

### Remembering the Battle

....center pages

United Way Campaign

**Begins** 

....page 6





Canadian Forces Base Comox B.C.

COST: PRICELESS

VOL 32 NO 17 27 SEPTEMBER 1990

**NEXT DEADLINE 15 OCTOBER 1990** 

### BATTLE OF BRITAIN SUNDAY

50th ANNIVERSARY SEP 16



OBSERVED AND REMEMBERED

### 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.

Saluting the "Few"



was MCpl Levesque. Seated guests included (L-R) Mrs. Hagen, Mr. Hagen MLA, Mrs. McGee, Mrs. Doherty and CWO Doherty, Base Chief 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 command 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

Larke - Vedova Wedding



Major and Mrs. G.A. Larke of Norton AFB, California, wish to announce the marriage of their eldest daughter Karen Amanda to Philip F. Vedova, son of Dr. & Mrs. Joseph Vedova of Fonthill, Ontario. The wedding took place September 1, 1990 at Christ Unity Church in Yucaipa, California. The couple currently reside in Courtenay where the groom teaches at Vanier High School and manages and owns Valley Student Paint & Stain. The bride is currently serving at CFB Comox where she is employed as the MSEO at Bast Transportation and is Assistant Editor of the Totem Times.

### Next Deadline 15 Oct 90

**Dee Crawford Retires** 



(L to R) LCol King, BTSO; CDs to Cpi Longpre, CE Section; MCpl Vienneau, Base Telecom; MS Pryor, Base Supply. and a retirement certificate to Mrs. D. Crawford, Base Transport.

Pre-JLC Seminar



Front Row (L to R) - MCpl Horwill, Sgt MacNell, LCol Cloutier, CWO Doherty, Sgt Smith and WO Breese. Back Row (L to R) - Cpl MacEachern, Cpl Landry, MCpl Osmond, Cpl Cormeau, Cpl Patten, LS Jackson, Cpl Lavalee and Cpl Peters.

Future

Forests

### Chuckle

The Worst Juror

There was a rape case at a Northern Crown Court in the late 1970s at which, according to a local crime reporter who covered the case, a juror fell fast asleep. Then the victim was asked to repeat what her attacker had said prior to the incident. Overcome with embarrassment, the girl was allowed to write it on paper.

This was then folded and passed along to the jury. Each member in turn read and registered surprise on seeing words to the general effect that 'nothing in the whole history of sexual congress equals the comprehensive going-over which I intend vis a vis your good self'.

Sitting next to the dozing juror was an attractive blonde. After reading the note, she refolded it and nudged her neighbour who awoke with a start.

He read the note and looked at the blonde in wonderment. To the delight of the entire court, he then read it again, winked at her and put the note in his pocket.

When the judge asked him for the piece of paper, the recently dormant juror refused to hand it over, saying that it was 'a personal matter'.

### The Options Paper - We Want Your Input

The Forest Resources Commission has just released its Options Paper for public review and comment. The Options Paper presents five major themes resulting from the Community Meetings last spring: land use planning, forest resource management, public involvement, economics, and education. The Options Paper is currently being mailed to those who submitted a brief to the Commission or participated in those meetings.

If you did not participate earlier, you now have the opportunity to do so. If you are interested in reviewing and responding to the Options Paper, please write, phone or fax the Commission to request a copy.

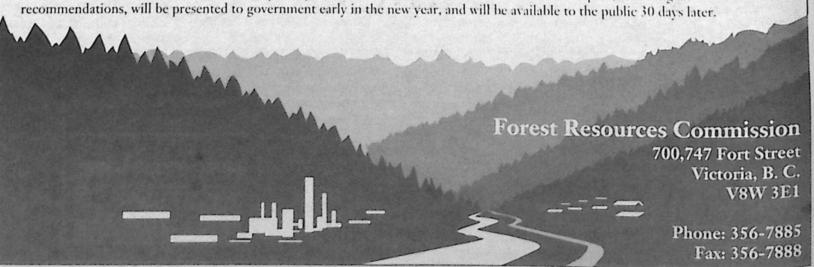
The Commission needs your written response by November 14, 1990. A stamped,

#### Regional Workshops

October and November, 1990. These workshops will be held in Parksville, Vernon, Creston, 108 Mile House, Prince George, Terrace and the Lower Mainland. The purpose of these workshops is to allow detailed discussion from a wide range of interest groups in a two-day workshop setting. The workshop process, along with the public response to the Options Paper, will make sure the Commissioners have heard and interpreted the public accurately, and will help identify preferred options, identify implications of these options, and develop local and regional implementation strategies.

#### The Next Steps

All public responses to the Options Paper and the results of the Regional Workshops will be reviewed by the Commissioners. A newsletter will be prepared outlining the results of both the workshops and public response to the Options Paper. In January, 1991. the newsletter will be sent to all those who participated. The final Forest Resource Commission report, including all





Don Breer

Ted Jordan

**Grant Lawrence** 

Marie Gordon

Marg Grant

Elaine Isfeld

Ceremonies

**Arnold Schreiner Food Services** 











2 41 Comm 1 151 -





Ella Clarke



Marie McNamee









**Bernie Mason** 



**Red Harvie** 





peter a delibert to the fit of the same person of t



Darlene Weir



Mike Fournier

Bernie Boutaught





Office Manager



Friends of the Games



Russ Wreggitt Accommodation



Friends of the Games



Security





**Bob Nikolaisen** Transportation

Lin Di Castri

Special Events

Peter Robinson

**Special Events** 

#### Timing of Your Response

addressed response card is enclosed with the Options Paper.

The Commissioners are also inviting many of those who submitted briefs or made presentations to attend regional workshops in

# THANK YOU Comox Valley

The 1990 B.C. SENIORS GAMES, hosted by the communities of the Comox Valley September 5th to 8th, were a tremendous success!

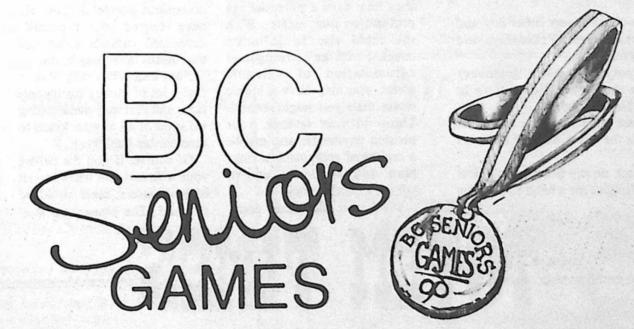
The success of the Games must be attributed to the cumulative efforts of not just a few, but the many residents of the Comox Valley who gave unstintingly of their time and talents, not only during the Seniors Games, but also in the months preceeding the events.

Comments and letters from visiting participants and guests give testimony to a great time had by all and to the hospitality extended throughout our community.

The list of names is far too long to include in this message, but special thanks are extended to the Steering Committee, City of Courtenay, Town of Comox, Village of Cumberland, Regional District, CFB Comox, School Board, the Provincial Government and their representatives, Comox Indian Band, local clubs and organizations, Comox Valley Businesses, the Professional firms and the over 1000 volunteers and individuals who provided support.

### YOU MADE IT HAPPEN! THANKS!

B.C. Seniors Games Directors COMOX VALLEY HOST COMMITTEE





**Demonstration Events** 



with Land



Ron Webber City of Courtenay



Medical & Security

### Comment

customers.

Canex - The Bare Facts

**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 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 to say, very well indeed. The 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 a full productive shift, Dawna's sense of humour is like fuel for our engine, Teresa is back from the Yukon rarin' to go, Karen is back from California with a new name (Mrs. Vedova), Ron Fisher, a former editor of this newspaper, lends us his considerable talents when he can, and, for the first time in years (I think I was the last 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, leave the country?")

He's Jim "Hamish" Kirk, a retired RCAF officer, now a resident of Denman Island and recent contributor of the three-part 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 the following, among many, in his files.

Dear Milkman, I've just had a baby. Please leave another

One pint today. Sex on Saturday.

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.

Sorry about yesterday's note. I didn't mean one egg and a dozen pints, but the other way around.

No milk thank you. We're away for the weekend which is why I'm hiding this note under the doormat so nobody will

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

From now on, please leave two pints every other day and one pint on the days in between, except Wednesdays and Saturdays when I don't want any milk.

My back door is open. Please put milk in fridge, get money out of cup in drawer and leave change on kitchen table in pennies because we want to play bingo tonight.

When you leave the milk, please put coal on the boiler, let dog out and put newspaper inside the screen door. P.S. Don't leave any milk today.

When you leave my milk, knock on my bedroom window and wake me because I want you to give me a hand to turn the mattress.



**Financial Tips** 

### Leaving your children more of your estate.

to leave something for your under tax laws there is a children when you die? Or are deemed disposition of capital you someone who doesn't realize that you have an estate and so have done nothing

the rapid rise in inflation unrealized capitals gains and coupled with an unrecognized accumulation of valuable assets, you may have a bigger estate than you might expect. Throw in your savings, your pension payments, and maybe a registered retirement savings plan and suddenly you're

talking a lot of money. When you die, taxes come

Are you a person who wants due because at that moment assets. In other words, you are not apply. considered to have sold your condo (or other recreational property), the farm, or stocks Many people are not aware or bonds that may be in your they may have a potential tax investment portfolio. You will problem on their estate...With have realized your previously but taxes can be minimized and

> that means taxes may be due. Poor kids. They may have to find a lot of money for income taxes and that may mean selling off some or all of your assets to meet the tax liability.

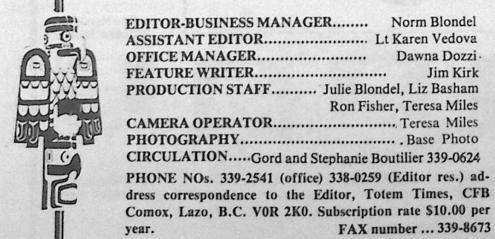
deferred. The house that may properly planned.

comprise the bulk of your estate is your principal residence and the capital gains tax will

When you leave your estate to your children, your relatives or friends, it's a different story. What can you do? Well, it is

impossible to avoid all taxes, deferred. For tax deferral programs (a complex area) you should consult a chartered ac-

If you want to make gifts to your children now, consult your chartered accountant Of course, if you die before because there may be unforyour wife and you leave her all tunate and unexpected income of your assets, taxes could be tax consequences if not



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. Views expressed are those of the contributor unless expressly attributed to DND, DF, or other 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.

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



### For Those Born Before 1935

We are survivors!

Consider the changes we have witnessed. We were around before television, before penicillin, before polio shots, frozen foods, XEROX, contact lenses, frisbees, and the

We were before RADAR, credit cards, split atoms, laser beams, and ball point pens: before pantyhose, dishwashers, clothes dryers, electric blankets, air conditioners, dripdry clothes, and before man walked on the moon.

We got married first and then lived together!

In our time, closets were for clothes, not for coming out of. Bunnies were small rabbits, and rabbits were not Volkswagens. Designer Jeans were scheming girls named Jean or Jeanne, and having a meaningful relationship meant getting along with our cousins.

We thought fast food was what we ate during Lent, and outer space was the back of the Palace Theatre.

We were before house-

husbands, gay rights, computer only 11 cents a gallon. Cigarette smoking was

dating, dual careers, and computer marriages. We were fashionable. Grass was mowed. before day care centres, group Coke was a cold drink, and pot therapy, and nursing homes. was something you cooked in. We never heard of FM radio, Rock music was a grandma's lullaby, and AIDS were helpers tape decks, electric typewriters, in the principal's office. artificial hearts, word processors, and yogurt. Time

sharing meant togetherness -not computers or condominiums; a chip meant a piece of wood; hardware meant hardware, and software wasn't And we were the last Made in Japan meant junk, a husband to have a baby.

and the term making out referred to how you did on an exam. Pizzas, McDonald's and generation gap today. instant coffee were unheard of.

But we survived. What better We hit the scene when there reason to celebrate?

cents. The Jumbo sold ice creams cones for a nickel or a vividly recall the intensity of the depression of defeat, and For one nickel you could ride the streetcar, make a phone the full range of human call, buy a Pepsi, or enough stamps to mail one letter or two numbing fatigue and the burpostcards. You could buy a ning drive to go on, to connew Chevy coupe for \$600, but tinue, to win in spite of the od-

We were certainly not before the difference between the sexes was discovered, but were surely before the sex change. We made do with what we had. generation to think you needed

No wonder we are so confused, and there is such a

Here today we have highly decorated heroes who can battle, the elation of victory, emotions experienced during who could afford one? Gas was ds. We owe them our gratitude.

CANEX?" "We heard that CANEX is owned by a group that true?" "What happens to the money that CANEX earns?" These are just a few of the questions that editors of Base newspapers and military magazines across the country receive from time to time.

Here, at last, are the facts.

CANEX is a unit of the Canadian Forces, and has no owners shareholders. It is overseen by a Board of Directors, which is comprised of a majority of military members representing each of the Commands, plus a few civilian members who have extensive experience in retailing, finance and business management. Not even the directors own any shares -CANEX is owned by the Canadian Forces and is an important part of the CF Personnel Support Programme.

CANEX is managed by a combination of military and will be even greater during the civilian personnel, and operates current year.

"How do you buy shares in through 13 Regional Managers - who are strategically located across the country from allows the organization to respond quickly to any local needs, and ensures that a close

working relationship is main-

tained between CANEX and its

CANEX earnings are designed to provide Bases/Stations with funds which they would not otherwise have, to support welfare and recreational programmes. Many of the recreational facilities being provided at CF Bases/Stations were paid for out of revenues generated by CANEX. Every time a CF member or dependant shops at CANEX, they are indirectly helping to improve their leisure environment. In the last fiscal year, CANEX contributed over four million dollars to Base/Station funds, and indications are that this amount

### **PMO** Association Family Day

even a word.

On the 8th of Sep the PMQ Association held the annual 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!

The big attractions this year included Base Transports' Little Toot, the hay rid, the Ronald McDonald Smoke House and the A&W Root Bear. I would like to thank all of the organizations who volunteered their time and resources to make this family

day a success. Special thanks go to Capt Boyd and his Air Cadets for assisting the councillors in the set-up and supervision of all the activities.

were 5 and 10 cent stores where

you bought things for 5 and 10

Things to look forward to from the Community Council: October - Kids Halloween; November - Christmas Basaar, and December - Santa's

Visit/Christmas Tree Burn. Ladies keep in mind the \$347.93) a month. PMQ Associations' Evening Ladies Aerobics Tues and Thurs nights, 1900 hrs to 2000 hrs, in the Rec Centre. Call 8571 for more details.

Hospice in the Park

Comox Hill

Valley Hospice Society Fund

Raising Committee announces:

Mail to: Hospice in the Park Trust Fund Box 1404, Comox, B.C. V9N 7Z9

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,

Pledges can be mailed to P.O. Box 1404, Courtenay V9N

Create the Hospice, Save a Park!

Bookstore. For more information phone B. Price 339-4015.

Comox. Contributions are tax deductible.

dospital, Comox. (contributions will be tax-deductable)

7Z9 or left at the Galley Restaurant or Blue Heron.

Age Security, Guaranteed Income Supplement and Spouse's Allowance benefits will increase in October in line with the cost of living, the National Health and Welfare announced

The Old Age Security pension, paid to people 65 and older, will rise to \$351.41 (from

The maximum Guaranteed Income Supplement (GIS) will increase to \$417.61 (from \$413.48) for a single person

and for a married person whose OTTAWA -- Federal Old spouse does not receive an Old Age Security pension or a Spouse's Allowance. The maximum Guaranteed

OAS Pensions Rise in Oct.

Income Supplement will increase to \$272.01 (from \$269.32) for each married person whose spouse also receives an Old Age Security pension and for a married person whose spouse receives a Spouse's Allowance.

The maximum Spouse's

64 who are married to GIS recipients - will increase to \$623.42 (from \$617.25).

The maximum Widowed Spouse's Allowance, paid only to low-income widowed persons aged 60 to 64 who reside in Canada and meet the basic residence requirements, will increase to \$688.26 (from \$681.44).

All of these benefits are adjusted every three months based on increases in the Con-Allowance -- paid to low- sumer Price Index, Statistics income people between 60 and Canada's measure of inflation.

from the H.W. Holmes collection



Leisure

### United Way

### it works... FOR ALL OF US Thanks to you



WE'RE OFF!

#### United Way Campaign Begins

Now that the 1990 CFB Comox United Way Campaign is officially underway it is time to pull our resources together and give a hand to those in our community who need our help. The campaign will run from 17 Sep 90 to 31 Oct 90 and the goals of the Base are to raise \$27,000, and to achieve maximum participation. We CAN make it happen!

#### THE PEOPLE INVOLVED

This year's Base Coordinator is Capt John Purdy of 442 Squadron and his assistant is Lt Arnold Kettenacker the Base ArmPAvO. However, the people who really make it happen are the unit/section representatives. These people have the arduous task of canvassing all the people in their section, and collecting the money. We have an excellent group of reps this year. They are:

MCpl Chislett, 407 Sqn; Capt McLellan, 442 Sqn; Cpl Lavigne, VU33 Sqn; MCpl Johnsen, Admin; Sgt Plante, BPerO; MWO Pettipaugh, Canex; Pte Dion, LTC; Pte Savard, Dental; MCpl Czank, Hospital; MCpl Norlander, BCompt; MCpl McNeill, BFoods; Sgt Symons, BAMSO; MCpl Kryshoski, BSupO; Sgt Sherritt, BTN; MCpl Marsh, BTelO; Cpl Summers, Fire Hall; MCpl Martin, BEME; Lt VanBerkel, ATC; Sgt Rodgers, BSecurO; Cpl Porter, Met; Capt Smith, BOps/DIAC; Cpl Brougham, 740 Comm, and MCpl Anderson, AFIS.

These are the people who will be approaching you for a donation. Please give them your support. Everyone is encouraged to contribute, no matter how small, either with a cash or cheque donation or a pay assignment. Maximum participation is the goal of this year's campaign in order to raise the 40 % level that the Base achieved last year. We know that not everyone can afford a large donation. Remember that it is not so important how much you give, just that you give. **OUR GOALS** 

The Base goal of \$27,000 has been divided into smaller branch/sqn goals. These goals were established based on the unit's percentage of the total Base military and civilian personnel strength.

If you are not sure who your rep is, or if you feel you might be missed, contact the Base Coordinator at 8692.









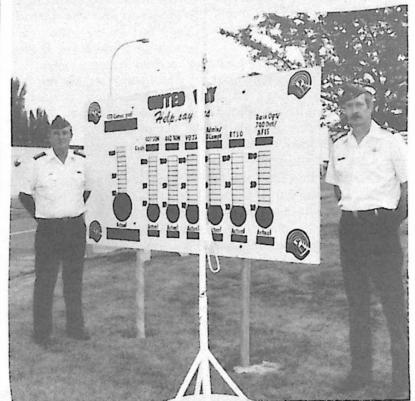


THANKS TO YOU, IT'S WORKING!

FILL 'ER UP!



United Way



Base Chief Doherty and Capt John Purdy (1990 UW Co-ord) with the new progress board.

UP SHE GOES!



CWO Doherty hauls on the halyard, Capt Purdy and A/BComd Lt Cloutier (442)

### 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!!!

Armoured

**Vehicles** 

Roll

OTTAWA-The Honourable Bill McKnight, Minister of National Defence, today took delivery of the first Militia Light Armoured Vehicles (MILLAVs) manufactured by General Motors of Canada Limited, during a rollout ceremony held in London,

General Motors' Diesel Division in London will manufacture 199 wheeled light armoured vehicles, known as Bison, in accordance with a \$100 million contract signed in July 1989. Delivery of the remaining vehicles is expected to be complete in early 1992.

"Despite recent cutbacks to our overall budget, we are firmly committed to our reservists," said Mr. McKnight. "We intend to provide them with the equipment and training they require and deserve. The MILLAV project is evidence of this commitment."

The price tag includes not only the vehicles but also an integrated logistics support package consisting of spare parts, training, manuals and other project-related items.

A regional industrial benefits package is also part of the project. Various components of the new vehicle, such as tires, drive shafts and instrument panels, will be manufactured in locations that include Newfoundland, Nova Scotia, Quebec, Alberta and British Columbia.

The Bison family of eightwheel drive vehicles consists of several variants, including armoured personnel carriers, command posts vehicles, mortar carriers and maintenance vehicles. The armoured personnel carriers can transport up to 11 soldiers with their full gear. All variants are equipped with a self-defence machine gun, care capable of maximum road speeds of 100 kilometres per hour and are amphibious.

The Bison will enable the Militia to train better for a variety of roles, such as territorial defence, assistance to peacekeeping operations and provision of disaster relief. The vehicles will be held at four centralized locations in Canada for Militia training.

First

Again, Sept has come and

Welcome everyone to the start of another year in all the differing activities on and around the Base community.

gone!

The beginning meeting for the WO and Sgt's wives was held Mon 10 Sep, with 51 members - new and old in attendance.

A brief business meeting was conducted by President Jackie Symes, and introduction of new Executive.

Entertainment was directed by Roz Turcotte - an improm-

MASS SCHEDULE:

Mary Kerr, Phone 339-2552.

BASE CHAPLAIN (P) - Maj R.E. Baker

SUNDAY SCHOOL - resumes 9 Sep 90

John LeRoss, 339-4388

BASE CHAPLAIN (RC) - Mai J.G.A. Veilleux

CHAPEL - Our Lady of the Sacred Heart (on Base)

OFFICE - Headquarters, Bldg 45, Rm 48, Telephone 8274

Chapel Chimes

**OUR LADY OF THE SACRED HEART CHAPEL (RC)** 

Saturday.....1900 hrs

Daily Masses. . . . . . . . . . . . . . . . . As announced in the Bulletin,

RECONCILIATION — Confessions will be heard before each Mass or upon

request. Penitential Celebrations are held during the Advent and Lenten

BAPTISMS & MARRIAGES - By appointment - notice well in advance

CATHOLIC WOMEN'S LEAGUE - Second Tuesday of the month in the

Parish Hall, preceded by Mass in the Chapel at 7:00 pm. President: Mrs.

CATECHISM CLASSES - September - May in the PMO School at 1830

hrs, every Wednesday. Co-ordinators: Bonnie Gillis, 339-3496, and

ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

NURSERY SERVICES - resumes 9 Sep 90, children up to age 3. Volun-

CHAPEL GUILD - meets once a month, first Thursday at the Chapel

Our Lady of The Sacred Heart Chapel Religious Education 1990-1991

CHAPEL - St. Michael & All Angels, Wallace Gardens, Bldg 88

OFFICE — Headquarters, Bldg 45, Room 48, Telephone 8273

SUNDAY WORSHIP — Each Sunday at 1100 hrs.

HOLY COMMUNION - First Sunday of the month.

CHOIR - practices 1830 hrs, Thursday at Chapel

Wed., Oct 3, 1990 at the Airport Elementary School.

you speak French and English. Ckan you help?

18:30 hres a 19:30 hres a l'ecole Airport.

Contacter: Pere Veilleux, 339-8274 ou Bonnie Gillis, 339-

Note: La date proposee (non finalisee) pour la premiere

Communion des enfants de deuxieme annee, est dimanche, le

28 avril 1991. Parents, veuillez vous assurer d'etre en

possession des certificats de bapteme pour fin administrative.

Parish records.

3496.

Avis Aux Parents.

7:30 pm, President Liz Basham 339-4314.

WO &Sgt's Ladies Club

ptu surprise of orchestrated frovolity. With all in attendance having fine flair at the musical interlude.

Opportunity to chat and mingle were then shared with coffee and treats.

next meeting is slated for 15 Oct at 8 pm. HAPPY THANKSGIVING! Looking forward to seeing you all at the next meeting.

For any further information - please feel free to contact Mrs. Jackie Symes at 339-6669.

usually at 0900 hrs, except during

Lent & Advent at 1900 hrs.

### Due to Thanksgiving, the

Thinly slice the above and sprinkle 1/4 cup pickling salt through. Add a few ice cubes. Cover and keep for a few hours. (Fridge best.) Pickling brine:

3 cups sugar

1 teaspoon tumeric 1/2 teaspoon powdered cloves

sterilized jars and seal making sure liquid covers pickles.

to make and very tasty.

Панинини

1/2 cup oil 2 cups finely chopped onions 2-3 cloves crushed garlic Tomatoes (chopped/seeded)

Christine Mayer

These are a few of our favourites you may like to try.

#### Cucumber Pickles

10 med cucumbers 5 med onions

3 cups vinegar

I tablespoon mustard seed

2 teaspoons celery seed Method: Drain vegetables. Add to dissolved pickling brine and bring mixture only to the boil in large pot. Pack in hot

The cucumber relish is so easy

#### Tomato Sauce

There should be about 4 litres after preparing whatever type of tomato used.

### IT'S **PICKLING** TIME!

2 teaspoons pickling salt 1/2 teaspoon pepper

1/4 teaspoon rosemary 2 teaspoons oregano 2 teaspoons paprika

1 teaspoon basil

ingredients in pot and simmer stuff. until sauce thickens. Stirring often. Either process for 10 mins in hot sterilized jars or place in containers and freeze. This is excellent pasta sauce. The tomato sauce is a good

way to use some of that flood of tomatoes we are getting from the garden this year. Handy for pasta etc. and it can be frozen, which saves work.

### Homemade HP Sauce

4 lbs apples chopped 4 lbs prune plums chopped

2 lge onions chopped 3 pts malt or cider vinegar 2 teaspoons ginger

2 teaspoons nutmeg 2 teaspoons allspice 1 teaspoon cayenne 1/2 cup salt

2 lbs sugar

MR. SWEEPER (COURTENAY)

VACUUMS

. New & Used Vacuums.

Panasonic.

. Easy Flo . Beam . Ultra-Clean .

. Built In Vacuum Systems .

Ve specialize in fast service to out of town

MAIL ORDERS WELCOMED

LOCALLY OWNED & OPERATED

Trendvac . Filter Queen .

Cook fruit and onions adding enough water to prevent scor-

Next To SAAN

2-2401 Cliffe Avenue

## Country

Kitchen

ching. Put through seive. Add remaining ingredients. Simmer until thick. Seal in hot sterilized jars and process 5 mins.

Method: In large pot saute The H.P. sauce is super. We onions and garlic until sof- use it on meats, sandwiches, tened. Combine rest of fish and go through jars of the

#### Chinese Plum Sauce

8 lbs plums chopped 2 cups finely chopped onions 2 cups light raisins 2 teaspoons each of cinnamon

and allspice 1 teaspoon minced fresh ginger 2 cups white vinegar

41/2 cups sugar

1 tablespoon salt In large pot combine all ingredients stirring frequently until soft and mushy. Cool completely. Process in food processor (or blender) until very smooth. Bring to boil and pack in hot sterilized jars.

Process 8 mins at 5 lbs pressure or about 20 mins in canning

The plum sauce is very versatile not only on Chinese food but will liven up cold chicken etc.

### \*\*<del>\*\*\*\*\*\*</del> CF Europe Reduces

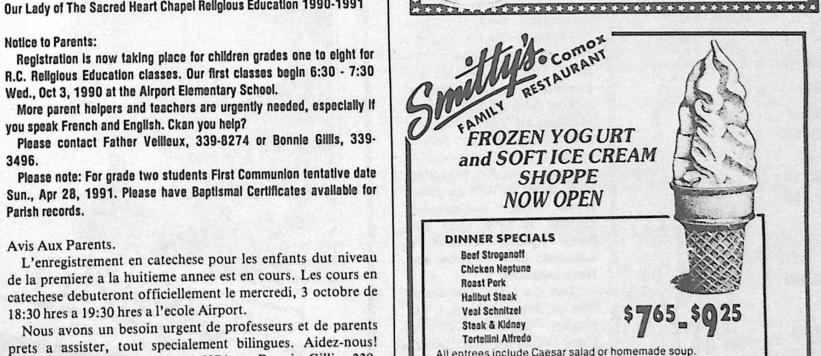
OTTAWA--The Minister of National Defence, the Honourable Bill McKnight, announced today that military personnel stationed in Canadian Forces Europe (CFE) will be reduced by approximately 1,400 in 1991.

"These are budget driven reductions. We are able to make them because threat levels are no longer what they were in Europe," said Mr. McKnight. "There will be no change in our role in NATO as a result, and our personnel strength in Europe will remain well above what we had in the mid-1980s."

The withdrawn military personnel will be absorbed into bases across Canada, and reduced recruitment demands will allow for a natural adjustment in overall strength.

The operational impact of the reduction at CFE will be minimal, given the change in the security situation in Europe. Canada is just one of several

countries to announce reductions in forces stationed in Europe. Gen. John de Chastelain, Chief of the Defence Staff, has informed Canada's NATO allies of the reduction in Canadian Forces troops at CFE.



MERV HARDER

Tortellini Alfredo

All entrees include Caesar salad or homemade soup. vegetables, choice of potatoes or rice pilaf, & house dessert.

Old fashioned soft ice cream and low calorie frozen yogurt with 9 natural, real fruit flavors.

### Section News



Hello once again from the

enough, in amongst all the

Supply Techs in 1 Supply

Speaking of 1 Supply Group,

they wish to give a warm

welcome to their new person-

nel. Cpl Dan Renwick joins us

from CFB Valcartier, Pte Mar-

cel Belliveau from CFB Bor-

den, Mrs. Debby MacGregor,

housing project, and for two

weeks she has the help of Cpl

Elizabeth Mochilan, who is in

transit waiting for her posting

to Ottawa. Pte Judith Ar-

senault comes to us from

Clothing Stores. Judith has just

returned from the softball

nationals, along with MCpl

Group.

### Supply Signals

Pam Kryshoski, Supply Admin

### Base Telecom

(BTel Promotions on page 14)



Clerk. Rumor has it. Judith world of Supply. This weeks article is being written from the was seen beating up the airborne fellas while in Edmonton. IOR desk. The IOR Section Also, a warm welcome back to consists of one person, Cpl Cpl Cathy Hailes, who has just Norm Hailes. For those of you returned from maternity leave. out there who are not sure what In other sections around IOR stands for, it is Immediate Supply, Commercial Receipts Operational Requirement. Section welcomes Cpl Barry Dealing mainly with Aircraft squadrons, the job entails Hewer from Petawawa. General Stores says hello to Cpl liaison with many civilian contractors, keeping in constant Sandy Kieckhoefer, posted in contact with item managers in from CFB Baden and at the Ottawa and relying on Bases same time, saying goodby to Terry Hyde, who has just across Canada to get supplies finished her term in Hazardous to Comox by the quickest means possible. The IOR clerk Material Section. Another new can be found, if you look hard face in Gen Stores is Pte Josee

a month in HAZMAT. Canvassing of other supply sections turned up no new or interesting news. With the hustle and bustle of posting season at an end, there seems to be a lull in activity, but not for long. By the time this article goes to press a golf day and a 3day adventure training trip will who is a term employee working on the Re-ware have taken place. More on these in the next issue.

Goyer-Leblanc, working 8 days

On a final note, Base Supply joins MPO in extending congratulations and best wishes to Dave Boudreau on his marriage Sep 7th, and also congratulations to Cpl Anita Zoopkow on her recent promotion to Cpl.

### **Next Deadline** 15 Oct 90



The BTelO oganization has been kept quite busy this summer. Along with the ongoing Day which kept Sgt Parks and his cable crew hopping. Great job fellas. Afterward there was no rest to be had as they all pitched in a lot of extra hours to install the fibreoptic mux in DIAC. Right now one of the projects underway is the complete installation of a public address system in Airport Elementary School. Keep up

the good work Tel Ground.

Out at IFRCC, WO Howie Gustafson and his navigational aids techs (who are you trying to kid - you're all RADAR TRASH!) are busy preparing for the new pressurized PAR dome that's to be installed in the near future. It seems the old solid dome structure resulted in interference and transmission losses. Looks like the radar boys may possibly be pressurizing and depressurizing themselves in order to gain entrance to the PAR for maintenance. What about the ASR/SSR tower you ask? Well, the current geodysic or "GOLFBALL" structure has virtually no associated losses due to it's symmetrical design so it will happily remain a CFB Comox landmark for a few

years yet. Since our last episode there have been tremendous amounts of comings and goings - in the going department the Navaids boys bid a fond farewell to MCpl Bert Vandenborn on the occasion of his impromptu Cold Lake posting. (We'll just have to find some other guy to badger mercilessly. I've a feeling it won't be the same---SIGH.) Also leaving the Navaids section was Sgt (and computer wizard) Gene Graham. Comox was Gene's final posting as he's now retired from the military and dwelling in the valley. Best of luck to both of you in your surroundings - except for you Bert! Losing those two fellows could have left a serious dent in the section but for the arrival of a couple of wild sargeants from such non-utopian postings as Cold Lake and Mont Apica. Welcome to Lotusland Steve Morrow and Denis Gamache!

There are a few new names over at Telcom Ground this summer - Cpl Mike Girard in from Winnipeg, Cpl Debbie MacNeill from Chatham and



Pte Carrie Usherwood fresh off of her TQ3s in Kingston. Let's not forget those two young lads cable upgrade, came Air Force recently arrived to the Navaids section - Byron Graham (no relation to Gene - so there'll be no cries of Nepotism!) late of Sydney and John Shorter also newly arrived from Kingston. (WO Gustafson could hardly wait to meet you John, tee

> Along with all the new transfers come the inevitable promotions. Congratulations to the following personnel:

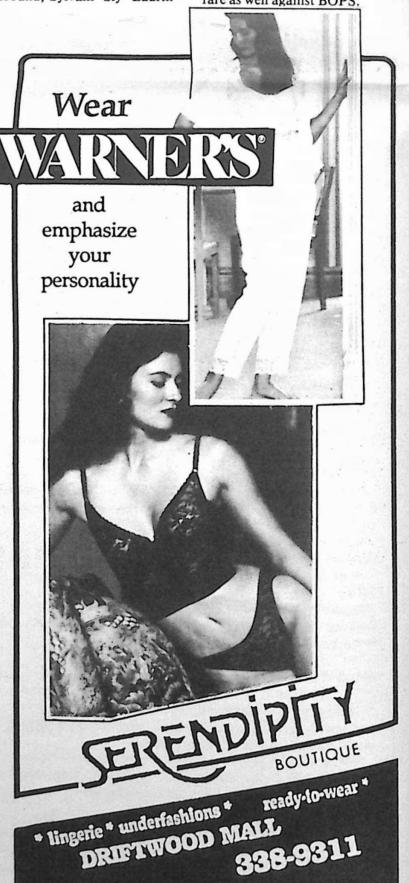
> Brand new MWO Sandy Anderson (don't forget those prawns!). Sandy has a new home in headquarters as our Tel Svcs Officer. What a pile of brand spanking new MCpls!

> There's Mike Pierce from Tel Ground, Sylvain 'Sly' Laurin -

AKA Potsy AKA FASM - ? from Navaids and Luc Aubertin who left us in August to give Holberg a hand closing down. Good show fellows!

We'll soon be welcoming Brenda Beaton, 'Boots' Boutilier and Glenn Wight back from dreaded Kingston as they've all made it through that little bit of hell otherwise known as their TQ5s. Nice to have you back home safe and reasonably sound guys.

It behooves me to mention a slight incident which occurred a few weeks back - namely the BTel/Base Workshops somewhat bi-annual slow pitch challenge. Guess who won? (And by an outrageously large margin I might add...) I guess that evens things up a tad eh guys? Now if we could only fare as well against BOPS.



### Section News

# 407 Squadron



Lt Col Chester, 407 Sqn CO, recently had the sad duty of saying goodbye to one of 407's finest. CWO Larry Hunt has been with the squadron for 4 years and with the RCAF and CAF for a total of 33 years. Larry has elected to take early retirement and reside in the Comox Valley; a good decision. CWO Hunt leaves a big hole in the organization but something tells me that we have not witnessed the end of Larry's talents at CFB Comox. A man with his attributes is hard to ignore.

TOTEM TIMES

Many people feel vulnerable when their car is in the hands of a mechanic. When you think that an automobile is made up of more than 15,000 parts, it's understandable if you feel you're out of your depth when something goes wrong.

There are some general pointers that can help you avoid problems with car repairs so that you won't ever need to talk to your lawyer about suing your mechanic.

Legal Tips

First of all, leave the diagnosis to the mechanic. Describe the symptoms as best you can, but don't try to impress the mechanic with your diagnostic skill. If you tell him the battery is dead, don't be surprised if you get a new battery - even if all you needed was a new fan belt to the alternator.

Make an appointment that allows enough time for the job to be done properly. If you bring your car in on Saturday morning and you need it by noon hour, you may be asking for slipshod work.

Report unsolved or new problems right away. If you had a tune-up and the engine still misses, ask for a recheck

immediately.

Always give the mechanic a phone number where you can be reached. Ask him to let you know how much the work will cost before he starts doing anything. If the cost seems high, ask for a written quote and take the car to another shop for a further estimate so that you can compare.

Car Repairs

Automobile mechanics in BC are not required to pass a certifying examination, but the BC Automobile Association does have an Approved Auto Repair Services Program. Under this plan, garages contract with the association to provide honest work and to guarantee it. If you're a member, the B.C.A.A. will give you a list of participating garages and will help you if you get into a dispute with one of them over their work.

If that happens, you should pay for the work even if you can't settle the dispute because, if you don't, the repair shop can register a lien against the car and eventually seize it and

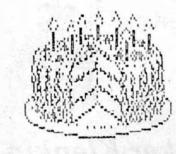
The first thing you should over the quality of work or the event your keys are lost. 

charge, is to talk to the mechanic or the owner of the garage. If that doesn't work, the Automobile Association if you're a member. (If not, contact a private consumer group.) As a last resort, you may end up consulting a lawyer, or taking the case yourself to Small Claims Court.

Obviously, it will be worth your while to shop around for a reliable person to work on your car. And, when you find a mechanic who does good work, stick with him. When you call the shop for an appointment, remember to specify that he do the work.

Even when you know and trust the mechanic, though, you won't know everyone who might be in the shop during the day. So you're well advised to remove all valuables from the glove compartment and trunk when you leave your car on a garage lot - or anywhere, for that matter. You should also leave only the ignition key to the car. This will prevent anyone from making duplicates of your house or garage keys do, if there is a disagreement and will protect you in the

# CANES



26 Sept - 6 Oct 1990

COME AND HELP US CELEBRATE OUR 22nd BIRTHDAY. WE WIL

BE SERVING FREE CAKE AND COFFEE AT 1000 HRS 26 SEPT

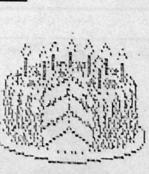
A Flea Market will be held in the Canex Parking lot on the 29th of Sept with an alternate date of 30 Sept in case of rain. The cost per table will be \$2.00 Proceeds to go to the Military Police Blind Fund. Value and service satisfaction.

RETAIL STORE

SUPER BUYS!

<del>,</del>

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.

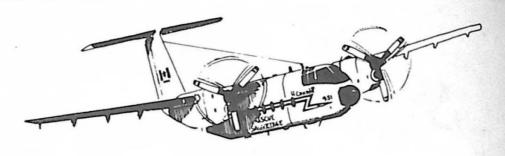


Section News

### Section News



# 442 Squadron



### FE section

The Squadron would like to extend its gratitude to all Base sections that contributed to the Stephanie Martell Memorial Fund. The Base's generosity and consideration is a splendid example of the military's commitment to its members and their families. Thank you.

The Squadron Family Day was a tremendous success, held Sep 15. With the threat of poor weather, 442's FEs demonstrated their unique ability to adapt and provided a day full of fun and thorough enjoyment. The family and friends were treated to an assortment of entertainment throughout the day. In the morning at the hangar, the dependents had the opportunity to take to the sky in either the Buffalo or Labrador. While the flights were in progress, numerous attractions were laid on. There was a fire truck, a police cruiser, videos, face painting and a delightful trip around the hangar line in the 'mule converted choochoo'. Around dinner time the activities began at the pavilion at Airforce Beach. There were plates of food, pickles, salads, mouthwatering corn, delicious BBQ hamburgers and hotdogs, and a variety of beverages. During the beach festivities, some little rascal was busy supplementing the weather by tossing water balloons at unsuspecting victims. Little did this naughty lad realize that the MPs were on his

bath or rather splatter of eggs. Congratulations to Ben Therrien who produced this scenario for everyones enjoyment and a huge round of applause to Ryan Harding for being a good sport and an even better villain. The FEs then took turns being trounced in the dunk tank. The children gladly lined up to take turns attempting to drop the boys (mostly fathers) into the drink. Ribbons and silver dollars were given to the kids for their participation. The day was concluded with a huge mother/son vs father/daughter tug-o-war. The best two out of three found the moms/sons tied after two and full of sand. The fathers/daughters brought home the winning pull. The children were then treated to 'souvenir bags' of goodies. All in all the FEs put on a tremendously well organized and enjoyable day for the Squadron

We have finally discovered where Engine Bay is and have something from them to report. We hope this will become a pattern for all 442 ground people to emulate as the success of these articles is due to your ability to share with the rest of us and its fun.

### Engine Bay

The Engine Bay would like to welcome Sgt Ross, MCpl Schuszter, Cpl Anglin, Cpl Lamontagne, Cpl Pilote and Cpl Grant to the section. We're sure they'll be a valuable asset to the Bay and 442.

Charlie Lamontagne has her arrival from Ottawa. While

Commander ATG Commendations BGen Diamond (ex-442 CO) Presenting ice-cold splashes, he received a



Rescue 311 receives Commander ATG Commendation for the daring rescue of a man and his grandson on 25 July at



Cpl Don Peters and MCpl Tony Isaacs shown receiving Commander ATG Commendation for SAR Pride. This exedition was during the summer and was an attempt to scale Mt. Logan but fell short due to poor weather.

the red stuff on their heads and was a chicken, in the dark. San Francisco roosters.

chins. Upon returning from the When Charlie explained her learned a few new things since 'watering hole', Charlie found dilemma to the boys at work, who leaves us for the elite sershe had 7 roosters and 2 eggs. of course they explained the vicing crew. Also best of luck babysitting some poultry for a With flashlight in hand, difference. Charlie is much to Cpl Fournier and Cpl Papp the dunk tank, helpless to the friend, she made a startling Charlie struggled to find a relieved to find that she had who will be attempting their wrath of the kids. After a few discovery. Some chickens have chicken, or what she thought chickens all along and not some ATAT QL exam in October.

Good luck to Cpl Trudel

Attention **Totem Times** Writers

Karen

trail. With the help of the ob-

servant and intrigued children,

the MPs were able to ap-

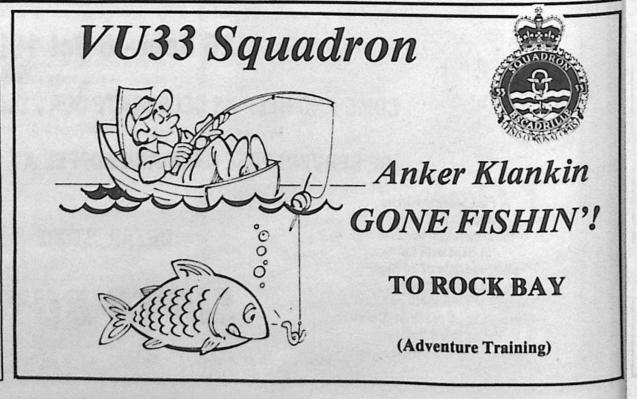
prehend the criminal. A

kangaroo court style punishment was imposed and the

villian was perched high above

**Assistant Editor** 

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 newspaper and deadline is tomorrow - got it!" Well, whether 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 me at anytime.





## BTNO

### Road Rally A Success

The Section held its annual road rally this past Saturday the 22nd of September. There was a tremendous turn out, with 12 teams participating. Mind you, twelve teams started out but only eleven teams made it to the finish line. We won't say anything - will we John and Linda? Better luck next time.

The course was approximately 150 kms in length and took the competitors throughout the Comox Valley. From Comox and Courtenay, to the end of the world (Ghost town), it was a gorgeous day for a scenic drive. At the end of the race, competitors and their families ended up at Airforce Beach for the BBQ and games. Before anyone could claim top prize, the dreaded cracker race had to take place. Easy for some, but trying to whistle with a package of crackers in your mouth ain't that easy - believe

The winner of the rally was BTNO secretary, Mrs. Janet Jenkins and Lt Karen Vedova They were awarded the BTNO Road Rally trophy and \$50 in prize money.

Second place went to Cpl Doug Cusson and Cpl Linda Chasse who won \$25 in prize money. Well done everyone!

Congratulations to MCpl Murray Streeter and his family who took last place and won the consolation prize - a horse's --- trophy and two tonka cars so they can practice for next year's rally at home. We will display that trophy with pride in the Section Murray! All in all, a good time was had by all.

Special thanks goes to the rally organizers, Pte Nadine Bonnier and Cpl Gary O'Brien, for their fine efforts and keen minds for conjuring up some of those difficult to find questions (ie the water man). Thanks also to Pte Paul Uhrin, who entertained the children with games after the rally and to Pte Mike Paasita and Pte Terri Steiger, who helped with the canteen all that participated and hope to see you all next year.

### **Road Rally Participants**



Rally participants, organizers, and winners all pleased with this year's turnout.



Sgt Mario Levesque "Where's Superman?"



Rally winners being awarded their trophy by Cpt Gary O'Brien (center), Janet Jenkins (left), Lt Karen Vedova (right).

Driftwood

Mal



### ALL ABOARD MODEL RAILROAD DISPLAY

Vancouver Island Model Railroad Assoc.

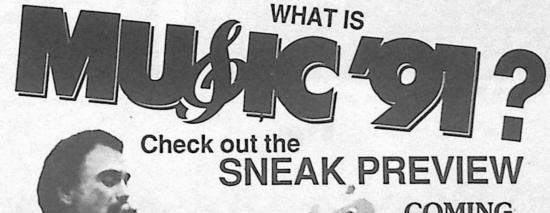
Sat. Sept. 29 Sun. Sept. 30

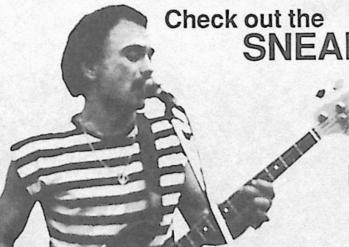
Enter to Win!!!



Choice of Destination is Yours!

2 VIA RAIL **Trip Vouchers** 





COMING SOON at the

DRIFTWOOD MALL OCT. 9-13

Watch for more details in the Comox District Free Press

Non-stop popular live entertainment....

contests....great prizes....

spectacular Mall displays .... and more

### BATTLE OF BRITAIN REMEMBERED



Group Captain (ret'd) E.S. Ireland, DFC, CD, recited the traditional poem, "High Flight".



Capt (ret'd) Stu Living CD, presented wreath on behalf of 888 Wing, RCAFA, assisted by MCpl Middleton.



Chilliwack Military Band



I have slipped the surly bonds of earth And danced the skies on laughter-silvered wings; Sunward I've climbed, and joined the tumbling mirth Of sun-split clouds—and done a hundred things You have not dreamed of-wheeled and soared and swung High in the sunlit silence. Hov'ring there I've chased the shouting wind along, and flung My eager craft through footless halls of air.

Up, up the long, delirious, burning blue I've topped the wind-swept heights with easy grace Where never lark, nor even eagle flew-And, while with silent lifting mind I've trod The high untrespassed sanctity of space Put out my hand and touched the face of God.



The Last Post



### 50th Anniversary

### Ceremony at Heritage Air Park September 16, 1990

Text of address by Col J.E. McGee,

Base Commander, CFB Comox

The week of September 15, ce the Luftwaffe strikes were of Britain, which had begun Fighter Command to concenwith an assault in four phases trate their precious few on July 10:

#### The Opening Phase

Hitler's Luftwaffe bombed British ports and ships in the English Channel, commencing his campaign to achieve air supremacy, prior to the invasion of England.

This phase demonstrated the superiority of the Spitfire and Hurricane over the JU87 (Stuka), the efficiency of the RAF fighter control system. and the effectiveness of Radar.

#### Phase 2: 8 Aug 1940

Hitler ordered an all out campaign against the RAF, bombing airfields in Southern England, while assembly began on landing barges in French and Belgian harbours and Bundeswehr soldiers trained for the invasion of England. At this time, the ME 110 aircraft replaced the Junkers 87 in the attacking force.

#### Phase 3: Sept 1940

After suffering heavy losses, Hitler changed his plans from bombing airfields to bombing cities, London in particular. This was an attempt to demoralize the British people, but it only strengthened their

Hitler did not know it, but this change helped Fighter going home." Command to rebuild its aerodromes and air fleet, months' bombardment.

### The Final Phase:

#### Late in September 1940

Hitler concentrated on round the clock bombing of London and night bombing of other industrial towns. This, too, helped Fighter Command, sin-

1940, was the peak of the Battle more predictable, permitting remaining aircraft - a key principle of war.

> By the end of October, Hitler abandond the idea of invading England, and reduced bombings to night time only, through to May 1941, killing 43,000 British civilians.

This battle has frequently been characterized by the eloquent words of Sir Winston Churchill, whose radio broadcasts did much to boost the morale of all who heard him.

Battle of Britain is "Never in the field of human conflict, was so much owed by so many, to so few." He also said: "Hitler has said he is going to wring our neck like a chicken....some chicken!.... some neck!"

In October, 1940 in the privacy of the operations war room, as Sir Winston saw his air defence aircraft continue to be eroded, it was obvious to him that the future was bleak. He asked AVM Keith Park "What other reserves have we?" "There are none,"

So Hitler's decision to abandon the invasion plans and reduce the bombing was a welcome relief which Churchill recorded with: "The odds were great, our margins small, the stakes infinite ... Then it appeared that the enemy were

representing Royal Auxilliary Air Force, Princess Mary's RAF Nursing Service, Women's Royal Air Force, The Royal Observer Corps, RAF Volunteer Reserve, RAF Association, Fleet Air Arm, Air Sea Rescue Association, Coastal Force Veterans. Legions, Police & Fire Services,

Red Cross, War Widows, Air Cadet Sqns from Hamilton, Ont., 47 of whom wore arm bands with the names of Canadians killed during the Battle of Britain. Over 100 from Canadian Fighter Pilots

Association Canada's Air For-

ce was represented by 401

Reserve Sqn Montreal,

originally No.1 Sqn, the one

change Officers flying in the

a commemorative service in a

standing room only Westmin-

ster Abbey. Two years ago, my

wife Donna and I were

honoured to attend the Battle

of Britain service at Westmin-

formation.

His famous quote on the

RCAF Sqn which took part with the remaining Canadians on RAF Sqns, and Canada's Air Division representing Regular Forces. A flypast of 163 a/c led by two Spitfires and two Hurricanes - Canadian Ex-

the chilling reply.

ster Abbey and the RAF Chapel at St. Clement Danes where the honour rolls and squadron plaques are kept. It was a moving experience but I was particularly touched as we left the Abbey following our procession through rows of In England yesterday, a parade of some 1400 marched ned with distinctive medals, seriously hurt in the previous to Buckingham Palace one Polish veteran reached his

> friends. Good pilots." I could not have been more proud or more humble.

> hand up toward me clutching

my arm and as I bent over to

speak to him, he said, "I served

with Canadians, many good

Today, Air Chief Marshal Sir Christopher Foxley-Norris, Chairman of The Battle of

Col J.E. McGee BComd CFB Comox addressed the parade, flanked by Father G. Veilleux and Padre R.E. Baker. Britain Fighter Association ning to emerge amidst a sea of estimates 20% of the pilots are ironies. Germany has long been still living and "We're going to our ally and the Soviet Union celebrate victory," he said. "If The Battle of Britain had not has dramatically turned back been won, the war would have toward the West. Comox has been over in 1940 and statues of Hitler and Goering would

have been outside the Defence

highly decorated heroes who can vividly recall the intensity of battle, the elation of victory, the depression of defeat, and the full range of human emotions experienced Today Archbishop of Canduring numbing fatigue terbury, Robert Runcie, held and the burning drive to go on, to continue, to win in spite of the odds. We owe them our gratitude."

> That was not the outcome and we are here today to pay among us who have seen and survived combat and those who mourn the loss of loved ones the region. and friends. Here today we tinue, to win in spite of the od- shall be free. ds. We owe them our gratitude.

fought for peace finally begin- Britain fifty years ago.

which made allies adversarys, tasted that change in a number

of dramatic ways this past year, which were summarized by a Soviet Director of Mikoyen who presented me with a tray of pins prior to the MIG 29s "Here today we have leaving the Base. He said these pins are Soviet aircraft from WWII - This is the M1G 3 which we flew when Allies now Allies again. Yet, while the fears and

hatreds of WWII finally appear to be dissipating, another international madman has appeared: Sadam Hussein of Iraq, who many analysts compare with Hitler because of his military adventurism and genocide of tribes of his own peoples, using chemical

Today, we have airmen at tribute to those who took part sea in Sea King helicopters in that battle and to those aboard the Canadian Warships enroute to the Persian Gulf and we are deploying a CF18 Sqn to

Today, as we pray in seated Battle of Britain have highly decorated heroes gratitude for those who served veterans and war widows ador- who can vividly recall the in- in The Battle of Britain in the air tensity of battle, the elation of and on the ground or at sea to victory, the depression of sustain that Battle, we should defeat, and the full range of also pray that our demonhuman emotions experienced stration of resolve to defend during numbing fatigue and the freedom will be enough to conburning drive to go on, to con- vince Sadam Hussein that we

> To do less would be a betrayal Today, 50 years after that to those who earned us our great battle, we see the hard freedoms in The Battle of



### On and off base

### **OFFICERS' MESS**

**OCTOBER 1990** 

Saturday October 13

OKTOBERFEST

Time: 1900 for 1930 hrs Music by "CROSSWINDS" Food: Bratwurst, Knackwurst, German Sausage, Black Forest Ham (just to name a few hots), Salads, Homemade German Bread, Black Forest Cake Cost per couple: Members \$20 Limited Associates & Guests \$25 PRIZES: Best Dressed - Spot Dances

Wednesday October 17 GOLF DAY Glacler Greens/BBQ. Details TBA Wednesday October 17

OFFICERS' MESS LADIES CLUB FALL FASHION SHOW - Doors open 7 pm, Fashion Show at 7:30 pm. Tickets \$5 in advance from any member of the Executive.

Reservations by 10 Oct

Friday October 26

MIXED TGIF - 1900 hrs. Music by DJ. Food: BBQ Chicken & Fries. Cost per person: Members \$3. Limited Associates & Guests \$5. Reservations by 23 Oct. Saturday October 27

ARTS ALLIANCE AUCTION - 1800 hrs. Food: Catered by Old House. Cost: Details TBA Fridays October 5, 12, 19

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

Wednesdays 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 to attend.

Wednesdays October 10, 24 LADIES BRIDGE CLUB

UPCOMING EVENTS FOR NOVEMBER/DECEMBER

17 Nov - Comedy Nite at the Improv (Tentative) 29 Nov - Mixed Candlelight Dinner in honour of LCol Mack's Retirement

THAT'S HOW MANY

CANADIANS ARE

WHEELCHAIR

Way to go, Canada!

Contact Mess Manager, PO2 Purse 8324

15 Dec - Kid's Christmas Party 

### CWL Sacred Heart

Our Lady of the Sacred Heart Catholic Women's League opened the 1990-91 season on Thursday, Sep 13 with a pot luck supper in the Parish hall. The meeting followed under the direction of our new President, Claudette LeBlanc.

The turn out was great but more members are always welcome. We have a great year planned so come out and join us. We meet the second Thursday of every month in the Parish hall. The next meeting is on Oct 11, starting with mass in the chapel at 7 pm. Following the short meeting at 8 pm there will be a guest speaker who will enlighten us on the topic of

Hope to see you there.

### WE HAVE MOVED

The C.W.L. Thrift Shop is now located in the old guard house building just outside the gate at CFB Comox.

New hours are: Thursday 10 am to 2 pm

Saturday 1 pm to 4 pm You will find something for every member of the family.



DRIVER'S STATEMENT OF

The indirect cause of the accident was a little guy in a little car with a big mouth.

THE MONTH

### Safe drivers



Cpl A.G. Andrade





Cpl C.R. Watts

Call:

334-0355

SQUARE I TRAVEL

Winter Sun Brochures

now in! Book early for

good savings!

in the Driftwood Mall

SERVICES LTD.

### REMEMBER YOUR SIGNS!

Now that the children are back in school, MSE Safety has been getting numerous calls about the meaning of certain signs. Put these signs in your memory bank and please obey them. A child's life is a precious thing.

SCHOOL CHILDREN (WARNING)



A school is located nearby and school children may be walking along or crossing over the highway. (White on blue background.)

### PLAYGROUND (WARNING)



A playground is located nearby and school children may be walking along or crossing over the highway. (Black on yellow background.)

30 Kilometers per hour 30 km/h (Black on white

When used below the school children warning sign, this tab establishes a maximum speed zone of 30 kilometers per hour between 8:00 a.m. and 5:00 p.m. on school days.

When used below the playground (warning) sign this tab establishes a maximum speed zone of 30 kilometers per hour from dawn to

#### SCHOOL BUS



Do not pass school bus when lights are flashing. This sign indicates that it is illegal to pass, in either direction, a stopped school bus upon which red lights are flashing alternately. (Black on white sign - lights are red and bus is yellow.)

#### CROSSWALK



Motorists are required to yield the right of way to pedestrians within the crosswalk. All pedestrians, bicyclists and motorists must obey the instructions of the school patrol or adult crossing guards.

Safety

Quiz

When driving through city intersections your slowest speed should be at the: A. Center of intersection

B. Nearest crosswalk

C. Farthest crosswalk

D. Middle of the block Answer: "B"



HITEC ....

#### Available on T's, sweats, cottons, and hats.

Visit our shop.

Celebrate

our 75th!

334-3656 830F (upstairs) Cliffe Avenue

THURSDAY 27 SEPTEMBER 1990

of composting and "buying green"

who optimistically feel that the

environment can be repaired

and will become more healthy

in the future. The 'enthusiasts'

(9 percent) and the 'activists'

(18 percent) shared a common

belief in the overriding impor-

tance of environmental issues

and seemed to differ only in

their public approach with the

enthusiasts intending to work

behind the scenes while the ac-

tivists aggressively make public

waves. The final 15 percent,

characterized as 'anxious',

were gravely concerned about

the environment but were

Certainly the poll does not

say anything we hadn't already

known or suspected. But the

environment is going to

become more of an issue in the

months and years to come, and

these categories will no doubt

overlap and merge together as

public debate escalates. But

one aspect is already very clear

-- the health of the environment

has become a luxury that no

waiting for some leadership.

### On and off base

### **BTel Promotions**



MCpl Luc Aubertin





**MCpl Mike Pierce** 

Next Deadline 15 Oct 90

## CANADA SAVINGS BONDS.

### THEY'RE SAFE, SECURE AND CASHABLE ANYTIME.

Environmental Attitudes

It's hard to think of another

country more frequently

defined by its landscape than

Canada. For many, the incom-

parable natural beauty of the

land -- the vast north, the great

forests and windswept

seascapes, the pristine lakes

and awe-inspiring mountains--

places Canada squarely in the

middle of the growing public

debate on environmental

issues. It's no stretch to

imagine Canadians playing a

natural leadership role on the

frontlines of the battle to save

our swiftly sickening environ-

ment. A recent poll, conducted

by the Angus Reid Group, lays

the groundwork of the debate

According to Reid, during

most of the 1980s concern for

the environment attracted less

than 5 percent of Canadians.

However, during the last mon-

ths of the decade, increasing

numbers put the environment

as their leading concern. And

there is little doubt that that

number could have gone even

higher if the intense final days

of the Meech Lake debate had

not understandably overtaken

the hearts and minds of the

public. The Reid results broke

down current attitudes to the

environment issue into seven

Of those who gave low

priority to environmental

issues, Reid found three distin-

ct groups. While 14 percent

took the view that just living

from day to day was a full-time

issue for them and, therefore,

concern for the environment an

impossibility, a fatalistic 13

percent of the population felt

that the environment was

damaged beyond repair and

that they could not do

those polled were characterized

as 'hostile', believing the issue

to be artificially played up in

The bulk of the pro-

environment group, at 20 per-

cent, fell into the 'privileged

optimist' category. They in-

cluded the trendy consumers

appearing more and more often

these days touting the benefits one can afford to ignore.

the media and elsewhere.

anything. Eleven percent of

Once again, it's time for Canada Savings Bonds and this year the sales period is from October 18 to November 1. Buy your new bonds wherever you bank or invest starting October 18. You may date your payment November 1, the day the new bonds start earning interest.

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 interest rate each year. This year's interest rate and purchase limit will be announced in mid-October. Details will be available wherever Canada 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

### Health & fitness



### ASK YOUR **PHARMACIST**

by Bill McConnachie, B.Sc. Phm., Shoppers Drug Mart

### Help your Child say No

Most children will eventually face a drug-taking decision, and their parents won't be anywhere in sight. Illegal drugs are available almost anywhere they go and peer pressure can be

It's up to the parents to take responsibility for keeping their children drug-free. Parents should begin discussing the dangers of drugs with their children starting when they are as young as seven or eight. Before they enter high school, children will have to make the decision whether or not to use drugs. Parental influence is an important factor in helping them say "no" to drugs.

Talk with your children often about the drug problem. Give them facts about the scientifically proven dangers of drug abuse. But, be sure to listen to what they have to say about drugs, too. Honest, open, two-way discussions like 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 drugs no matter what they are told. For these children, it's up to parents to take a firm stand against drug abuse.

Grounding a child may be a good disciplinary action if drug 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 peer pressure to use drugs.

If necessary, parents should not be afraid to get professional 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 harmless household products become dangerous poisons when misused.

Common headache pills, household bleaches and tranguilzers are the three most prevalent child-poisoners in Canada and dozens of other readily available products are close behind.

Anything which can be tasted, sprayed or poured by a curious child should be securely locked away. This includes all kinds of medicines, bleaches, deodorants, paints, nail polish, glue and even perfumes.

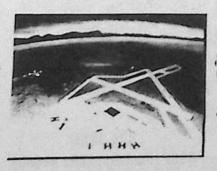
Children can't read labels and many products look alike to their eyes. They often learn by imitating adult behaviour, but children are unable to tell the difference between paste wax and peanut butter. This inability could have tragic results if such products are left within their reach.

Children are encouraged to take medications to "make you feel better" or "grow up big and strong". We can't expect them to understand medications should only be used as directed. A child wanting to "feel better" or "grow up strong" may take a medication or something that looks like one. To counter this threat, don't let medicines or items which resemble them to be within reach of your children at any time. The

Antidotes and poison control centres are the second best solutions to a program of poison prevention in your home. Take a look in your bathroom, kitchen, workshop and laundry 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 instead of under the sink each time you want detergent or oven cleaner, but think of the consequences.

Your Shoppers Drug Mart pharmacist can help if you aren't sure about which products around the house are potentially poisonous. Don't take chances if you're not sure. Ask a professional for advice.



#### COMOX AIR FORCE MUSEUM AND GIFT SHOP

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

### info health

Dr. Bob Young



### **Medical Ethics**

Ethical considerations in medicine are ever-changing. Profound questions tax the abilities of the best minds to find answers, and the answers they find are usually not accepted by all.

Some of the changes are due to changing social values, some are related to apparently declining religious values. Many are in response to technical progress within medicine and the biological

Almost all branches of medicine and surgery are affected. Media attention tends to focus on areas related to human reproduction - fertilization outside the body, fertility drugs, saving very premature babies and, of course, the abortion question.

Manipulation of genes in

bacteria has allowed the production of useful drugs at present, and may eventually permit tailor-making babies, or at least the chromosomes that become babies.

Testing new drugs in humans raises many ethical problems. Pardoning prisoners if they allowed themselves to be guinea pigs (and survived) doesn't work too well any more. Human volunteers still come forward, but they have to be healthy enough to understand the complex consent forms required before the medicine can be given.

Ethics is tested severely at the end of life, especially when that life is being maintained solely by complex medical apparatus. To whom should the responsibility of pulling the plug be given?

unanswered ethical questions, and psychiatrists are constantly soul-searching. Where do you draw the patient-doctor confidentiality line when you discover a wife has AIDS or you diagnose a man as being a psychopathic killer?

AIDS has raised many as yet

Many groups are tackling the dilemmas of medical ethics. A leader, the Canadian Medical Association, has a Code of Ethics which addresses many topics in general terms. The more difficult conundrums require individual consideration, and in some cases a truly ethical solution to a particular problem cannot be found - perhaps it does not exist.

The ethics of medical practice become more interesting as they become more complex.

### Spots before the Eyes

Shimmering waves, spots and flashes are among the things our eyes see that are not there. Some are important, others are not.

Most of us have experienced floaters, or spots, which drift across the page while we read. They remind me of the 'follow the bouncing ball' sing alongs at the neighborhood movies years ago.

camera's film) is the lightsensitive part of the eye. In front of it, like water in a balloon, is the normally crystal-clear vitreous gel. Sometimes small clumps of debris collect in this area. These throw shadows on the retina when light comes through the pupil. The shadow allows the retina to 'see' the



### Dandelion Family Daycare

Children learn through \*located behind propellyn Elementary Fun Creative Caring HOME environment vincially Licensed

The debris may be a few blood cells, vitreous fibrils, soap-like material, or other more or less normal fragments. Often it is made up of collapsed areas of the framework of the vitreous.

Flashes are a bit harder to explain. Fine strands of material connect the vitreous to the retina. If these are pulled or stretched (for a variety of reasons) the retina's nerve ends are stimulated and the person 'sees' a flash, spark, or lights. They last a split second but there may be many of them.

Both floaters and flashes come from within the eye. The shimmering, well-named scintillating scotomata (the 'o's rhyme with go) have a source outside the eye. The effect is like looking through a window covered in vaseline, or through

heat haze above a hot highway.

They affect one part of the visual field, such as from 1 to 5 o'clock, and last about half an hour. They represent a disturbance in the nerve pathway that connects the eye with the visual centre at the back of the brain. This is usually caused by a temporary circulation problem, seen in migraine and in less well understood conditions.

Usually floaters, flashes and other short-lived visual disturbances are of little consequence. If severe, prolonged, or recurrent, or they intensify, they are more worrisome and warrant a prompt eye examination, ideally by an ophthalmologist.

Info/Health is brought to you by the British Columbia Medical Association and this newspaper.

### 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 is the Golf Club-but do call.

### **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 Midnight      | Sheldon  |
| 3. (-) Burden of Proof           | Turow    |
| 4. (-) September                 | Pilcher  |
| 5. (-) Sullivan's Sting          | Saunders |
| 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                    | Gretzky  |
|---|----------|
| 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 Goodwi. | n Mayse  |
| a to will all E and Pines Flows                     | Talas    |

6. (-) layse 7. (-) Leier 8. (9) Where the Fraser River Flows **Bouchard & Vickers** 

9.(10) The Elders Are Watching 10.(-) Courting Disaster

### **Tri-City Boot Repair** & Sales

(formerly COMOX SHOE REPAIR) (Across from Legion) Tuesday to Saturday - 9:00-5:30

> TOP QUALITY SHOE AND LEATHER REPAIRS

#### "With Nutri/System, I permanently lowered my weight 126 lbs. I lowered my cholesterol, too."



**Our Comprehensive** Weight Loss Program Will Help Over ONE **MILLION Clients** This year! It Includes:

Safe and effective weight loss Nutritionally balanced meal

Nutritional supervision No Calorie

OVER 1700 CENTRES nutri/system weight loss centres

3 weeks for only

CALL NOW AND BEGIN TO LOSE.

334-4600

9-2401 Cliffe Avenue, Courtenay

\*\$49.00 for 3 weeks of Nutri/System services. Does not include exclusive Nutri/System Food, Diaries or Maintenance. New Clients only. Participating centres only.

### Goodbye -

Health & fitness

Birgit Guderjahn - Fitness Consultant

My employment as the Base 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 ef-

Slt Fred Bradley, PO Ken Brandel, Sgt Jake Laplante, Sgt Gerry Beatty, MCpl Dave Ruthermund, Cpl Germain Savard, WO Bob Buckley, and

Cpl Stephanie Kiefer.

More importantly however, it is you, the client, that I wish to express my deepest gratitude. By allowing the programs to work for you, by making the positive changes for yourself, I could watch you grow. Consequently, by watching you, I was able to see the growth in myself. Thank you.

In conclusion, three reminders to you. First, remember it is the carpenter who receives the credit for building the

However, no matter what, life will always have plenty of ladders if you so choose to use them. You are number one and

The very, very best of luck to

### 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 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 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.

#### 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!

### Cutting Bench Crimpen ltd. the cutting edge in hair technology



Yes, we do ear piercing

APPOINTMENT NOT **ALWAYS NECESSARY** SERVING YOU FROM 6 GREATER VICTORIA LOCATIONS

LADIES CUT

HIGHLIGHTS

CHILD (under 10)

MENS CUT

PERM

COLOR

PHONE

PRICE LIST

#3-2401 CLIFFE AVE. (Courtenay Center near Bonanza)

house and not the hammer and nails. Secondly, be aware of those forest fires that can start up unexpectantly. And lastly, there may be times when you slide down the snakes.

do not forget that.

### Chuckle

High Score Golf Hole

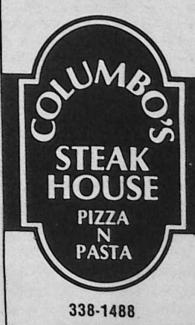
In 1912 an American enthusiast made golfing history, when she took 166 strokes over a 130-yard hole.

During the qualifying round of the Shawnee Invitational for Ladies at Shawnee-on-Delaware, Pennsylvania, she confidently approached the sixteenth hole for which four strokes were normally adequate. Her first shot, however, sent the ball into the Binniekill River, an obstacle which many would regard as

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

Eventually, she beached the thing and made her way back through a forest. Fellow competitors had given up hope of ever seeing her again, when they heard the cry of 'fore' and saw the ball fly on the green from a totally unexpected direction. She completed the hole in just under two hours.

**OPEN 7 DAYS A WEEK** 



FREE DELIVERY

### Leisure

### Public announcements

**Royal Roads** 

Military College

50th

VICTORIA, BC -- Royal Roads Military College will continue the celebration of its 50th Anniversary with a special Open House on 30 Sep 90.

The historic grounds of the College are open to the public at 10:00 am and the days festivities conclude at 5:30 pm.

Special events include the Lord Strathcona's Horse Ceremonial Mounted Troop Riding Show at 11:30 am, and the SNOWBIRDS at 12:15 pm, in addition to a number of displays.

We welcome you to join our celebration on the occasion of our 50th anniversary year.

### Nursery School

Spaces still available at Little Children Nursery School, 250 Beach Ave., Comox, for 3 to 5 year olds. Phone 339-6211 for either morning or afternoon

#### **Tennis Courts**

The tennis courts are now fully operational and may be booked for use by contacting the Rec Centre at loc 8315. Bookings must be made between the hours of 0900 - 1000 and will be one hour in duration.

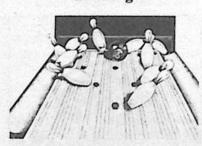
Court allocation is as follows: Mon to Fri - 0730-1130 mil, DND employees and dependants; 1130-1330 military only, and 1330-dusk mil, DND employees and dependants.

Sat & Sun - 0730-dusk open. Equipment is available for military personnel and shall be signed out daily from the Rec Centre.

### Adventure Training

Sections contemplating an Adventure Training Exercise must start preparations well in advance of Exercise. Air Command must be informed of Adventure Training at least 30 days in advance. Contact Sr PERI

#### Bowling



The Base bowling alleys are now open for the fall and winter

Sunday 1300 - 1600 CASUAL 1800 - 2300 MIXED Sunday 1800 - 2300 MENS Monday Evening LADIES Tuesday 1300 - 1600 Wednesday LADIES

Thursday 1800 - 2100 CASUAL We are looking for league bowlers. You can enter as a team or individual. Contact Pat Hudson - 339-3965.

### Water Purifier

This information is supplied to you by the members of the Better Business Bureau.

Water treatment equipment is among the product currently being marketed under many different sales practices.

One is to notify customers that they have won or been awarded one of several prizes. The catch is that in order to get the prize, the winner must purchase water treatment equipment. In addition, the prize usually turns out to be worth much less in value than reported to by the promoter, or the prize may only be obtained after a considerable investment.

this are not new. The intent of the promoter is to convince you? consumers that they have actually won a valuable prize and when they purchase the product being promoted, they will receive the prize.

The Better Business Bureau suggests that when the purchase is being considered, the following elements should also

be considered.

\*Does the equipment bear a performance validation seal?

\*Is the installation included in the price? Does installation include such things as a bypass for lawn and garden faucets, a faucet for unsoftened water, or any other features you might

\*Does the unit have enough capacity to meet present and

\*Does the dealer have customer reference available? \*Will a representative call at

Promotional practices like your home to determine the right kind of equipment for

\*For health-related problems, have you had your water analyzed by a reputable laboratory and/or your local health department?

26. Forested

cabin area

27.Competent

29. Music note

30.Speak

35.Compass

37.Desk pull

40. Moisture

42. Therefore

43.Skeleton

41.Bridge

39.Hobo

# **TOTEM TIMES**

Camadiam Crossword Ry Rick McConnell Solution on Page 20

| By Rick McConnen |               |
|------------------|---------------|
| ACROSS           | 33.Parrot     |
| 1.Possession     | 34.Lake fish  |
| 5.Each of        | 36.Chimney    |
| two              | (dial.)       |
| 9.Cut off        | 37.June 6     |
| 12.Spoken        | 38.Go in      |
| 13.Sheltered     | 40. Hosp. pro |
| 14.Consumed      | 41.Waste      |
| 15.Projectile's  | system        |
| tip,B.C.         | 43.Dog bree   |
| 17.Tool or       | 47.Journey-   |

Hosp. pros Waste system .Dog breed .Journey 18.Singer 48. Projectile's

19.V-birds 21.Hosp. pros. 24. Guys dates 27.Brew 28.Cats 31.\_\_\_ mode

32.Wrap

4.Levels 5.Scrooge words 6.Spanish cheer 7. Afternoon break

1.Colt

2. War God

3.Deserve

8. Buffer

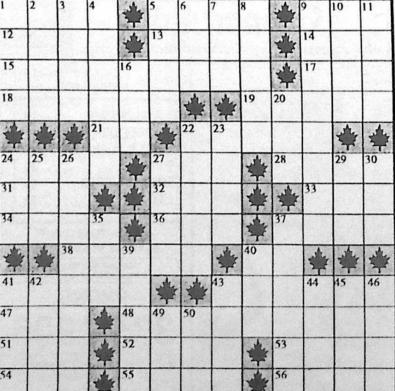
shaft, Alta. 51.Before 52.Murmur 53 Gaelic 54.Head move 55.Window unit

56.Spool DOWN

9. Thunder Bay area 10.Elevator 11.Mahovlich 16 Triumph

20.Sixth sense 22.Bread ingr. 23.Paper unit 24.Space

25.Clay,now



Volleyball



Persons interested in playing co-ed volleyball, military, DND employees or dependants of either, are to contact the Rec Centre, Sgt Plante loc 8315.

**CFB Comox** Intersection

Curling

The next general meeting will be 4 Oct 90 at 1300 hrs in the Base Rec Centre. Fees for those participating will be collected along with names of those individuals wishing to play. All intersection representatives must attend.

> THIS IS A VERY **IMPORTANT ORGANIZATIONAL MEETING!**



Excellence in Sooter Studios



• 18x10

· 25x7 16 Gift Size

44.Pierce 45 Opp. of 16 down **BUY 2 GET 1 FREE** 46.German

noble INCLUDING ALL PROFESSIONAL NEGATIVES. 49.Kiwi 50.Jogged **FREE 10x13 PORTRAIT** WHEN YOU BUY ALL 3 PACKAGES.

### Tuesday is Baby Day!

et Sooter's make your baby portraits brighter, sharper and more beautiful... portraits taken in the privacy of our studios.

Take advantage of these special prices from Sooter Studios every Tuesday, and you'll receive a package of 19 professional portraits.

Phone for you appointment now!



685 Cliffe Avenue Beside B.C. Tel. Courtenay 334-3333



### SUPERFLY A STONE SMASH; **MAYFIELD INJURED**

The original motion picture soundtrack 'Return of Superfly' (Capitol) is stickered with the warning 'explicit lyrics parental advisory'. There's good 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 monumental 'Superfly' almost two decades ago, penned the set's debut single 'Superfly 1990' and duets with Ice-T. This track is bound to garner some heavy response at rack and

Described as '...a hip-hop Hemmingway', Tone Loc, who went triple platinum with 'Loc-Ed After Dark' and took 'Wild Thing' and 'Funky Cold Medina' into the top five, adds 'Cheeba Cheeba' while Mellow Man Ace gets 'Funky In The Joint'.

Filled with rap, hip-hop and house rhythms 'Return of Superfly' is highlighted by Curtis Mayfield's title track and the beautiful 'For The Love Of You', 'Forbidden' and 'Showdown' along with a hip-hop instrumental rendering on the title track. CPO, which stands for Capitol Punishment Organization, hit with their brutal debut 'To Hell and Black' and this time around, led by the 6'2", 350 pound, Lil' Nation, hit with the dance/rap 'Somethin' Like Dis' while the Uzi Bros offer 'There's a Riot Jumpin' Off' and Def Jef click 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 hap-

Just as the 19 year-old Curtis Mayfield was poised for a major comeback via a huge promotional push from Capitol to tie in with the release of 'Return of Superfly', tragedy struck. As he was preparing for a Brooklyn, N.Y. show, a 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 'guarded'. Musically Speaking, along with his many fans, wish Curtis a full and speedy recovery.









SERVICE DEPARTMENT

### **NEW HOURS:** FOR YOUR CONVENIENCE

WEEKDAYS 7:30 am to 5:30 pm

WEEKENDS 8:00 am to 5:00 pm Drop your car or truck off and we will

drive you to work.



COMOX VALLEY FORD SALES

334-3161

Royal Canadian Mint

### **New Coins Salute Pioneers**

OTTAWA, September 15, 1990 -- Canada's aviation heroes and achievements are saluted in a new series of 10 collector coins announced by the Royal Canadian Mint during a special event commemorating the 50th Anniversary of the Battle of Britain held at the National Aviation Museum in Ottawa.

The Mint released the first two coins and will introduce two additional coins each year over the next four years. Other themes in the series will depict aircraft such as the 1909 Silver Dart, the first powered flight in Canada; the world's first commercial bush flight in 1919 by the Curtiss HS-2L; and the introduction of the worldfamous Canadian Vickers Vedette in 1924.

"The theme behind the coins is Canada's progress in aviation during the period from 1900 to 1949. Because this year is the 50th anniversary of the Battle of Britain, we felt it would be appropriate to focus on planes and pilots from that era," said James Corkery, Chairman of the Board of Directors for the Mint.

The 1990 coins honour pilots and planes from World War II, a period that saw rapid development of Canada's aircraft industry and pilot training programs and which left a significant peacetime legacy. The production of planes helped Canada develop its aircraft manufacturing expertise. When the war ended, the planes were used to map and open up Canada's north, and the trained pilots became available for the country's growing civil aviation needs.

One of the new coins was designed by Ontario artist Robert-Ralph Carmichael. It depicts the Lancaster 638 AVRO bomber in flight against the clouds. A 24-carat goldcovered oval cameo shows a portrait of John Fauquier, the Canadian squadron commander who won numerous medals for bravery during his three tours of duty overseas. SEE YOU AT THE

LEEWARD!

Monday to Thursday

11:00 a.m. to 1:00 a.m

11:00 a.m. to 1:30 a.m.

good.

food!

KITCHEN HOURS

Friday and Saturday

11 am - 12:30 am\_

**Aviation Coins** 

The other 1990 coin is designed by Nova Scotia artist Geoff Bennett. It depicts a Harvard in flight while, on the ground, two pilots are boarding an Anson. The Harvard was used to train graduates from the elementary flying PAYMENT SUBSCRIPTION schools into fully qualified pilots. The Anson was employed in training air crews in navigation, bombing, aerial photography and radio. Inset is a portrait of Air Marshal Robert Leckie, who headed a party of RAF officers and men who cooperated with the RCAF in setting up schools for the British Commonwealth Air

The obverse of both coins features the new portrait of Queen Elizabeth II designed by Dora de Pedery-HUNT.

Training Plan.

A maximum of only 50,000 of each coin will be sold worldwide, a small number considering that about 500,.000 commemorative silver dollars are sold each year worldwide. Each Sterling silver coin contains a troy ounce of silver, is struck in a proof finish and has a 24-carat gold-covered oval cameo. Each coin has a legal

NEIGHBOURHOOD PUB

brewing our own natural Leeward lager

E BREWERU

649 ANDERTON RD., COMOX 339-5400

·country cooking

•rural hospitality

cleanair system

•reasonable prices

tender face value of \$20 and sells for \$52. The Mint offers three op-

tions for the purchase of the entire 10-coin series: \*with the ADVANCE

(\$460 CAN plus applicable taxes, includes shipping and handling at no extra charge); \*with the INSTALLMENT PAYMENT SUBSCRIPTION

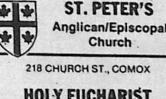
(\$485 CAN plus applicable taxes, includes shipping and handling). \*Through the INDIVIDUAL

COIN OPTION, the 1990 coins can be purchased for \$52 CAN per coin plus applicable taxes plus \$4 shipping and handling per order. Future issue prices will be announced annually.

The aviation coins are presented in an aluminum case shaped like an airplane wing with a propeller design on the lid. All coins are encapsulated for protection and come with a certificate of authenticity.

To order, contact the Royal Canadian Mint, Box 457, Station A., Ottawa, Ontario, K1N 9H3 or call, toll-free, 1-800-267-1871 No.599.





**HOLY EUCHARIST** 8:00 a.m. and 10:00 a.m.

Fr. John Paetkau - 339-2925 -JESUS IS LORD -

### Leisure

# Off the base

### From the Mayor



AUTOMOTIVE

Active Auto Brokers, disposal

Repossessions, estate, legals, cars, trucks, motorhomes, boats.

Call Mr. Price (only), (604)434-

**BUSINESS OPPORTUNITIES** 

START YOUR OWN IMPORT/

EXPORT business, even spare

time. No money or experience.

Since 1946. Free brochure: Wade World Trade, c/o Cdn.

Small Business Inst., Dept. W1,

1140 Bellamy Rd. N. #1, Scarbor-ough, Ontario. M1H1H4.

EARN BIG \$\$\$. Exciting product.

Easy sell. Edmonton Lady earned \$17,000 first month. Phone (403)464-4373. Write: Box 3178,

tion, write: Box 812, c/o THE

NEWS, 1405 Broadway, Port Coquitiam, B.C. V3C 5W9.

Marine Dealers - Interested in

selling Surrette deepcycle marine batteries. Atlantic Canada's lead-

ing marine battery for 40/years. Write: Surrette Battery, 301 Alpine Street, Comox, B.C. V9N 5H8. Fax: 339-7083.

RAISE CHINCHILLAS for extra income. We offer graded breed-ing stock, cages, feed, delivery, instruction. Full-time income po-

tential. Guaranteed market, guaranteed production. Canadian

6117. Fax: (519)229-6622.

Provide phone numbers.

rwood Park, AB, T8A 2A6

Now that the fall is upon us again, it is time to say congratulations to all those PMQ residents who put so much effort into keeping their yards and gardens looking so nice. All spring and summer our counsellors have been keeping records of the condition of the yards and gardens, and the final tabulations have been completed.

Unfortunately, some of the proclaimed winners are not PMQ Association members, so, therefore, were unable to collect the prize money.

Congratulations go to the following list of winners:

1st Prize - Cpl & Mrs. T. Banks of PMQ 11 2nd Prize - Cpl & Mrs. A. Lug of PMQ 31A 3rd Prize - Cpl & Mrs. J. Longpre of PMQ 50 Ward 1 Prize - MCpl & Mrs. V. McLearn of PMQ 4 Ward 2 Prize - Cpl & Mrs. A. Pasolli of PMQ 1 Ward 3 Prize - Cpl & Mrs. B. Johnston of PMQ 36A Ward 4 Prize - Cpl & Mrs. G. Blinn of PMQ 52 Ward 5 Prize - Sgt & Mrs. M. Parks of PMO 76 Ward 6 Prize - Maj & Mrs. J. Stariha of PMO 83A Ward 7 Prize - Sgt & Mrs. R. Hillard of PMQ 103D Ward 8 Prize - Cpl & Mrs. J. Huard of PMQ 104A Ward 9 Prize - Cpl & Mrs. S. Redgwell of PMQ 116A



The Comox Valley Ski Club will be hosting their annual Meet & Greet at the WOs and Sgts Mess on 3 Oct 90 from 1800 to 2200 hrs. It should prove to be an entertaining and enlightening evening for a number of reasons. First of all, we will again be having a fashion show whereby representatives from Mountain Meadows, Black's Cycle and Sports and Ski-Tak-Hut will show off their ski apparell for the upcoming season; spokesmen for the Ski Patrol and both ski areas will also be there to make presentations on behalf of their mountains or organizations. Hi-Tech printing will also be there showing off their latest ski theme shirts and sweatsuits.

We will also be taking registration for both the 90/91 ski season and trips to Whistler and Silver Star.

We hope to have a super

turn-out this year and with any Do you like to deal with the people that make your community move? Then this P/T or F/T commission luck at all, we'll find ourselves on the top of the mountain opportunity will definitely appeal to you, and put money in your pockets! You deal directly with come the end of November. Remember, everyone is businesses, clubs and other organizations. For further informa-

welcome - so come one come

#### Solution



### National Fire Prevention Week

This year's theme is 'Make Your Place Firesafe. Hunt for Home Hazards.'

Our program at CFB Comox will include a display in the Canex 10 Oct 90. Free coffee and doughnuts will be available. There will be draws for smoke detectors and fire extinguishers. Fire department personnel will be available to answer any questions regarding fire safety and the fire prevention programs.

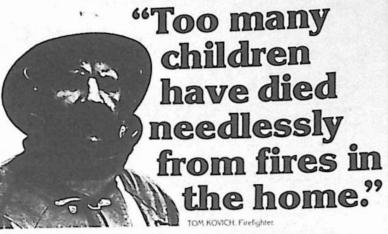
The 'Get Out Alive' program which is sponsored by Mc-Donald's will be distributed to the Airport Elementary School. Students are encouraged to m ake their own home evacuation plan and to implement their plan at 1900 hrs, 9 Oct 90 as part of the national home fire

The fire department will be opened for tours throughout fire prevention week. Everyone is encouraged to come and visit the fire department.

When you are hunting for look for are:

1. Empty ashtrays in metal containers and let them sit overnight before emptying into the trash.

2. Teach your children that matches and lighters are tools for adults to use not toys. Keep



"Let's all plan to get out. Alive!" Practise your family fire drill at 7:00 p.m. on October 9.

Restaurant. Work out your fire drill plan with your family. Then practise it together on October 9 at 7:00 p.m.

OCTOBER 9th FIRE DRILL YOUR FAMILY FIRE-ESCAPE PROGRAM Practice your Drill at 7:00 p.m. on October 9th

matches and lighters out of childrens reach. 3. Before you go to bed after a

"PLAN TO GET OUT ALIVE."

party, check for smoldering cigarettes under cusions of couches and chairs. 4. Have your heating system

professionally inspected at least home hazards some things to once a year or whenever you suspect a problem.

5. If you have a woodstove make sure it is installed properly and at least 36 inches away from combustibles such as clothes, furniture, newspapers, etc.

6. Burn only well seasoned

wood. Burning trash could send burning fragments up the chimney. Use a fire screen on fireplaces and never leave a burning fireplace unattended.

7. Portable electric heaters must be used with great care. Place them away from combustibles, doorways, and other traffic paths.

8. Never leave your cooking unattended, in particular when cooking with oil.

9. Do not store combustibles over stoves.

10. Never store propane cylinders indoors.

87 MEMBER PAPERS THROUGHOUT B.C. AND YUKON. CIRCULATION TO OVER 1 MILLION HOMES

2.4 MILLION READERS

time or full time, work at home, take over established dealers.

Call: 1-800-663-6037 and askfor

How to earn money with your

home computer. Discover over

100 ways to financial freedom

EDUCATION **BUSINESS OPPORTUNITIES** BRONZE BABY SHOES: Part

FOR SALE MISC NORITAKE SALE! Terrific discounts on current patterns! Delivered well-packed, insured. For price list on your Noritake pattern, call Alexander's "The Noritake Dupont Street, Toronto. M6H Experts." Toronto, toll-free, 1-

25 words for \$195.00

Phone: 339-2541

\$3.70 each additional word)

1-800-950-1972. **FOUIPMENT & MACHINERY** 

using your home computer. Free 1989 Woodmizer, I T30 portable BASED BUSINESS EDUCAsawmill, 24 HP, 200 hrs. In-TION CENTRE 246-8155, Park Road, Dept N. Richmond, B.C. ter, debarker. \$17,000 replace-V6Y3C9 or phone: 1-279-9264. ment value. Can deliver/teach **BUSINESS PERSONALS** Located in B.C. \$13,900. (403)451-1584.

ORDER YOUR "LOVE STUFF" BY MAIL FROM OUR NEW LOVER'S LANE CATALOGUE! Fastest production wood splitter ever built. Winches logs in bucks You're assured privacy and se-curity from our established store splits, and loads with 30 ft. convevor, 3 to 5 cords per hour. One hand operation. Like new. 1-265-Check us out in the BBB II LECTION GREAT SERVICE! "White " 4x12 S4S Planer, rebuilt \$5/catalogue: LOVER'S LANE BOUTIQUE, 1074 SHOPPER'S with new motors, (30 h.p. 440 3.0), infeed, outleed tables. Duct ROW, CAMPBELL RIVER, B.C. V9W 2C6. PHONE (604)286work. Sharpener, spare heads and accessories. \$18,000. 547-1010. Wanted 85 people! Get

6378, Lumby. more energy, feel great, eat the foods that you love and lose weight. Diet Disc, call toll-free 24 FOR SALE MISC Lighting fixtures. Western Canhours 1-978-3063. ada's largest display. Wholesale and retail. Free catalogue available. DIVORCE? No court appearance Norburn Lighting Centre, 4600 East Hastings St., Burnaby, B.C., V5C 2K5. Phone: (604)299-0666.

SAVE HEATING \$\$\$\$. Famous

Valley Comfort add-on or combi-

nation wood-electric furnaces

and heaters. Contact your local

or consent of spouse necessaryl Just 5-15 weeks \$69.95 plus endorsed. Send \$5 for copy of Canada's new Divorce act and literature. Same system since 1970. Divorcervice, 201-1252 Burrard, Vancouver, 1-687-2900.

dealer, or Valley Comfort Sys-tems Inc., Box 777, Penticton, HOW TO PLAY POPULAR PI- Mosquito Repeller. Tiny, sonic, ANO. New home study course.
Fast, easy method. Guaranteed!
FREE information. Write: Popular
Music, Studio (60), 3284 Boucherie
Road, Kelowna, B.C. V1Z 2H2.

Mosquito Repeat. 1817, 30110, space age, takes unsupplied 9/
volt battery, excellent gift, guaranteed. Send \$16.95/U.S. to Gail's Sales, Box 1600, Sumas, Washington. 98295.

FREE career guide to home-study correspondence Diploma courses. Accounting, Airconditioning, Bookkeeping, Business, Cosmetology, Electronics, Legal/Medical Secretary, Psychology, Travel. Granton, (5A)-263 Adelaide West, Toronto. 800-263-5896 GARDENING

THE ULTIMATE GARDENER'S STORE, 1.000's of products. greenhouses, hydroponics, huge full of money saving coupons. Western Water Farms, #103, 20120-64th Ave., Langley, B.C.,

HELP WANTED frain to manage an Apartment/ condominium complex. The certification includes free placeance. Free brochure: (604)681-5456. Or: RMTI, 1120-789 W. Pender, Vancouver, B.C.

V6C 1H2. Overseas Positions. Hundreds of top paying positions, all occupa-tions. Attractive benefits. Free details: Overseas Employment Services, Dept. CA, Box 460, Mount Royal, Quebec, H3P 3C7.

Wanted for expanding newspaper printing facility. Qualified pre press camera person. Must have work and plate making. Please send resume to: A.Fradette, c/o Cariboo Press, 4407 25th Ave., Vernon, B.C. V1T 1P5.

1510, Banff, AB, TOL OCO.

(403)762-6546, fax (403)762-

SUNSHINE VILLAGE requires lift operators, cooks, etc. to fill ski hill positions. Send resume: Box

HELP WANTED PART TIME ART SALES, Local 3Z4. (416)530-1454.

Photographer/Darkroom person required. \$24,000/year. D.O.E. Mail resume to: Yukon News 211 Y1A2E4 or Fax: (403)668-3755. REAL ESTATE

RELAX, COUNTRY LIVING. 1. , 10, acre lots. Water, Hydro. elephone, river view and river ront. 30 miles west of Kamloops Call colled: (604)373-2282.

Broiler/Roaster/Raspberry farm by retiring owner. On 13 pictursque acres, close to Chilliwack. arge quota. Three fully automatic barns, all in excellent condiion. Large modern ranch house. -795-9357.

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

"VICTORIA, B.C. " The AD-MIRAL MOTEL - Fine accommoation overlooking the beautiful Harbour. Housekeeping units, reasonable rates, friendly, personal attention from family owners. CAA recommended. 257 Belleville St., Victoria, B.C. V8V 1X1. Tel: (604)388-6267.

HIGH PRICES paid for quality Hockey and Baseball cards Sets, singles, unopened boxes. Payment by overnight courier. Ian Zack, Box 278, New Denver, B.C. VOG 1SO. 358-2448.



### **BRANCH 17 COURTENAY**

\*\*\*ENTERTAINMENT\*\*\*

THURSDAY 27 SEPTEMBER 1990

Fri & Sat 28 & 29 Sept. Fri & Sat 05 & 06 Oct

Music by Countrymen

### \*\*\*REGULAR ACTIVITIES\*\*\*

BINGOS-Thu, Fri, Sun at 7:00 PM

| MONDAY    | FUN EUCHRE               |
|-----------|--------------------------|
| TUESDAY   | PUB DARTS                |
| WEDNESDAY | LEAGUE CRIB              |
| THURSDAY  | FUN ·DARTS               |
| FRIDAYTGI | F & MONEY DRAW AT 6:30PM |
| SATURDAY  | FUN BRIDGE AT 12:30      |
| WAODEDL   | VEDC WELCOME"            |

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

(NO T-SHIRTS!)

\*\*Dress Code in effect 8 PM Fri & Sat

\*\*\*EVENTS\*\*\*

**TUESDAY 02 OCT** 

WWI-WWII & Korean Veterans Dinner. Cocktails 7 pm - Dinner 7:30 pm Guest speaker Col McGee.

CATURDAY 20 OCT

Tickets \$5 at bar. Octoberfest - Sponsored by Pipe Band. Phone 334-4322 for info. \*\*\*SPORTS\*\*\*

SATURDAY 20 OCT

Fun Curling. Details TBA.

### **BRANCH 160 COMOX**

\*\*\*ENTERTAINMENT\*\*\*

| Fri 28 Sept | Music by Valley Boys |
|-------------|----------------------|
| Fri 05 Oct. | Music by Westwind    |
| Fri 12 Oct  | Music by Shaboom     |
| Fri 19 Oct  | Music by The Dukes   |
| Fri 26 Oct  | Music by Alleycats   |
|             |                      |

#### \*\*\*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. Men Crib League, (Home & Away), 8 pm

Start Date 3 Oct 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\*\*\*

SATURDAY OCT 20 - ANNUAL VETERANS DINNER Upper Hall. No host bar at 6:30 pm. Dinner 7 pm followed by entertainment. Open only to members of Br.160 who are veterans of WWI, WWII & the Korean conflict. NO GUESTS - FREE ADMISSION. Names of those attending must be registered at the bar by Wed Oct 17. Come out and enjoy a fine dinner and social evening.

SUNDAY OCT 21 - Monthly Euchre Tournament, Lounge, 1 pm. Reg. \$5.

Mess **Officers** 

### Ladies' Club

Cziriak, Secretary Dianne

Skinner, Entertainment Con-

venor Brenda Bouchard, Co-

Convener Nathalie Verville.

Refreshments Karen Holm,

Publicity Lana Roth,

this position, please contact

be missed. Our annual Fashion

Show will be held on Wed-

nesday, 17 October. Doors

open at 7:00 pm, and the show

starts at 7:30 pm. It will include

fashions from the following

stores: Casually Yours; The

Golf Shoppe; Black's Cycle;

Touch of Class, and Seren-

dipity. Hair will be done by

Tickets are \$5 per person and

must be purchased by October

12. They are available from

Black's Cycle and Jan deMoor

Come check out the vast

selection of fall and winter

Our October event is not to

Laurette or Jan.

Bergmann's.

at 339-2944.

seeing you!

The 1990/91 season for the Officers' Mess Ladies Club is off to a good start with over 55 ladies attending last Wednesday's 'Meet and Greet, Wine and Cheese'. There were 20 new faces in the group, so Telephoning Louise Houle we were all able to make some new friends.

Sharon Thompson, from the

Welcome Wagon, came out and described the services available through her to all new comers to the Valley. If you are new to Comox and haven't had a visit from Sharon, please contact her at 335-2463. It will be a worthwhile visit. Also, Denise, from the Crisis Centre in Courtenay, spoke to the club about the services the Crisis Centre offers and its need for volunteers. Both speakers were informative, as well as entertaining.

Beautiful raffle prizes were donated by Jacob's Well, Kempton Draperies, and Trish Gallant hand made some beautiful cross-stitch coasters. Congratulations to the winners and thank you to the generous businesses.

Our new executive was introduced and includes Honorary President Donna McGee, President Laurette Subchak, Vice-President Jan deMoor, Treasurer Teresa

Protestant Ladies Meet

> Protestant Chapel Ladies Guild meeting Oct 4, 7:30 pm at the Chapel. There will be a crystal demo

by Princess House Canada, at 8

This demo is open to anyone who wishes to attend.

and Patricia Kruis, and Bridge Come and bring a friend. We Charlene Wadelius. The look forward to seeing you position of Welcoming is still available. Anyone interested in

### Branch 160 Dart League

Comox Legion Br.160 Fun Dart League has begun the 90-91 session. Five teams have been formed, however, there is still room for more players if anyone is interested.

This is a 'strickly fun' league open to anyone over 19 years.

Executive for 90-91: Ralph Murphy, President Liz Basham, Vice President Iona Alberding, Treasurer We cordially invite all ranks Rose Perrier, Stats. wives and their guests to at-

> David Basham Coffee Convenor

fashions. This promises to be Anyone interested in joining the event of the season. DON'T fun darts come to the Comox MISS IT!! We look forward to Legion upper hall, Tuesday evening before 7:15 pm.

### **WOS & SGTS MESS**

**ENTERTAINMENT** 

Wednesday October 3 BASE SKI CLUB MEET & GREET - 1800-2200 hrs

FIRE HALL 50th ANNIVERSARY MESS DINNER

Thursday October 11 442 MESS DINNER

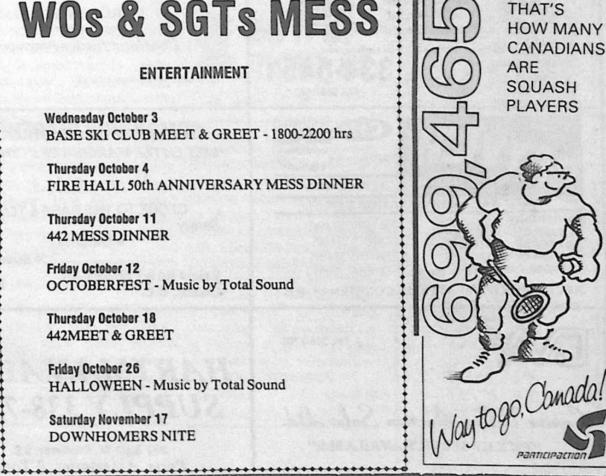
Thursday October 4

Friday October 12 OCTOBERFEST - Music by Total Sound

Thursday October 18 442MEET & GREET

Friday October 26 HALLOWEEN - Music by Total Sound

Saturday November 17 DOWNHOMERS NITE



### COMPLETE SELECTION OF

PRO-LINE GOLF EQUIPMENT & FOOTWEAR

All 1990 Golf Equipment

To Make room for 1991 Stock

830 CLIFFE AVE., COURTENAY, B.C. V9N 2J7















Inventory Reduction Sale 338-55

### Military update

## Leisure

Chuckle

The British contribution to this category was the No.74 (ST) Hand grenade, known affectionately in the Second World War as the 'sticky bomb'. A special feature was an adhesive coating which unpopular weapon the British enabled it to stick to the side of soldier has ever been asked to an enemy tank. It also enabled use and was soon discontinued. it to stick to the thrower, which

was generally what happened. Once stuck, the soldier then Least Successful Weapons

which comprised a long pole had a considerate five-second with a grenade and three spikes delay in which to extricate himattached. To use it the infanself. Even if he succeeded, only tryman approached the tank, a practised shot putter could rammed the spike through its hope to lob the 41/2 pound side, and retired to a safe bomb far enough to ensure his distance. However, since the own safety. It was the most safety pin had to be removed before this operation could begin, the ramming action almost invariably caused the For their part, the Japanese bomb to detonate before the produced the Lunge Bomb,

which endangered the dogs to a However, the prize for the point where no insurance commost useless weapon of all pany would look at them. time goes to the Russians, who,

Unfortunately, they associated food solely with Russian tanks and forced an entire Soviet division into retreat. The plan was abandoned on day two of the Russian involvement in World

### SERVICE DIRECTORY

**COMOX PHOTO** 

Ltd.

Comox Centre Mall

339-4031

**Chris Brulotte** Steve Williams

RE/MAX

13-2401 CLIFFE AVE.

Ocean Pacific Realty

John H. (Tom) Procter Re/Max 100% Club

Comox, B.C. V9N 7A1 Res. (604) 339-2668 Office 339-2021 Pager 1979-5835 Fax 339-5529

WOODCRAFT SHOP

QUALITY HANDCRAFTED WOOD PRODUCTS Hardwood & Cedar . Lumber Sales Storage Sheds

Ph: 338-0721 2421 COUSINS AVENUE. COURTENAY, B.C.

This Space Available

\$14.00 per issue

Electro Audio/Video

V.C.R. • TELEVISION

HOME & CAR STEREOS

Installation & Repair

"Where Customer Satisfaction Comes First"

Pick - Up & Delivery

1496 Ryan Rd. Tel: 339-3393

Next to Goods Groceries

COURTENAY PLAZA

THOMAS

334-5451

BLACKMON

**PHONE OR FAX YOUR** 

ORDER 334-1911

**EUROPEAN DELI AND MEATS** 

**Custom Cutting** Quarters & Sides Game Cutting

We Supply

Delicious Food For \*Section Parties \* Promotions \* Postings

SERVICES OF CANADA

**CAROLE TILLEY** Program Director

Child Identification Programme

Courtenay, Vancouver Island

(604) 338-6152

Mel Ferraby

soldier had time to run away.

rather dourly, invented the dog

mine. The plan here was to

train the dogs to associate food

with the underneath of tanks,

in the hope that they would run

hungrily beneath advancing

Panzer divisions. Bombs were

then strapped to their backs

'Your Comox Connection' CF retired REALTY WORLDIM - Coast Country Realty Ltd.

576 England Avenue, Courtenay, B.C. V9N 5M7 Bus. (604) 334-3124 Res. (604) 339-4692 Pager # 1-979-1469 Fax: 334-1901

Each office is independently owned and operated

4847 Island Hwy. N.

Courtenay, B.C.

PAINTS\*WALLPAPER\*DECORATING SUPPLIES

Courtenay

Chrysler Plymouth Sales (1970) Ltd.

Sales: 7 days

Service: Mon/Sat

Detail: Mon/Sat

OLYMPIC STAINS CIL PAINTS SHERWIN WILLIAMS PAINTS CABOTS STAINS INTERNATIONAL SIKKENS STAINS MARINE PAINTS GENERAL PAINTS 3080 COMOX ROAD 339-3711 COURTENAY, B.C.

**COMOX MINI WAREHOUSE** "BEST LITTLE WAREHOUSE IN THE WEST"

CLOSE TO THE BASE & TOWN

**★Security** \*Supervision Knight Rd & Pritchard Rd Comox, B.C.

HARTMAN AUTO

SUPPLY 338-7261

367 Sixth St., Courtenay, B.C.

Parts, Accessories, & Tools

Courtenay

Chrysler Plymouth (1976) Ltd. LEN WILKIE



DRIFTWOOD MALL

\*DOWNTOWN COURTENAY

\*COMOX MALL

339-7774

**HOME OWNERS & AUTO PLAN INSURANCE** 

4847 ISLAND HWY. NORTH, COURTENAY, B.C. V9N 5Y8 (BUS:) 338-5451 (FAX:) 338-1442

Tel. 336-2700

Comox Valley Auction Sales Ltd. "PICK UP SERVICE AVAILABLE"

2691 DUNSMUIR AVENUE CUMBERLAND, B.C., VOR 150

DAVID STEVENS

MARKET TRAVEL WORLDWIDE

PROFESSIONAL TRAVEL ARRANGEMENTS

(Aires Code 604) 338-1474

OR B.C. TOLL FREE 1-800-232-9294 549 ENGLAND AVE., COURTENAY, B.C. V9H 2N2 ACROSS FROM THE BANK OF NOVA SCOTIA



Je Bill & Edie Duchak Owners/Operators

A Division of Jo-Lin Enterprises Ltd. Seafood . Ribs . Steak "And a whole lot more"

2270 Cliffe Ave. Courtenay, B.C. V9N 2L4



COAST COUNTR

INSURANCE

Bicycles, Tricycles and lots of accessories Full repair service

**PEDAL PUSHER** 

NOW OPEN AT OUR NEW LOCATION 137 - Sin St. BELOW THE MAIN CTVIC PARKING LOT

### Padre Bob

Sunday School

Our church school is off to a great beginning this year with twenty-five children in attendance already. We are just beginning our year and already way as to keep the childrens init promises to be an exciting terest and to include each of the The curriculum we are using as stories, songs

is called 'The Whole People of God'. We used this same curriculum last year and both the children and the teachers alike enjoyed it. 'The Whole People of God' curriculum was put together by the United Church of Canada because they believed that the children should be made to feel a part of the whole worshipping com-

Each Sunday the children spend a short time in worship with the adults so that they are made to feel part of the church family. After a theme story with Padre Baker, the children retire to the canday School their level the same scripture lessons their parents are learning in church.

Our Sunday School mission

show with their parents.

project this year is 'Sharing with Children in Central America'. Sunday schools across Canada are working to raise money to build group homes for children in El Salvador and Nicaragua.

are doing in church school.

Project

Classes are divided up by age

groups, starting with a nursery

of the children we had last class of 3-4 year olds. The curriculum is designed in such a year, and are very pleased to see many new faces. If your child would like to join our children in group activities such Sunday School classes they are welcome to join us at 11:00 discussions. Each week the Sunday mornings. There is a children get to make something nursery available for any that they can take home and younger brothers and sisters, and Moms and Dads are welcome to 'sit in' on our The curriculum is divided inclasses to see what we are all to six units and at the beginning about. We are always looking of each unit parent paks are for volunteers to help out with sent home to encourage parents our Sunday School so if anyone to take an interest in the learwould like a chance at teaching ning and work that the children or helping out, you would be most welcome.

Journeying

as People of God

As we begin our year we are

pleased to welcome back many

Mrs. Debbie Parks



## CANEX

### CREDIT PLAN PAY NO INTEREST

### PAY LESS THAN \$100 A MONTH (ON PURCHASES UNDER \$1,500)

Serving and pensioned members of the Canadian Forces, permanent DND civilian employees and foreign military personnel filling established positions on the Base/Station can use the CANEX "NO INTEREST CREDIT PLAN" to purchase general merchandise and bulk meat. Each eligible participant can hold one such plan at a time.

Minimum amount of sale is \$200 and maximum amount is \$3,000, based on a 20% down payment. Larger purchases may still be made, but require a higher down payment.

BULK MEATS NOT AVAILABLE AT CFB COMOX PLEASE SEE YOUR CANEX STORE MANAGER FOR DETAILS

### **GAGE SCREENS**

SALES.SERVICE.REPAIRS FREE ESTIMATES AND INSTALLATION

TONY GAGE (604339-0122

Site 50 C2 RR1 COMOX, B.C. V9N 5N1

Senior & Military discounts

RATES

ALL insertions will be \$4.00 per column inch.



Please put yukkies

in their place

WANTED: Your personal births,

SHARED ACCOMODATION Wanted--Professional, nonsmoking woman to share new two bedroom duplex with same. In Courtenay on bus employees, retired DND route. \$300/month & utilities. Phone 338-6596 after 5 pm or. leave message.

For Real Estate Information Contact **GREENWOOD ns REALTY LTD** Canada Trust Representatives

> Greenwood, N.S. BOP 1NO (902) 765-4243 FAX (902) 765-8550

FOR SALE BY OWNER SECURITY BUSINESS. In choice downtown location. Ample parking in mid-Vancouver Island city. Established shop complete with stock, tools, equipment, vehicle and fixtures. This firm has been in business for over 12 years and is presently servicing more than 600 commercial aggressive safe/locksmith tech.

SPORTS CAR FOR SALE

1984 Toyota Celica GTS 2 dr

hatchback. Sun roof. New

Stereo, snow tires. Island

bought, Excellent Condition.

\$9,500 OBO. Phone 339-3134

**BUILDING MATERIALS** 

Lumber & Plywood

Panelling - Arborite

Doors & Windows

Builders Hardware - Tools, etc

Electrical & Plumbing Supplies

Paints & Finishes

Roofing - Siding

Cement Department

Truck Delivery

Customer Financing

Serious enquiries only to: FAX (604)338-7283.

engagement, wedding and death announcements, including photos. These will be published free of charge to all DND personnel and Civilian personnel and RCMP.

**MOVING TO GREENWOOD?** P. O. Box 1422

> CENTRAL BUILDERS 610 Anderton Avenue Phone: 334-4416

# CICBC

FOR SALE - 1972 automatic 2 DR Valiant Scamp, Orange, Slant 6, some rust, overall good running condition. Power accounts. Ideal for bright steering. Excellent interior. 20 to 22 mpg. Good for family, student or airman. \$550 quick sale. Phone 339-2650 or view at 1818 Astra Road Little River.

> POSTED TO EDMONTON I specialize in military relocation. Call me collect for a package of area, mortgage and real estate information. **VAL HEUMAN**

457-2424 456-6919 Canada Trust Realtor









LET'S GET **TOGETHER AND** SELL YOU RV UNIT. F WE CAN'T SELL IT. WE'LL BUY IT.

FREE APPRAISAL AND PICK-UP ANYWHERE. Call Toll Free: 1-800-663-4234

LANTZVILLE RECREATION CENTRE LTD.

**PBS** Presents

### "Showcase Week"

KCTS/9 (Channel 3, locally), joins the public television system in "Showcase 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, "Showcase Week" unveils the new fall schedule on public television with world-class drama, music, nature, science and public affairs programming.

Tune in "Showcase 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 "Showcase 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 Dumping 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.

"Showcase 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 Me", 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. KC-TS 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.



SUPERIOR VIDEO

### 1 Stop Video Shop

New Hours: Sun to Thur 10 am to 11 pm Fri and Sat 10 am to 1 am

MOVIE & PIZZA

Delivered HOT to your door FREE DELIVERY WITHIN A 5 MILE RADIUS

5 LOCATIONS

# FANNY BAY QUALICUM BAY CUMBERLAND

In Courtenay at 450 Ryan Rd., Mt. Washington Plaza

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 General Hospital on Monday, Sept. 24, 1990 at the age of 47 years. Marlyne is survived by her two sons Jonathan of Calgary and Jeffery of Edmonton, her mound. 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, 240-17th Ave. S.W. on Thurs. Sept. 27, 1990 at 10:30 A.M. Cremation and arrangements by Jacques Funeral Home, Telephone 263-6440.

### RENOVATIONS AT THE JUNIOR RANKS MESS

Due to renovations, the Junior 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 THE JUNIOR RANKS MESS

JUNIOR RANKS MESS
OKTOBERFEST
OCT 13th 1990
IN THE WO & SGTS MESS
DANCE: 9:00 TO 1:00 A.M.
AVALIABLE: FOOD & HAT
TICKETS: \$10 MEMBER/\$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

Next Deadline 15 Oct 90