:
Saturiday.
Sunday.
Sunday.....
Daily Masses.


USually at 0900 his. excepp dduring Lent \& Advent at 1900 hrs. request. Penitential Celebrations are held during the Advent and Lenten Seasons.
BAPISMS \& MARIIAGES - By appointment - notice well in advance please.
CATHOLC WOMENS LEAGUE - Second Tuestay of the month in the
Parish Hall, preceeded dy Mass in the Chapee latt:00.pm. President: Mrs. Parish Hill, preceeded by Mass in the chape a 1 I7:00.pm. President: Mrs.
Mary Kerr, Phone $339 .-2552$. CATECHISM CLASSESS - September. May in the PMO SChool at 1830
hrs, every Wediosddy
Coordinators: Bonnie Gillis, 339.3496 , and Irs, every Wednessay. Co.ordinators: Bonnie Gins,
John LeRoss, $339-4388$. ASE CHAPLAIN (P) - Maj R.E. Baker BASECHAPLAIN(P) - Ma ARE. Baker
CHAPEL -5 . Michael \&AA Angels, Wallace Gardens, Bldg 88
OFFICE - Headquarters, Bldg 45 , Room 48, Telephone 8273
 SUNDAY WOBSHIP - Each SUnday at 1100 his
HOLY COMMUNION - First Sunday of the month. SOLY COA SCHOOL - resumes 9 Sep 90
SUND
NURSERY SERVICES - resumes 9 Sep 90 , chidren up to age 3 . VolunNURSERY SERVICES - resumes
teer basis.
CHOIR - practices 1830 his, Thurscay at Chape CHAPEL GULID - meets once a month, first Thursday at the Chapel 7:30 pru, President Liz Basham 339-4314.

## Our Lady of The Sacred Heart Chapel Rellglous Education 1990-1991 Notice to Parants: <br>  R.C. Rell., octious 1990 at the Alrport Elementary School. Wer <br> More parent helpers and teachers are urgentity needod, ospecially II you speak French and Engllsh. Ckan you helpp Plase contact Father Velleux, $339-8274$ or Bonnle Gilllss, 339 . 3496. Please note: For grade two students Frsst Communlon tentative date Sunn, Apr 28, 1991. Plases have Baptsmal Certifichates avaluble tor Sun., Ap 28, Parish records. <br> Avis Aux Parents. L'enregistremen <br> L'enregistrement en catechese pour les enfants dut niveau de ectese debuteront officiellement le mercredi, 3 octobre de catechese 18:30 hres a $19: 30$ hres a al'ecole Airport. Nous avons un besoin urgent de professeurs et de parents prets a assister, tout specialement bilingues. Aidez-nous! Contacter: Pere Veilleux, $339-8274$ ou Bonnie Gillis, 339 3496. <br> Note: La date proposee (non finalisee) pour la premiere Communion des enfants de deuxieme annee, est dimanche, le 28 avril 1991. Parents, veuilez vous assurer detre en possessií Merci.



Country
Kitchen
ching. Put through seive. Add remaining ingredients. Simmer
until thick. Seal in hot sterilized until thick. Seal in hot ster
jars and process 5 mins. The H.P. sauce is super. We use it on meats, sandawichess
fish and go through jars of the fish and
stuff.
$\$ 765 . \$ 025$

## IT'S PICKLING TIME!

## teaspoons pickling salt

 $1 / 2$ teaspoon pepper$1 /$ teaspoon rosemary 2 teaspoons oregano
2 teaspoons paprika Measpoon basil
Mnions and large pot saute
orlic until sof. tened. Combine rest of fish
ingredients in pot and simmer stufs untril saunce thickens. Stirm
often. Either process for often. Either process for 10
mins in hot steriized jars or
place in containers and frezze. place in containers and freeze.
This is excellent pasta suacce.
The tomato sauce is a goo The tomato sauce is a good
way to use some of that flood
of tomates we te of tomatoes we are getting rom the garden this year
Handy for pasta etc. and it can Hanay for pasta etc. and it cal
be frozen, which saves work.
Homemade HP Sauce
4 lbs apples chopped Ibs prune plums chopped
I Ige onions chopped 3 lge onions chopped
3 tealto rice vinegar
2tespoons gine vinegar 2 teaspoons ginger 2 teaspoons nutmeg
2 teaspoons allspice
1 teaspoon cayenne 1 teaspon cat
$1 / 2$ cup salt
2 lbs sugar

Chinese Plum Sauc
8 los plums chopped Ibs plums chopped
2 cups finely chopped onions cups liehtr raisins
2 teaspoons each of teaspoons each of cinnamon 1 teaspoon minced fresh ghilspinger
2 cups white vine cups white vinegar
$41 / 2$ cups sugar 4/1/ cups sugar
1 tablespoon salt
In large pot combine all
ingredients stiring frequentlo ingredients stirring frequentl|
until soft and mushy. Coo
completely. Process in foo
processor (or blender) un
un completely. Process in food
processor (or blender) until
very smoth. Bring to boil and
pack in hot sterilized jars. pack in ho stersilized jars.
Process 8 mins ats Ibs pressure
or about
kettle. 20 mins in canning


## CF Europe <br> Reduces

 reduction in C.
troops at CFE.


## Supply <br> Signals

## Base Telecom <br> (BTel Promotions on page 14)

Hello once again from the
world of Supply This weks world of Supply. This weeks
article is being written from the article is being witten from the
IOR desk. The IOR Section consistsk. of one person, Cpl Norm Hailes. For those of you
out there who are not sure what IOR stands for, it is Immediate Operational Requirement.
Dealing mainly with Aircraft Deaing mainly with Aircraft
squarons, the job entails liaison with many $\begin{aligned} & \text { tivilian con- } \\ & \text { tractors, keeping }\end{aligned}$ tractors, keeping in constant
contact with item managers in Ottawa and relying on Bases
across
Candada across Canada to get suplies
to Comox by the quickest
means means possible. The IOR clerk
can be found, if you look hard
cenough in enough, in amongst all the
Supply Techs in 1 Supply Group.
Speaking of 1 Supply Group, Speaking of 1 Supply Group,
they wish to give a warm welcome to their new person-
nel. CDl Dan Renwick joins us nel. Cpl Dan Renwick joins us
from CFB Valcartier, Pte Marcel Belliveau from CFB Borden, Mrs. Debby MacGregor,
who is a term employes Who is a term employee
working on the Reware housing project, and for ${ }^{t}$ wo
weeks she has the help of Cpl weeks she has the help of ipl transit waiting for her posting senault comes to us from
Clothing Stores. Judith has just Clothing Stores. Judith has just
returned
nationam


## Next Deadline 15 Oct 90




## 407 Squadron

Legal Tips

Many people feel vulinerable immediately.
when their car is in the hands of a

## Car Repairs



## CANE* <br> i $1 / 11 / 1 / 1 / 1 /$ SUNE

26 Sept - 6 Oct 1990
COME AND HELP US CELEBRATE OUR 22nd BIRTHDAY. WE WILL


BE SERVING FREE CAKE AND COFFEE AT 1000 HRS 26 SEPT

## RETAIL STORE

SUPER BUYS!

A draw will be held for an Oct at 1700 hrs Just fill in your sales slip and put it in th draw box provided at each
Canex outlet

## Section News

##  <br> 442 <br> Squadron

FE section The Squadron would like to
extend its aratitude to all Base sections hhat contributed to the
Stephanie Martell Memorid Fund. The Martell Memorial generoity
Fand and consideration is a splendic mitment to its members and mheir families. Thank you. The Squadron Family Day
was a tremendous success, held as a tremendous success, held weather, 442 's FEs demon-
strated their unique ability to strated their unique ability to
adapt and provided a day full fun and thorough en oyment. The family and frien-
os were treated to an assorment of entertainment hroughout the day. In the dependents had the opporunity to take to the sky in White the Buffalo or Labrador. rogress, numerous attrac ons were laid on. There was videos, face painting and elightful trip around the ed choochoo'. Around dinner me the activities began at the There were plates of food pickles, salads, mouthwatering corn, delicious BBQ variety of beverages. During the beach festivities, some littlic he weather by tossing water balloons at unsuspecting vic
tims. Litle did this nuwhy tims. Little did this nimunghty lad
realize that the MP were on his rariil. With the help of the ob
tren servant and intrigued children
the MPs were able he MPs were able to ap
rehend the criminal. kangaroo court style punish
nent was imposed and ment was imposed and the
villian was perched high above the dunk tank, helpless to th


Commander ATG Commendations



Karen
Were you delegated to write for the paper, or did you volunteer for this secondary duty? Did the boss say, "Hey Bob. Guess what! You're the section writer for the Base or not you have been delegated, I would still like to know where you work and where I can contact you when necessary. I can be reached at local 8475 or 8349. If you do not currently
write for the paper but would like to, please feel free to call write for the pap
me at anytime.

## Attention

Totem Times
Writers
Writers


 BTNO

## Road Rally $\mathbb{A}$ Success <br>  <br> 

2 VIA RAIIL
Trip Vouchers

## ALL ABOARD <br> MODEL RAIILROAD $\operatorname{DISPLAY}$



Vancouver Island Model Railroad Assoc.
Sat. Sept. 29
Sum. Sept. 30
Enter to Win!!!
Choice of Destination is Yours!


Non-stop popular live entertainment.
contests....great prizes..
spectacular Mall displays....and more


## On and off base

## BTel Promotions



MCpI Sylvain Laurin


Next Deadline 15 Oct 90

## Envirommental Attitudes

ca



















 | imposs |
| :--- |
| percent |
| that |
| damage |
| that | percent of the a populalition

that the environent
damaged beyyent damaged beyond repair and
that they coent characterized as 'anxious',
were gravel concerned about
the environment but were








 -t the health of the environment
has become a luxury that no
one can afford to ignore.

## CAMADA SAVIMGS BONDS.

THEY'RE SAFE, SECURE AND CASHABLE ANYTIME.

Once again, it's time for Canada Savings Bonds and this year he sales period is from October 18 to November 1. Buy your new bond wherever you bank or invest starting October 18. You may date your payment November 1, the day the new bonds start earning interes. Safe and Secure. Canada Savings Bonds are fully guaranteed by the Government of Canada. They never fall in value.
Cashable Anytime. Canada Savings Bonds can be cashed at any time Your money is always available when you need it.
Good Interest. Canada Savings Bonds offer a good, competitive interes rate each year. This year's interest rate and purchase limit will be announced in mid-October. Details will be available wherever Cana Savings Bonds are sold.
Don't be late! Remember, November 1 is the last day you can buy the new bonds at face value. But the bonds may be withdrawn from sale at any time.


ON SALE OCT. 18 TO NOV. 1 Canadä

## OFFICERS' MESS

OCTOBER 1990
Saturday October 13 OKTOBERFEST Time: 1900 for 1930 hrs
Food: Bratwurst, Knackwurst, German Sausage, Black (iust to name a few hots), Salads,
German Bread, Black Forest Cake Cost per couple: Members $\$ 20$
Limited Associates $\&$ Guests 525 PRIZES: Best Dressed - Spot Dances Reservations by 10 O

Wednesday October 17
GOLF DAY Glacier Gre
Wednesday October 17
officers' mess ladies club fall fashion OFFICERS' MESS LADIES CLUB FALL FASHIO
SHOW- Doors open 7 pm, Fashion Show at $7: 30$ pm. Tickets $\$ 5$ in advance from any member of the Executive.
Friday October 26
MIXED TGIF - 190
MIXED TGIF - 1900 hrs. Music by DJ. Food: BBQ Chicken
\& Fries. Cost per person: Members $\$ 3$. Limited Associates $\& ~$ $\&$ Fries. Cost per person: Member.
Guests 55 Reservations by 23 Oct.
Saturday October 27
ARTS ALLIANCE
ARTS ALLIANCE AUCTION - 1800 hrs. Food: Catered by
Old House. Cost: Details TB
Fridays October 5, 12, 19
REGULAR TGIF - Food as indicated 1700-1800 hrs. Free
axi. Ass at bar.
Wednescays October 3, 10, 17, 24,31
OFFICERS COFFEE HOUR - Coffee will be served in the lounge at 1000 hrs. Dress of the Day. All officers are invited Wednesd.
Wednesdays October 10,24
LADIES BRIDGE
UFCOMING EVENTS FOR NOVEMBER/DECEMBER
29 Nov- Mixed Candelelight Dinner in honour of
LCol Mack's Retirement
Contact Mess Manager, PO2 Purse 8324
15 Dec - Kid's Chrismas Party
$\mathbb{C W L}$
Sacred Sacred Heart

Our Lady of the Sacred
Heart Catholic Women's Heart Catholic Women'
League opened the $1990-9$
season on Thursday, Sen sason on Thursday, Sep
with a pot luck supper in the arish hall. The meetin followed under the direction of
our new President, Claudette our new
Leblanc.
The turn out was grear but
more members are always nore members are alway
welcome. We have a great year planned so come out and join us. We meet the second Thur-
day of every month in the sday of every month in the
Parish hall. The next meeting is on Oct 11, starting with mass in he chapel at 7 pm. Following he short meeting at 8 pm the
will be a guest speaker who w enlighten us on the topic recollection.
Hope to see you there.

## WE HAVE

 MOVEDThe C.W.L. Thrift Shop is no caated in the old guard house building just outside the gate at New hours are:
Thursday 10 am to 2 p
Saturday 1 pm to 4 pm
Yery member of the family.


SQUARE 1 TRAVEIL SERVICES LTD.

Winter Sun Brochures now in! Book early for good savings!


Call:
334-0355
in the Driftwood Mal

## MSE Safety



DRIVER'S
STATEMENT OF THE MONTH

A school is located nearby and schoor children may be walk) PLAYGROUND (WARNING)


## playground is located nearby and school children may be walking

 long or crossing over the highway. (Black on yellow background.) 0 Kilometers per hour $30 \mathrm{~km} / \mathrm{h}$ (Black on white ackground.)When used below the school children warning sign, this tab stablishes a maximum speed zone of 30 kill
ween $8: 00$ a.m. and $5: 00$ p.m. on school days.
Chen used below the playground (warning) sign this tab establishes
maximum speed zone of 30 kllometers per hour from dawn to
SCHOOL BUS


Do not pass school bus when lights are flashing. This sign indiciates hat it is illegal to pass, in either direction, a stopped school bus -lights are red and bus is yellow.)

CROSSWALK


Motorists are required to yield the right of way to pedestrians within the crosswalk. All pedestrians, biecclists and motorists must
obey the instructions of the school patrol or adult crossing guards. obey the instructio
(Black on white.)

| Safety | When driving through city <br> intersections y your slowest <br> sped should be at the: <br> A. Center of fintersection |
| :--- | :--- |
| Buiz | B. Nearest crosswalk <br> C. Farhhest croswalk <br> D. Middle of the block |
| Answer: "B" $B$ |  |



## Celebrate

 our 75th!Available on T 's, sweats, cottons,
and hats.

## 334-3656



830 F (upstairs) Cliffe Avenue

星ASK YOUR AHARMACIST by Bill McConnachie, B.S. Phm...
Community
Shoppermacist Vrug Mart ,Vancouver
Help your Child say No
Most children will eventually face a drug-taking decision,
and their parents won't to anywhere in sight. Illegal drugs are available almost anywhere they 80 and peer pressure can be
overpowering. overpowering.
tris the the parents to take responsibility for keeping their
chiddren drue-free. Parents should begin discussing the
 young as seven or eigh. Before they enter high sch ou,
chidren will heve make the decision whetere or not oue
drugs. Parental influence is an important factor in helping drugs. Parental influence is an important factor in helping
them say "no" to duss.
Talk with your children often about the drug problem. Give them facts about the scientifically proven dangers of
drug abuse. But, be sure to lo listen to what they have to say druy abuse. But, be sure to listen to what they have eo say
about druss, too. Honest, open, two-way discussions like
these can bea tremendous selp toyour these can be a tremendous help to your children.
For some children, learning about the dangers of drugs will be enough to stop them from using them. Others may choose
to use drugss no matter what they rare told. For these chilren, to use drugs no matter what they are told. For these children,
it's pp to parents to toke a firm stand against drug abuse. it's up to parents to take a firm stand agginst drus abuse.
Grounding a child may be a good disciplinary action if drus use continues. It gives the parents a chance to talk more with
the child and it may also work to separate him or her from peec presssurue to use drugs.
If necessary, parents should not be afraid to get profescional help. There are federal agencies, community
mental health centres and parent groups to which to turn.

## House Helpers

Poison is more than a murder weapon in a gripping mystery
novel. Many helpful and seemingly harmess household products become dangerous poisons when misused.
Common headache pills, household bleaches and tranquilders are the three most prevalent chile-poisoners in
Canada and dozens of other readily available poroder Canada and dozens of other readily available products are close behind.
Anything which can be tasted, sprayed or poured by a Anything which can be tasted, sprayed or poured by a
curious child should be securely locked away. This includes
all kinds of medicines, bleaches, deodorats. polish, glue and even perfumes.
Children can't read labels and many products sook alike to
their eyes. They often learn by imitating adult behaviour, but their eyes. They often lears by minitany padults bechaviour, but
children are unable to tell the difference between paste wax and peanut butter. This inabiitity could have tragic results if
such products ter eff within heir reach such products are left within their reach.
Children are en wis. feel better" or "grow up big and strong". We can't expect them to understand medications should only be used as direce-
ted. A child wanting to "feel better" ""Bow ted. A child wanting to "feel better"" or ""row up strong",
may take a medication or something that looks like one. To may lake a medication or somening that looks like one. . .o
counter this threat, don't let medicines or items which resem-
be the ble them to be wi
risk is too great.
risk in too great.
Antidotes and poison control centres are the second best
solutions to a program of poison prevent solutions to a program of poison prevention in your home.
Take a look in your bathroom, kitchen, workshop na laun Take a look in your bathroom, kitchen, workshop and laun-
dry room and read the labels on the products you find there. If any are even remotely dangerous, move them to a secure
place. It may be inconvenient to reach to the top cupboard in place. It may be inconvenient to reach to the top cupboard in-
stead of under the sink each time you want detergent or ovel steaner, but think of the consequences.
Your Shoppers Drug
Your Shoppers Drug Mart pharmacist can help if you
aren't sure about which provucts aren yous ponous. Don't take chances if you're not sure. Ask a
tiall
profession
tially poisonous. Don't
professional for advice.


COMOX AIR FORCE
MUSEUM AND GIFTSH
NUENMN AFSHOP



## ilnfo health <br> Dr. Bob Young

Medical Ethics


Spots before the Eyes


Dandelion Family Daycare


The debris may be a fel
blood cells, vitreous fibrils,

## B.C. Bestsellers

| Week Ending: September 16, 1990 Produced: September 18, 1990 (Brackets) represent last week's position |  |
| :---: | :---: |
| FICTION |  |
| 1. (3) Four Past Midnight | King |
| 2. (-) Memories of Midanight | Sheldon |
| 3.(-) Burden of Proof | Turow |
| 4.(-) September | Pilcher |
| 5. (-) Sullivan's Sting | Saunde |
| 6. (-) The Women in His Life | Bradford |
| 7.-()) Skinny Legs and All | Robbins |
| 8. (-) Spy Sinker | Deighton |
| 9.(-) The Golden Fox | Smith |
| 10.(-) To All Appearances a Lady | Bowering |
| NON-FICTION |  |
| 1. (3) Gretzky:An Autobiography | Gretzk |
| 2. (8) The Great Depression, 1929-1939 | Berton |
| 3. (-) Trump: Surviving at the Top | Trump |
| 4. (4) Bradshaw on the Family | Bradshaw |
| 5. (-) Company's Coming-Cakes | Pare |
| 6. (-) The Canadian Living Entertaining Cookbook Ferguson |  |
| 7. (-) Ginger:The Life and Death of Albert Goodwin Mayse |  |
| 8. (9) Where the Fraser River Flows | Leier |
| 9.(10) The Elders Are Watching | Bouchard \& Vickers |
| 10.(-) Courting Disaster | Bark |



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- 549.00 tor 3 weeks of Nutrisysyter services. Doos not Include
only. Particlepating contres only.

Goodbye -
irgit Guderiahn - Fitness Consultan

| ment as th |  |
| :---: | :---: |
| Fitness, Health and Weight Control Consultant has now come to an end. I wish to thank the PERI staff for all the help they have given me and I will mention their names, as they deserve recognition for their efforts. | More importantly however, |
|  | it is you, the client, that I wish |
|  | express |
|  | itude. By allowing t |
|  | programs to work for you, by |
|  |  |
|  |  |
|  |  |
| Slt Fred Bradley, PO Ken Brandel, Sgt Jake Laplante, Sgt Gerry Beatty, MCpl Dave Ruthermund, Cpl Germain Savard, WO Bob Buckley, and |  |
|  |  |
|  |  |
|  |  |
| COURS DE CONVERSAT |  |
| EN ANGLAIS |  |
| Un cours d' anglais axe sur la conversation sera donne par North Island College a la BFC Comox au batiment 22 ET comencera 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 |  |
|  |  |
| Toutes les personnes interessees devront avoir donne leur nom avant le 17 Septembre 90 . |  |
| CONVERSATIONAL ENGLISH |  |
| A conversational English course will be conducted by Nor- <br> th 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 inforlocal 8595 or tho $339-0952$ by the 17 Sep 90 |  |
|  |  |
|  |  |
|  |  |
| TAKING IT TO THE SKI |  |
| UNIROYAL SKYDIVE CHALLENC |  |
| 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 |  |
|  |  |
| Parachutting Councll. |  |
| ch particlpant is collecting pledges on the |  |
|  |  |
| Jump madethis Untroal sponsored-event will go directly to The B.C. |  |
| dety for Crippled C |  |
|  |  |
|  |  |
|  |  |
|  |  |
| Comox...Victoria...Chilliwack...Terrace/Smithers.. |  |
|  |  |
|  | (eke |


the credit for building the ouse and not the hammer an nails. Secondly, be aware of
those forest fires that can start up unexpectantly. And hastly, here may be times when yo
slide down the snakes.
However, no matter what, life
vill always have plenty of lad ders if you so choose to us nem. You are number one an do not forget that.

## Chuckle

High
Score
Golf
In 1912 an American
husiast thusiast made golfing history,
when she took 166 strokes over
a 130 -yard hole

During the qualifying round Ladies at Shawnee-on Ladies, at Shawnee-on-
Delaware, Pensylvania, she
conididenty approached the sixconfidently approached the six-
teent hole for which four
strokes were normally strokes $\begin{aligned} & \text { sere } \\ & \text { adequate. Hormally } \\ & \text { howerer, sent the ball into the }\end{aligned}$
shot, however, sent the ball into the
Biniekill River, an obstacle
which many would regard Binnie,
which
final.

When she saw that it floated
she boarded a rowing boat she boarded a rowing boat,
with her husband at the oars with her husband at the oors
and herself at the prow, wielding a golf club. For one
and a half miles her husband and a half miles her husband
rowed and kept count of the occasions upon which she had

Eventually, she beached the thing and made her way back
through a forest. Fellow comthrough a forest. Fellow com-
petiors had diven up hope of
ever seeing her ever seeing her again, when
they heard the cry of fore' and
saw the ball fly on the green from a totally on the grepeeted
direction. She completed the
hole OPEN 7 DAYS A WEEK


## Public announcements



$S U P E R F \mathbb{Y} \mathbb{A} T O N E$ SMASH; MAYFIELD INJURED The original motion picture soundtrack 'Return of Super-
fly' (Capitol) is stickered with the warning 'explicit lyrics parental advisory'. There's sood reason for the warning but, the set is loaded with super-star talent and is on its way to
becoming a stone smash. Curtis Mayfield, who scored the becoming a stone smash. Curtis Mayiela, who scored the
monumental Superfly' almost woo decades ano penned the
set's deteut single 'Superfly $1990^{\prime}$ and duets with 1 Ice-T. This set's debut single 'Superfly 1990' and duets with Ice-T. This
track is bound to garner some heavy response at rack and track is bound to garner some heavy response at raak and
retail.
Described as '.... hip-hop Hemmingwa', Tone Loc, who went triple platinum with 'Loc-Ed After Dark' and took
'wild Thing' and ' 'unky Cold Medina' into the tof five, ad'Wild Thing' and 'Funky Cold Medina' into the top five, ad-
ds 'Cheeba Cheeba' while Mellow Man Ace gets 'Funky In The Joint'
Filled Filled dith rap, hip-hop and house rhythms 'Return of
Superfly' is highlighted by burtis Mayfield's stite track and
the beautiful 'For The Love Of You', 'Forbidden' and Superfly is highighted by Curtis Mayyifild's stite track and
the beautiful 'For The Love Of Yo', Forbiden' and
'Showdown' long with a hiphot instr, 'Showdown' along with a hip-hop instrumental rendering on
the title track. CPO, which stands for Capitol Punishment the title track. CPo, whici stands for 'apion Pell and Black'
Organization, hit with their butal debut 'To Hell
and this time around, led by the 6 ' 2 ', 350 pound, Lil'

 with 'On The Real Tip'. Set rounds out with Eazy-E's 'Eazy
Street' and King Tee's 'Take You Home'. Set is hip and hapStreet' and King Tee's 'Take You Home'. Set is hip and hap-
pening.
Just as the Aecar-old Curtis Mayfield was poised for a mavor Comeback via a huge promotional push from Capit
to iic in with the release of Return of Superfy', tragedy
struck As he was struck. As he was preparing for a Brooklyn, N.Y. show,
gust of wind blew over a light rack which reportedly struck gust of wind blew over a light rack which reportedly struck
Mayfield in the back of the neck. The extent of his injuries are not known but initial reports stated his condition as 'guar--
ded'. Musically Speaking, along with his many fans, wish ded'. Musially Speaking, along
Curtis a full and speedy recovery.



## NEW HOURS:

FOR YOUR CONVENIENCE WEEKDAYS 7:30 am to $5: 30 \mathrm{pm}$ WEEKENDS 8:00 am to 5:00 pm

Drop your car or truck off and we will drive you to work
comez Vanmat rembsanfe

Royal Canadian Mint
New Coins Salute Pioneers




## Leisure

## Chuckle

The British contributio The British contribution to
this category was the No.74
(ST) Hand grenade, known af(ST) Hand grenade, known an-
fectionately in the Second
World war as the sticky World. War as the 'sticky
bomb. A special feature was
in adhesive coating which In adhesive coating which
nambled tot ticictothe side of
no enabled it to stick to the side of
an enemy tank. II als e enabled
it to stick to the thrower, which it to stick to the thrower, which
was generaly what tappend.

Least Successful Weapon



## Padre Bob <br> 

Sundlay School

Our church school is off to
rreat beginning this year with geat beginning this year with dance already. We are just
beginning our year and already beginning our year and already
it promises to be an exciting
one. one.
The curriculum we are using The curriculum we are using
is called 'The Whole Peopple of God'. We used this same
curriculum last year and both curriculum last year and both
he children and the teachers the children and the teachers
laike enjoyed it.t.'The Whole
People of God' curriculu wis People of God' curriculum was
put together by the United
Church of Canada because Church of Canada because should be made to feel a part of
the whole worshipping com-
munity.

Classes are divided up by age coups, starting with a nursery
cass of $3-4$ year olds. Th curriculum is designed in such a
way as to keep the childrens inway as to keep the childrens in-
erest and to include each of the hrildren in group activities such as stories, songs and silusions. Each week the
children get to make something sat they can take ho
show with their parents.
 1o six units and at the beginning of each unit parent paks are ot take an interest in the lear-
ning and work that the children ning and work that the chal
are doing in church school.

Project



Journeying as People of God

## CANE ${ }^{2}$ ?

 CREDIT PLANPAY NO INTEREST
PAY LESS THAN $\$ 100$ A MONTH (ON PURCHASES UNDER \$1,500)

Sorrving and pensioned members of permane Canadiont DND civilian employees and

 merchandise and bulk meat. Each
con hold one such plan at a time.
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hirgher porchases may still be made, but require oo
higher down payment.
bulk meats mot avallable at cfb comox PIEASE SEE YOUR CAMEX STORE MANAGER FOR DETALLS

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Senior \& Military discount


## PBS Presents

## ${ }^{66}$ Showease Weelk"

KCTS/9 (Channel 3, locally), joins the public television system in "Showease Week", a celebration of quality programming the week of September 30 through October 6. "Showcase Week" is a sampler of the many signature series airing on public television this fall and previews new programs airing on KCTS. During the week's celebration, "Showense Week" unveils the new fall schedule on public television with world-class drama, music, nature, science and public affairs programming.

Tune in "Showease Week" and meet an exceptional range of talent - from stars hailed as the definitive character to scientists accomplishing minor miracles to world-acclaimed musicians offering exhilarating performances. KCTS is committed to the public television tradition of excellent family entertainment and "Showcase Week" is a menu designed with something for every member of the family.

There are love stories and mysteries to solve during "Showease Week" on KCTS. MASTERPIECE THEATRE presents "The Heat of the Day", a story of love and betrayal in 1940s wartime London. This Harold Pinter screenplay tells the story of a woman coming to terms with the fact that the man she loves may be a traitor to his country. Stars Patricia Hodge, Peggy Ashcroft, Michael Gambon and Michael York. MYSTERY features a new "Polrot" special starring David Suchet as the impeccable, clever Belgian detective.

Two of the power centers of PBS journalism, FRONTLINE and Bill Moyers, join forces with the Center for Investigative Reporting to present "Global Dumplng Ground", a hard-hitting investigation of the deadly waste that American companies are dumping in Third World countries. THE AMERICAN EXPERIENCE examines Charles Lindbergh's complex and tragic life in a documentary produced with unprecedented cooperation from the Lindbergh family.
"Showcase Week's" music programming hits both contemporary and classic notes. GREAT PERFORMANCES presents the exuberant art of a cappella singing in a program hosted by filmmaker Spike Lee and actress Debbie Allen, "Spike \& Co: Do It A Cappella". LIVE FROM LINCOLN CENTER features the New York Philharmonic with Zubin Mehta conducting a concert with pianist Daniel Barenboim.
"Showease Week" also displays public television's strength in science and nature programming. Along with the premiere of race to save the planet, hosted by Meryl Streep and narrated by Roy Scheider, there's NOVA "The KGB, the Computer and $\mathrm{Me}^{\prime \prime}$, a true story of computer hacking and espionage; an INFINITE VOYAGE special. "The Keepers of Eden", on the new zoos that fight to save endangered species; and a NATURE episode, "Seasons in the Sea", a portrait of the magnificent marine wilderness environment off the coast of Southern California. KCTS has a treat in store for fans of undersea explorer Jacques Cousteau. COUSTEAU'S REDISCOVERY OF THE WORLD follows Captain Cousteau, son Jean-Michel and their crew as they circumnavigate the globe in the wake of history's most famous explorers.

Sunday, September 30: Nature "Seasons in the Sea" 8 pm ; Masterpiece Theatre "Heat of the Day" 9 pm.
Monday, October 1: The Infinite Voyage "The Keepers of Eden" 8 pm ; The American Experience "Lindbergh".
Tuesday, October 2: Nova "The KGB, the Computer and Me" 7 pm ; Frontline "Global Dumping Ground".
Wednesday, October 3: Live From Lincoln Center "New York Philharmonic with Zubin Mehta and Daniel Barenboim" 8 pm . Thursday, October 4: Race to Save the Planet "The Environmental Revolution" 8 pm ; Mystery! "Poirot--The Incredible Theft" 9 pm.
Friday, October 5: Washington Week in Review 8 pm ; Wall \$treet Week with Louis Rukeyser 8:30 pm; Doing Business in Asia 9 pm; Inside 9:30 pm; Great Performances "Spike \& Co: Do It A Cappella" 10 pm .

Saturday, October 6: Cousteau's Rediscovery of the World 9 pm .

## Looking

## Glass

## Productions

Artistic director, Kymme Patrick says the objectives of the company are two-fold. The first being the production and performance of original works. The second is to provide direction in theatre arts for both beginner and advanced students of all ages.

Patrick and her creative assistant, Nikki Nelson, will direct students in improvisation, movement, mask, mime, voice, script study and story theatre. The company is at the start of another session where drama and dress-up students from three to five years learn the basic phases of theatre by use of a multitude of costumes and fairy tales. This is a Wednesday morning class from 10:00 to 11:00.

Saturdays begin with Direction in Drama I for six to eight year olds, followed by Directions in Drama II for nine to twelve year olds. Finally, from 1:30 to 3:00, the advanced 9-12 group work on all aspects of theatre arts.
Teen students, 13-18, will be provided with a 10 week course gearing towards a public production.
All classes end with a miniproduction for family and friends.

Looking Glass Productions is creating an original play to be performed in February 1991. The theme consists of adventure and fantasy, equally balancing entertainment and education. They are actively seeking energetic and creative people to fill both production and performance needs.

On October 12, 1990 the company will hold an open house in their new studio space.

Anyone interested in meeting and talking to others in the arts and theatre are welcome. This will be a wine and cheese night including a benefit performance. This is a chance to meet the instructors and find out more about the company itself. The doors open at 7:30 pm. The studio is located at 3320 Cumberland Road. The public is asked to call $338-8746$ and leave a message as to how many will be attending.

THE
ARTHRITIS
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SOCIEIY

## GIV <br> (1) शive <br> LOMT



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In Courtenay at 450 Ryan Rd., Mt. Washington Plaza ${ }^{2}$ RESERVATIONS 338-6356 NINTENDO GAMEBOY MACHINES/GAME RENTALS NEW RELEASES:
Firebirds. Martians Go Home Last of the Forrest
Summerslam '90. Glory COMING SOON:
Teenage Mutant Ninja Turtles Loose Cannons. Gods Must Be Crazy 2

Obituary
ORR - Marlyne (Lynne) Jane
Orr - Marlyne (Lynne) Jane Orr of Calgary passed away at the Calgary Goneral Hoopital on Monday, Sept. 24, 1990 at the age of 47 years. Marlyne is survived 4 , her two sons Jonathan of Calgary and Jeffery of Edmonton, her moum. Irene MacDonald of Harrison Mills, B.C., father Jack Kirkness and step mother Bessie of Brandon, Man., three sisters Myrna Coleman of Chilliwack, B.C., Wendy Thael of Surrey, B.C. and Leanne Dolynny of Port Alberni, B.C., two brothers Dan of Chilliwack, B.C. and Tim of Harrison Hills, B.C. and numerous aunts and uncles; also a dear friend Pat Verhagge of Calgary.
Funeral services will be held at Jacques Funeral Home, 24017th Ave. S.W. on Thurs. Sept. 27, 1990 at 10:30 A.M. Cremation and arrangements by Jacques Funeral Home, Telenhone 263-6440.

## RENOVATIONS AT THE

## JUNIOR RANKS MIESS

Due to renovations, the Junlor Ranks will be closed from the 25th September to 9 Dec 90. The Mess office will be relocated in the BPERO office. The Mess Manager can be reached at loc 8430. Office hours are normal. Due to renovations, the Monday night dart league and Tuesday night mixed pub league will be played at the WO \& Sgts Mess at usual times.

## UPCOMING EVENTS FOR THIE JUNIOR RANKS MESS

JUNIOR RANKS MESS OKTOBERFEST OCT 13th 1990
IN THE WO \& SGTS MESS
DANCE: 9:00 T0 1:00 A.M.
AVALIABLE: FOOD \& HAT
TICKETS: $\$ 10$ MEMBER/S 12 GUEST
ON SALE WED 26 TO MEMBERS, OCT 5 TO GUESTS
JUNIOR RANKS MESS
HALLOWEEN
OCT 27TH 1990
IN THE BASE GYM
DANCE: 8:00 TO 1:00 A.M.
MUCH MUSIC VIDEO
TICKETS: $\$ 5$ MEMBER/\$7 GUEST

