

Recollections of RCAF Coal Harbour

....page 12

"Wub-Dubs" Reunite

....page 13



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 32 NO 18 18 OCTOBER 1990

NEXT DEADLINE 5 NOVEMBER 1990

COST: PRICELESS

Terry Fox Run

\$1,450.00 Raised

CFB Comox hosted their 10th annual Terry Fox Marathon of Hope 14 Sep 90.

Solo Effort



MCpl Shackleton raised \$417.00 on his own.

This year's run was a total success. The opening ceremonies were chaired by the BAdmO, LCol Anderson. Approximately 65 people turned out in force to walk, run, ride or crawl to raise money for this worthy cause. CFB Comox's total pledge this year was \$1,450.00. MCpl Shackleton of VU33 Sqn raised \$417.00 on his pledge sheet. "Clear the track, here comes Shack!" Good Show! 442 Sqn and BEME were out in force encouraging all participants and challenging comers for next year. The route was designed to be in the sun so all worshippers had a choice day, and at the end some growlies were enjoyed by everyone.

Terry Fox Participants



The 442 Sqn contingent ready and willing.

RCAF Station Coal Harbour

A Warm Reunion...by Victoria Coffey

I was privileged to be invited to the 50th Anniversary, RCAF Coal Harbour Reunion with approximately 70 ex-servicemen of 1940-45 and one lone servicewoman.

At a station built then for the danger of Japanese invasion of the West Coast, for those who had never seen the wilderness of Vancouver Island, this would be a lifetime experience and memories that would last some 50 years later. The warm and caring people of Coal Harbour remembered and gave to the returning personnel a weekend of overflowing tables of food, music, laughter, and care in a wonderful welcome back!

Their own stories tell of their memories and in the recognition of faces not seen since then.

The ranks are now thin and the possibilities of another reunion remote.

Much of our RCAF history about the RCAF stations that were built and the personnel who served in remote corners of our country, will be lost forever. Here for a brief moment in time these last few came together to remember a time gone forever.



The BEME gang ready to roll.

THE CFB COMOX EMBLEM

Description

In front of a bezant, a thunderbird.

Significance

The thunderbird design, following ancient custom was presented to the then Station Comox by the Chief of the Puntledge Indians. The bezant is a symbol of plenty based on the derivation of the Comox meaning plenty-abundance.

Motto

AI QUANESUT (Well able to handle anything that might come up or, I am ready or, Ready, or At the ready.)



L'EMBLEME DE LA BFC COMOX

Description

Devant un besant un oiseau de tonnerre.

Signification

Suivant une coutume ancienne, le chef des Indiens Puntledge a présenté l'illustration de l'oiseau de tonnerre à la station qui venait de se créer à Comox. Le besant est symbole de l'abondance et se base sur un dérivé du mot 'Comox' qui veut dire 'abondance-opulence'.

Devise

AI QUANESUT (Peut se traduire: "fort capable de se débrouiller dans toute situation" ou "Je suis prêt", "Prêt" ou "Pare à faire feu".)

On and off base

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 LOCALLY OWNED & OPERATED

New Gallery Opens



"Horses and Our Wilderness"
 Oil Paintings by Kathleen Dawson, A.F.C.A.
 October 27 to November 10, 1990

Wilden Galleries (440 Anderton Avenue in Courtenay) takes pleasure in introducing Kathleen Dawson and her work to the Comox Valley. For the past 17 years, Kathleen has divided her time between painting and a landscaping business. In February, 1990, she made a commitment to paint full time and in March she was recognized as an Associate of the Federation of Canadian Artists.

Kathleen is a representational painter of people, animals and the outdoors. She is a lover of horses and travels extensively on horseback into remote wilderness areas gathering material for her paintings. There is a terrific excitement in our Canadian wilderness and Kathleen's paintings capture that excitement.

Through her love of horses, Kathleen learned that riding was good therapy for the disabled and she is a supporter of therapeutic riding societies. When told of the Comox Valley Therapeutic Riding Society, Kathleen agreed to participate with Wilden Galleries in donating two of her paintings to be auctioned November 18th at the Society's fund raising brunch and auction. These two oil paintings will be on display along with numerous other pieces at Wilden Galleries, 440 Anderton Avenue in Courtenay (by the 5th Street bridge) from October 27th to November 10th, 1990. Gallery hours are Tuesday to Saturday 10 to 5 (evenings by appointment). Phone 334-2286. Kathleen will be at the Gallery Saturday, October 27 from 1 to 4.

wilsden galleries

Presents

**KATHLEEN DAWSON
 A.F.C.A.**

"Horses and Our Wilderness"

paintings in oils

Oct. 27 to Nov. 10, 1990

(Artist will be in attendance
 Sat. Oct. 27 1 to 4 p.m.)

440 Anderton Ave.
 Courtenay, B.C.
 V9N 2G8

W. George Muir
 Marianne Muir
 (604)334-2286

Specializing in original
 works of art

by the 5th St. Bridge

Tues. to Sat. 10 to 5

They're Off!



The BAdm0 LCol D.E. Anderson officially opening the 10th Annual Terry Fox Run. The BPERO SLt Bradley is the one holding the gun, and that's the Base Chief holding up his shorts.

Next Deadline 5 Nov 90

WHEN TURNING OFF THE LIGHTS IS A BRIGHT IDEA.

SAVE ENERGY

There are a surprising number of ways that you can easily save energy around your house, in your car and in the products that you buy. From heating and lighting your home to cooking and cooling your food. From the way that you drive to the way that you work. We've got a lot to get you started. And they're all in our helpful brochures.

SAVE MONEY

When you're saving energy, you'll start to save money too. It doesn't take long for those utility bills to go down, or for gas mileage to go up. We can prove it to you.

HELP SAVE THE ENVIRONMENT

Each and every time you save a little energy, you'll be helping to save a little piece of the environment. Just for starters, you'll be cutting back on greenhouse gases and reducing the use of fossil fuels. We created our current environmental problems. We can find solutions, if we work together. So write to us. We'll help.

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Energy Mines and Resources Canada
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Energy Mines and Resources Canada
 Hon. Jake Epp, Minister

Canada

THE ENERGY OF OUR RESOURCES

THE POWER OF OUR IDEAS

Off the base

Tess and Her Family



"Iceberg Tea" -- a review by Karen Vedova

Recipe
 1 huge iceberg
 1 pair mukluks
 1 skin bag
 1 cooking pot
 1 cooking stove
 tea leaves

How many of us know that icebergs are not salty like sea ice or that the birth of a new iceberg is called a calving? These tidbits are just the tip of the iceberg of facts that Tess Tessier's children's story, *Iceberg Tea* teaches the young reader while entertaining them at the same time.

This enchanting tale is

narrated by the first "Rainbow Dogooder", a special poodle-terrier named Gigi. Gigi is owned by the spunky Anana, an older woman who rescued the colorful terrier from certain doom at the SPCA.

Pilalyakti, Inuit for *Iceberg Tea*, is as good as any classic children's story. Yet, for today's sophisticated child, Tessier creates colorful characters guaranteed to entertain even the most devout, pizza gobbling NINJA TURTLE worshippers, while still managing to teach valuable lessons about the real world

and relevant issues. The book is filled with colorful drawings and illustrations of various animals and flowers native to the Arctic. Both the common English names and the often poetic Inuit nomenclature are labelled with each figure. Throughout the book, Gigi and Anana encounter new and exciting animals, people and places which teach children about a culture very different and enchanting from their own.

The author is herself an extraordinary woman. This grandmotherly looking figure is anything but a 'quiet, older woman'. She's bursting with youthful enthusiasm for her work and for her less than normal life. She has opted for a life on the road, touring B.C. with her entourage, her 'adopted family' as she puts it. Eleven dogs and one cat to be exact. She gets around in her crazy-looking, fuchsia colored motorhome named 'Honeybee'. She sees herself as that bee bringing a message of sincere caring to schools, senior homes, and rehabilitation centres. Tess believes that directing peoples positive energy toward the fulfilling of their dreams will bring peace and harmony to this world.

Tess Tessier's refreshing and

original story - which is the first of a series - is as distinctive as her attitude toward life. Not only is *Iceberg Tea* entertaining, it is a vehicle through which Tess and her animals hope to reach and encourage children to see and think about the values of compassion, understanding, and respect for all like, human or otherwise. Values every parent surely hope to instill in their children.

Iceberg Tea provides an ex-

cellent springboard for parents to turn their child on to reading while teaching both child and parent - so dive in but watch out for icebergs. They are many times below water than above you know.

Iceberg Tea would make an ideal Christmas gift and can be purchased for \$12.95 at the following local shops: Canex, Blue Heron, Comox Mall, Bookshelf (Driftwood Mall) and Overwaitea.

THE
Washington Inn

Vancouver Island's Mid Island Resort
 BANQUET & CONFERENCE FACILITIES

• Indoor Pool • Restaurant
 • Mex Pub • Lounge

338-5441

1001 Ryan Road, Courtenay V9N 3R6

Thank You CFB COMOX

Thank You
 Col J.E. McGee and all personnel at CFB Comox for your kind cooperation and assistance in moving the Loft Cabaret to its new home at the Washington Inn.

The move would not have been possible without your help.

Many thanks from all of us at
 the
Washington Inn

Editorial

NORM BLONDEL

In lieu of an editorial, here is another contribution from Feature Writer, Jim (Hamish) Kirk:-
from an article by Albert Tuggle

Applicants Form at the Left

The year is 1962 and the British Government's policy of socialized medicine has been extended to include 'Proxy Papas'. That is, any married woman not having a child in the first five years of marriage, must receive the services of a Government Man, who will attempt to be the means of her becoming a mother.

The Smiths have no children and The Government Man is due. Smith leaves for work. He has a hang-dog look as he pecks his wife, dutifully, at the door.

Smith: I'm off. The Government Man should be here early.

He leaves and his wife pretties herself, putting on her most seductive negligee.

But, instead of the Government Man, a door-to-door photographer, specializing in baby photos, knocks on her door.

Mrs. Smith: Oh, good morning.

Man: You probably don't know me, but I represent...

Mrs. Oh yes. You needn't explain. My husband said to expect you.

Man: I make a specialty of babies -- especially twins.

Mrs. That is what my husband said. Please sit down.

Man: Then your husband probably told you that ...

Mrs. Oh yes! We both agreed it is the best thing to do.

Man: Well, in that case, we may as well get started.

Mrs. (Blushing) Just where do we start?

Man: Just leave everything to me, madam. I recommend two in the bathtub, and one on the couch, and a couple on the floor.

Mrs. Bathtub! Floor! No wonder Harry and I ...

Man: Well, my dear lady, even the best of us can't guarantee a good one every time. But say, out of six, one is bound to be good. I usually have the best luck with the shots in the bathtub.

Mrs. Pardon me, but it seems a bit informal.

Man: No indeed. In my line a man can't do his best work in a hurry. (He opens his album and shows the baby pictures to her.) Look at this baby. It's a good job; took four hours, but isn't she a beauty.

Mrs. Yes, a lovely child.

Man: But for a tough assignment, look at this baby. Believe it or not it was done on top of a bus in Piccadilly Circus.

Mrs. My God!

Man: It's not hard when a man knows his job. My work is a pleasure. I spent long years perfecting my technique. Now take this baby. I did it with one shot in Alexandra's window.

Mrs. I can't believe it.

Man: And here is a picture of the prettiest twins in town. They turned out exceptionally well when you consider their mother was so difficult. But I did the job in Hyde Park on a snowy afternoon. People crowded around, pushing to get a look.

Mrs. To get a look?

Man: Yes, and it took more than three hours. But I had two buddies helping me. I could have done another shot before dark, but by that time the squirrels were nibbling at my equipment and I had to give up. Well, madam, if you are ready I'll set up my tripod and get to work.

Mrs. Tripod?

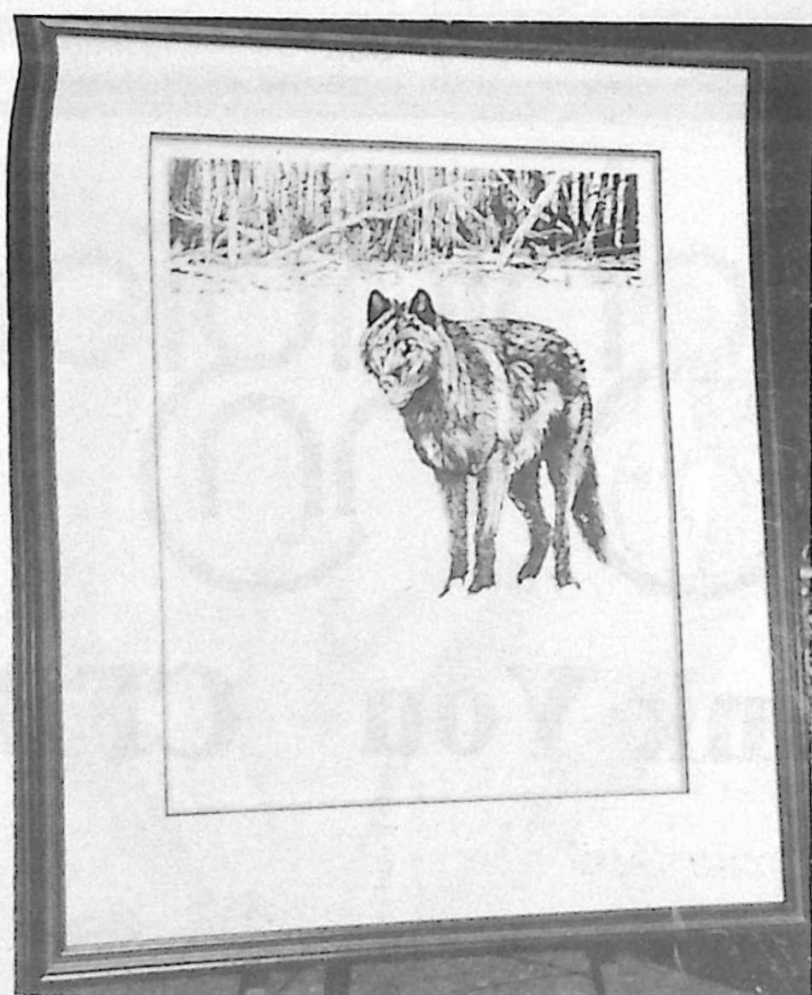
Man: Yes, I always use a tripod to rest my equipment on. It is much too heavy for me to hold for any length of time. Madam! Good Lord! She's fainted!

James P. Kirk



Hospice on the Hill

Prints Donated



The lush colours and shifting mists of British Columbia lured artist Marla Wilson to the Comox Valley four years ago.

This month, attracted by the vision of a hospice on former Crown Zellerbach property on Comox Hill, she has donated 10 prints of wildlife painting to raise funds for the program.

All of this wildlife artist's work reflects the painstaking attention to detail which has built her popularity in Canada and the U.S. A professional self-supported painter since the age of 18, Wilson spends about six weeks on each picture, working from sketches and photographs. Her prints always sell out quickly "before I've even signed them," says Wilson.

The Hospice Society is nearing its goal of purchasing the Crown Zellerbach property for the citizens of the Comox Valley. Please use the pledge form on page 5....Ed.

TOTEM TIMES

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Comment

Letters to the Editor

The Service Family

Dear Sir:

Ever since a group of wives got together to draft the "In-dependants Handbook" a few years ago, there has been a move afoot to redefine the relationship that exists within the Service Family. Despite widespread popularity for such, certain holdbacks to old ways of thinking remain.

The Oxford dictionary defines a dependant as "one who depends on another for support; retainer, servant". The Service still uses this term to denote someone who is part of a service member's family, ignoring the actual interdependency which exists therein. I write to you in hope that as Editor you might have a positive effect on the vocabulary used by both your paper and the service community as a whole. I am specifically concerned about the over use of the word "dependant" to describe our families.

In the hectic and demanding life that modern day Service forces upon us, it is more the member who is dependant upon their spouse and family. Once the last plane, ship or truck disappears over the horizon, the responsibility for payment of bills, day-to-day running of the family, crisis management and child care falls to those left behind. Regardless of occupation, income or social position, these brave souls can hardly be described as "dependant".

I propose that the term "dependant" could be replaced by "Service Family", in almost every instance. The Service Family should be defined in CFAOs much like the former term is now. While there may be some cases when dealing

with foreign services that the term "dependant" is required, there is no reason for its current indiscriminate use. Here are a few examples of situations where the expression Service Family should be used: Service Family Defensive Driving Course, Service Family Identification Card, move of Service Family, Service Family and Friends Day, and Service Family Handbook.

Some Commanding Officers now refer to the friends and families of their unit, instead of to their dependants. These more progressive leaders have made the transition to treating families in a more positive manner and have done much to further better relationships with the Service. (Compare for instance how much more receptive you would be to reading a letter that was addressed Dear Family/Friend, as opposed to "Dear Dependant".) They recognize that since the Service expects the family to be supportive during deployments, then the use of condescending terms should be avoided.

I believe that this change in vocabulary is important to our future. It nurtures a positive attitude and mutual respect between the Service and its families. Family considerations often make the difference between retaining our service men and women and losing them. In the 1990s, values and priorities are changing; we owe it to ourselves to recognize this and reconsider our approach. "Dependant" as a service term, is a thing of the past. Support for the "Service Family" is the key to the future.

Sincerely,
Lt (N) Gina Donaldson

UNICEF

To the Editor:

Last year, two million Canadian "Trick-or-Treaters" helped children around the world by taking a UNICEF box with them on Halloween. The money that was collected by these young UNICEF volunteers helped to provide clean water, health care, sanitation and basic education to children around the world.

UNICEF, the United Nations Children's Fund, works diligently to protect all children in difficult circumstances. With projects in over 120 countries, UNICEF helps

to save and improve the quality of life for millions of children.

This Halloween, remember the children and give generously when you see those orange and black UNICEF boxes at your door.

Sincerely,
Daphne Francis
Youth Program Chairman

UNICEF British Columbia
439 West Hastings Street
Vancouver, B.C.
V6B 1L4
(604) 687-9096

Terry Fox Run

Dear Sir:

The 10th annual Terry Fox Run was recently held at over 2,500 run sites across Canada and 83 sites in 38 countries around the world. In B.C. and the Yukon, the regional office is proud to report that increases in participation and money raised are being projected. This will be the most successful year ever.

The run clearly could not succeed without the joint support of your newspaper and the volunteer organizers who put the events on. To all of you I extend a sincere thank you.

Also, to the participants and supporters who contribute so generously to cancer research, I thank you.

Just a reminder; pledges and donations can be turned in to our office at: 203-550 Burrard St., Vancouver, B.C. V6C 2J6.

Thank you for sharing Terry's dream and joining in the fight to beat cancer.

Sincerely,
J. Brad Brohman
Provincial Director

Bayside 20th

Dear Sir:

Former students and staff of Bayside Secondary School, Belleville, Ontario are invited to return to the school to help celebrate its 20th anniversary.

This exciting event will be held on the weekend of June 21 to 23, 1991. Those interested in

participating are asked to write to the school at Postal Bag 6500, Belleville, Ont., K8N 5M6 or to call 613-966-2922.

Yours truly,
Bill Keast
Reunion Committee
Bayside Secondary School

Canada

World Youth

Dear Sir:

CANADA WORLD YOUTH is now selecting participants between the ages of 17 and 20 for its exchange programmes with developing countries in Africa, Asia, Latin America, and the Caribbean.

Experience the challenge of living and working in a new and unusual environment, in the company of peers from across Canada and the Third World! For 6-7 months, you'll be doing volunteer work in agriculture or social services, while studying development issues and promoting cross-cultural understanding. All costs for the experience - food, lodging and transportation are covered by Canada World Youth.

Experience life in a developing country, learn about global issues, and learn more about Canada too. You can learn a second language, gain work experience, develop group skills and cross-cultural skills. Programs start in July/August with an application deadline of January 31, 1991.

For application forms or more information, contact your Canada Employment Centre or the Canada World Youth Regional Office at Suite 201-1894 West Broadway, Vancouver, B.C., V6J 1Y9 or phone 732-5113.

Sincerely,
Margaret Jaszczewski
Administrative Supervisor



Hospice in the Park Comox Hill

Valley Hospice Society Fund

Raising Committee announces:

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

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

Create the Hospice, Save a Park!

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

Signed

Name

Address

P.C.

Phone #

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

For further information, phone the Office, 339-5470 or Hope Spencer, 339-5531



Air Force Trivia



We all know the aircraft...right? But where and when?

Trivia answer



from the H.W. Holmes collection

Norm: I'm going to hazard a guess that I know this one. I think it is a Lancaster used at Cold Lake (Primrose Lake) to drop Ryan Firebees for CF100s to do rocket shoots at. I believe more than one aircraft was so equipped (37)....Brian O'Cain.

Right on Brian....Ed.

United Way

LET'S MAKE IT HAPPEN

The CFB Comox United Way Campaign has only two more weeks to run. To date we have raised over \$18,000, which is 67% of our Base goal. This is a good start, but in or-

der to reach our Base goal of \$27,000 we must keep the momentum going. This is how the progress looks Branch by Branch, as of 12 Oct 90:

Branch	Contributions	% of Goal
407 Squadron	5,000	82
442 Squadron	4,000	114
VU33	1,575	132
ADMIN/COMPT	1,600	45
BTSO	4,900	49
BOPS/740/AFIS	1,600	60

All of the monies contributed by Base members remain in our own community to help support 22 local agencies. The Base campaign accounts for a significant proportion of the overall Comox District Campaign and our traditional success in reaching our goal has always set an example for the rest of the valley to follow.

When approached by a unit canvasser, help us reach our goal by making a contribution, no matter how small. By giving just a little you will be helping a large number of people who rely on these benefits. Remember that every one of you, or your family, could potentially benefit from the services offered by some of the supported agencies.

MSE SAFETY

Drivers should not be able to move their vehicles until all passengers are buckled up. That was the recommendation endorsed by delegates to the 2nd annual Conference of Community Safety Councils of Ontario held in Etobicoke recently.

"The costly education and enforcement campaigns of the past have only produced short-lived increases in seat belt use," stated Herb Pitts, President of the Ontario Safety League. "If we're going to increase usage, we need a new approach."

The latest survey shows seat belt use in B.C. at 75 percent—among the lowest in the country. The conference heard that a national target of 90 percent usage by 1995 is to be the focus of yet another costly campaign. "Technologically," Pitts said, "It is possible to develop a safety feature in automobiles that will prevent the driver from moving the vehicle out of PARK or NEUTRAL unless and until seat belts on passengers are buckled."

"Belt to Move" or "Buckle and Drive" would mean just that. Without seat belts being worn, cars won't move," said Pitts.

Drivers statement of the month: "I saw the slow moving, sad faced, old gentleman as he bounced off the hood of my car."

Safe Driving Awards



Sgt Poudrier



WO Trask



Lt Pitcher



Cpl Aubertin

QUESTION:

Good drivers, travelling in heavy fog, always use the:

- A. low beam;
B. high beam;
C. parking lights, or
D. no lights.

ANSWER: A



Driftwood Mall
40 STORES TO SERVE YOU

Driftwood Mall Presents

Annual Arts & Crafts Show

Oct. 25 - 28

Featuring:

- . Sentimental Treasures
- . Gram & Gramps Toy Box
- . Create A Book
- . Barr's Native Jewellery
- . Unicorns & Rainbows
- . Photo Focus
- . Stainglass Fantasy
- . Ron Pollitt - Sea Art
- . Myrtle Hembrough - Woodwork
- . Karen Mogenson - Victorian Giftware
- . The Sew & Sew Place
- . Pauline Laroche - Tole Painting
- . Eileen Currie/Lindo Coe - Country Crafts
- . Edward Cronk - Ceramics

Join in the Halloween Fun

With

Imagination Market

Giant Pumpkin Decorating Party

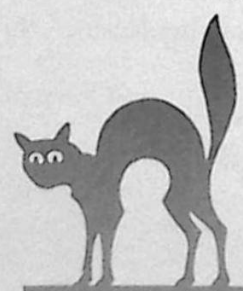
plus

Create Your Own Trash Mask



Sat. Oct. 27

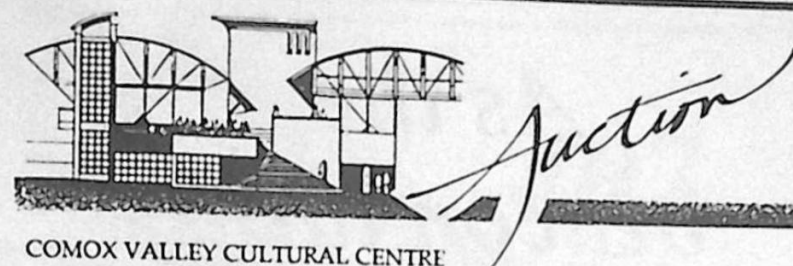
12-4 p.m. under the skylight



Leisure

Country Kitchen

Cool Weather Cooking



COMOX VALLEY CULTURAL CENTRE



Christine Mayer

COOKIES - Oven 350°

1 pkg Jello pudding powder
1/4 cup shortening
1/4 cup rolled oats
1 cup flour
1 tbs sugar
1/4 tsp baking powder
1 egg
pinch salt

Cream pudding powder, shortening and sugar. Add oats. Then flour with the baking powder and salt mixed in. Add well beaten egg. These cookies can be any flavour you choose, depending on the pudding powder.

COCOANUT TEA SQUARES
350° oven - 40 mins.

1 cup flour
2 tps baking powder
1/2 cup sugar
1/2 tsp salt
1/4 cup shortening or margarine
2 eggs separated
1/4 cup milk

1 cup strawberry or raspberry jam

Topping:
1/2 cup white sugar
1 cup coarse coconut
1 tsp vanilla

Mix flour, salt, baking powder in bowl. Cut in shortening. Beat egg yolks. Add milk. Add to first mixture to soft biscuit dough. Pat into 8" greased pan. Spread jam over dough. Beat egg whites stiff. Add sugar, vanilla and coconut. Fold into egg whites. Spread on top.

APPLE MOON CAKE
350° - 50 mins.

1 cup sugar
1/2 cup shortening
1 egg beaten
2 1/4 cups flour
3 tps baking powder
1/2 tsp salt
1 cup milk
Cream sugar, shortening, add milk and flour mixed with baking powder and salt and alternating with milk. Then add egg.

Spread on top:
1/2 cup sugar
1/4 cup flour
1 tsp cinnamon
2 tbs butter
Sprinkle over batter.

2 or 3 apples sliced in 8 pieces - unpared.

CHICKEN SOUP WITH RICE OR NOODLES

Make a rich stock with chicken backs and necks. Strain bones out keeping the pieces of meat to add later. (I use two pkgs.) There should be about 1 1/2 qts. Cool and skim off fat. 1 finely chopped carrot 1 finely chopped onion 2 sticks finely chopped celery 1 med potato diced 1/2 cup chopped leeks salt and pepper

When almost cooked add 1/2 cup frozen peas and chicken.

When simmering add some noodles. You may use broken up spaghetti. The amount depends on the stock you have.

You can omit the pasta and add cooked rice to each bowl of the soup when you serve it. This method keeps the rice nicely separate instead of mushy when cooked in the soup.

Chapel Chimes

OUR LADY OF THE SACRED HEART CHAPEL (RC)

BASE CHAPLAIN (RC) — Maj J.G.A. Veilleux
CHAPEL — Our Lady of the Sacred Heart (on Base)
OFFICE — Headquarters, Bldg 45, Rm 48, Telephone 8274

MASS SCHEDULE:

Saturday 1900 hrs
Sunday 1000 hrs
Daily Masses As announced in the Bulletin, usually at 0900 hrs, except during Lent & Advent at 1900 hrs.

RECONCILIATION — Confessions will be heard before each Mass or upon request. Penitential Celebrations are held during the Advent and Lenten Seasons.

BAPTISMS & MARRIAGES — By appointment - notice well in advance please.

CATHOLIC WOMEN'S LEAGUE — Second Tuesday of the month in the Parish Hall, preceded by Mass in the Chapel at 7:00 pm. President: Mrs. Claudette LeBlanc, phone 339-3002.

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

ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN (P) — Maj R.E. Baker
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.
SUNDAY SCHOOL — resumes 9 Sep 90
NURSERY SERVICES — resumes 9 Sep 90, children up to age 3. Volunteer basis.
CHOIR — practices 1830 hrs, Thursday at Chapel
CHAPEL GUILD — meets once a month, first Thursday at the Chapel 7:30 pm, President Liz Basham 339-4314.

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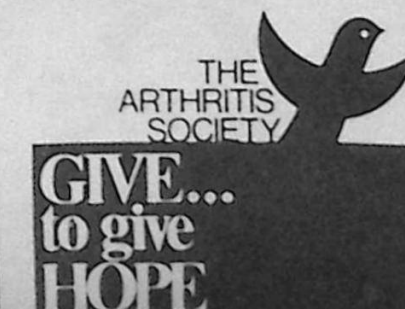
Chuckle

India was swept with grief on 22 March 1979 when the Indian Prime Minister, Mr. Morarji Desai, informed Parliament that Jayaprakash Narayan, the patriot and elder statesman, had died in a Bombay hospital.

The Prime Minister delivered a moving eulogy and Parliament was adjourned. Flags were lowered to half mast. The news was flashed all over the sub-continent. Funereal music was broadcast on All-India Radio. Schools and shops closed down throughout the land. The entire nation plunged into mourning for over an hour.

Everyone was shaken by the news, none more so than Mr. Jayaprakash Narayan who was in bed convalescing.

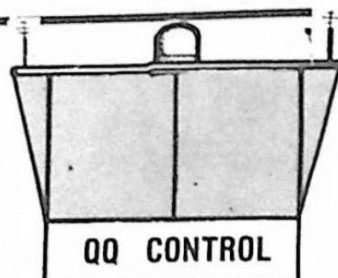
"I'm sorry about that," said the Prime Minister afterwards. The information had apparently come from the director of the Intelligence Bureau, one of whose staff had seen a body being carried out of the hospital.



Section News



Supply Signals



As the beacon turns

Good day and welcome again to another edition of the Base Supply world. The Purchasing Section would like to say good luck to Cpl Lavallee who is leaving us for his JLC in Penhold. Paul should have no problem as he is 'Grunt' all the way. Purchasing is also saying goodbye to Terri (Pte Craddock) who is moving to 1 Supply Group.

Joining Customer Services is Cpl Dave Sullivan. MCpl Cathy Preece finally decided to quit work and have her baby. "Customer Services wishes her a baby boy." Don't forget the pool tickets at Cust Assist.

The personnel from MIS would like to welcome Sgt Saretsky back to work full days, who then decided to take two weeks leave to celebrate his return. A warm welcome back to the B Sup O secretary, Sue Gibbs, who just returned from sick leave.

The Base Supply golf day was a huge success -- but for Rock Boudreau who got off to a bad start - his club went further than the ball - and in the wrong direction!! Both ball and club are still missing. Congratulations to our three prize winners: Capt Collins; Sgt Copeland; and Mrs. Smith.

Moving along to MPO. Welcome to Debbie Dourado in her new job. Leaving us is SGO/D, CPO1 Ivan Alley. We welcome back WO Sandy Cochrane from his tour in the middle east.

Promotion



Cpl Hallos is shown receiving her well deserved promotion to MCpl from Maj Percy, S Sup O.



Porte à porte pour l'UNICEF...

Octobre
le mois de l'UNICEF



Vee-Gates mine soap fans! Welcome to another edition of the Beacon. A new season arrived since the last time and with it came some changes. Changes in temperatures, changes in the landscape and...changes in ATC operating procedures? Actually, an alteration in the manning department is more like it. Not to worry, we are 'monitoring' the situation. "It's a bird, it's a plane, no, it's the DSC! Faster than a IC-PU Link failure, more powerful than CP, can leap over the highest IAF in a single bound!" Yes folks, the DSC will hold the fort downstairs from 2200 'til 0600 hrs daily until things return to normal. What else has happened? Ah! Mr. and Mrs. Barry Norris returned from the far east and are anxious to start living in holy matrimony. Rumour has it that Barry may be posted to Goose apres his five's and that a substantial pay raise is due for him soon. Andre Lafontaine will also be sewing on another chevron soon and will join Barry at the Gravel Pit to shell out some gratuits wets.

A word from General Stores. Cpl Micheala Staples is moving to CE Supply and WO Ron Pearce is leaving the Supply world 25 Oct. Surely he will return again!

Clothing Stores had two unusual circumstances in the last few weeks. The return of Cpl Mary Jo Vandervoort for a few weeks and the reason that Cpl Vicki Smith gave them to purchase another wedge. Apparently her dog had not eaten for a few days.

Moving along to 1 Supply Group for our latest news. Congratulations to MCpl Cathy Hailes for her promotion. Also, all the best of luck to Pte Judith Arsenault, who is having an operation on her knee.

We are pleased to announce that all personnel who went on adventure training returned safely. Rumour has it though that Mitch Scott is still at Gosling Lake attempting to finalize his new canoe design. It was also learned that Cathy Hidgon, upon realizing that it was a bear prowling around after dark and not Dave Sullivan, was heard to say, "I didn't think that Dave smelled that bad!"

One final note, I would like to remind the Base Supply personnel: the Poker Road Rally, 26 Oct, noon sharp, at the Glacier Green Golf Course. More on the subject in the next issue.

Chuckle

Travellers' Tales

If you have ever tried to speak a foreign language but could not make yourself understood, you'll appreciate how hard it is to translate messages into English. Here are some notable examples:

In a Bucharest hotel lobby: the lift is being fixed for the next day. During that time we regret that you will be unbearable.

In a Belgrade hotel elevator: To move the cabin, push button for wishing floor. If the cabin should enter more persons, each one should press a number of wishing floor. Driving is then going alphabetically by national order.

In a Paris hotel elevator: Please leave your values at the front desk.

In a hotel in Athens: Visitors are expected to complain at the office between the hours of 9 and 11 a.m. daily.

On the menu of a Swiss restaurant: Our wines leave you nothing to hope for.

In a Hong Kong supermarket: For your convenience, we recommend courteous, efficient self-service.

Andre has introduced a new look in the mushroom factory called the 'Data-dye'. Thanks for shedding some light on a 'hairy' situation Andre! Jim Houston is checked out in Data and has moved over about 12 feet to Par Two to qualify there. Speaking of moving, Jim was outraged when, after a spot inspection of his barrack room, he was told that it didn't meet the standard. He defended himself confidently by stating, "Well...er...that may be true...ah." After the dust cleared, it was confessed that the whole story was dreamed up by someone in the section. For Pete's sake, I wonder who it was? Darlene Arsenault is on baby leave 'til mid Feb 91. We'll miss your rural jeans Darlene and don't forget, you're going to have to paint that room pink not blue! I'd like to take this time to welcome Sgt Norm Leduc to the section. No Norm, you're not on your supervisors course. All of the 161 Sgts are indeed posted here at QQ.

Congratulations to Capt Anderson and WO Munday for

their running of a full marathon in Victoria recently. 'Marathon-Munday' almost broke the three mark while Capt Anderson broke 'the wall' during the race and finished with much heavier running shoes than during the first few kliks...right Paul? We're hoping to have a successful season this year in inter-section hockey. We're close to an all-ATC team and spirits are high! So come one and come all to the rink and be an athletic supporter. (Well, something like that.)

Speaking of support, the powers to be were searching for a qualified Quad controller for Box Top this year. Rumours have it that Moose Jaw will pick up the tab this time but as they say in the morgue, remains to be seen.

This is where I'll QSY until next time, leaving you this last thought. Do the Australians play the great American game of baseball you ask? I figure they must! All you hear in the streets of Sydney is "Good-eye mate!" Have a good one and remember, "Death before Miss-Ident!"

BAMSO promotions



Sgt Plante



Cpl Dufour

Outside a Hong Kong dress shop: Ladies have fits upstairs.

In a Rhodes tailor shop: Order your summers suit. Because is big rush we will execute customers in strict rotation.

On the Desk at an Athens Hotel: If you consider our help impolite, you should see our

manager.

In a Vienna hotel: In case of fire, do your utmost to alarm the hotel porter.

At a Budapest zoo: Please do not feed the animals. If you have any suitable food, give it to the guard on duty.

Section News



407 Squadron



Fall, as we know it on the West Coast, is now upon us and with it many changes in the inspection crew. We, of course, would like to say goodbye and thank you to a few personnel who have left. First of all to Bob 'keep out of the refrigerator' Gerb, now on No.1 Crew, Les 'Bruce Lee' Andrew off to No.2 Crew and Harry 'The Hat' Gauthier gone upstairs to Research, who was last seen trying to impress upon WO Ervin the positive effects of bilingualism. Finally on the goodbye note, our best wishes go with MCpl Duane York who has 'pulled the plug' and gone back to school. Along with the goodbyes, however, there are many hellos to new folks. Specifically, we welcome WO Doug Warriner over from the servicing end of the stick; now at the helm to help guide maintenance through the troubled waters. Also a hearty welcome to Pat McNeil down from 'Cool Pool', Mitch Moderie from upstairs in Research and Tim Hautzinger here from one of the servicing crews.

On to a few other things worthy of note. Ray and Marcy are now happily married. Congrats from all the troops. Congratulations are also in order for Brad 'Eagle Eye' Jenkins, who recently put up his third. With the promotion, however, came a demotion as he moves to servicing! Sgt Rivett has been seen brandishing a new cane of authority on the hangar floor. He has, however, been advised to watch out for the great white cane painter! Lastly and of course not least, MCpl Cochrane's time of instruction to cadets in Penhold this summer appears to have been so exhausting that a week of sick leave was in order upon his return to Base. Get well soon Rick!

2 crew

It has been a very busy few months down here in the servicing shack, and we would like to take some time to welcome to our crew, Tim Dykeman from BAMSO, Tony (Iron Man) Granter from Edmonton,

Don (Nasty Boy) Brenson from Greenwood, Phil Hunter from Gagetown, Larry Reid from Ottawa, Les Andrews from Maintenance, Vince Horn off ATAT rotation, Cecile Blanchette from 1 Crew, John Chequis from 1 Crew, and Mike Storozuk from Photo Maintenance.

We have to say goodbye and good luck to Jim Taillon who left for Greenwood, and Doug O'Brien who isn't travelling quite as far (just up to Photo Maintenance). We'll miss you at our ball games Doug. Remember to keep swinging.

Congratulations go out to Chris Watts, Les Andrews, and Ray Girardi on their promotions to Cpl and to Phil Green on his Demon Tech Award.

Angie Hermans will be busy for the next few months with the home of her dreams.

Wayne and Doreen Wyatt have a fourth addition to their family; a beautiful little girl Ashley.

A few of the crew are happy to be home after a tour of 404 Sqn on course; Rob Skwirut and Tony Granter off their 1st line, Claude Labrie from his run-up course (and itching to get his hands on those throats), and poor Sue Didsbury, who just finished her 1st line course in time to attend her 6A (only to return to Greenwood for her JY course). Don't worry Sue, I think we still have a picture around somewhere.

We wish Martin (Pogo) Landry luck on his JLC, and the boys from Bermuda say to keep close track of those keys, Pogo.

2 Crew had a great day on the golf course at the last 407 sports day, winning 3 out of 4 trophies; Ralph (8 Iron) Akerstream for closest to the pin, Greg (Norman) Fleet for low gross, and last but not least, our fearless leader Chris (Gummy Bear) Little took the prize for low net.... "Think Snow!"

Air crew

After what seemed to be a successful tour of his symposium, 'Leaving Shaving Cream in your Ears for Fun and Profit', Capt Mike Bell has been banned from the lecture circuit by the Surgeon General. This came about when Lt (USN) Kendall Kelly took the 'Bell' process one step further and subsequently proved that a sharp cutting device in the vicinity of the ear can be hazardous to your health. Kendall's ear did survive its brush with the razor and is still available for viewing on Kendall's head for a nominal fee.

During a recent patrol Crew 1 spent a lovely evening on

Kodiak Island, home of some high mountains, higher winds, and grizzly bears on steroids. Tacnav extraordinaire and ASW semi-demi-God, Capt Kevin Ferdinand, observed that the town of Kodiak had a number of valuable resources, most notably the local MacDonald's and the availability of satellite television. Kevin admitted that there's nothing like watching 'Bugs and Tweety' on the tube while chowing down a barrel of Macs and shoebox full of fries after a hard day of defending the country.

Crew 6 has just returned from their READIEX down in Southern California. After the first mission Capt Terry Doucette, unaccustomed to the huge ramp of Moffet Field, took a wrong turn at Albuquerque on his way to the fuel pits, and had to be vectored through the suburbs of San Francisco before finally filling up at a local Shell station.

Capt Ross Potts, Marc Bouchard, and Alain Dubreuil, triumphantly returned from the ADAC course in Halifax. Marc and Alain managed to fit in some acoustics work between their tennis matches, and quite impressed the ADAC instructors with their forehands and net play. Ross Potts, who lived the course, actually became an

acoustic signature for three weeks, topped the class. Ross so impressed the icons of Maritime Air Group, it is rumoured that there may soon be a statue of him in front of the ADAC school and, moreover, the building may some day be called PADAC - Pottsy Acoustic Data Analysis Centre.

Lt Steve McLennan, he of the shiny white jeep, actually took his off-road vehicle off the road -- a dusty ragamuffin trail near Forbidden Plateau. It was reported that the vehicle in question actually became dusty during this excursion, however, no visual authentication is available to support this claim. Apparently, Steve was able to spit shine his buggy before anyone could reasonably describe it as anything but 'gleaming white'. The hefty reward being offered by Capt Potts for the first person to see the jeep dirty is still intact.

Cancer can be beaten.

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More BAMSO promotions



MCpl Schuster



MCpl Arcand

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- Mushroom Veal Schnitzel
- Steak & Kidney Pie
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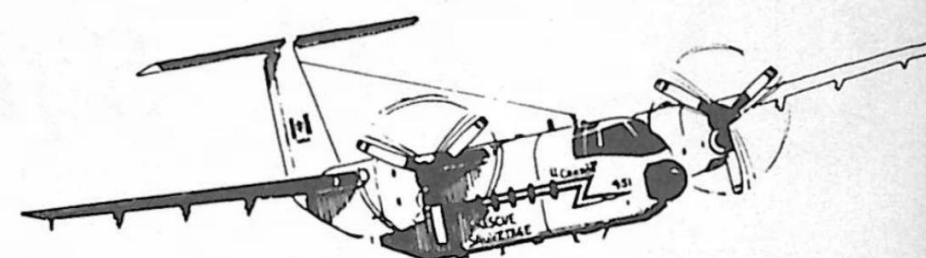
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Section News



442 Squadron



Safety Systems

At last we hear from our elusive Safety Techs, at least from one. Glad to report that Stacy Wood has reached adulthood with his 21st birthday on 22 Sep. Pte Wood proceeded to fall off the wagon that night, only to climb aboard a new one; he's quit smoking. He has confirmed his new commitment to help supplement his new toy, a brand new sports car. Good for you Stacy. Hopefully some of us will be joining the majority of non-smokers in the near future and will be coming to you for support.

Engine Bay

Happy Birthday's going out to some of the Engine Dudes. Adem Langlais is now thirty-something more, Brian Ripley edges closer to the 30 syndrome, and Cpl Grant is sneaking upward as well. Hope you all have enjoyable birthday days. Congratulations to Adem on the announcement of his up and sprouting 'Daddy-Hood'. We're sure he and Andree will make wonderful parents.

R/W Maint

Busy, busy, busy. Chopper Maint is just flying through birds these days. The boys have been doing a fine job keeping up to the Maint schedule demands of the Squadron. Hopefully, in the future, the birds will nest at separate times rather than flocking together.

Congratulations to Ryan Harding on his recent promotion to Cpl. Ryan has shunned the advise of thoughtful NCMs and decided to do, like all new Cpls do, spend money. Good for you Ryan. Wish it was my pocketbook getting richer.

3 Crew

Congratulations to Sandy Cummings on her 'blossoming of the mid-section'. Must have been a romantic summer.

Tom Girardin has been graced with his Cpls and Brenda Lloyd is sporting a new look - very nice.

3 Crews infamous hunters, Yvan Defoy and Steve Hamilton were reported to be out moosing around. To their dismay, they came up empty-handed. Maybe you should check with WO Smith (affectionately referred to as the 'Old Guy'), to see whether grey hair brings good luck. Better luck next time.

Buff Maint

Buff Maint is presently supplementing Chopper Maint because of the extra whirly birds. The cooperation in this Sqn is the envy of the Base. Good work guys.

Glad to report that Brad Struke is recovering nicely from his recent visit to the hospital. Looking forward to having you back to work, Brad.

Bruce Morgan and Aubree Bergin have returned from their jaunt in Trenton. Once again, the boys have been said to appreciate the fine tuned organization of 442's Maintenance as Trentons was, well, definitely not home.

Cpl Darren Thordarson will be returning with his lovely new spouse Pauline. The Buff boys are curious to see if their gifts to the newlyweds (a large jar of jelly beans) requires replenishment.

There's a new guy in town and they call him Jim - Sgt Jim Fortin that is. Jim has finally relinquished his position in Amcro and seems very content with his new position as Buff Maint Supervisor. Look out fellas, now you'll need double good ear defenders with J.F. around. Just joking Jim. We'll miss your great advice up here in MSRO.

MSRO

Congratulations to June Curtis and family on their recent decision to become

home owners. After nine days off to set up her house, you'd think that was ample time - not for June. Oh well, June always has been one for taking her time. Why change now?

Nathalie Corneau is edging closer to JLC time and is almost stable. I said almost! With having to prepare for the course, do the PIP package and train J.C. to fill in, it's no wonder she's been requesting time off to relax. Maybe if a friend from out of town drops in, Al will give her an afternoon off. What do you say, Al?

Speaking of the Big Guy, we're glad to report that he's feeling much better now that a certain somebody has departed to the East Coast. There's something to be said for aging. Our memory starts to go, which fails to remind us of how terrible we feel after thoroughly enjoying ourselves. Oh well, maybe these comforting thoughts will pop up for the next time, or at least we'll have the foresight to schedule a day off.

AVSO

There have been a few personnel changes to the shop. We say goodbye to Lloyd Stajkowski as he moves on to 2 Crew. Luckily for us, Mario Guitard has come to fill the vacancy, and surely will do a fine job. Good luck to John Rowlands, as he also will grace 2 Crew with his wisdom and experience. WO Trask will certainly have his hands full with these two M slashes...full of experience.

Mike Miller is now the designated replacement electrician. We would like to welcome Mike and hear of his daring tales with car racing, but he never seems to be here.

The rest of the shop can be seen at various times, trying to keep up with 311, 312, and the threat of 310.

442 Aircrew

The Sqn has been keeping very busy over the past couple of weeks. During the week of 29 Sep - 2 Oct we held our annual Sqn Search and Rescue Exercise in Kelowna. The first 3 days were spent on a land scenario in the mountains. Our evenings were spent at the local go-kart race track where the wanna-be Al Unsers took the carts to the limits. Marcus Reeves executed a perfect '10' running straight in to the tires on the side of the track. The overall winner was Don 'let's land on a glacier' McClellan. Hey Al Burley, has your wife found out what all those VISA bills were for?

The next 2 days were spent on a marine scenario out of Comox. Overall, an excellent exercise for everyone.

No sooner was everyone getting rested up from that exercise than the Sqn was then deployed on the 3rd to Prince

George for 7 days to search for an overdue light aircraft flying from Vanderhoof to Quesnel.

The search was over a very densely forested area and it was the keen eye of our new baby SAR-Tech Andre Daigle who spotted the plane crash. Unfortunately, the pilot had perished in the accident. Also, during the search, a missing hunter was found by Vimy Trevors on board the Labrador. One of the Buffalos had an interesting incident over the Prince George airport when the gear wouldn't cooperate and extend upon selection.

Brian 'Brown Bread' Branch, using his wealth of knowledge and experience (sounds good eh) managed to get the gear down and Graham Patrick executed a perfect landing in the gusty winds. Again, an excellent job by all of the Sqn members.

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), Salads, Homemade German Bread, Black Forest Cake
Cost per couple: Members \$20
Limited Associates & Guests \$25
PRIZES: Best Dressed - Spot Dances
Reservations by 10 Oct

Wednesday October 17
GOLF DAY Glacier 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.

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
Contact Mess Manager, PO2 Purse 8324
15 Dec - Kid's Christmas Party



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EVERY FRIDAY
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GAMES START AT 17:30
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SAT OCT 27 1990

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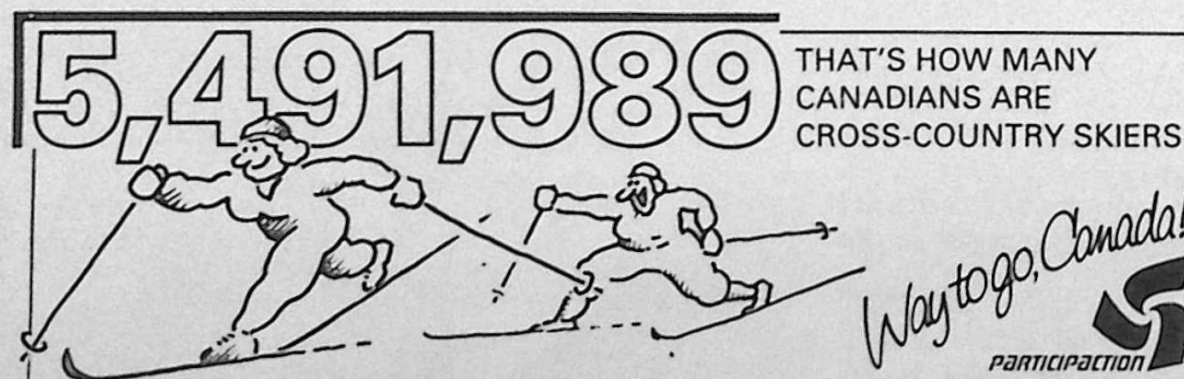
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16 NOV AT WO & SGTS MESS
BUFFET DINNER AT 1900 HRS
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100 TICKETS AVAILABLE
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12.00/MEMBER 15.00/GUEST
MEMBERS TICKETS ON SALE TIL
02 NOV. THEN OPEN TO GUESTS
CASH OR ACQUITTANCE ROLL

WO & SGT MESS
SOCK HOP
SAT NOV 17 1990
BURGERS & FRIES-19:30 HRS
DANCE - 21:00 TO 0:100 HRS
COST: \$6.00/MEMBER
\$7.00/GUEST & HONOURARY
BAND: ECHO
DRESS IN 50'S THEME
DRESS CASUAL
BOTH MESS
WELCOME



Next Deadline 5 Nov 90

Recollections

Coal Harbour

Fifty Years Ago

A new posting was usually something to look forward to and wonder about, and Coal Harbour was no exception. Finding that a boat trip was included only added to the excitement. Departure was from the CPR Dock in downtown Vancouver via the Union Pacific Steamship (name forgotten) up the inside passage to Port Hardy. In those days this was an overnight trip to isolation with stops along the way which kept monotony from setting in.

The arrival at Port Hardy was somewhat disappointing when we docked at a small wooden wharf with a shed and nothing "Air Force" in sight except a two-ton dark blue stake truck. Our situation did not look too promising and deteriorated with the instructions to throw our bags up into the back and climb up after them. The trip followed up an old logging trail away from the dock into the rather lush but wet rain forest, with the trees festooned with Spanish moss. After a rough bumpy trip through the trees, an opening suddenly revealed a site containing some rather drab brownish shingled buildings, dripping wet -- I neglected to mention it rained before, during and after the trip in to the Base.

First impressions are lasting, and I can still see the two wartime hangars facing each other across a concrete area which had a slip going down into the water of the bay. We got to know the area well with parades thereon every Saturday morning and such other times as the "exigencies" of the Service demanded.

Parades were generally held Saturday morning, and the afternoon and all day Sunday were free time. A defence perimeter ran around three sides of the Base with the bay on the other. The defence perimeter consisted of a massive logging operation carried out about the width of a fire-guard but nothing removed, so that it was almost impossible to cross it on foot let alone by any vehicular means. Each man was issued with 40 rounds of ammunition along with his rifle (all accountable for, of course). The trick was to obtain additional rounds for use on regular hunting trips outside the defence perimeter, which usually took place Saturday afternoon or Sunday. Armed and ready, forays were taken following the game trails in the area and on up to Quatse Lake.

It was not unusual to briefly sight cougars which followed

parallel courses to ours but at a respectful distance and almost always out of sight of the main trail. The going was quite strenuous as the trees in the area lay where they fell and were as much as ten to fifteen feet in diameter. You either crawled under the fallen tree, or climbed a live tree alongside and jumped off onto the trunk and down another tree on the other side.

On one occasion five of our group crossed the defence perimeter and entered the surrounding forest. Within five minutes we were hopelessly lost wandering about in the ankle deep snow and water underfoot. The more forest-wise among us prevailed and the group sat on stumps to ponder the situation. We could hear the aircraft on the bay but could not determine from which direction; although light filtered in through the tree tops and the sun was shining, you could not see the sun or determine in which direction it lay. After some discussion, the most adamant one present started off and all followed. After some four hours in the forest, we finally exited onto the defence perimeter at exactly the same place we entered without even knowing where we were.

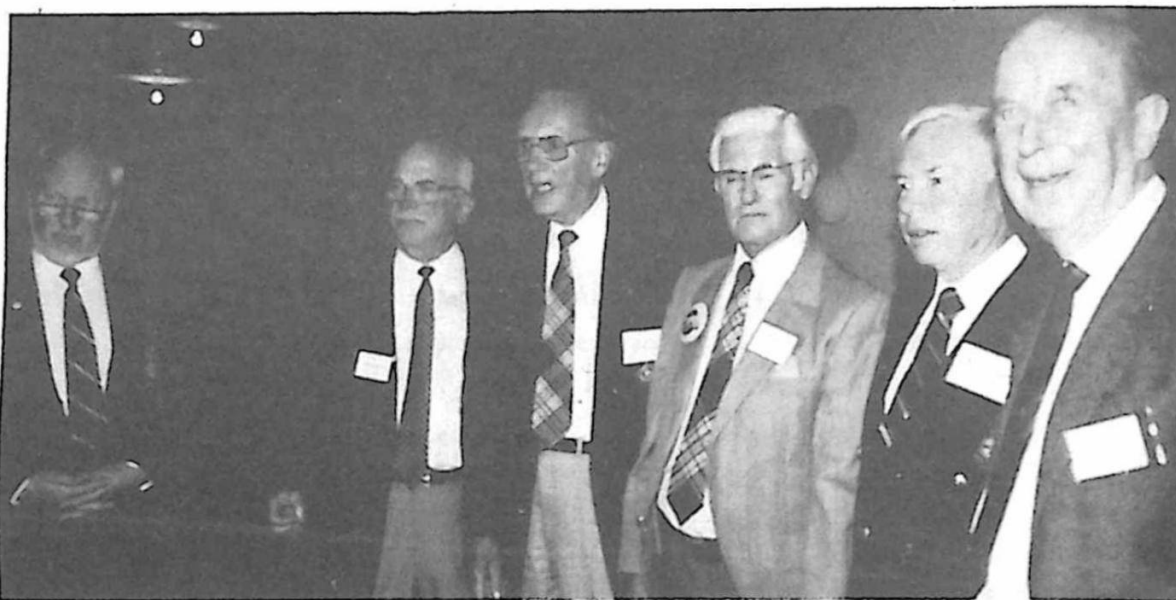
Shortly after our arrival on the Base, each man was given a defence station to man whenever the alert siren sounded. Mine was the Twin Bofors in the southwest corner. I had never seen a Bofors, let alone fired one so that I was completely dumbfounded when my station was assigned. The first visit to the site was with some trepidation as to what I was in for, and the first sight of the weapon almost unnerved me. Closer inspection revealed that it was a wooden replica painted black, and from the air, would certainly have passed for the real thing, drawing enemy fire.

My closest contact to enemy action came when one foggy night I was detailed Orderly Sergeant and had to make rounds to ensure no lights were showing as a No.1 Alert had sounded that afternoon and the Japanese were supposedly invading the west coast. The next day it was revealed that a U.S.A. freighter sailing northward up the coast had fired a couple of practice rounds from a three inch deck gun, one of which landed in the bay near one of our radar stations at Spider Island and they had sounded the invasion alert which blacked out the whole west coast from Alaska to California.

Our orderly room overlooked the bay which for-



The Stranraer



...and the Pilots of Coal Harbour

med part of the flare-path or landing/take-off strip of water -- we flew Canso and Catalina and one Stranraer biplane aircraft. The bottom of the bay was carpeted with unexploded 250 lb depth charges which had hung up during patrol and were jarred loose when the flying boat touched down on the flarepath. Once in a while the OC of the squadron kept a .22 calibre rifle in his office which also overlooked the bay, and would shoot at ducks out on the bay from his desk out the window. It was therefore not a good idea to use the roadway that ran alongside the hangar on the bay side. For this reason we were quite surprised one day to be addressed by a head in our open window. It turned out to be a naval rating looking for some sticks. I determined that he wanted thin sticks to make kites which they flew from their commandeered fishing boat and fired at for target practise. A walk over to the carpenter shop revealed they had just finished taking the tongues of some tongue and groove lumber so the Navy was in luck. In return, I was taken to the fishing boat at the marine dock -- a craft about 40 feet long with two masts and a diesel engine -- and down a forward hatch into the galley. My new acquaintance was the ship's cook and I had my choice of pies and coffee.

The pride of the Marine Section were two ChrisCraft, on loan to the RCAF for the duration of the war; the first being used for the flarepath control -- a long mahogany and brass trimmed cabin cruiser

with four engines. Two screws at the stern and two more at the hull step gave it plenty of power. The second was also a cabin cruiser, but had an open cockpit in the stern and was used as a utility craft, for runs over to Port Alice. The flarepath craft could make about 40 knots in an emergency which we witnessed one evening just about at dusk and one of our patrol craft was overdue. With fuel just about exhausted word came from Cain's lighthouse that the aircraft had passed overhead and would be landing directly. The ChrisCraft left the Marine Dock under full throttle and was quite an inspiring sight.

Another entertainment center was the "Wets" up on the hill from the HQ building. We often gathered at the piano with Cliff Howell or Jack Gutsell (now both deceased); either one being an accomplished pianist and could entertain with any request from classics to jazz. There was also one of the local natives who was allowed to join us in the Wets with his dog, a big black Labrador. He always sat at a table alone with his dog and ordered two beers (bottled at that time). He opened both bottles, handed one to the dog and drank the other himself. The dog took the bottle by the neck in his mouth, tipped his head back and emptied it before setting it on the floor. At closing it was quite a sight to see the two of them going up the logging trail weaving from side to side in joyous inebriation.

One Saturday morning the parade was cancelled for some reason, probably rain, and the Squadron Adjutant whose name escapes me at the moment, decided it would be great if the Squadron personnel cleaned up the hangar and had the aircrew all sweeping floors and mopping the concrete hangar floor until it shone. We thought that was very humorous until he came into the OR and advised that our concrete floor had to be mopped and scrubbed, and then WAXED! He even provided a five pound can of floor wax for the occasion. On completion I disposed of the half empty can of wax into the bay to make sure that did not recur. At the same time, I phoned some friends in the Supply Section and suggested that they "did not have any more wax". After explaining, they agreed to go along with the suggestion. We then told the Adjutant that all the wax had been used up and we would not be able to repeat the performance the following Saturday. He immediately phoned Supply for more wax and was astounded to learn that there was no more on the Base. Smiling, we relaxed the following Saturday only to be jolted into reality when he appeared grinning -- he had gone to A.E.Hole's and bought up the store's supply of floor wax, which he kept in the Adjutant's safe until it was needed. Oh what tangled webs we weave....

Flying pay at that time amounted to 85 cents per day extra, so that whenever we decided to fly, it was a night circuits and bumps from 2300

continued on page 14

Reunion

FIRST REUNION FOR RCAF WOMEN'S PERMANENT FORCE 1951

On Friday, 8 June 1990, beneath cloudy and rainy skies of Vancouver, over 180 former and currently serving women who joined the Permanent Force of the RCAF during the years of 1951-1967, streamed through the doors of Gage Complex at the University of British Columbia. They came, not only from across Canada, but from as far west as the Mariannas of the South Pacific, and as far east as the dark hills of Pennsylvania, to be part of the First Reunion of peacetime Regular Force airwomen, nursing sisters and officers. The atmosphere in the lobby of the UBC Students' Residence was charged with excitement and anticipation as grey haired (albeit, many with "au naturel" hair) air ladies queued up in two lines for registration and accommodation - shades of basic training days!

Contrary to military decorum as practised in yesteryears, glances were made to the

right and left while the buzz of phrases, such as, "Will I know anyone here, or rather will anyone recognize me?", were overheard. As moments went by, faces relaxed with relief as former course or work mates warmly greeted each other. A few faces were filled with disbelief and amazement as long lost friends and acquaintances seemingly appeared out of nowhere. Steadily the decibels of murmurs rose to become a roar as the crowd increased around the registration table in the "Airwomen's Lounge" where each one reporting in received a large white packet with her name impressed on the front beside the prominent RCAF Badge, and below, the title "RCAF WOMEN'S REUNION, PERMANENT FORCE, June 8, 9 and 10, 1990, Vancouver, B.C." Recipients hungrily searched for and found the pictorial record of those attending and scanned the nominal roll listing addresses of all those who had been contacted but were unable to attend. In the packet were other items such as a useful map not only of the large West Coast city but of the small city of UBC (we still got lost), as well as a bold lettered name tag, booklet and pamphlets on the wonders of Lotus Land, a Provincial Flower (the dogwood) pin, and other souvenirs.

On the Airwomen's Lounge bulletin board, members posted and studied course photos, newspaper and magazine pictures and articles with such titles as "Hometown Girl Joins RCAF". There were black and white snapshots, now yellowed, in which young faces grinned proudly as they received sport trophies or other awards. Other signs of the 50s and 60s in these photos were gals wearing closely cropped but curled hairdos or modified beehive coiffures beneath distinctive caps mounted with either a lone albatross or later the Queen's Crown above the eagle, and happily showing off LAW props on both sleeves of their No.5 Blues, and yes, the half-Windsor knotted black tie at the neck, and the skirt mid-calf or lower.

As the "Meet and Greet" gradually ended, close to 1600 hours, the quiet and competent West Coast organizers, Shirley Duff, Diane (Vince) White, and Sandra (Farr) Long called a muster parade for the reunion group photo.

TGIF was held before the buffet supper at 1900 hours in the ballroom of the Student Union Building across the Gage Complex. Old friendships were

rekindled over pre-prandial drinks and a delicious supper, and once again was heard: "Is so-and-so here? - Where? - My gawd, she looks like a grandmother! she is a grandmother! - But you-know-who hasn't changed a bit."

Later that evening, our gathering was entertained by some of B.C.'s finest: "Glen Eagles Scottish Country Dancing Team", and on stage "The Matinee Quartet" from the "Sweet Adelines". A group of dauntless souls, mostly recreation specialists (Rec Specs) put on a hilarious illusory skit on which elbows blossomed into sizes E or F!

A serious moment came when Colonel Mary Vallance, a former Director of Women Personnel and who retired from the Canadian Forces in 1975, delivered a short speech on the importance and value of doing community work. She encouraged reunion members to participate and make use of the skills and talents they gained and developed during their service career.

Since latecomers were disappointed about being left out of the afternoon reunion photo, "Andy" Andreopoulos, the MC, called all forward for a repeat shooting. Then there seemed to be endless flashing of cameras when separate and personal photos were taken of those based at various stations, radar sites, (AC&W Sqn), Fighter Wings, Air Div HQ, trade groups, flight attendants, and staff at the training stations of St. Johns/St. Jean and Clinton.

Saturday, Vancouver's continuing overcast wet skies did not suppress the enthusiasm of many out-of-towners who took either the offered morning or afternoon tour of the city. Shutterbugs did not limit their shots to the city's beauty spots but took many a roll of film of the antics and activities of their cohorts during the three days and evenings of the reunion.

That evening, on entering the ballroom, one was struck by the colour and festive note of the room in which blue, silver, and white balloons rose from and were anchored by flower-filled vases on linen covered banquet tables. The finishing touch was an array of royal blue napkins stuffed into wine glasses. After grace was said by Adrienne McMillen, reunited friends dined together and discussed past adventures, postings and romances before current topics were broached along with the mutual viewing of photographs of grandchildren and children, some, the new generation of military

Uniform of the Day



Above and below (left), the Winter and Summer uniforms of the RCAF Women's Division, a name carried over from WWII.

Held at the UBC, Vancouver, June 8, 9 & 10, 1990, approximately 300 ex-airwomen met for the first time in 39 years, in a wonderfully organized and fun filled reunion, but above all a reborn spirit of a bond that came only from being in the Airforce for all these women who entered in the RCAF Women's Division from all parts of Canada.

For all ex-airwomen who reside in British Columbia, there will be a planned reunion next year, and we are planning a Vancouver Island get-together.

Ottawa is planning a reunion for 1993.

If any ex-airwomen out there would like more information, please contact Victoria Coffey at 339-7697 in Comox.

women and men.

One of the highlights of the memorable evening was the side-splitting entertainment presented by "The Over Fifty Revue", a group from the Royal Canadian Legion of Langley, B.C. Later in the evening, the MC asked the various tradeswomen to stand and be recognized. First, there were few in number such as the Electricians and ATCAs to finally the FtrCops, when the whole assembly seemed to rise! Then it was who had travelled the most miles to attend; who was on the Nucleus Course; who was on Course One at St. Jean; who was CFRd; who was still serving in the Regular Force; and who had served the most years. (Several had served over thirty.) Some began to realize the reunion would soon be over and they wanted to savour every moment left in the hours remaining, and so the chins wagged on.

Sunday morning it was a subdued gathering that met in the ballroom to attend the religious service opened by Adrienne McMillen with a message from Pastor John Crozier. Brunch followed and a few early goodbyes. But the finale came when a big circle was formed, all joined hands, and sang with tears in their eyes, "Auld Lang Syne". Some not so brave made a quick exit but avowed they would attend the second reunion to be held in Ottawa, June 18, 19 & 20, 1993.

All who came said it was lots of fun, well organized, and they wouldn't have missed it for the world! So spread the good news of the coming event to those airwomen, nursing sisters and female officers who were absent from this our first reunion and tell them to plan to be in the nation's capital for the second reunion.

See you there in '93!



Trick-or-Treat for UNICEF...

On and off base

More Coal Harbour....

to 0200 hrs the next morning which, of course, qualified for two day's flying pay for one flight. On another flight we hit a log on takeoff and flew up to Bella Bella where we circled the control tower for quite some time while they carried out visual inspection for a break in the hull with binoculars. With an all clear, we landed at Bella Bella not without a great deal of relief. On another occasion flying up the inside passage at about five thousand feet, we hit an air pocket which dropped the aircraft some 400 feet abruptly. A very wordy young officer was sitting on a jump-seat in the blister compartment and when this happened he found himself sitting on air until the bottom of the pocket, at which time he returned to his seat which was not there and ended up on the deck with a look of shocked surprise. At the same time, we were occupying the swing seats on the blister gun mount posts. Both blisters were closed and air-locked. Mine remained so, but the Port blister lock failed and it flew open, my buddy shot upward off his seat and seemed suspended in space in the open blister. After turning green, he retired to one of the bunks in the crew compartment for the rest of the trip.

Meals were generally adequate in spite of the large concentration of cockroaches

in evidence under the baseboards and trim mouldings in the mess. Tables were the wooden picnic type with integral bench seats. One meal I remember during a period of intense storms during which the supply ship could not make land, and we were reduced to emergency rations from an underground storehouse. These consisted of tinned butter which was stamped with a date prior to the fall of Hong Kong and diverted to our location for emergency use; ships type biscuits which had been so waterproofed that they could be used to drive nails down in the picnic tables, and if left in your soup to soak while you ate the rest of your meal, when removed were unchanged and quickly dried; and turnips that were so strong that I could not look at turnips until many years later.

On a Sunday with previous arrangement, we used to rent a small clinker built boat with an inboard engine from A.E. Hole, complete with gas for the day, at a rate of \$5. It was quite pleasant to cruise up the inlet over the clear water and view the starfish etc. on the bottom in the bays. Our destination was usually the underwater caves in the cliffs, which were accessible at low tide and were used as burial places by previous inhabitants of the area.

continued from page 12

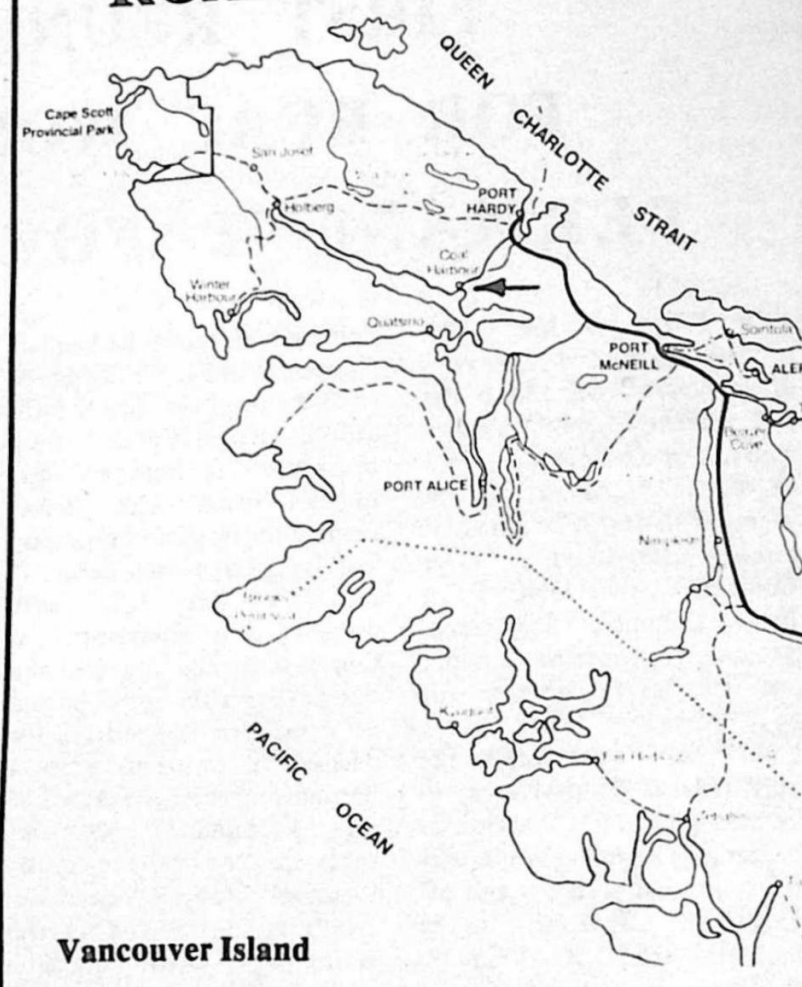
Another activity of the time was producing the Base newspaper on the Gestetner machine of HQ orderly room. It was during one of these sessions that a challenge was issued to swim off the slip and it was on this occasion that we found the temperature is always 45 degrees in the bay (or not too far from it) summer and winter.

A few of the Base and Squadron personnel brought their wives along and lived in the "village" which consisted mainly of tarpaper shacks constructed from old packing crates and whatever lumber was available to scroungers. A few of the more enterprising found a good source of logs and log cabins appeared in the area. Although the single chaps ventured to the village on occasion, it was mainly to visit the store operated by A.E. Hole.

On one of our more extensive exploring trips into the forest along the game trails, we came upon one of the many extinct coal mines from which the area presumably inherited its name. The mine entrance into the side of a hill had collapsed and filled with water but the rusted rails of the narrow gauge railway were still there and at the end of them a steam operated "donkey engine" sat rusting and falling apart as mute testimony of better days.

THURSDAY 18 OCTOBER 1990

RCAF Coal Harbour



Reunion at Coal Harbour

Art Foulser

It was in Nov 1940 when I left the RCAF Technical Training School in St. Thomas Ont. I was posted to 5BR in Eastern Air Command operating out of Dartmouth, Nova Scotia, at the Seaplane Base.

One of the A/C used for anti-submarine patrol was the Supermarine Stranraer, a twin engine biplane with Bristol Pegasus engines. This was the first A/C I worked on as an airframe mechanic. I soon fell in love with this giant beauty; graceful and a real slow poke. At times I cursed her too, especially on Christmas a.m. for it was the responsibility of the airframe mechanic to attach the beaching gear when a major check was due to enable the flying boat to be hangared.

A rubber suit was needed as the water was only a couple degrees above freezing. There was always too much trapped air in the suit which floated you too high in the salt water. Two pins were installed about 2 1/2 ft. below the water line fore and aft and were often a struggle to reach due to the suit's excessive buoyancy. The single top pin, although it was above the water line, was awkward to get at as the suit always wanted to float you horizontally -- the opposite position that would make it easy for slipping the 3 pins in.

Minor inspections were done out in the water where the Stranraer was secured to a buoy. Many a wrench slipped out of our hands into the deep cold water of the East Coast. If you had a magnet, sometimes you were lucky to retrieve it -- if you could see it.

If the Stranraer was bucking a strong headwind, it would start flying backward. I have seen that on numerous oc-

casions, for she only cruised about 90 mph. Many a Stranraer pilot said her landing speed was greater than her cruising speed.

After working on the Stranraer four or five months the sad moment had come to phase out this beauty. 5BR flight crews ferried them across Canada to the West Coast in the summer of '41. One was ferried across the north-west USA desert later in the year and on approaching the coast just before turning north to Canada, was shot at. While crossing the desert the flight engineer had to crawl out on the wing to drop a fuel filter for it was becoming blocked and the engine soon would stop due to gas starvation.

I attended the reunion of 120BR of Coal Harbour on June 27, 28, 29 of '86 and again on Aug 17, 18, 19 of '90 and made many friends, and brought home to Courtenay many mementos, had a chance to see by bus, boat and air the rugged northland of Vancouver Island, Quatsino and Olaf's, Church, Eagle Manor, Holberg the radar site and Coal Harbour.

Two people, Margaret and John Ellertsen, made this possible. They have brought people together from far and wide -- Florida and California and parts of Canada back to Coal Harbour after being away 45 to 50 years where this little village was once their home, for many of the airmen had their wives with them and built houses.

So our hats are off to Margaret and John and the many local friends who assisted them at another successful reunion with well over 70 people attending.

THURSDAY 18 OCTOBER 1990

Section News



VU33 Squadron

SERVICING SNICKERS

2 Crew has nil to report - it seems they've transferred Dave Sabourin to 1 Crew, so everything is pretty dull, except for 'recess' and milk period. Oh! And don't forget the PROM.

Servicing is on an austerity program, so it appears the money to build a bigger counter will come from that saved-on coverall exchange. With winter work dress now optional and the proliferation of blue sweaters, there is more wool behind the servicing counter

than there is in a knitting shop. The Sqn United Way Campaign was again an unqualified success as we have almost doubled our target amounts. Good show to those who partook in making someone else's cross a little easier to bear.

Maintenance Mutterings

Tony Hernandez came back from Vancouver a week ago and judging by his haircut, it must have been a hair raising experience!

Reiner Roedger is off to the

east coast on his T-Bird course, to be joined shortly by Dan Finnegan and Ken Roy. Perhaps a '90s' version of 'Larry, Moe and Curly'.

Dave Brown and Dwayne Veitch are off on a moose hunt and if Dave gets one, it should be quite a 'feather' in his cap. Which brings to mind Browner's logic for separating game: Ducks and moose; if you can carry more than one, it is probably a duck and not a moose ... bigger than you and smaller than your truck, it is probably a moose.

Sgt Willy Williams is also

Anker Klankin'



PAY WORDS

The BCompt has had the

pleasant duty of announcing a number of promotions in the Branch recently. The most recent being the promotion of Master Warrant Officer Ralph Murphy. MWO Murphy is double hatted as i/c Financial Management Services and Branch Warrant.

Flash .. Mike Jameson has one hook ... beer time!!

The Sqn SWO is the proud papa of a baby girl; mother and baby both doing well. The SWO is doing well too. Congratulations to all!

BCompt Promotion



The Base Comptroller, Maj Bodner presents Master Warrant Officer Murphy with his new rank.

MWO Murphy is also the SISIP Coordinator as part of his secondary duties. He has a good deal of background and knowledge in this area and is always glad to assist those seeking information on SISIP.

Apart from the job, MWO Murphy's claim to fame is his running. He is a true marathon runner and has competed internationally. Few people are fortunate enough to get one Award of Aerobic Excellence with all the seals that accompany it. MWO Murphy has his THIRD Award of Aerobic Excellence and will soon have all its seals. So next time you go home for lunch and see a jogger putting in the miles, take a close look and give a wave, because it will probably be Ralph.

In losing, it would be unfair to profile MWO Murphy without acknowledging his sense of humour. He has a knack of finding the funny side of almost any situation. We can't wait until the next Branch Mess Dinner!

Over the next few articles, I will briefly introduce the new staff members posted in during APS 90.



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STORE ADDRESS

Next Deadline 5 Nov 90

Smoke Detector Check

Canadians will gain an extra hour's sleep October 28 when they change their clocks from daylight-saving time. But those who take an extra moment to change their smoke alarm batteries gain even more: the best protection possible against home fires.

Fire officials say the simple annual practice of changing smoke detector batteries is the easiest, most effective and accessible way to curb fire-related deaths and injuries.

Yet, an estimated 30 percent of home smoke alarms now are useless due to old or missing batteries.

Canada has the highest per capita death rate from fire of any industrialized nation. Non-working smoke detectors contribute to many of the 439 fire-related deaths and 2,603 injuries that occur each year. And all too often, it is children, low-income, elderly and disabled people who fall victim to these events.

continued on page 18

IT'S A MATTER OF LIFE AND DEATH DON'T SMOKE

British Columbia Lung Association

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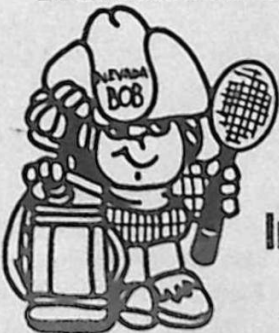
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Health & fitness



ASK YOUR PHARMACIST

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

Rest Easy

Have you ever realized you spend about a third of your life asleep? Of course, not everyone needs eight hours a night. Some can get by with fewer, babies and young children need more. The key is getting enough to be able to wake up rested, refreshed and ready to meet the challenges of a new day.

When you don't sleep well, it's usually no secret. Your tiredness or irritability is sure to invite comments about getting up on "the wrong side of the bed." Some sleep disorders you may come across can't be helped by a glass of warm milk or a hot bath before bed. They can only be diagnosed and treated by a doctor.

For example, narcolepsy is an irresistible urge to sleep, accompanied by muscular weakness, especially in stressful situations. 'Night Terror', a condition common to children, usually occurs within an hour of falling asleep. Symptoms include a racing pulse and disorientation. Nightmares, which happen to us all at one time or another, are not the same.

The causes of insomnia are usually simpler to pinpoint, ranging from personal problems or physical ailments to changes in lifestyle. Having your regular bedtime upset or even a new mattress can lead to a fitful night of counting sheep.

Tossing and turning for a couple of nights in a row is no reason for concern. If the ceiling starts to be the focus of attention for a longer period see your doctor. Remember, the worst thing you can do after a couple of bad nights is keep yourself awake by worrying about falling asleep.

Medic-Alert

If you're allergic to some medication, wear contact lenses or have diabetes or another condition, it could save your life to let people know.

An easy way is to wear a Medic-Alert bracelet or necklace and by having a Medic-Alert card in your wallet or purse. If you're ever in an accident, medical personnel can tell immediately if there's something they should look out for even if you can't.

Engraved on the back of the bracelet or necklace you receive is your individual serial number, the international emergency telephone number and up to four lines of your medical problems.

Extra medical information is printed on a separate wallet card as well as the name and telephone number of both your doctor and next of kin. Your file record is available on a round-the-clock emergency request to doctors and hospitals around the world by collect telephone.

Medic-Alert tags are available for more than 200 conditions in thousands of combinations for a modest, one-time membership fee. When applying, be sure to provide detailed information, for example, whether you are just 'taking' or 'allergic to' a particular drug.

Applications can be found in doctors' offices, hospitals and drug stores. Ask your Shoppers Drug Mart pharmacist for a copy of the address of the nearest source.

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.

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info health

Dr. Bob Young

Cholesterol

"While I'm here, Doc, do you think I should get my cholesterol done again? It's been a few months."

It's a rare day that goes by without at least one patient asking for a cholesterol check - the lab test of the decade, and one that is costing the medical plan a bundle.

Cholesterol, a group of fat-like substances, is a normal constituent of our bodies, necessary to maintain our health. Some people do not handle the material well, make too much of it, or do not get rid of it the way they should.

Elevated levels of cholesterol are associated with increased risk of heart attacks and other problems associated with blocked blood vessels. There

are other risks also, including a bad family history for heart attacks and strokes, smoking, being overweight, a faulty diet, and not exercising enough.

Guidelines have been agreed upon that help physicians determine who should have their cholesterol level measured, and how often.

Males aged 20 to 65, and females aged 40 to 65 should have a cholesterol test if they have not previously had one. A normal level means that another test need not be done for five years.

High levels, especially if other risk factors are present, should trigger lab tests to determine which fractions of the total cholesterol are elevated. This test requires a 14

hour fast before blood is taken. The proportions of high-, low-, and very low- density lipids (HDL, LDL, VLDL), and triglycerides are determined.

Lipids, or lipoproteins, are components of the total cholesterol.

Using these figures, and relating them to other risk factors present in a patient, allows the doctor to develop a plan for treatment. The published guidelines help the physician decide whether diet alone, diet plus drugs, or no treatment at all is appropriate. They also state when the next test should be done.

Unfortunately, it is often easier for the doctor to order the unnecessary test than it is to talk the patient out of it.

Hirsutism

Those without hair want more; those with too much want less. We will leave the hairless for another day and take a look at a condition known as hirsutism. This is variously defined as excessive hair growth, or growth of hair in the wrong locations.

In women, the wrong places include the beard area, sideburns, chest, back, and lower abdomen - excluding the normal pubic hair region. Hair growth on the upper lips of women, and in the underarm area is normal.

Hirsutism is distressing to women who are afflicted, and shaving, plucking, use of wax, depilatory creams, or electrolysis to remove hair is common.

There are a number of causes for hirsutism in women, many

related to an excessive amount of androgen, or male-type hormones, in the system. In some cases it is felt that hair follicles, from which hair grows, may be extra sensitive to normal amounts of androgens.

Where do the androgens come from? All females have some male hormones, just as males have some of the female variety. Some families, and some racial groups appear to have extra androgens in their female population.

Testosterone is the most potent androgen, but other hormones have varying degrees of masculinizing effects and may contribute to hirsutism. The problem often becomes worse at menopause.

Sometimes a rapid increase in hair growth is the result of a tumour or cancer - usually of

the pituitary or adrenal gland, or of the ovary. These growths may release excessive amounts of androgen. Treatment is removal or destruction of the tumour.

Other, non-malignant diseases are also associated with hirsutism. Correction or treatment of these may solve the excess hair problem.

In cases where no cause for the inappropriate hair growth is apparent there are a few medications (including some oral contraceptives) which are often effective in reducing the unwanted hair.

Most cases of hirsutism are benign, but distressing to many women. Some are due to possibly serious disease, so the problem should be discussed with a physician before personal treatment is started.

CD Clasp Presentations



The Base Commander presented 14 Base personnel with their CD1/CD2 clasps on 2 Oct 90. Sitting, from L to R: Capt Purdy, Maj St.Germain, Col McGee, LCol Cloutier and Maj Besnard. Standing, from L to R: CWO Thibodeau, MWO Landry, MWO Boyle, Cpl Bodner, WO Melway, Sgt Spragg, MWO Potts, P02 Pistun, MCpl Russell and WO Finney. That's a total of 380 some years of service in the picture! Congratulations to all!

B.C. Bestsellers

Week Ending: October 7, 1990

Produced: October 9, 1990

(Brackets) represent last week's position

FICTION

- 1 (-) *Plains of Passage*
- 2 (1) *Four Past Midnight*
- 3 (3) *Spy Sinker*
- 4 (5) *Skinny Legs and All*
- 5 (9) *The General in his Labyrinth*
- 6 (-) *Tigana*
- 7 (2) *Memories of Midnight*
- 8 (7) *Friend of my Youth*
- 9 (8) *Jacob the Baker*
- 10 (-) *Hocus Pocus*

Auel
King
Delighton
Robbins
Marquez
Kay
Sheldon
Munro
benShea
Vonnegut

NON-FICTION

- 1 (3) *By Way of Deception*
- 2 (1) *Gretzky: An Autobiography*
- 3 (2) *The Great Depression, 1929-1939*
- 4 (6) *A Brief History of Time*
- 5 (-) *Aboriginal Peoples and Politics*
- 6 (5) *Courting Disaster*
- 7 (10) *Writing in the Rain*
- 8 (-) *Webster*
- 9 (7) *Singer: The Life and Death of Albert Goodwin*
- 10 (-) *An Artist in Nature*

Hoy & Ostrovsky
Gretzky
Berton
Hawkins
Tennant
Barker
White
Webster
Mayse
Bateman

Chuckle

A New York burglar committed what many admirers regard as the perfect crime in 1969. Following a carefully prepared plan, he climbed up on the roof of a supermarket which he intended to burgle.

Once there, he discovered that he could not enter the building since the skylight was

marginally too small to slip through.

With a sudden flash of inspiration he removed all his clothes and dropped them in through the skylight intending to follow them seconds later. However, he was still unable to fit through and had to call the police to get his clothes back.



INTERESTED
IN AN
ESTIMATE OF
YOUR
DISABILITY
AND DEATH
BENEFITS?

COMPLETE THE
SISIP
PERSONALIZED
ASSESSMENT FORM
AND MAIL TO:

DIRECTORATE OF
COMPENSATION
DEVELOPMENT
NATIONAL DEFENCE
HEADQUARTERS
MGEN PEARKES BUILDING
OTTAWA, CANADA
K1A 0K2

UNE
EVALUATION
DE VOS
PRESTATIONS
D'INVALIDITE
ET DE DECES -
CA VOUS
INTERESSE?

COMPLETEZ
L'EVALUATION
PERSONNALISEE DU
RARM ET MALLEZ
AU:

DIRECTORAT -
DEVELOPPEMENT
DE LA REMUNERATION
QUARTIER GENERAL DE LA
DEFENSE NATIONALE
EDIFICE MGEN PEARKES
OTTAWA, CANADA
K1A 0K2

National

Dental

Hygiene

Week

For the third consecutive year, the Canadian Dental Hygienists Association (CDHA) has declared the period 14 to 20 October 1990, National Dental Hygiene Week. To underline this event, the personnel of your dental detachment joins all Canadian dental hygienists in promoting the importance of dental hygiene, not only to Canadian Forces personnel, but to the Canadian population at large.

It is well known that dental health cannot be maintained without adequate dental hygiene measures. It is also evident that poor dental health can lead to other health disorders and have significant results on an individual's quality of life. In spite of research, technical developments and new health products, the dental hygienists still face the enormous task of educating and motivating the individual to better hygiene home care.

This is what CDHA tries to accomplish through National Dental Hygiene Week because we all want you to SMILE FOR LIFE.

Physical Fitness Awards

The CF's incentive program for running, cycling, swimming, walking, cross country skiing, skating and snowshoeing, is the Physical Fitness Award for Aerobic Excellence. A member must accumulate 2000 units from participation in aerobically oriented activities, in less than two years.

Pictured below is WO Munday receiving his 2000 unit seal and Capt Anderson receiving his seal for his 2nd 2000 units.



WO Munday receiving his scroll and 1st seal from the BPERO, SLT Bradley.



Capt Anderson receiving his 2nd seal from the BPERO SLT Bradley.

☐ Yes, I would like to receive a personalized assessment surrounding SISIP Long Term Disability and/or Life Insurance coverages.

Oui, je veux qu'on m'envoie une évaluation personnalisée pour la protection d'invalidité prolongée ou d'assurance-vie du RARM, ou les deux.

The following information is required to prepare a personalized proposal for you.
Les informations suivantes sont requises dans le but de vous préparer une demande personnalisée.

PLEASE PRINT / S'IL VOUS PLAÎT ÉCRIRE EN LETTRES MOULÉES.

Canadian Forces Member Information / Renseignements sur le membre des Forces canadiennes

S.I.N. N.A.S.	Rank Grade	Surname Nom de famille	First Name Prénom	Initials Initiales
Date of Birth: Date de naissance:	Day/Jour	Month/Mois	Year/Année	
Street: Rue:	City: Ville:			Home Phone: Tél. à domicile:
Province: Province:	Postal Code: Code Postal:	Work Phone: Tél. au travail:		
Have you smoked a cigarette in the last twelve months? Avez-vous fumé une cigarette au cours des douze derniers mois?			<input type="checkbox"/> Yes <input type="checkbox"/> No	

Spouse and dependents Information / Renseignements sur le conjoint et les personnes à charge

Surname: Nom de famille:	First: Prénom:	Initials: Initiales:
Date of Birth: Date de naissance:	Day/Jour	Month/Mois
Married: Marié(e):	Common-law Marriage: Union de fait:	Date of Marriage or Common-law Marriage: Date du mariage ou de l'union libre:
Has your spouse smoked a cigarette in the last twelve months? Votre conjoint(e) a-t-il (elle) fumé une cigarette au cours des douze derniers mois?		<input type="checkbox"/> Yes <input type="checkbox"/> No
Is your spouse a CF member? Votre conjoint est-il membre des FC?		<input type="checkbox"/> Yes <input type="checkbox"/> No

Language preference:
Langue de préférence:

English
Anglais

French
Français

DATE

SIGNATURE

Public announcements

Glacier Ladies

Glacier Greens Monday night ladies golf windup was sponsored by and held at the Seaside Restaurant, 24 Sep 90.

Trophies were given to the following:

Winners - 2 ball - best ball: Eleanor Grant and Rose McLeish.

Runners up: Ardith Wood and Joan Webber.

Most honest: Mary Kelly and Barb Living.

Best overall putter: Lori Cameron.

Most improved player: Lea Doleman.

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.

Bowling

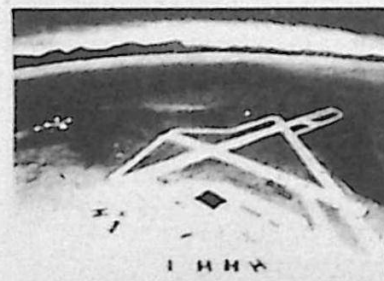
The Base bowling alleys are now open for the fall and winter season.

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

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

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 classes.



WOs & SGTs MESS

ENTERTAINMENT

Thursday October 18
442MEET & GREET

Friday October 26
HALLOWEEN - Music by Total Sound

Saturday November 17
DOWNHOMERS NITE

BASE CURLING PLAYDOWNS

The Base curling playdowns will be held early Dec '90. Interested teams are to contact the Rec Centre at loc 8315 by 27 Nov 90.

The Pac Region championship will be held in Esquimalt 8-12 Jan 91.

BROOMBALL OFFICIALS CLINIC

CFB Comox will be hosting a broomball officials clinic on a Fri, Sat & Sun in mid-Oct (dates TBA). The clinic will offer level I & II. Interested persons are to contact the Rec Centre, loc 8315.

Base Badminton Playdowns

All badminton players interested in playing for CFB Comox at the Pac Regional Playdowns are to contact the Rec Centre ASAP. The Base playdowns TBA in Oct. The Regional Playdowns are in CFB Chilliwack 5-12 Nov 90. Contact Sgt Plante, loc 8315.

Base Squash Playdowns

All squash players interested in playing for CFB Comox at the Pacific Regional Playdowns are to contact the Rec Centre ASAP. The Base playdowns TBA in Oct. The Regional Playdowns are in CFB Chilliwack 5-12 Nov 90. Contact Sgt Plante, loc 8315.

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.

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.

COMOX AIR FORCE MUSEUM AND GIFT SHOP

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

MAY thru SEPT daily 10:00-4:00

OCT thru APR Sat & Sun 10:00-4:00

CFB COMOX, LAZO, B.C. V8R 2K0

PHONE: (604) 339-8835

FREE ADMISSION

Comox Valley Development Centre Telethon

The Protestant Chapel Ladies Guild wish to invite the public to a 'Create a Book' demonstration.

This will be held at the Chapel 1 Nov at 8 p.m. Everyone welcome.

Please support the Comox Valley Development Centre Telethon, Sunday, Nov 4, at the Sid Williams Theatre.

CATV-10 Commencing 12 noon - 8 p.m.

Great local talent, fun and entertainment.

Public Announce

Jr. Ranks Ladies Club meeting for October has been cancelled. Next meeting 29 Nov 90. Watch Totem Times for details.

CF Taekwondo Trials

The CF Taekwondo trials will have the opportunity to participate in the Canadian National Championship in Vancouver in May 91. CISM North American Region to be hosted by Canada Apr or May.

Team trials will be conducted at CFB Ottawa (S) 20-24 Nov 90. Interested personnel are to contact the Rec Centre loc 8315 by 5 Nov 90.

continued from page 14 Smoke Detectors

In an effort to curb these recent trends and to underscore the importance of fire safety awareness, Eveready Batteries is sponsoring the annual "Change Your Clock, Change Your Battery" program, with the endorsement of the Canadian Association of Fire Chiefs, the Association of Fire Marshals and the Fire Commissioners.

"The national education campaign encourages the public to change their smoke alarm batteries in the fall when they change their clocks back to standard time," says Eveready co-spokesperson Lanny McDonald, former Captain and now Vice-President of the Calgary Flames. Adds co-spokesperson Sylvie Bernier, Olympic gold medalist in diving, "If you've taken the trouble to install a smoke alarm, make sure it works. And make sure you know what to do when you hear that alarm."

The annual reminder serves to underscore the need for routine smoke detector maintenance. Fire officials say a working smoke alarm can double the chances of surviving a fire by providing critical early warning and escape time.

"If your smoke alarm is battery operated, replace the battery at least once a year or when it's low -- don't just remove it. With no battery a smoke alarm is powerless to save your life," said Marcel Ethier, Executive Director, Canadian Association of Fire Chiefs.

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.

PMQ Council Christmas Craft Bazaar



0900 - 1500.....9 a.m. - 3 p.m.
Airport Elementary School
Sat. Nov. 17

Table registration \$7.50 (members)
\$10.00 (non-members)

please call 339-7325 (Brenda)

Registration Deadline Oct. 31

Next Deadline 5 Nov 90

Canadian Crossword

By Rick McConnell

Solution on Page 20

ACROSS

- Hit
- Garden show-piece
- Sandwich choice (abbr.)
- Baseball family
- Gulf port
- Lion's name
- With 9D, "Flip, flop and fly" group
- Middle East group (abbr.)
- Facial projection
- Put out
- Monk's home
- Stand
- Nerve
- Awful
- South seas Island
- Miniscule

DOWN

- Not good
- "Rockaria" band (abbr.)
- Like a snake's belly in a wagon rut
- Mountain passage
- Cheers
- Garfield's buddy
- Salt in Sorel
- Loves
- See 15A or 43A
- Jet type
- Law
- Shy
- Twelve in old Rome
- Amalekite King
- Richmond's golfing Dave

23. "Try"ing group

24. Soft curse

26. Digits

27. Aliens (abbr.)

28. Beer type

29. German river

31. Asked

34. Even, in poetry

35. Reply

37. Craft for 27D (abbr)

38. "...bump on ..."

39. Walking aid

40. Actor Bruce

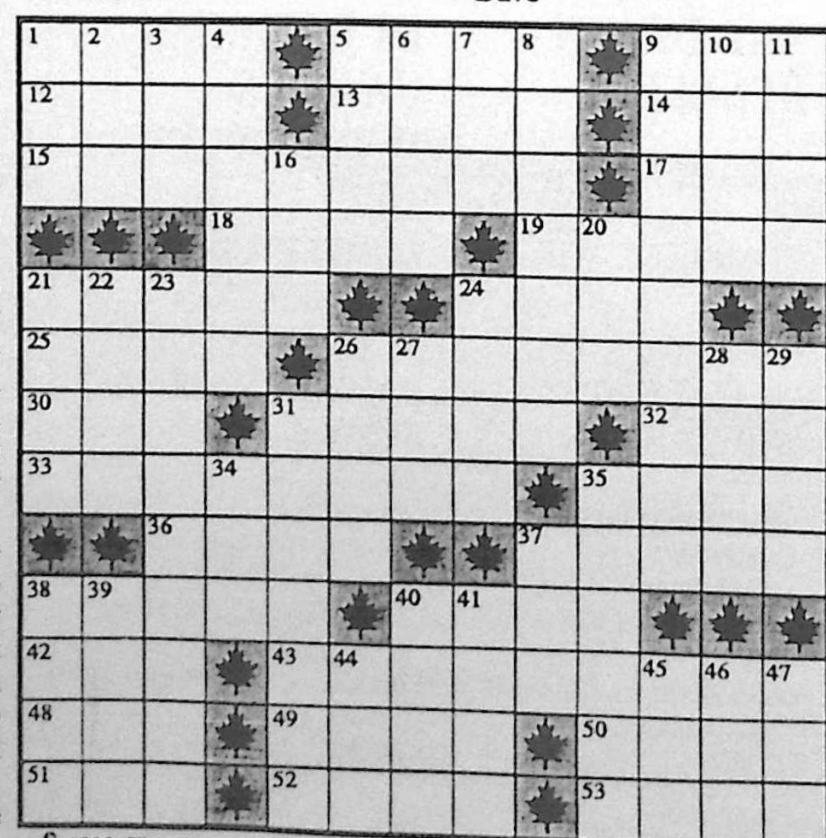
41. Fencing accessory

44. Hurry

45. Like some wines

46. Compass pt.

47. Legal thing



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Sawyer Brown

Sawyer Brown (Bobby Randall, Joe Smyth, Mark Miller, Jim Scholten, Gregg Hubbard) first came to prominence when they won the nationally televised Star Search. Since then they have gone on to become the fifth grossing concert act in country music and the 31st top grossing act in all forms of music. Their average concert attendance is 4,912 per show with a gross of \$53,072 per night. Other stats include 214 city tours to promote "The Boys Are Back" and their current "Greatest Hits" (Curb/Capitol).

The "Boys Are Back" has sold 400,000 units in the USA and 90,000 in Canada. Being that greatest hits packages have a much longer catalogue life it should easily surpass those numbers. The set kicks off with the lively "Step That Step" and moves into the ballad "Heart Don't Fall Now" and their workout on Marshall Chapman's "Betty Being Bad". Sawyer Brown surprised many country fans when they up-dated the George Jones classic "Race Is On" but, like their previous material, were able to take it safely into the top ten. The "Greatest Hits" pak features the group's newly released "When Love Comes Callin'" which is already drawing huge response at most stations across the country.

While many of the group's songs feature high energy and scorching guitar licks they have met with solid success on mid-tempo rompers like "Leona" and power ballads "Used To Blue". With "Puttin' The Dark Back Into The Night", "Out Goin' Cattin'" and "Shakin'" rounding out the proceedings the group looks destined to score heavy chart numbers. The Group are scheduled for an eastern Canadian tour with The Judds in late October, when they hit Fredericton, Saint John, Sydney and Halifax.



Sawyer Brown



888 Komox Wing

RCAFA

OCTOBER CALENDAR OF EVENTS

THUR 18 - AFIS HERITAGE NIGHT, 7 pm in the Wing.
Come out and meet the NEW BLUE

SAT 20 - OKTOBERFEST, in the D'Esterre House on Beaufort Ave., Comox - 7 pm.
Authentic German supper, dancing to the Music Man.
Advance tickets only at the Wing \$8 per person.

SAT 27 - BINGO in the Wing, 8 pm. Jackpot \$80 in 56 nos.
Members and Guests only

Having a Section or Crew Christmas party?
The Wing is available to Military or DND civilian groups at NO RENTAL COST.
For Bookings call Joan Scott at 339-4035

Wing hours of operation are as follows:
Thurs. 11 am to 6 pm (except AFIS nights)
Fri and Sat 11 am to 1 am

DND AND MILITARY GUESTS WELCOME

Glacier Greens Golf Club

The tournament schedule is winding down at Glacier Greens and I would like to update you on some of our winners over the past months. In our mens club championship Steve Bailey took the coveted BC plaque for finishing first in 'A' EVENT. John Webber and Bernard Richer-Lafleche finished champions in 'B' and 'C' flights. Net winners in the three flights were Jim Perry, Dave Lloyd and Ray Rasmussen. The big winner in the General Lett Memorial Tournament was Greg McNevitt with a one under score of 70. In the net winners, Ken Beachy took top spot shooting 63. The mens closing tour-

nament on 30 Sep saw 64 golfers competing in a gross/net format for big bucks. The top gross team consisted of Peter Benedictson, Stan Stevens, Bill Ballance and Pat

General Meeting

A GENERAL MEETING OF THE GLACIER GREENS GOLF COURSE WILL BE HELD IN THE SOCIAL CENTRE ON WED, 24 OCT 90 AT 1900 HRS. ALL MEMBERS ARE ENCOURAGED TO ATTEND.

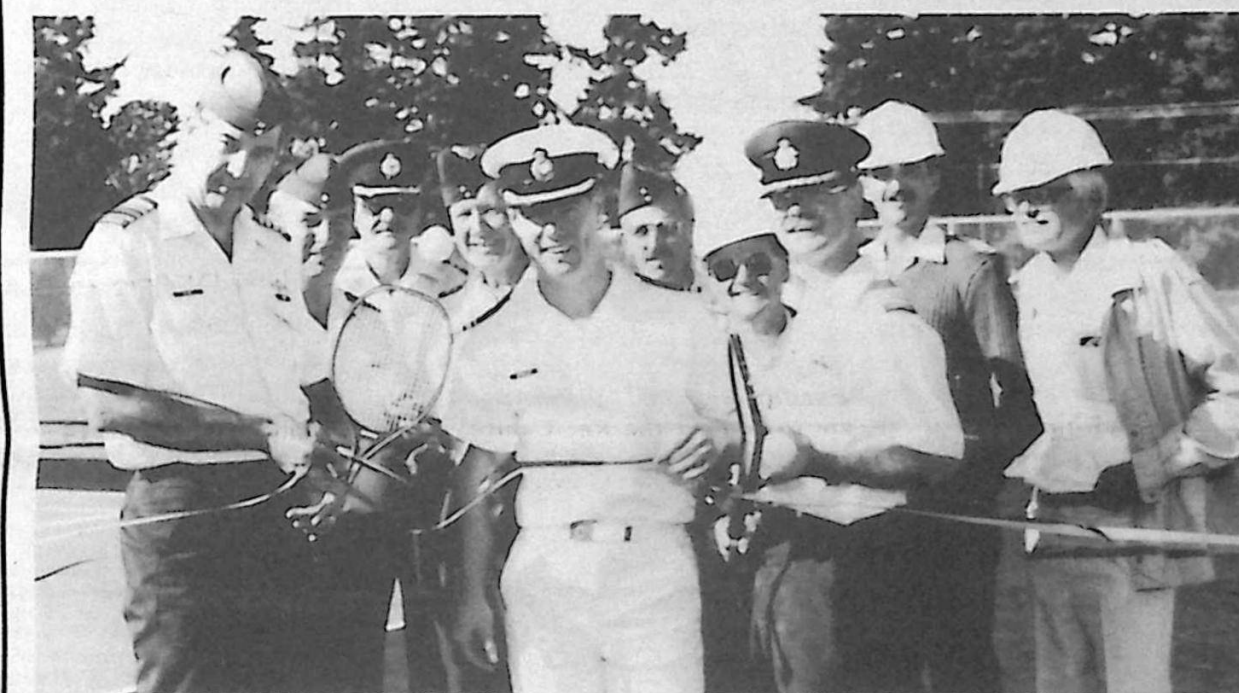
Copeland. On the net side Jim Perry, Ken Beachy, Goulette and Ray Cossette walked away with the cash. Closest to the pin honours were won by Roy Downey on No.7 hole and Bob Pridmore on No.13.

The big news at the course has been the feasibility study which has been started to determine the possibility of expanding the course to 18 holes.

We will keep you informed on the progress of this endeavor.

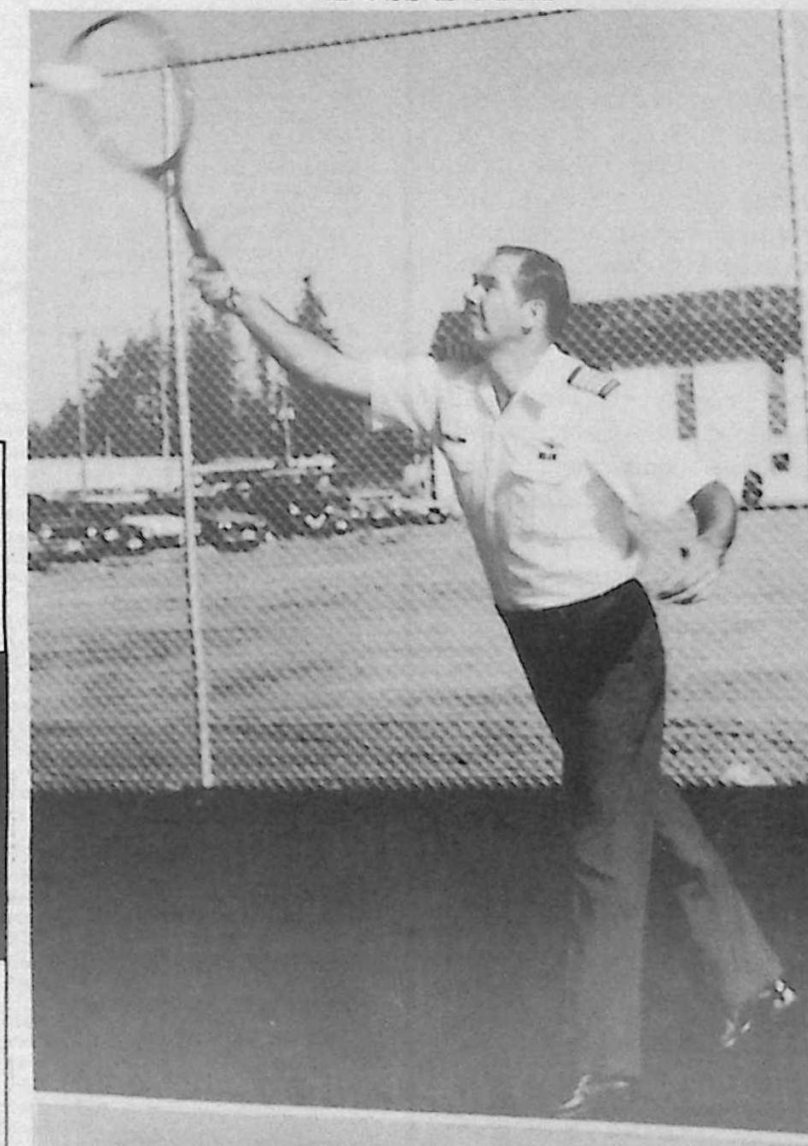
The fall general meeting of the Glacier Green Golf Club will be held on Wednesday, 24 Oct at 1900 hrs. If you care about the future of your golf course, or if you are just curious, come out for the meeting and get involved. There are a number of executive positions coming available for the upcoming year and waiting for some dynamic and dedicated volunteers.

New Tennis Courts Open



The Base Commander Col McGee cuts the ribbon to open the new Base tennis courts. The official opening marks another step toward participation. Ceremonial party consists of Col McGee, LCol King, LCol Anderson, Maj Kampman, Capt Cossette, Lt Jacklin, Gord Polson, SLt Bradley, CWO Doherty, Mike Glenmore.

Boss Form



Col McGee's opening serve. Comox challenge is officially on.

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

OPEN 7 DAYS A WEEK
COLUMBO'S
STEAK HOUSE
PIZZA
N
PASTA
338-1488
FREE DELIVERY

On and off base



by Gerry Gerow

I've got a breed book for you this week. *The Complete Bernese Mountain Dog*, by Jude Simonds, Howell Book House, and Collier Macmillan, Canada, Inc. \$31.50.

Here, in well presented form, is the complete story and the history of the Bernese Mountain Dog. The dog Swiss farmers have used for centuries. The Swiss bred and developed these dogs to be an all around versatile farm dog. A sort of farmer's helper. The chapter on breed history is very revealing and informative. It is one of the best breed histories I have ever read.

Simonds talks about the Bernese Mountain Dogs in Switzerland today, and explains fully the workings of the Swiss breed club. This is one of the strictest breed clubs in the modern world. For instance they insist that only the six best pups from a litter can be kept and registered, thus ensuring only good dogs grow up to breed. She also talks about the breed in the United Kingdom and the U.S.A. Unfortunately, as is common in many breed books written in England, there is no mention of the breed in Canada. The British and American breed standards are included, but not that of the C.K.C.

But, here is everything else a breed aficionado would want to know. What to look for when buying one, care, management, showing and breeding. The Author has been involved with dogs all her life, and with Bernese since 1966.

This is a large sized 160 page hard cover edition, well illustrated with more than 40 excellent and interesting photographs. It should be in book stores now.

Solution

BEAT ROSE BIT
ALOU ADEN LEO
DOWNCHILD UAR
NOSE EXERT
ABBEY DALS
GALL TERRIBLE
ARU TOTAS AID
GREENEST ANTE
REVS UNDER
ACONT DEFS
LAD THEPOWDER
ONE EIRE ERNE
GEO DENE RYES

B.C. Heart
Foundation

Dog Talk

It's the Pits!

Anti dog legislation has raised its ugly head in my town. A bylaw was introduced restricting pit bulls. Now, I personally have no love for this particular breed. But just because some of them are vicious, and these are usually purposely made so by their owners and breeders, is no reason to ban a complete breed. This particular by-law went on to define a pit bull in ways that boggled the mind, and probably included about half of the non-purebred dogs in the world. Fortunately, cooler heads prevailed and the legislation has been shelved for now.

Vicious dogs should be closely controlled. But a vicious dog should be defined by his actions, not by the breed they belong to.

In my mind, it is an extremely unfortunate thing, that

the Canadian Kennel Club and the American Kennel Club continue to refuse to recognize or have anything to do with the pit bull breed. Until it is recognized, responsible breeders will continue to shun it, and it will continue to be bred by individuals who wish it to retain the inherent characteristics of its heritage.

Existing dog laws are very seldom enforced, so why make more? The enforcement of dog control laws is so helter skelter, that when someone, who deliberately and callously, allows their dog to run is finally caught, they write letters to the paper complaining that they are being persecuted. I believe laws are made to be obeyed, but they should be made in a sensible fashion, with sufficient forethought to ensure they are fair and equitable.

BTNO Promotion



LS Terry Donald from the Marine Section receiving his promotion to Master Seaman from the BTNO, Major Fisher.

Help Spread The Word: LITERACY

FACT-16 More than half the world's children drop out of school before completing elementary school because they have to earn a living.

FACT-17 Over half (54%) of all adults in Africa are illiterate.

To donate, or for more information contact:
The CODE Literacy Foundation
321 Chapel St. Ottawa,
Ontario K1N 7Z2
(613) 232-3569



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

25 words for \$195.00
\$3.70 each additional word
Phone: 339-2541

AUTOMOTIVE

3-JD740A SKIDDERS for sale. 1974, 1984 and 1987 models. Work orders available. In good condition. Ready to work. Walley, (403) 962-8061 or (403) 554-8022.

Gas, Medium Duty trucks. GMC clearance. Will consider trades. Pacific GMC Ltd. Coquitlam, (604) 526-4566. Jack Burton or Norm Day.

VOLVO - GM. Heavy Dumps. 5 in stock, ready to go. 250 hp - 425 hp. Pacific GMC Ltd. Coquitlam, (604) 526-4566. Jack Burton or Norm Day.

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, Scarborough, Ontario, M1H 1H4.

51' Landing Barge, established business, M.V. Palquin, 15 T. capacity. Diesel, V.H.F., Radar, 110V, \$65,000 firm. (604) 333-8706, evenings, 755-9962, cellular. Operates Lasqueti, French Creek, Parksville area.

Profitable lower mainland weekly newspaper. For information reply to Box #416B, Peace Arch News, 1335, Johnston Road, White Rock, B.C., V4B 3Z3.

Fabric and Sewing Machine Shop. \$500,000 annual sales. Beautiful Fraser Valley. Reliving after 32 successful years. Excellent return on investment. Box 9500, c/o Chilliwack Progress, 45660, Spadina, Chilliwack, B.C., V2P 6H9.

Grocery store grossing approximately \$300,000 a year includes building with \$40,000 stock - \$55,000 plus \$12,000 mortgage. 14 unit motel plus living quarters. Selling due to retirement, \$100,000. Both situated in interior of B.C., three miles from ski hill. 1-662-1833.

COMING EVENTS

Craft Persons. Limited space still available. Nanaimo Craft Fair, Beban Park, November 27/28/29. Registration: phone 390-2103, 758-4294 or Write: Box 482, Nanaimo, V9R 5L5.

BLANKET CLASSIFIED ADS
An advertising "Best Buy!"

EDUCATION

CHEF TRAINING PROGRAM. Make your future financially secure. Join Canada's fastest growing industry. Cooking is a recession-proof career. Short intense training. Easy financial terms. Gov't funding. PIERRE DUBRILLE CULINARY SCHOOL, 738-3155. Toll free in B.C. 1-800-667-7288.

MONEY MAKING OPPORTUNITIES! Learn Income Tax Preparation. Free brochures. No obligation. UBR Tax Services, 205-1345 Pembina Highway, Winnipeg, MB, R3T 2B6. 1-800-665-5144. Exclusive franchise territories available.

FOR SALE MISC

SAVE HEATING \$5555. Famous Valley Comfort add-on or combination wood-electric furnace and heaters. Contact your local dealer, or Valley Comfort Systems Inc., Box 777, Penticton, B.C. V2A 6V7.

For all your computer needs at discount prices contact: The Peripheral Club, c/o Delta Computers, (604) 533-9279 or send S.A.S.E. (78) 9" x 12" x 11" envelope to: 7580 - 202 A Street, Langley, B.C. V4A 4F7 for a free catalogue and club information.

Used Golf Car Blowout Sale! Yearand wholesale inventory Clearance. We have Clubcars, Yamahas, 5-ZGO's, gas and electric from \$600 to \$3,800. For nearest location to you call: (403) 328-6688, (404) 868-5562, (604) 248-8111. We ship anywhere. "Snow Plough attachments available."

1977 International 392 motor, 54 passenger school bus. Bids accepted until 3 pm, October 11, 1990. Highest or any bid not necessarily accepted. Sealed tenders marked 1977 School bus. For more information contact: Bill Penner, Maintenance Supervisor, School District #10, (Arrow Lakes), Box 340, Nakusp, B.C., V0G 1R0, 265-3638.

REPLACEMENT FILTERS for BIONAIRE air purifiers at discount prices. Call collect: (604) 652-0668; or write ION-AIRE, Box 202, Saanichton, V0S 1M0. SPECIAL: BT500 air cleaner - \$79.95.

Wide Horizon, Tundra Swans by Robert Bateman. Issue price \$495. Our special \$359. (Prepayment only). The Image Gallery, (604) 392-6360. Order deadline December 30, 1990.

FOR SALE MISC

THE PAPER RECYCLER - Complete paper making kit. You can make invitations, cards, writing paper, envelopes etc. in 1/2 hour from junk mail. This kit has received rave reviews from consumers and experts and was seen on the news on KVO5, CKWJ, CTV, CHEK and CBC's "Afternoon Show". \$29.95 plus tax and \$3 postage. Major credit cards with expiry date, cheques or money orders to K.J. Manufacturing, 2202 - 6272 East Boulevard, Vancouver, B.C. V6M 3V7.

Fingerprint Reman Equipped. High speed. Fingerprint. Tilt. Hold. Chop Saws, Molder Planer, Multi Rip, Lumber Dollies and Bins, Forklift, Sawdust System and Bin. Phone (604) 662-3783, 9-5.

HELP WANTED

Early childhood Educators. Under 3 training advantageous. Good health and positive outlook important. Children's Challenge, 520 - 6th Avenue, Kamloops, V2C 3R7 or call 828-6675.

TOPS N' TRENDS - Join a winning team! See how easy it is starting your own Fashion Business for as little as \$175. Call Lynn: 1-800-268-5670.

WANTED: 99 people to lose 10-29 lbs./month with revolutionary DIET DISC. As seen on T.V. fun, simple and 100% natural. Guaranteed results. Doctor recommended. 1-800-665-2405.

Train to manage an Apartment/Condominium complex. The government licensed homestudy certification includes free placement assistance. Free brochure: (604) 681-5456. Or: RMT1, 1120-789 W. Pender, Vancouver, B.C., V6C 1H2.

WEST FRASER MILLS LTD. Pacific Inland Resources Division. Wanted: Interior Hi-Lead Logging Contractor for approximately 30,000 cubic meters. For further details, please contact: Gary Quansrom at the Pacific Inland Resources Office, P.O. Box 3130, Smithers, B.C. V0J 2N0, or phone: 847-2656. Interested parties reply by October 31, 1990.

2 HIGHLY SKILLED log building crew boss' and helpers required for steady or part-time work. Log Home Store, (403) 963-6110.

PERSONALS

EXPERIENCE WORKING OVERSEAS: Europe then the South Pacific with the International Agricultural Exchange Association. Programs for people 18-30 with agriculture/horticulture experience are still open. Please phone (403) 244-1814.

DOUG MARSHALL MOTOR CITY, 11044 - 100 St., Grande Prairie, AB, T8V 2N1, requires licensed auto mechanic. GM experience preferred. Excellent benefits available. Contact G. Hunt, (403) 532-9333.

SORT OF RETIRED? Earn extra income promoting National Organization. Net \$500 monthly. Security deposit. Call: Bob Thatcher, (604) 275-7971.

REPORTER - Photographer wanted for the Jasper Booster. Send resume and salary expectations to Jasper Booster, Box 940, Jasper, AB, T0E 1E0.

SERVICE MANAGER - Three Point Motors in Victoria requires a fully experienced professional to take complete charge of our service department. Must have had considerable experience dealing with automotive manufacturers and be adept with computer programs, warranties etc. Position is available immediately. Call Mike Jensen at 1-(604) 385-6737 or 682-7454.

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WEDNESDAY.....LEAGUE CRIB
THURSDAY.....FUN DARTS
FRIDAY.....TGIF & MONEY DRAW AT 6:30PM
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EVENTS

SATURDAY 20 OCTOBER Pipe Band Hosts Octoberfest
Upper Lounge. Open to public. \$10 each.
Music by Greypower

SATURDAY 27 OCTOBER Halloween Dance
Prizes for best costumes.

SPORTS

SATURDAY 20 OCTOBER Fun Curling 1:30 pm
Food & Prizes. Tickets \$10 at the bar.
Toga Party Saturday Evening.

BRANCH 160 COMOX

ENTERTAINMENT

Fri 19 Oct
Fri 26 Oct
Fri 02 Nov
Fri 09 Nov
Fri 16 Nov

Music by The Dukes
Music by Alleycats
Music by Westwind
Music by Valleyboys
Music by Lori Baker Band

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.

Recreation

Pac Region Triumphs at CF NATS

CFB Borden 23-26 Sep 90

The Pacific Region team was selected on the 29-30 Aug at CFB Chilliwack. After two brutal days of back to back races, the cross country course was a real character builder and the road was flat and fast. This was a good test and prepared the team for the Nationals.

CFB Borden offered a typical autumn day, cool, windy, overcast conditions. Many runners resorted to wearing mitts to keep warm. But just before the gun sounded to start the race, the sun broke through the clouds. The cross country course was a single loop 5 km for the women and two loops for the men. The course consisted of grass, loose sand, and water and gravel terrain. It was an excellent cross country course.

The Pacific Region runners led a very strong field in this event.

The teams standing after the first event:

Pacific Region	1st	20 Pts
Quebec	2nd	22 Pts
Prairie	3rd	22 Pts
Ontario	4th	29 Pts
Atlantic	5th	34 Pts
Europe	6th	39 Pts

Tuesday was a day of rest, for teams to regroup and get ready for the road race on Wednesday.

One of Canada's premier marathon champions, Johnny Miles, inspired the runners with a very straight forward common sense approach to running and life. He continues to be a model for each and everyone of us today.

On Tuesday evening BGen Hanson, the patron of runners in the Canadian Forces, was the guest speaker at the banquet. He encouraged each and everyone of us to continue to be active role models and encouragers to further fitness and running at each of the bases and units represented.

After much positive input from Mr. Johnny Miles and BGen Hanson, the teams were ready for the road race.

Wednesday, 26 Sep 90, was a beautiful day - the strategy was on the line. Brigadier General Hanson fired the gun to start the race. The conditions were ideal and the field was fast. The course consisted of an out and back course. 10 km for the women and 15 km for the men. The course started at the Buell Building and went over Catawampus Creek, past the golf course and out Lislie Road past the various training areas and ranges. A good variety of hills and undulating terrain. This was a challenging course under ideal conditions.

After it was all over the team standings were:

Pacific	1st	36
Prairie	2nd	51
Quebec	3rd	52
Ontario	4th	55
Atlantic	5th	64
Europe	6th	72

CFB Borden hosted an excellent competition and are to be commended for their excellent effort. This was a sweet victory because it was the first time the Pacific Region has ever won the National Running Championship.

Lt(N) Saunders quoted a billboard at the Portland Marathon: "Remember there is no finish line. Keep on running and you will eventually reach your goals."

Bravo Zulu to all runners.



L-R: Cpl Lynn Gray, Pto Barb Mulso, MCpl Mark Mrozinski, CP02 Gordon Bait, Sgt Bill Wallace, Cpl Denis Cloutier, AB Dave Kennedy, WO Al Munday, Lt(N) Gary Saunders.

Lest We Forget:

Buy a Poppy

Help a Vet

Remembrance Day November 11

Leisure

Goose Reunion July 1991

Since 1941, hundreds of thousands of military and civilian personnel have lived for a time in Goose Bay, Labrador. 1991 will be the golden anniversary of "The Goose" and we're extending a special invitation to all former GOOSE-ITES to come back for a visit. We're sure your newspaper has former GOOSE-ITES among its

readership and we'd like to tell them about our party through your medium.

The Town of Happy Valley-Goose Bay will be hosting REUNION '91 from July 19 to August 5, 1991. Two weeks of activities will include the North West River Beach Festival, the Canadian Armed Forces Airshow, the Labrador Canoe Regatta and lots of oppor-

tunities to reminisce with old friends and re-explore the area.

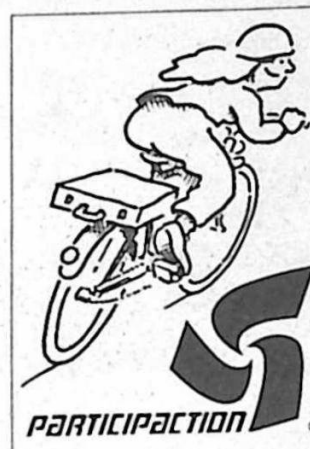
Former GOOSE-ITES are encouraged to let us know if they're thinking of coming. We're building our mailing list and have information to send about events, how to get here, where to stay, registration, and more. We'd like to hear from them soon to give us an idea of how many visitors to expect at

REUNION '91.

Please write: REUNION'91, Station A, Happy Valley-Goose Bay, Labrador, AOP IS0

or call: Carolyn Maybee, Tourism Coordinator, (709) 896-5431.

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Tourism Coordinator



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On the base

From the

Halloween is a lot easier on parents nowadays, than it was a few hundred years ago. A hectic night of protecting your family from hobgoblins, fairies, and assorted spirits of the dead would be enough cause for any parent to call in sick at the deudal farm the next day.

Though Halloween is not the important festival it used to be, parents should still keep in mind some serious fire safety precautions for their trick or treating children.

Check for a flame resistant label on store bought costumes and material. Handmade costumes can be flame-proofed by dipping the fabric in a solution of 2.5 litres (2 quarts) warm water, 200 millilitres (7 ounces) Borax and 85 millilitres (3 ounces) boric acid. Drip dry and iron to preserve flame resistance. This must be repeated after each washing.

The ease of ignition, rate of flame spread and ease of extinguishment of a garment are dependent upon the fibre and fabric from which it is produced and upon the garment's design. The following list groups the textile fibres with respect to their burning characteristics:

1. Fibres that ignite easily, burn rapidly and are difficult to extinguish include cotton, linen, rayon, cellulose acetate and acrylics.

2. Fibres which are difficult to ignite, burn slowly and tend to melt include nylon, polyester, polypropylene and spandex.

3. Fibres which will not continue to burn once the ignition source is removed include modacrylics (e.g. Verel, Dynel), Saran and Cordelan.

4. Fibres which are difficult to ignite and tend to self-extinguish include wool and silk.

The fire hazard associated with clothing is also influenced by the construction of the fabric. For example, light weight fabrics tend to burn faster than heavier weight fabrics and loose open weave fabrics burn faster than tightly woven fabrics. Moreover, flames tend to spread more quickly over fabrics that have a raised fibre surface such as flannelette.



Eeeek!! There's a fire outside my window!

It's a frightening view, but you'll see things clearly if you follow the Old Lady's advice. You should plan two ways of escaping from every room in your house. And every member of the family should know the plan. Have a meeting to discuss it. But don't stop there—practise escaping according to the plan!

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



Fire Chief

The flammability properties of garments produced from the same fabric may vary considerably depending on the design of a garment. Loose and flowing garments with wide sleeves, skirts and ruffles can contact ignition sources more readily and will burn more rapidly once ignited. Close fitting garments, however, with cuffs and fitted waists are less likely to contact ignition sources and will burn more slowly. Folds or creases in garments will act as chimneys to accelerate the flames, while belts act as firestops slowing the spread of flames.

Choosing garments made from fibres, fabrics and designs which burn slowly or self-extinguish, particularly, for age groups susceptible to clothing burns, can help reduce the incidence and/or the severity of clothing related burn injuries. The selection of costumes made from fibres which burn slowly and tend to self-extinguish would also help reduce the fire hazard associated with them.

If your clothes ever catch fire or if your hair or skin starts to burn:

First, quickly lie down, right where you are. Stretch out full length on the floor if you are indoors. Lie right on the grass or ground if you are outside.

Then roll over and over until the flames are out and until your clothes and you stop burning.

If you see someone else who is on fire, help them to do the same thing. Make them lie down, and roll over and over until the burning stops.

After the fire is out, if someone has been burned, assistance should be sought. Put cool clean water on a minor burn. For more serious burns the person who is hurt will need expert professional medical attention.

REMEMBER: If your clothes catch fire, STOP, DROP and ROLL.

To light up your Jack-O-Lantern this year use a flashlight instead of a candle.

NOTE: Fireworks are not allowed on the Base or in PMQs.

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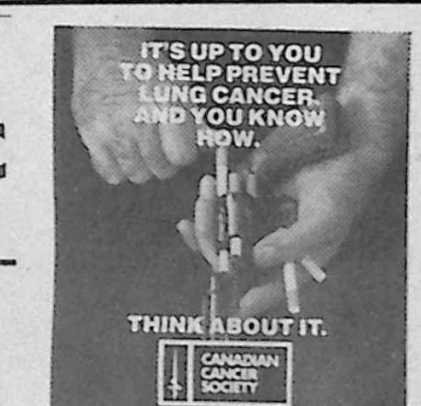
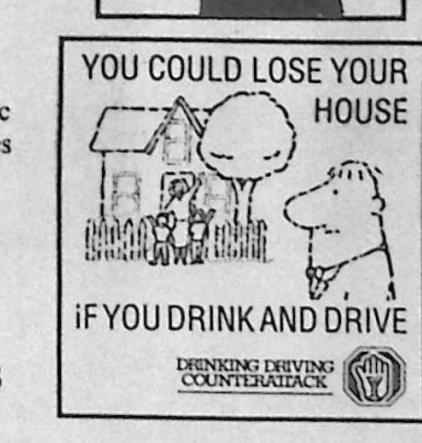
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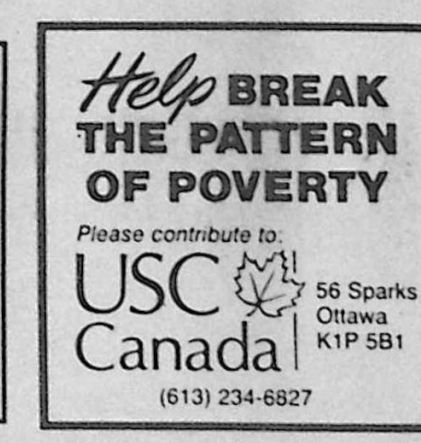


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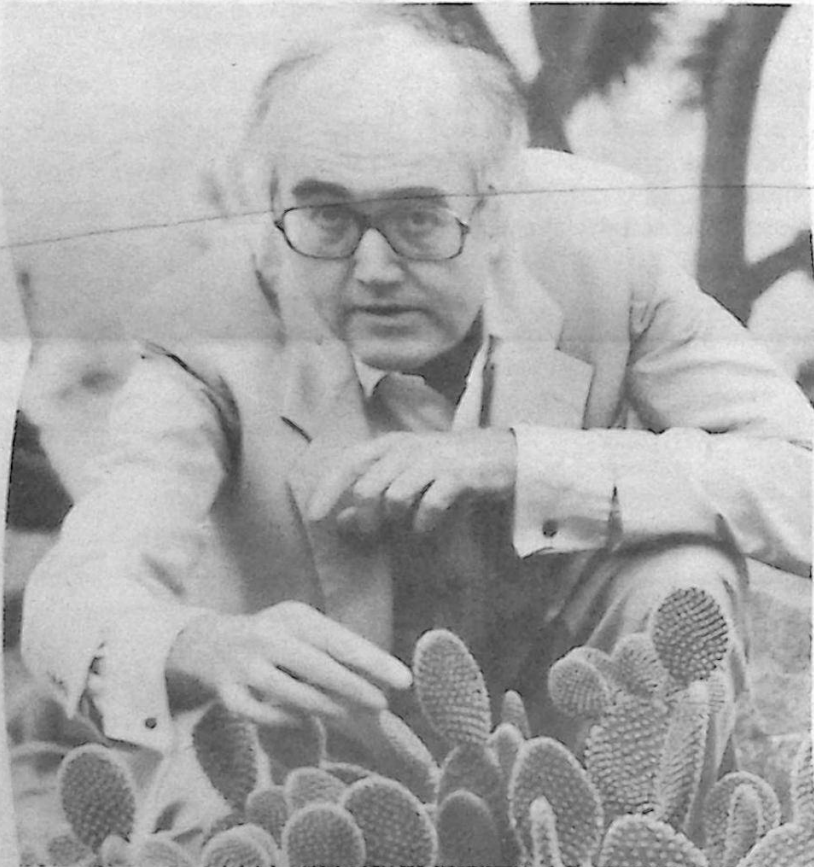
THE POWER OF THE PAST WITH BILL MOYERS: FLORENCE takes viewers on an intellectual journey through Florence, talking with "Name of the Rose" author Umberto Eco, film director Franco Zeffirelli and others. **THE AIDS QUARTERLY's** final edition profiles Edmund White, an author with AIDS who decided to return to the United States after years of self-imposed exile. Peter Jennings returns as host. **SENTIMENTAL WOMEN NEED NOT APPLY: THE HISTORY OF THE AMERICAN NURSE** traces nursing's emergence and evolution in America through rare footage, stills, film clips and moving interviews with nurses from World War I to the present. **THE INFINITE VOYAGE** pays tribute to the spacecraft and scientists of Voyagers I and II in "Sail On,

Voyager!" (working title). **DOSVEDANYA MEANS GOOD-BYE** chronicles a young Soviet Jew's journey from Leningrad to her new home in the U.S. after waiting eight years for an exit visa. **ANTARCTICA: FROZEN AMBITIONS** asks what will happen to the one continent no country claims as its own. The documentary examines the ideals of the 1961 Antarctic Treaty, which limits Antarctica's use to peaceful activities and which is up for review and possible revision this year. (Air dates for November specials are to be announced.)

Starting October 14, KCTS schedules its popular "how-to" series for Sunday afternoons from 3:00 - 6:00 p.m. **THE JOY OF PAINTING** begins this three-hour block, with **THE COLLECTORS** at 3:30

p.m. **THE VICTORY GARDEN** airs at 4:00 p.m. and at 4:30 p.m., Roy Underhill takes over with **THE WOOD-WRIGHT'S SHOP. THIS OLD HOUSE** with host Steve Thomas returns to KCTS at 5:00 p.m. for a nuts-and-bolts renovation of a "triple decker". **HOMETIME** follows at 5:30 p.m. to present step-by-step advice for fixing everything from stairways to bathrooms.

British comedy aficionados can tune in Sunday nights, beginning October 14, from 10:00 p.m. to midnight for a laugh-filled lineup. **ARE YOU BEING SERVED?** airs at 10:00 p.m., **BUTTERFLIES** at 10:30 p.m., **YOU MUST BE THE HUSBAND** at 11:00 p.m. and **EXECUTIVE STRESS** at 11:30 p.m.



Journalist James Burke hosts **AFTER THE WARMING**, a new special examining the potential results of global warming. Set in the year 2050, Burke uses a computer model to project various scenarios of global warming and their effects on the environment and the human race. (11/21/90, 8:00 p.m. local, two hours)

PBS (Channel 3) News Specials

KCTS/9 is airing many new and interesting specials this Fall season. **DEBUT** is a program exploring the realities of life for classical musicians. The program has been packaged by KCTS for national PBS broadcast. **ANTARCTICA: A PRESENCE ON THE ICE**, airs Monday, October 22 at 8:00 p.m. This special examines the future of this pristine continent and presents arguments of those who want to declare it a world park and those who want to mine its mineral riches. **THE ART OF INDONESIA: TALES FROM THE SHADOW WORLD**, airs Wednesday, October 24 at 8:30 p.m. Shot on location in Java and Bali, the half-hour program explores the country's ancient treasures, including the largest Buddhist monument in the world. **THE HEROES**, a white-knuckles drama based on the true story of a band of men who helped turn the tide of Allied fortunes in the Pacific, follows at 9:00 p.m. on October 24.

November specials include **AFTER THE WARMING**, an unusual program that features James Burke (**CONNECTIONS**, **THE DAY THE UNIVERSE CHANGED**) as a journalist reporting from the year 2050, where humankind and earth have survived global warming.



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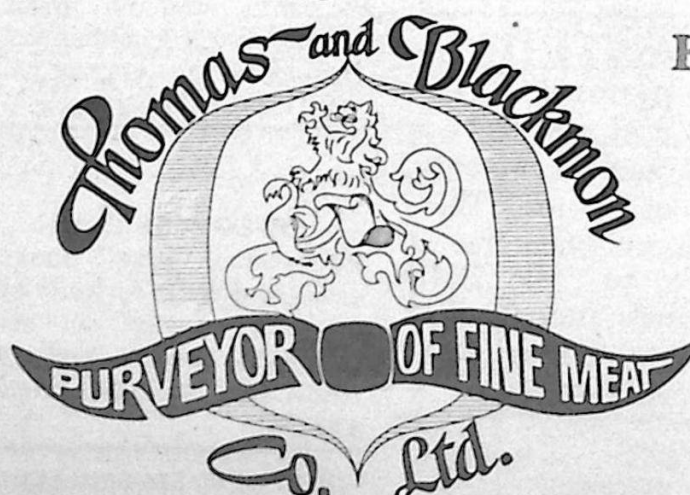
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