

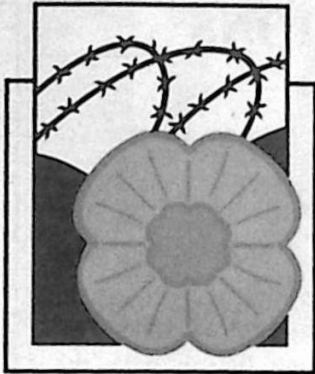


Observing Remembrance Day

....page 2

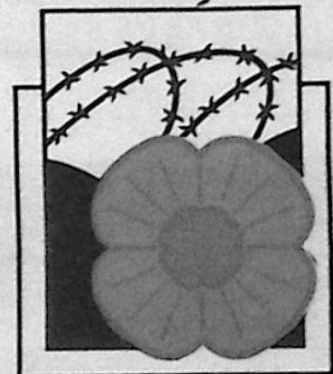
105% ! CFB over the top
in United Way

....page 6



TOTEM TIMES

Canadian Forces Base Comox B.C.



VOL 32 NO 19 8 NOVEMBER 1990

NEXT DEADLINE 19 NOVEMBER 1990

COST: PRICELESS

Remembrance Day

ONE V.C. VISITS ANOTHER

November

11

1990

REMEMBER



N'OUBLIONS PAS



Fred Tilston pays his respects at the grave of fellow Victoria Cross recipient Aubrey Cosens in Groesbeek Canadian War Cemetery.

Courtesy Legion Magazine

A Remembrance Day Message from the Prime Minister

Remembrance Day serves as a solemn reminder to us all of the many men and women who unselfishly risked their lives in the service of our nation.

In the mud of Flanders during the First World War, our respect as a people who stood in the defence of freedom was earned. Canadian fought with courage and determination, and we have since upheld this reputation in such diverse places as Hong Kong, Ortona, The Scheldt and Mursk during the Second World War and later during the Korean War.

Those Canadians who fought brought distinction to themselves and our nation. Their loyalty and bravery are without measure and will forever serve as a source of great national pride.

Canadians from coast to coast remain indebted to the men and women whose efforts have helped to ensure the preservation of the values and principles we cherish. This year another generation of Canadians is carrying on this noble tradition in the Persian Gulf.

Today, we salute Canada's veterans for their gallant efforts and pay tribute to a most special group of Canadians. Their great personal sacrifices will never be forgotten.

Le Jour du Souvenir est pour nous tous une occasion solennelle de nous rappeler le sacrifice consenti pour la nation par de si nombreux citoyens et citoyennes.

C'est dans les tranchées des Flandres, au cours de la Première Guerre mondiale, que notre peuple a gagné le respect dont il est entouré en tant que

défenseur de la liberté. Les Canadiens s'y sont battus avec courage et détermination et depuis, notamment lors de la Deuxième Guerre mondiale et de la Guerre de Corée, ont su maintenir leur réputation en bien d'autres endroits tels que Hong-Kong, Ortona, l'Escaut et Mourmansk.

Sur les champs de bataille, ces combattants se sont distingués pour la plus grande gloire de leur pays. Leur bravoure et leur loyauté sans faille restent pour nous tous une source d'immense fierté nationale.

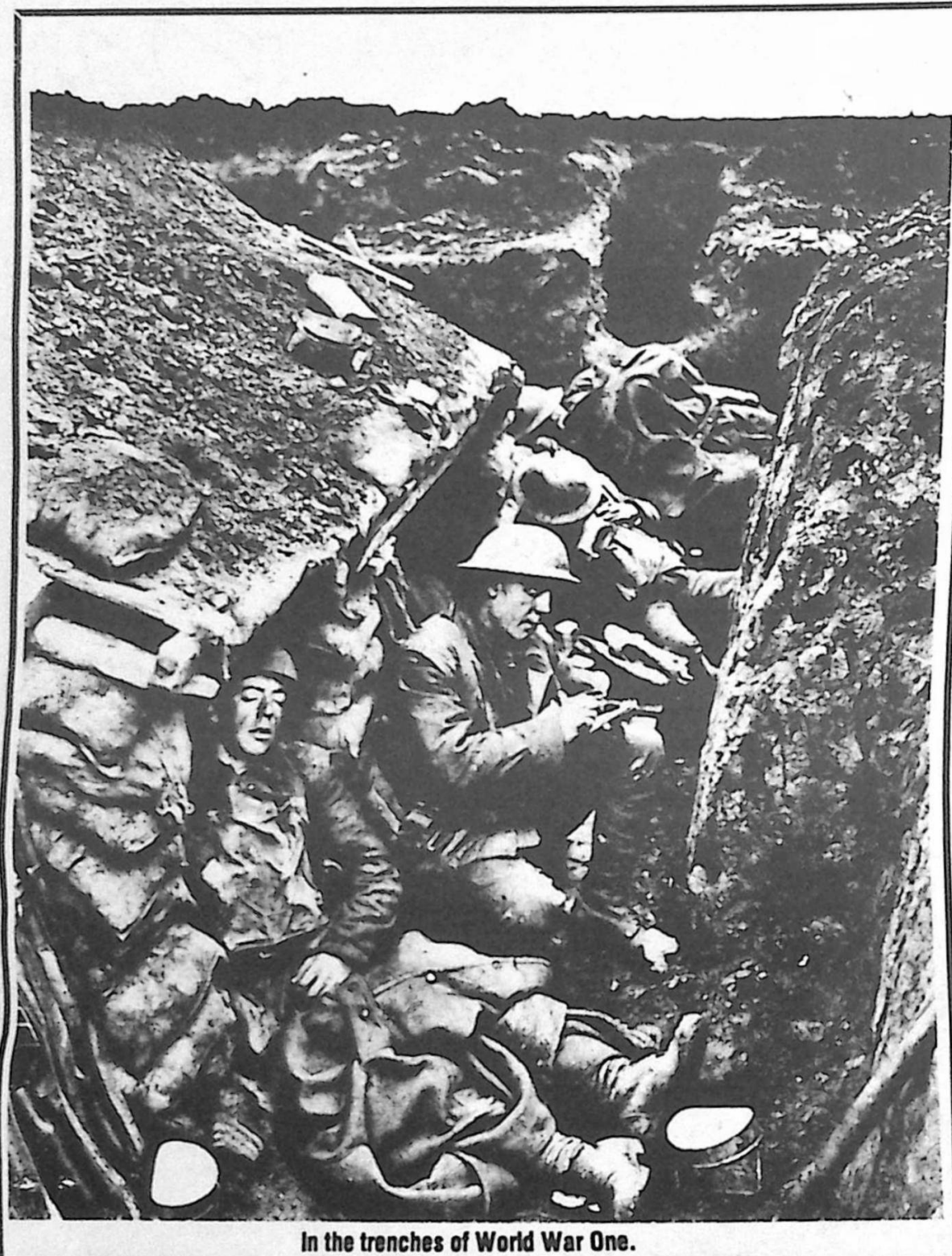
Tous les Canadiens sont redevables à ces hommes et à ces femmes des efforts déployés pour préserver les valeurs et principes qui nous sont chers. Et cette année encore, nos soldats maintiennent cette noble tradition dans le Golfe persique.

Nous rendons aujourd'hui hommage à ce groupe bien spécial que sont nos anciens combattants. Nous n'oublierons jamais leurs vaillants efforts et leur sacrifice.

Brian Mulronery

Rememberance

An hour of cold feet is nothing....compared to this.



In the trenches of World War One.

GULIVER'S TALKS

Lest we forget....

Editors Note: This reminds me of Remembrance Day parades at CFB Borden, which always delivered four inches of wet snow for the occasion. My feet remember....

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REMEMBRANCE DAY OBSERVATIONS

Parades

Remembrance Day parades will be held in Courtenay, Comox and Cumberland 11 Nov 90.

Parade details are as follows:

Courtenay - 407 Sqn will provide all personnel required for the Courtenay Parade. CWO Thibodeau, 407 Sqn SWO, will organize and arrange all details through liaison with the Courtenay Legion Representative, Mr. Russ Boutilier.

Comox - 442 Sqn will provide all personnel required for the Comox Parade. CWO Drouin, 442 Sqn SWO, will organize and arrange all details through liaison with the Comox Legion Representative, Mr. Roy Covey.

Cumberland - VU33 Sqn will provide all personnel for the Cumberland Parade. MWO Cameron, VU33 Sqn SWO, will organize and arrange all details through liaison with the Cumberland Legion Representative, Mrs. Yves Chapman.

All personnel not involved with parades are strongly urged to participate in public ceremonies and services associated with Remembrance Day.

Dress - Parade participants and spectators: DEV No.1A (Medals)

CFB Comox Reception

CFB Comox has traditionally hosted a reception for members of the Comox Valley Legions following their commemorative services of 11 Nov.

A similar reception this year will be held in the Base Gym, commencing at 1400 hrs 11 Nov 90. The dress is DEU 1A with medals and name tags - until 1600 hrs.

The three messes will support this function by providing refreshments and a light brunch.

Numbers of personnel, (officers, senior NCOs and junior ranks) will be in attendance to assist as hosts.

Poppy Sales

In addition to poppy sales at various locations in the Comox Valley, members of the Royal Canadian Legion Ladie's Auxiliary canvassed CFB Comox on October 31, achieving great success in the poppy campaign.

Trays of poppies were also placed in the three messes and at the Base Exchange.

888 Komox Wing
RCAFA

NOVEMBER CALENDAR OF EVENTS

FRI 9 - GENTLEMENS STAG DINNER and fashion show, 6 pm in the Wing. Roast beef dinner and all the trimmings. \$6 per person

SAT 10 BINGO 8 pm. Jackpot \$80 in 58 numbers.

Members and Guests.

SUN 11 - REMEMBRANCE DAY PARADE AND SERVICE. Fall-in 10 am at the Comox Legion.

Wing will be open from noon - 6 pm.

WE WILL REMEMBER THEM.

THUR 15 - AFIS HERITAGE NIGHT. 7 pm in the Wing.

Come out and meet the NEW BLUE

SAT 17 - NON-SMOKERS EVENING. Special entertainment by Bert Linder. See Wing notice board for further information

SAT 24 - BINGO - 8 pm in the Wing. Members and Guests.

SUN 25 - GREY CUP PARTY 1 pm in the Wing.

Come out and support your favourite East or West team.

Food will be available. \$2 per person

FRI 30 - XMAS POT LUCK SUPPER/DECORATING PARTY - 7 pm in the Wing. Come out and enjoy a good supper and help decorate the Wing for Christmas

Having a Section or Crew Christmas party?

The Wing is available to Military or DND civilian groups at

NO RENTAL COST.

For Bookings call

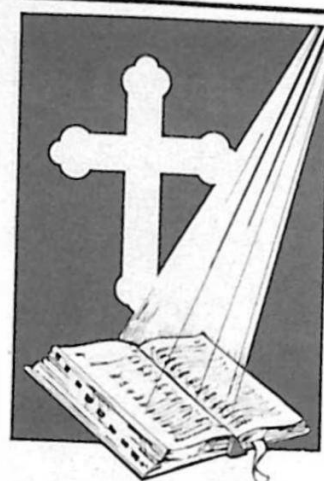
Joan Scott at 339-4035

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



Padre Bob



"When is the Lanc coming Dad?"

"It was due a few minutes ago Adam. We will have to be patient."

Actually, we join a lot of people who have spent many hours waiting for their Lanc to return. Uncle Bert was in charge of the ground crew for 'M-Mary' and they spent many long hours waiting for their Lanc to come home. One morning, as she flew over the Base to join the circuit following a night bombing raid, they could see right up through her. Somehow, as they got over the target and were dropping their bombs, they strayed under another aircraft. One of the bombs from the top airplane went right down through the fuselage without hitting anyone or anything important and the crew were able to bring her home. I wonder if Uncle Bert teased the pilot about breaking the airplane?

"Grandpa was a Lancaster pilot wasn't he?"

"Yes."

"Dad, some of the guys at school say that this just glorifies war."

"Not really Chris. This Lancaster has been dedicated to the memory of Pilot Officer Andrew Mynarski, a Victoria Cross Winner. On a raid his plane was hit and was going

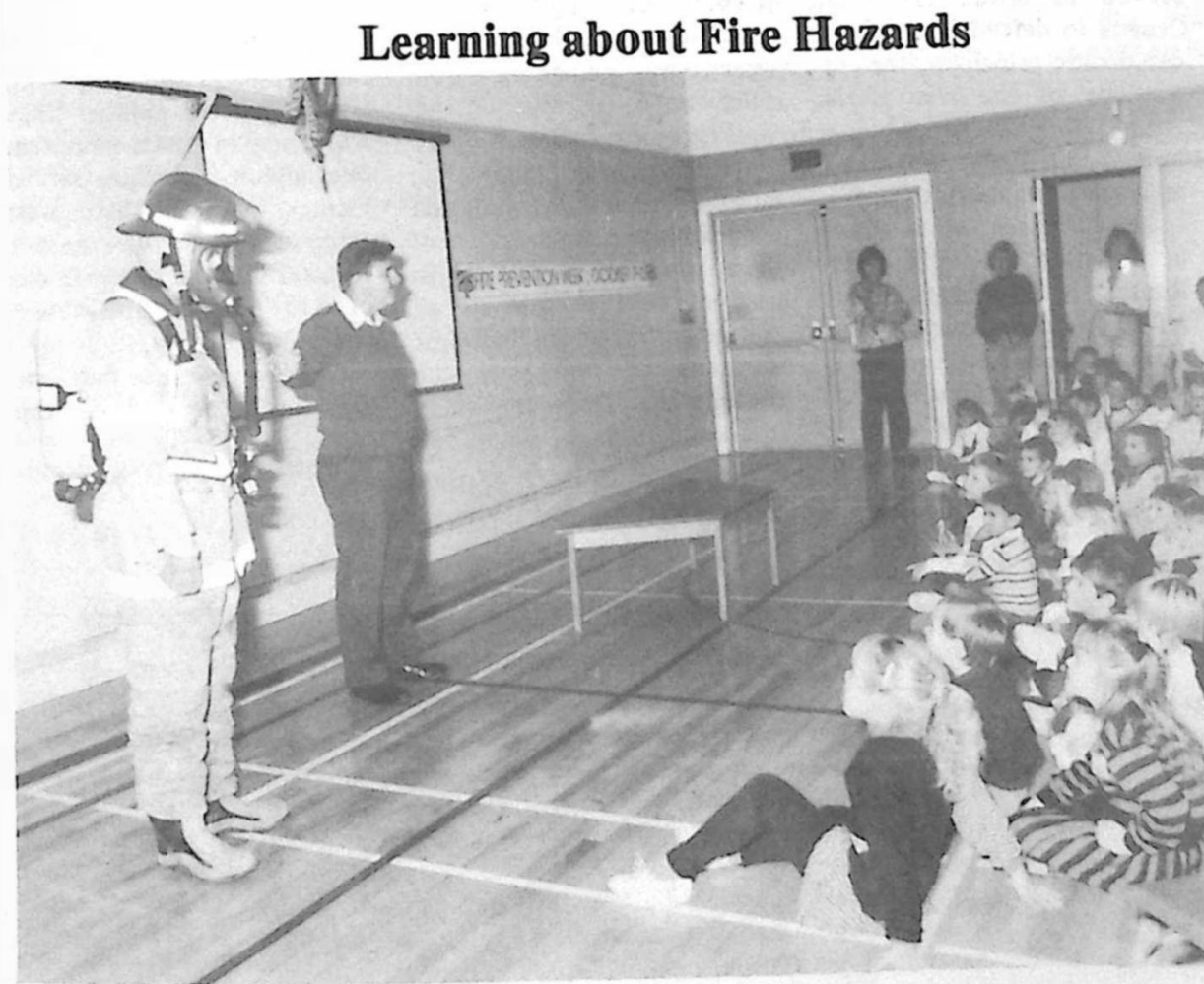
down in flames when the pilot ordered everyone to bail out. As Andrew Mynarski, who was the mid-upper gunner, made his way to the door, he noticed that Pat Brophy was stuck in the rear turret. After unsuccessful attempts to free the turret, Pat waved Andrew out, to save himself. Although Andrew got free of the airplane his clothing and parachute were on fire. His chute did not hold and he fell to his death. When the plane hit, the rear turret bounced free and Pat got out and told others of Andrew's unselfish attempts to help. It was because of his unselfish acts in trying to help Pat out of the rear turret that Andrew Mynarski was awarded the Victoria Cross. Those same unselfish actions cost him his life. So the Mynarski Memorial Lancaster does not glorify war but reminds us of the losses of war.

From what I have read and heard, war is not a pleasant or desired thing, and thankfully I am not old enough to be able to remember the war as Grandpa, Uncle Bert and their generation. We have celebrated the fiftieth anniversary of the Battle of Britain, one of the early battles of the Second World War. We will continue to be reminded of WWII over the next few years with more fiftieth anniversary commemorations. Since the end of

the Korean War, Canada has not been involved in war but rather in peace keeping. When you see the Blue Berets of the UN on Remembrance Day you will see people who have been proud to serve in peace keeping roles for the United Nations, and who have collectively received the Nobel Peace Prize in 1988.

It is more pleasant to think of our military in the peace keeping role as it has spent its last three to four decades, but the Second World War reminds us of a time when man's greed threatened to overcome freedom and not checked by diplomacy, lead to war. The events of this past summer remind us just how fragile that peace is if we are not constantly vigilant. We continue the struggle to keep our freedoms as we make sure that selfishness and 'me first' attitudes do not control our society. Jesus said that the second great commandment is 'love your neighbour as yourself'. We must always try to follow that commandment and we must gather together to commemorate the events of the past so we can learn from the past and not make the same mistakes. As we gather in Chapel and around the Cenotaphs, listen to the stories of what it was like during the war.

"Here she comes! Listen to those big Merlin engines!"



Fire Prevention Week -- Base firefighters demonstrate their "Hazardous Environment" clothing.

Next Deadline 19 Nov 1990

Off the base

Royal Canadian Legion Senior Awards

Legion Winners

Essay

My name is Canada....

This piece is for you -- the soldier on the battlefield. You fought in World War I; you fought in World War II; you fought in the Korean Conflict. You were sent off into an unknown world to fight for your country, but you weren't even old enough to vote. You were shipped away to a strange place for months, yet you hadn't even been away, without your parents, for more than a week at a time. You are the boy who became a man overnight.

You went away to kill and to be killed, and you were told that all the killing was for peace and brotherhood. You are the man who slept in mud filled trenches, and who ate rotten food. You are the man who watched your buddy, three feet to your left, get shot in the chest and die as you sat there helpless. You are the man I want to thank.

Thank you for my freedom. Without your courage I wouldn't have a free life. You gave me something I can never fully repay you for. You gave your life for me, and I want you to know how wonderful it feels knowing you cared so much.

You had a family, people who loved you dearly, but you sacrificed it all for me. You went through hell to achieve your dream -- your dream of a free Canada. I want for you to know how good it feels to wake up in the morning and watch the sunrise without seeing the shadow of death or smelling the stench of blood in the air. How I wish you could share the joy with me. How can I ever repay you?

It is a dark, cold November eleventh. The day starts off dull and dreary. There seems to be no hope for sunshine. Is that how you felt on that November eleventh so long ago? Were you tired and hungry? Did you believe that the sun would never come out and take away the darkness of war? Was your hope strong enough? I know you were tired and hungry. I know you believed that freedom would happen, and I know your hope was strong. I know this because I am free. Your belief, your hope, and your strength is what made November eleventh a victorious day. You never gave up until it was finally over. You gave me my life and God took yours. Thank you.

As the trumpeter plays the last post, I feel the warmth, and I see the brightness of the sun. The sun is shining and casting shadows. I look toward the cenotaph and I see you. You are smiling; you are crying. I know I have repaid you by remembering.

The people attending this service are wearing poppies. These poppies are for you. The tears I shed are for you. The tears that I shed are for you. My smiles are for you. My thoughts are for you. I give you my remembrance.

My name is Canada. My dream is for all Canadians to stand on the eleventh hour of the eleventh day of the eleventh month to salute you -- a true Canadian.

FIRST PLACE
Krista MacLeod
Cornwall, P.E.I.

Poem

I am the Cenotaph

Come closer, children.
Fear not my size, nor my height,
For I am your grandfather,
I am the Cenotaph.

Lay your pretty wreaths down, sweet ones.
Have I not smelled that scent before?
Yes, in Normandy, I think, when I was the Soldier.

Climb on my knee, dearest, no one is watching.
You may touch my bayonet; It has long been dull, long since I was the Hero.

The autumn wind is brisk, this November.
Button up your jackets, lest you catch a chill;
Me? No, I am not cold, for I am the Monument.

Look yonder, precious ones -- A lilac bush; pick the last ones

for your grandmother,
They were her favourites, long ago, when I was the Husband.

Such innocent eyes you all have, like hers,
So full of life and laughter;
Always keep that treasure, children, for I am the Reminder.

Of what happens when the life is taken,
And the laughter lost to war;
When brave young boys become grandfathers,
I am their Symbol.

Goodbye, my lovely children;
Your remembrance brings my stone eyes tears,
And I would joyously reach out and embrace you all, only I am the Cenotaph.

FIRST PLACE
Blair McMurten
Lethbridge, Alberta

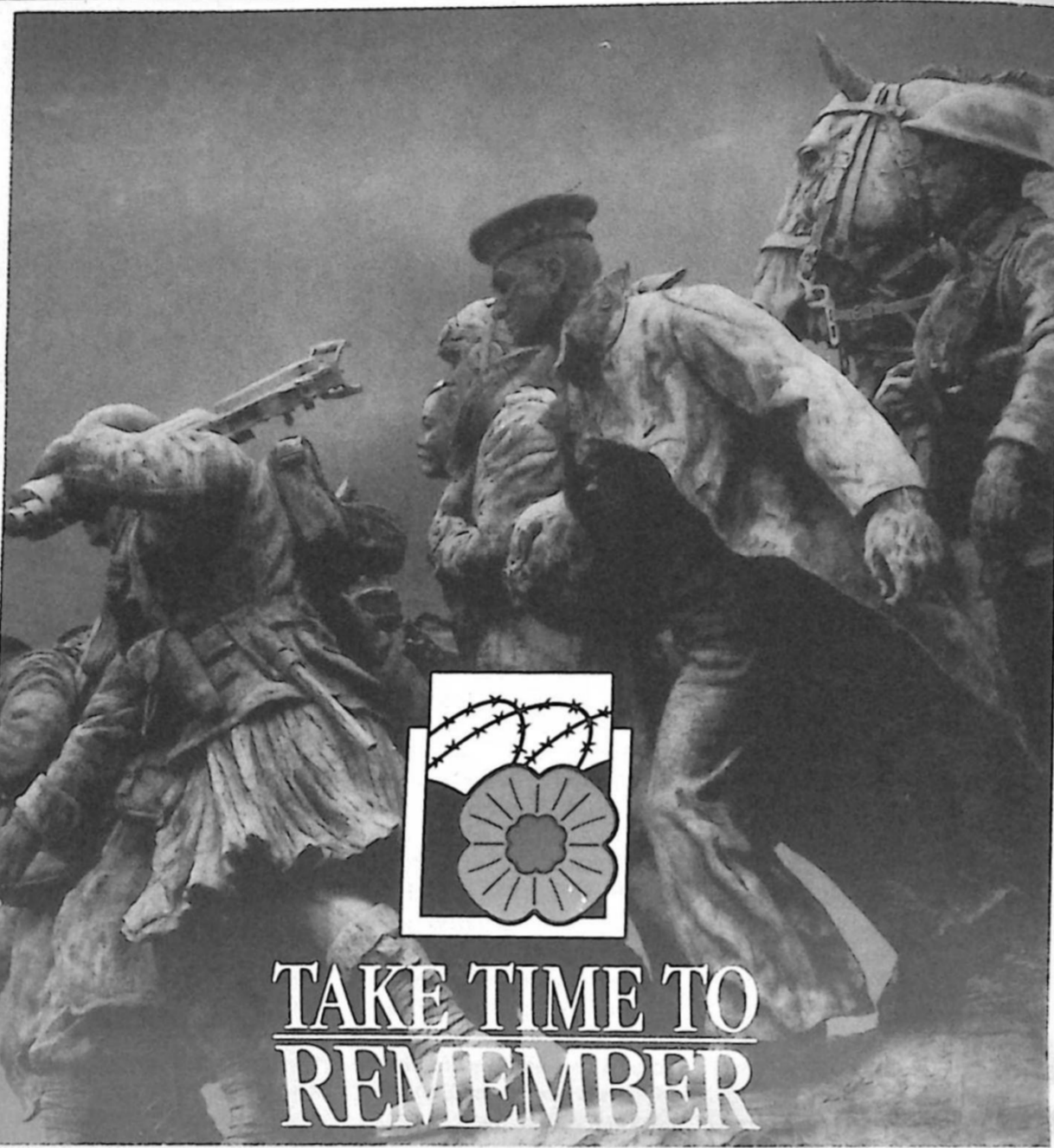


Editorial

Guest Editorial

LEST WE FORGET

by J.P. Kirk



TAKE TIME TO REMEMBER

from the MND Remembrance Day Message

1990 MND Remembrance Day message. Each year on November 11th, Canadians take time to remember the men and women who served our country in three major wars of this century, so that we might live in a free and peaceful world.

These brave men and women served in lands far from Canada to defend and uphold democratic principles, the cornerstone of the free world. Thankfully, most returned home, but many thousands made the ultimate sacrifice.

Remembrance Day is not an occasion to glorify war. Rather, it is a moment to reflect and count our blessings that Canada had such representatives. More than one hundred thousand lost their lives in the two world wars and the Korean conflict. A total of 78 Canadian servicemen have also died while serving under the United Nations flag in peacekeeping operations.

In today's world, events continue to unfold which remind us of the fragility and the precious nature of peace. Once again, human rights and freedoms are being threatened. And once again, Canadian servicemen and women have been called upon to help defend world peace and order.

On this Remembrance Day, let us celebrate the courage and commemorate the sacrifice of those who served Canada in time of conflict. Let us all remember the terrible costs of war and the value of the freedom and peace for which so many risked and gave their lives.

1990 Remembrance Day message from the Chief of the Defence Staff. Seventy-two years ago, on November 11th, the First World War ended. It was not the quote war to end all wars unquote, however, as many had hoped. Although Canada was still a young country in 1914-1918, nearly one-tenth of the population put on a uniform during the war. A mere 21 years later, the world was drawn into another tragic world war in which more than one million Canadians served. Victory in both these wars came at a great price as over 230,000 Canadians either died or were disabled in the cause of peace and freedom.

Canadians were to fight once again in this century; this time

Continued on page 5

Thousands of people, perhaps even hundreds of thousands of people, wear a poppy on November 11th. One wonders how many of those people know why they are wearing a poppy, or even care. Why a poppy and not some other flower? School children have a holiday, but how many of them know why? How many of their teachers could tell them why? I heard of a teacher having to ask another teacher about it because a student had enquired about why the holiday.

For many years our Legion Branch has given prizes to our elementary students for writing essays, poems, or making a poster on the subject of Remembrance Day and the Poppy. However, as of last year, apparently the Department of Education does not encourage competition at the junior levels. Apparently the psychologists figure: if there's no competition there's no losers; everyone's a winner. What's the next step? No exams? Everyone passes, no failures? However, we still send a Branch representative to the school to give a short talk to the students about the meaning of Remembrance Day and the Poppy.

A few excerpts from the Royal Canadian Legion Poppy Manual emphasize the importance of keeping the poppy and remembrance day before all Canadians:

"The challenge we all face centers on the fading memory of war and its many horrors. For most people over sixty the message of Remembrance is simple. They have experienced war, to one degree or another, and relate easily to the idea of Remembrance. Younger Canadians cannot. They are invited to participate in Remembrance on their own terms. It is suggested that Remembrance acknowledges a debt to the past and also looks to the future. This approach attempts to put freedom at the core of Remembrance. Freedom was the factor which motivated 114,000 men and women to give their lives in the service of Canada.

"The Poppy is the symbol of Remembrance. Traditionally it has been the flower of war and death. Is there any reason why the Poppy cannot be regarded as the flower of peace and a reminder that the hope of the future lies in continual peace?"

"The Poppy represents sacrifice, peace and hope for the future. It is a symbol of freedom because ultimately that is what Remembrance is all about."

On November 11th wear a poppy, lest we forget.

IN FLANDERS FIELDS

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our places; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below
We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from falling hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

John McCrae



TOTEM TIMES

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Base Commander's Message

The objective of Canada's defence policies is the preservation of an enduring peace for Canadian society which will permit our political and economic systems to function democratically. History shows that Canada has an enviable success rate in that regard when compared with almost any other nation anywhere on the globe. That record has been earned by those who gave their lives in defence of our freedoms. It has also been earned by those who offered lives which were not taken, but were used in some other way for the preservation of our values.

As we pause on 11 November 1990, to remember those who gave their lives on our behalf, we should not only say a prayer of thankfulness but one of congratulations. Congratulations are appropriate because the international peace that has evaded Europe through most of the 21st century seems now to be assured. This is a peace which those who went before won for us. This is a peace which those who served, and we who still serve, brought to a successful conclusion by steadfastness and preparedness.

Our celebrations, however, must be tempered by caution. For even as the Germans reunify and the Soviet Union and its satellites increase their momentum toward democracy, all of the signs in Europe are not pacific. The Soviet Union's arsenal may be diminishing, but the quality is strengthening as new and modern weaponry replaces the old and retired. The arms factories of the USSR have not been converted to peaceful purposes as President Gorbachev and the media would have us believe. Another cause for caution is the economic and political condition of the USSR itself. The Soviet Union, as it has been known, is being torn apart by nationalists representing once

proud and previously conquered countries who want to regain national independence. That foment could be a recipe for civil war and perhaps some international conflict to solidify support for the USSR as an entity.

More imminently threatening is the crisis in the Middle East caused by Iraq's invasion of Kuwait. The political and religious turmoil of that region has created a curious mix of allies. The strength of that coalition is the key to having the invasion of Kuwait reversed. The task is all the more difficult since Saddam Hussein has qualities which have been compared with the evils of Hitler.

Over 1700 Canadian Forces personnel are currently serving in the Middle East in a show of strength intended to prevent bloodshed and war. Personnel from CFB Comox are among that group and more are waiting on standby. Thus, we have much to remember on this Remembrance Day. We must remember the freedoms we enjoy and the human cost of that freedom. We must remember those who died and what their sacrifice has meant to us. We must remember the evils of tyrants who gripped the world through most of this century and the extraordinary effort it took to overwhelm them. We must remember how fragile peace is and how important it is to continue the commitments to sustain it. Today, we must remember the motivation of those who fought and died in earlier wars and the love of their country and its people. We must remember to be strong in the face of oppression so that our sons, daughters and grandchildren will enjoy the tranquillity entrusted to us by those who cared enough to defend democracy. Lest we forget.

MND Message

under the United Nations flag in Korea between 1950 and 1953. Over 500 Canadians lost their lives in Korea, and since then another 78 have died while serving in United Nations peacekeeping operations.

On this Remembrance Day, let us reflect on the meaning of the commitment made by over 1.5 million Canadians in the three wars and peacekeeping operations this century. Theirs was a sacrifice to the defence of the principles which we believe in and cherish. Let us be reminded this November 11th that the price of regaining freedom, once lost, can be a terrible one.

We must never forget those who served before us with pride



Rememberance

A letter from Veterans Affairs

Sir:

Canadian veterans have marked a number of special anniversaries this year.

The 50th anniversary of the Battle of Britain reminded us of the precious few who halted Hitler in the skies over England. Our veterans returned to Europe to celebrate the 45th anniversary of the liberation of The Netherlands. And our youngest group of veterans commemorated the 40th anniversary of the start of the Korean War.

I had the honour of leading the pilgrimage to The Netherlands. For all Canadians it was an uplifting, emotional experience. The whole Dutch nation embraced their long-ago liberators and they sang our National Anthem with passion. Thousands of schoolchildren attended our ceremonies.

And the Dutch did not care which province we came from or what language we spoke. We were Canadians - and that was more than good enough for them.

The graves in our Canadian War Cemeteries contain the same message. Death knows no provincial boundary nor racial background.

This November 11 let us remember those who were killed overseas in the name of Canada. They died together, so we could live together in harmony and peace.

Yours sincerely,
Gerald S. Merrithew, P.C., M.P.
Minister of Veterans Affairs



The Story of the Poppy

Each November over four million poppies bloom in Canada. Dotted the lapels of half of Canada's population, this symbol of remembrance makes its annual appearance as it has done every year since 1926.

Although everybody knows what the poppy means, no one is certain of how it all began; how the poppy became so closely associated with remembrance of the war dead.

The association was certainly not new when the poppy was adopted in Canada in 1921. At least a hundred and ten years before that time, a correspondent wrote of how thickly poppies grew over the graves of the dead. He was speaking of the Napoleonic War and its campaigns in Flanders.

But a Canadian medical officer was chiefly responsible for this association, more so than any other single known factor.

John McCrae was a tall, boyish 43-year-old member of the Canadian Medical Corps from Guelph, Ontario. An artillery veteran of the Boer War, he had the eye of a gunner, the hand of a surgeon and the soul of a poet when he went into the

line at Ypres on April 22, 1915. That was the afternoon the enemy first used poison gas.

The first attack failed. So did the next and the next. For 17 days and nights the allies repulsed wave after wave of attackers.

During this period, McCrae wrote "One can see the dead lying there on the front field. And in places where the enemy threw in an attack, they lie very thick on the slopes of the German trenches."

Working from a dressing station on the bank of the Yser Canal, Lt Col McCrae dressed hundreds of wounded, never taking off his clothes for the entire 17 days. Sometimes the dead or wounded actually rolled down the bank from above into his dugout. While awaiting the arrival of batches of wounded, he would watch the men at work in the burial plots which were quickly filled up.

Then McCrae and his unit were relieved. "We are weary in body and wearier in mind. The general impression in my mind is one of a nightmare," he wrote home.

But McCrae came out of Ypres with 13 lines scrawled on a scrap of paper. The lines were the poem which started: "In Flanders field the poppies blow..."

These were the lines which are enshrined in the hearts of all soldiers who heard in them their innermost thoughts. McCrae was their voice. The poem circulated as does a folk song, by living word of mouth. Men learned it with their hearts.

In the United States, the poem inspired the American Legion to adopt the poppy as the symbol of Remembrance.

In Canada the poppy was officially adopted by the Great War Veterans Association in 1921 on the suggestion of a Mrs. E. Guerin of France. But there is little doubt that the impact of McCrae's poem influenced this decision.

The poem speaks of Flanders fields. But the subject is universal: the fear that in death we will be forgotten, that death will have been in vain.

The spirit of true Remembrance, as symbolized by the poppy, must be our eternal answer which belies those fears.

Air Force Trivia



And now for something old....

Trivia

No takers on this one; during a Tiger met over Leuchars, Scotland, CF104 12846 (1 Air Div), Hurricane LF363 and Spitfire AB910 lined up for this classic photograph.

from the H.W. Holmes collection

United Way

CONGRATULATIONS CFB COMOX UNITED WAY TOTAL PASSES \$28,000 MARK

The CFB Comox United Way Campaign for 1990 has now come to a close, and again this year the campaign was a complete success. The final tally is now complete and we have surpassed our goal with a total of \$28,327.33. Well Done!

WHO MADE IT HAPPEN? Although the success of the campaign depended ultimately on the generosity of each and every contributor, the Base UW Coordinator, on behalf of the Comox Valley United Way Committee, would like to thank the following people who played key roles.

The Base Commander and all Branch and Section heads for lending their considerable and vital support to the conduct of the campaign.

The Section representatives for undertaking the onerous task of soliciting donations. Thanks to each and everyone of you for your spare time and energy.

Once again, on behalf of all the members of our community who will benefit from the funds that you have donated, thank you CFB Comox for your generosity and participation.

Capt John Purdy
Base United Way Coordinator

UNIT	Pers	Goal	Contributions	% Goal
407 Sqn.....	342	6103	7353.00	120 ..
442 Sqn.....	197	3516	5221.00	149 ..
VU33.....	57	1014	2319.00	229 ..
Admin/Compt.....	201	3694	2811.75	76 ..
BTSO.....	565	10083	6632.62	66 ..
BOPS/740 Det/AFIS.....	145	2588	3989.96	154 ..
TOTALS.....	1513	27000	28327.33	105 ..

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- Nutritional Supervision
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TOTEM TIMES



Cyclists on the Base

"A person operating a cycle on a highway has the same rights and duties as the driver of a vehicle."

Lately at CFB Comox, confrontations between cyclists/motorists are all too frequent and the danger of a serious accident is increased by lack of common sense/awareness.

The most common complaint from motorists is that the cyclists 'cut into the traffic'.

The most common complaint from cyclists is that 'this car cut me off'.

In both cases the complaints are normally generated around the main gate. Let's see what can be done to make it a little less nerve racking for both groups.

Morning Traffic: - Most cyclists enter the Base from Little River Road and turn onto the Base with the flow of traffic. The problem occurs when the cyclist approaches the duty Commissionaire. Correctly, the cyclist should signal a left to indicate that he is moving into the traffic lane in order to be met by the Commissionaire for

an ID check. The front gate has no room for a vehicle and a cyclist to drive/ride abreast through the gate, therefore, all traffic must proceed in a single column. Once the cyclist passes the Commissionaire, he/she goes straight ahead or turns right. If the cyclist is proceeding straight, he/she should be in the middle of the lane until he/she crosses the intersection and then moves to the right side of the road in order that faster moving vehicles can pass to the left of the cyclist. Should the cyclist want to turn right after passing the Commissionaire, he/she must stay in the middle of the lane, signal a right turn, complete the turn and move to the right side of the roadway.

Evening Traffic: - With the main vehicle lineup, it has been observed that cyclists travel on the right shoulder of the road, passing vehicles and then at the main gate, they cut in. Cyclists must try to blend into the traffic flow well before the main gate and travel in line (column) with the motor vehicles.

Once the cyclist is in the traffic flow and he/she intends to

turn left onto Little River Road, the cyclist must signal left, move into the left turning lane. The danger of an accident increases when the cyclist is passing vehicles and cuts in at the gate (intersection) without any hand signal, takes the left lane and turns onto Little River Road. This is very dangerous and must stop. Motorists must leave room between cars to permit cyclists to blend into the traffic flow well before the main gate. Cyclists proceeding straight on Ryan Road must stay in the middle of the lane until he/she crosses the intersection and then move to the right side of the road in order that faster moving vehicles can safely pass.

The MPs have been instructed to pay closer attention to cyclists/motorists' behaviour. With the coming of wet/cold weather, late dawn and early darkness, the chances of collision occurring increase automatically. With a little goodwill and common courtesy from both motorists and cyclists I am positive that we make our roads safer.

I've prepared for the GST.

Have you?

Now is the time to register.

Are you ready for the proposed GST? If not, now is the time to register and prepare. Registration applies to anyone involved in a commercial enterprise. This includes fishing, farming, professional services and many activities carried out

- by non-profit organizations.
- Revenue Canada is ready to assist you with information on:
 - How to register and the benefits of doing so
 - What the GST means to your operation
 - Simplified accounting options and administrative procedures
 - Rebates of the Federal Sales Tax
 - How to recover GST on business purchases
 - GST return and filing options

Contact us today.

Phone: **1 800 561-6990**

Telecommunications device for the hearing impaired:

1 800 465-5770

Or drop by the Revenue Canada Excise Office nearest you, Monday to Friday, 9:00 a.m. to 5:00 p.m.

Canada's GST. It's good business to prepare now.

Revenue Canada
Department of Finance

Canada



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 PMO 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.

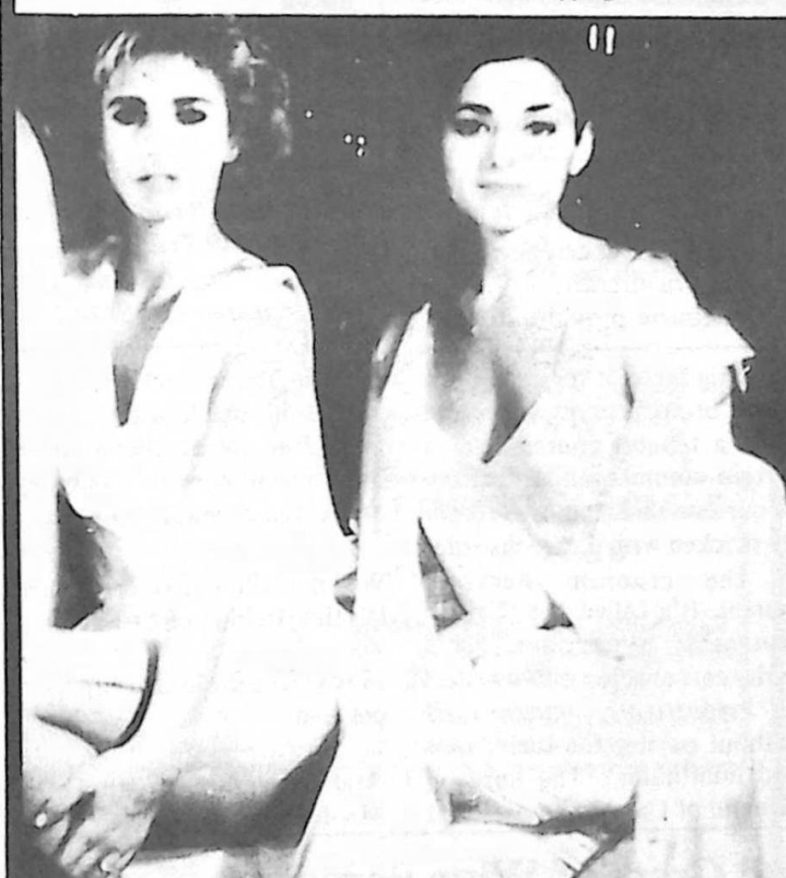
CHOIR - practices 1830 hrs, Thursday at Chapel

CHAPEL GUILD - meets once a month, first Thursday at the Chapel 7:30 pm, President Liz Basham 339-4314.

MEN'S NIGHT

CHRISTMAS FASHION SHOW

Wed., Nov 21st - Driftwood Mall
Doors open 6:30 pm - Fashion Show 7:00 pm
* Prizes * Refreshments * Gift Wrapping



20% Off*

All reservations must be in by 6:00 pm, Mon., Nov. 12th

*All purchases made this night except hosiery & bras

FREE ADMISSION
By reservation only. Call 338-9311

SERENDIPITY
BOUTIQUE
lingerie * underfashions * and ready-to-wear *
DRIFTWOOD MALL
338-9311

Leisure

Country Kitchen

Cool Weather Cooking ..II



Christine Mayer

HOME MADE SHAKE AND BAKE

The following spice mixture is very handy for coating chicken, pork chops, liver, fish, etc. Once you try this you will find all kinds of uses for it. It's one of the best tasting coatings around.

- 2 cups flour
- 1 tbsl celery salt
- 1 tbsl pepper
- 2 tps dry mustard
- 2 tps salt
- 4 tps paprika
- 2 tps garlic salt
- 3 tps monosodium glutamate (M.S.G.)

- 1 tsp ginger
- 1/2 tsp oregano
- 1/2 tsp sweet basil

Mix well.

For crispier coating you can add a few seasoned bread crumbs to some of the spice mixture (a little grated parmesan cheese optional). This is good for mushrooms or left over cooked potatoes. Slice, and dip in milk or egg. Shake in container or plastic bag to coat. You may use the frying pan after you have cooked pork chops or chicken for extra flavour.

A good recipe for liver using

the coating is to fry 2 or 3 slices of bacon cut up and cooked with a sliced onion. Remove from pan. Slice liver in about 1 inch strips, moisten with milk, then coating. Cook in the same fry pan used for the bacon, turning often. It's a good idea to have the rest of your meal ready and cook the liver last, as it cooks quite quickly and should not be overdone.

PINEAPPLE SLICE

- 350° oven - about 45 mins.

- 2 cups flour
- 1 tsp baking powder
- pinch salt
- 1 cup brown sugar
- 1 cup of shortening or marg
- 1 beaten egg

Filling:

- 1 can crushed pineapple
- 1/2 cup of white sugar
- 2 tbsps corn starch

Mix together and cook until it thickens.

Cream shortening, sugar, and egg. Mix salt baking powder into flour. Add to mixture. Put half batter into 8 inch pan, smooth down, add filling evenly. Pat down the rest of batter on top.

FIG NEWTONS

Oven 400 - 10 to 15 mins

- 1 cup butter or margarine
- 2 cups brown sugar
- 3 eggs
- 1 tsp vanilla
- 1/8 tsp salt
- 4 cups flour
- 1 tsp baking soda

Cream butter, add sugar gradually, mixing well. Add well beaten eggs. Add vanilla, salt. Beat well. Add baking soda mixed in with 1 cup of flour. Add more flour to make a moderately stiff dough. Chill thoroughly. Divide dough into 3 parts and roll into strips about 24 inches long and about 3 or 4 inches wide. Put a layer of fig mixture down the centre of each strip and fold edges to meet in center. Press lightly on a greased cookie sheet and bake in a hot oven.

- Filling:
- 2 cups figs cut in small pieces
- 1 cup white sugar
- 1 cup hot water
- 1 tsp lemon juice (optional)

Cook until mixture forms a thick smooth paste. Add more water if necessary (Dried figs should be soaked over night.)



Winter Golf

Winter golf at Glacier Greens will begin on Sunday, 4 Nov 90.

Sign up at 9 a.m. for 9:30 a.m. tee off (weather permitting). Shot gun start. Everyone is welcome, so join us on Sunday mornings for 9 holes of golf and a lot of fun. \$2.00 to enter. For more info please call Ron or Barb Carter, 338-7117.

A New Years Eve party will be held at the Glacier Greens social centre. Tickets are now on sale at the lounge bar. The tickets on sale are for members and guests only, until 1 Dec. After that date they will be on sale to the public. \$15.00 per person. Limited to 80 tickets. First come - first serve. Reserved seating. Doors open 6:30 p.m. Party favours. Baron of beef at 7:00 p.m. Dancing from 8:00 p.m. to 2:00 a.m. Designated driver from 12:30 to 3:00 a.m. Music by Wayne's Mobile Music. For more information call: Jan Verbuk, 339-5046; Judy Fellbaum, 338-8786.

SEE YOU AT THE LEeward!

PUB HOURS:
Monday to Thursday 11:00 a.m. to 1:00 a.m.
Friday and Saturday 11:00 a.m. to 1:30 a.m.
Sunday 11 am - 12:30 am

THE LEeward
NEIGHBOURHOOD PUB & BREWERY

- country cooking
- rural hospitality
- reasonable prices
- cleanair system
- brewing our own natural Leeward lager

good food!
KITCHEN HOURS 11AM - 10PM &
good times!

RESERVATIONS ARE WELCOME FOR LARGE GROUPS
649 ANDERTON RD., COMOX 339-5400

Section News

407 Sqn All Ranks Fund

The 407 All Ranks Fund would like to thank all of its members for their support over the last year. Without your memberships many Squadron functions would not have been possible.

One of our most successful events was the 407 Squadron Family Day, at which a barbeque was provided by the All Ranks Fund and enjoyed by many 407 families. Along with money for flowers for our members in hospital and plaques for posted members, we also provided food at sports events such as the 407 Sqn golf/volleyball day this past September. We provide our members with too many benefits to list, so if you have any questions about the fund, and your membership dues, or would like to become a member and support and enjoy these events, contact your Section representative or the 407 Sqn Orderly Room. Remember this fund is for everyone! Thanks again for your support. See you at the Christmas party 13 Dec.



Achetez des cartes UNICEF et sauvez la vie d'un enfant

unicef

Pour obtenir notre nouvelle brochure couleurs, communiquez avec:
UNICEF Canada
443 Mt. Pleasant Road,
Toronto, Ont. M4S 2L8
Telephone (416) 482-4444
OU composez sans frais: 1-800-268-3770
(téléphoniste 74)

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STEAK HOUSE
PIZZA
N
PASTA

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FREE DELIVERY

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

1 Square 1
Travel
Services Ltd.

- we remember
those who gave so
much for us all

November 11th

334-0355
in the Driftwood Mall

HOT DEAL.



\$20
REBATE*

**WITH PURCHASE OF
AN ENERGY-SAVING
ELECTRIC WATER HEATER.**

When your aging electric water heater packs it in, B.C. Hydro will rebate you \$20 on the purchase of a more energy-efficient one.

It's a move that will save you cash. Up front. And on your monthly electric bill, year after year.

Plus, it will help slow the ever-growing demand on our valuable hydroelectric resource.

Here's your chance to be Power Smart. To enjoy cash savings now. And the good life electricity brings, for years to come.

Ask your installer for more details. Clip this reminder and tape it to your aging water heater, so when the time comes, you can take advantage of this hot cash back deal.

**ENERGY-SAVING
WATER HEATER
\$20 REBATE REMINDER**

Purchase an energy-saving electric water heater and get a \$20 rebate from B.C. Hydro.

Your installer has the details.

*Only water heaters with a "Power Smart" label affixed by manufacturer qualify. Offer valid on purchases made June 1, 1989 through December 31, 1990.

POWER SMART

BChydro



Defensive Driving Course



He doesn't need a DDC. Do you?

The MSE Safety Section will be holding a **Free DDC** for dependents in the near future. The dates are 3-4 Dec 90 and 5-6 Dec 90. The course is identical to that given to all drivers of military vehicles.

The course is six hours in duration and will be given over a period of two evenings, 3 hours per evening. This course is not designed to teach individuals how to drive, it is an

informative course on defensive driving techniques, how to recognize and correct bad habits and to avoid potential accident situations.

Students must hold a valid B.C. drivers license or beginners permit to be eligible to attend. Please contact the MSE Safety Section (local 8263) for enrolment and further course information. Enroll early as we can only accommodate 20 personnel per class.

OFFICERS' MESS

NOVEMBER 1990

Thursday November 8

CANDLELIGHT DINNER

in honour of
LIEUTENANT-GOVERNOR OF BRITISH COLUMBIA
Reservations may be made with the Mess Manager
No later than 3 November

Sunday November 11

REMEMBRANCE DAY RECEPTION

Time: 1400 - 1600 hrs
Officers Mess open to all ranks
Food: Clam Chowder and Sandwiches

Saturday November 17

**DO NOT MISS THIS ONE
"COMEDY NIGHT AT THE IMPROV"**

Featuring 3 Comedians
Food: Smorgasbord - Time: 1700 - 1730 hrs
Reservations by 14 November

Wednesdays November 07, 14, 21, 28

OFFICERS COFFEE HOUR

Coffee will be served in the Lounge at 1000 hrs.
Dress of the day. All officers are invited to attend.

Fridays November 2, 9, 16, 30

REGULAR TGIF

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

WEDNESDAYS NOV 14, 28

OFFICERS LADIES BRIDGE CLUB

November 15 - 30

New Years Eve reservations will be taken for members and associates with one guest during this period to ensure all have a chance to partake in this event. Any space left after November 30 will be taken on a first come, first served basis.

Friday November 23

MIXED TGIF/GAMES NIGHT

Time: 1900 hrs. - Food: Pizza
Cost per person - Members \$5.00
Limited Associates & Guests \$5.00
Reservations by 21 November

Wednesday November 21 - **OFFICERS MESS LADIES CLUB** - The OMLC will be having a Christmas Craft Demo by Carol from 'Make It, Take It' along with a Penny Auction at 7:00 for 7:30. Please bring an item for auction, keeping in mind the Christmas theme.

Sunday November 25

GREY CUP DAY

Thursday November 29 - **RETIREMENT MESS DINNER** in honour of LCOL MACK. Other possible retirees to be honoured are: Major Sibbald, Major Milne, Captain Green, Captain Chute, Captain Anslow, Captain Logan. Time: 1900 for 1930. Reservations must be made by 19 November with Mess Manager.



Cdr. Hansen awarded MSC

"Outstandingly Professional Manner"

"We saw history being made before our eyes," recalls WO Michel Riberdy. "There were millions of people in the streets. Along with my allied counterparts, I went into the crowds assessing the situation, speaking in Mandarin with some of the 5 million people in Tian-amen Square. They asked us to report to the world what was happening in Beijing."

WO Riberdy was serving on the CF attache's staff at the Canadian Embassy in Beijing as a sergeant at the height of the Chinese student rebellion between May 15 and June 10, 1989.

On Nov. 21, WO Riberdy, currently serving with director general intelligence at NDHQ Ottawa, along with Commander Darryl Hansen of Training Group Pacific Headquarters, will receive the prestigious Meritorious Service Cross from the Governor General, His Excellency Ramon Hnatyshyn, during a formal ceremony in Ottawa.

In the defence attache's absence, WO Riberdy was the senior military member at the Canadian Embassy during the uprising. He established an allied communications system for cooperative sharing of information among the diplomatic community.

"We learned that the Chinese army was going to use violence," explains WO Riberdy. "So I set up an emergency communications system using handheld radios procured through External Affairs."

Because our allies were unable to get radios, I suggested we share our extra ones and establish allied observer groups to report on developments."

The safety of Canadians and other foreign nationals was their primary concern. "We were able to determine the best routes for convoys to avoid hot spots," says WO Riberdy.

"After getting all the Canadians to the embassy from the diplomatic compound under the cover of darkness in private vehicles, the ambassador accepted my recommendation for the evacuation by air of non-essential personnel."

WO Riberdy's wife and 9-year-old daughter were on that aircraft June 7 bound for Canada. Full of emotion, he adds, "Part of my Meritorious Service Cross belongs to my wife and daughter. Without their never-ending support and understanding, I could never have done what I did."

Cdr Hansen earned his award for his work as leadyard commander at the Saint John Shipbuilding Ltd. yard in New Brunswick, witnessing the construction of the Canadian patrol frigates. The CPF project, the largest capital project ever undertaken by the federal government, is valued at approximately \$10 billion.

"As leadyard commander, I led a staff of about 20 very competent specialists. Our job was to ensure the contractor's quality assurance was as good as it could be to provide the navy the best ships possible under the terms of the contract," explains Cdr Hansen.

"It seemed like we were breaking new ground every day," adds Cdr Hansen. "We had not built a warship in Canada since the early 1970s, and technology had come a long way. Not only were we seeing difficult technical problems, we were trying to resolve them within the bounds of an enormously complex contract. There were no precedents for the way we did business -- we made it up as we went along. I think the key reason we pulled it off successfully was that we tried to anticipate the problems coming up in construction and plan for them."



We got out of the reaction mode and took up the offensive."

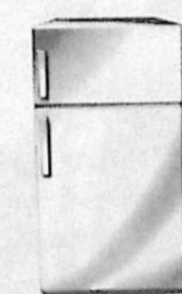
Cdr Hansen was honoured for his ingenuity, industriousness and initiative, leading to system improvements to both the CPF and future ship construction designs.

Cdr Hansen credits the men for the job. "The sailors were great. They worked incredibly hard. The hours were long, the conditions were lousy, and you had to be alert all the time. But the job got done, it's still getting done, and I believe we are

doing it very well." "...for the performance of a military activity in an outstandingly professional manner of such a rare high standard that it brings considerable benefit to, or reflects great credit on, the Canadian Forces..." Such is the official condition for awarding the Canadian Forces Meritorious Service Cross.

According to director ceremonial at NDHQ Ottawa, only 17 Meritorious Service Crosses have been awarded since the medal's inception on June 11, 1984.

COLD CASH.



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local appliance stores,
for being Power Smart.

\$50
REBATE*
**WITH PURCHASE OF AN
ENERGY-SAVING FRIDGE.**

When your aging fridge finally quits, B.C. Hydro will rebate you \$50 on the purchase of an energy-saving one.

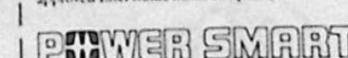
It's a move that will save you cash. Up front. And down the road, with significant savings on your monthly electric bill. (Statistics show that the new energy-saving models can represent a typical saving of \$300 or more over the life of the fridge compared to less efficient models.)

**ENERGY-SAVING FRIDGE
\$50 REBATE REMINDER**

Clip and save this reminder to ask your appliance dealer which fridges qualify for the \$50 rebate. Or call B.C. Hydro toll-free 1-800-663-1033.

* Offer valid on purchases made June 1, 1989 through March 31, 1991. Only refrigerators having approved EnerGuide numbers qualify.

Here's your chance to be Power Smart. To enjoy cash savings now. And the good life electricity brings, for years to come.



BChydro

**RECYCLE THIS
NEWSPAPER
TOTEM TIMES**



CANAV Books Announces...Canada's Grandest Aviation Book

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BY LARRY MILBERRY AND HUGH A. HALLIDAY
The RCAF came of age in WW2, but until now there has been no comprehensive book about this important RCAF era. That book has finally arrived!

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Canadian Forces Bisley Team

The Gang that Shot Straight



The NRA Top 100. Based on an aggregate of selected NRA matches, eight members of the CF Bisley Team placed within the top 100 competitors in the NRA's Service Rifle Competition. They were MCpl Fabian Snow, 14th; MCpl Ian Macaulay, 3PPCLI, 48th; Sgt Patrick Cameron, 3rd Battalion, Royal 22 Regiment, 56th; Cpl Alain Lanthier, 3R22eR, 57th; 2Lt Philip Osanic, 62nd; Capt Keith Cunningham, RCR, 60th; MCpl Luc Bergon, 3R22eR, 72nd; and MCpl Todd Smith, 2RCR; and

Other shooting members who brought honours and awards to the team were Cpl Derek Beattie, The Princess of Wales' Own Regiment; Lt Ken Ferguson, 1st Battalion, The Nova Scotia Highlanders; and MCpl Claude Savard, 3R22eR.

The Kinnaird, WO Stephen Hitchcock, Princess Patricia's Canadian Light Infantry, took first in this 300-yard prone match. WO Ron Surette, 2nd Battalion, The Royal New Brunswick Regiment, tied for first place and took second in a shoot-off. WOs Hitchcock and Surette, who are both Queen's Medalists, shot perfect scores;

The Bisley Bullet. Two Canadian reservists shot perfect scores in this 200-yard deliberate match, which drew more than 400 British and overseas competitors. It took two shoot-offs before 2Lt Philip Osanic, a logistics officer with 12 (Vancouver) Service Battalion in Richmond, B.C. was determined the winner. Sgt Laurie Arnborg of The West Nova Scotia Regiment in Kentville, N.S. came second;



Re-dedicating the Ogdensburg Plaque

The CF Bisley Team aggregate was 1,870 out of a possible 2,000 -- more than 50 points ahead of second place;

The Commonwealth Challenge Trophy awarded for the first time to mark Bisley's centenary. The eight-man team, composed of Regular and Reserve Force members, outscored marksmen from Jamaica and Australia to take the prize -- a mounted Mark I Lee-Enfield rifle.

The ARA Overseas Badge. The badge is awarded to the six-man overseas team with the highest aggregate in The Methuen -- a series of five matches that require shooters to fire prone, standing, sitting and kneeling. The Canadians outscored teams representing the Royal Australian Navy, Army and Air Force, the Jamaican Defence Force and the Sultan of Oman's Land Forces to win the badge. Shooting with iron sights against many teams equipped with rifles with telescopic sights, the Canadians placed third overall in a field of 34, which included teams from the British Army, Navy, Air Force and Royal Marines;

The United Service. A trophy and silver medals are awarded to the eight-man team with the highest aggregate after a series of deliberate, fire with movement, close quarter snapp, snap and rapid matches.

Bisley, England -- The Canadian Forces Bisley Team celebrated this famed British shooting camp's 100th birthday with a first this summer.

The Canadians won the Commonwealth Team Challenge Trophy awarded for the first time to mark Bisley's centenary. The eight-man team, composed of Regular and Reserve Force members, outscored marksmen from Jamaica and Australia to take the prize -- a mounted Mark I Lee-Enfield rifle.

The (British) Army Rifle Association (ARA) offered the trophy to the overseas team that scored highest in a demanding series of matches. The Canadian team did just that, winning three of the four major matches in the event.

Those matches included the Para Cup -- a fire and movement exercise following on the heels of a timed 3.2-kilometre run. The Canadians topped overseas competition for the Para Cup, running the course in 15 minutes and 30 seconds. They also won the team rifle competition and a snaphoot.

The Ogdensburg Declaration

In the year 1940, France had fallen to the Blitzkrieg and Britain stood alone across the English Channel. If Hitler succeeded in conquering the island nation, it seemed likely that the Dominions would fight on, but they would be scattered and distant.

At the same time, while the United States had not entered the war, President Franklin Delano Roosevelt harboured no illusions about what might happen to America if the Nazis seized a large portion of the British fleet.

It was against this backdrop that President Roosevelt met with Canadian Prime Minister William Lyon Mackenzie King, to reach agreement that Canada and the United States would cooperate on defence matters on the North American continent. And 50 years later, the result of those talks is still in existence and still providing a forum for discussion and cooperation.

The Permanent Joint Board of Defence, made up of senior civilian and military experts

a liability. The team won six major awards during the ARA's Skill at Arms Meeting and the (British) National Rifle Association (NRA) Service Rifle Competition.

In addition to winning the Commonwealth Team Challenge Trophy, the CF Bisley Team also won the following:

The ARA Overseas Badge. The badge is awarded to the six-man overseas team with the highest aggregate in The Methuen -- a series of five matches that require shooters to fire prone, standing, sitting and kneeling. The Canadians outscored teams representing the Royal Australian Navy, Army and Air Force, the Jamaican Defence Force and the Sultan of Oman's Land Forces to win the badge. Shooting with iron sights against many teams equipped with rifles with telescopic sights, the Canadians placed third overall in a field of 34, which included teams from the British Army, Navy, Air Force and Royal Marines;

The United Service. A trophy and silver medals are awarded to the eight-man team with the highest aggregate after a series of deliberate, fire with movement, close quarter snapp, snap and rapid matches.

from both countries, held its 186th meeting on Aug. 17 at Royal Military College in Kingston, Ont. The next day, Canadian and American forces took part in a ceremony at Ogdensburg, N.Y., to mark the 50th anniversary of the board's founding.

Fighter aircraft from 433 Tactical Fighter Squadron in Bagotville, Que. and the 101st Wing from Otis Air Force Base in Cape Cod, Mass., flew overhead in formation as colour parties from the destroyers HMCS Ottawa and USS Aubrey Fitch paraded in the park. The mayor of Ogdensburg, Richard Lockwood, opened the ceremony by asking the bands to play the national anthems.

The Stadacona Band of Maritime Command, under the baton of Lt. (N) Jim Forde, struck up O Canada, followed by the band of the U.S. Army's famed 'Rainbow Division' playing The Star-Spangled Banner.

Then the two chairmen of the board, Patrick Crofton of Canada and John Rousselot of the United States, removed a

covering from the re-dedicated plaque which commemorates the Ogdensburg Declaration -- a joint announcement by President Roosevelt and Prime Minister King establishing the board on Aug. 18, 1940.

The board meets three times each year. Its mandate is to study and consider mutual defence matters, and it can make recommendations. But it has no authority to make things happen, and the two governments are not bound to accept any of the recommendations.

CFB Kingston and RMC acted as hosts for the meeting on the Canadian side. The ceremony at Ogdensburg was the highlight of a week of events, including a ceremonial retreat at Old Fort Henry, a cruise on the St. Lawrence River, and a chairmen's dinner on the RMC campus.



NOV 24TH & 25TH

GREY CUP

WEEKEND

GALA

SAT 24- DANCE TO D.J.

ADMISSION FREE

20:00 TO 01:00 HRS

SUN 25- EAST vs WEST GAME

11:00HR AT BASE SOCCER FIELD

SIGN UP AT YOUR MESS

AT 13:00HRS WATCH GREY CUP

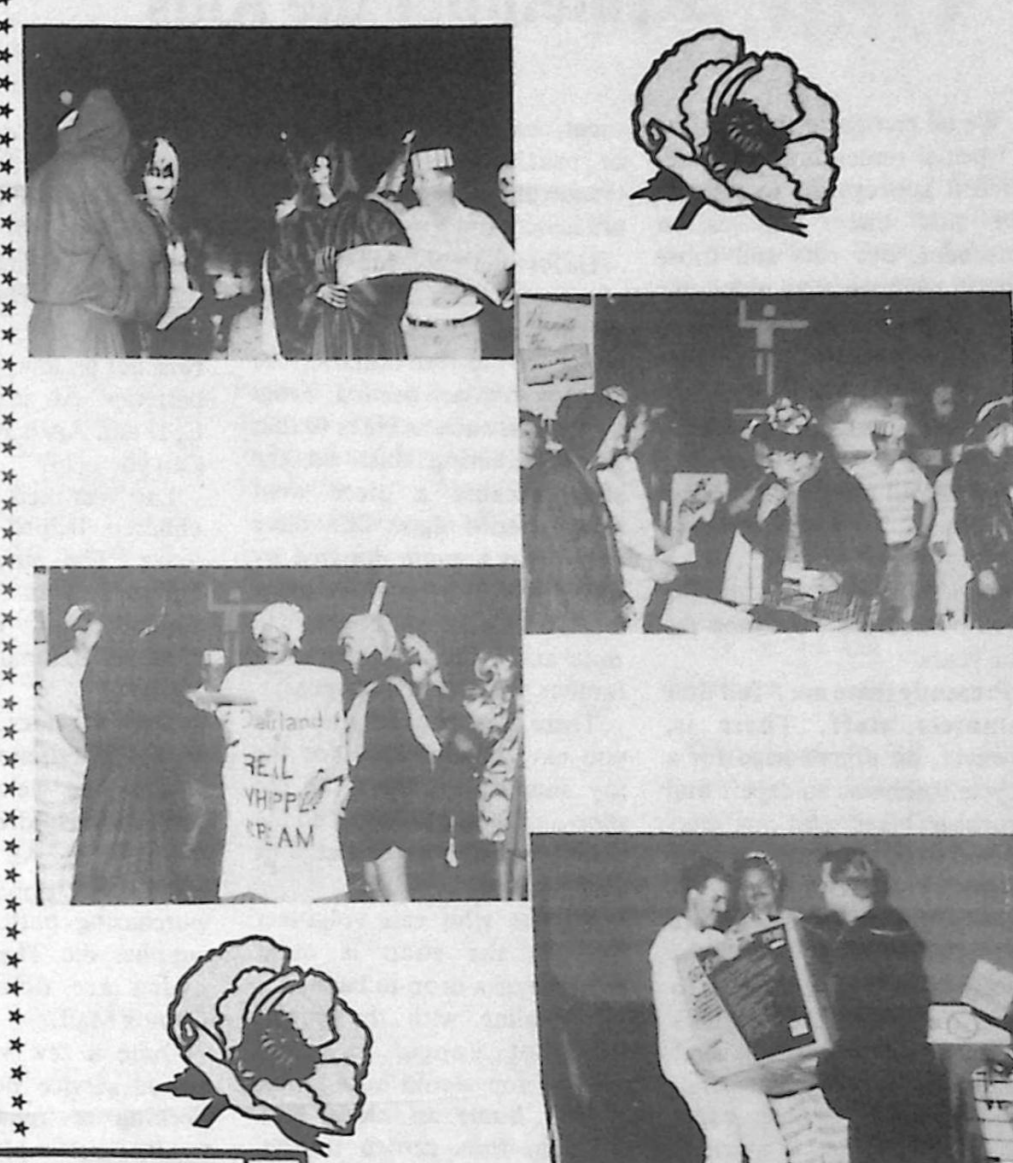
ON BIG SCREEN T.V.

AT WO & SGTS MESS

FOOD- CHILI & CLAM CHOWDER

OPEN TO BOTH MESS

JR RANKS HALLOWEEN DANCE WINNERS
The JR Ranks Halloween dance was a vast success. More than 280 were in costume, making the job for the judges a tedious one. Here are some of the winners. Can you recognize anyone?



JR RANKS DINNER/DANCE

16 NOV AT WO & SGTS MESS
BUFFET DINNER AT 1900 HRS
MENU- CHICKEN CORDON BLEU
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DRESS IN 50'S THEME
DRESS CASUAL
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WELCOME

On and off base

Comox Valley Toy Shop

"Remember the Kids"

We all recognize this issue as a 'special remembrance' issue. I felt it appropriate to remember not only our fallen comrades, our vets and those who in whatever way aided our country but the needy children in the community.

I conducted an interview with Hella Reba - the driving force behind the Comox Valley Toy Shop. To say interesting doesn't even 'cut it'. This woman has been the driving force behind the Toy Shop for nine years.

Presently there are 8 full time volunteer staff. There is, however, an urgent need for a bicycle mechanic to repair and refurbish bikes and an electronics tech to repair remote control items.

Teens are the ones who are hurting at the toy shop. It's the old adage - too old for dolls, too young for - well... Donations of panty hose, make-up, nail polish, bath oils and powders, costume jewelry, hair care products, are the items needed by the shop for teen and pre-teen girls. In the boys teen

department, cassettes, blank or pre-recorded, hockey equip-

ment, hand held video games or puzzles, aftershave, shave cream and hair care products are in demand for the boys.

Unfortunately, due to lack of space, clothing cannot be accepted.

For the pre-teen donations of any toy item are needed. From large items such as bikes to that game gathering dust on the shelf because a piece went missing eons ago. The piece may be in a game donated by someone else, so a whole game is made up. The same applies to dolls and other toys with those famous pieces that disappear.

There is a back entrance if you have a large load for the toy shop. Just check in the shop and the staff will open the door for you to unload at your ease.

Anyone who can volunteer time in the shop is most welcome on a drop-in basis.

If dealing with the public does not appeal to you, perhaps you would take a box of toys home to clean and refurbish, then return to the shop.

Like to knit or sew? There is a great need for knitted or hand made doll clothes also.

Donations of cleaning sup-

plies, such as dish soap, SOS pads, Vim cleaner, liquid cleaner, varnish and wax are all used in refurbishing and are needed on an ongoing basis.

Batteries! Batteries! Batteries! The toy world of today runs not on imagination but on batteries. An urgent need for C, D and AA is felt every year. Can you help?

Last year there were over 900 children helped by the Toy Shop. The shop covers the large area from Campbell River south to Fanny Bay, including Quadra, Denman and Hornby Islands.

Not only does it serve parents, but grandparents on a fixed income are welcome to shop for grandchildren. Cost per item: FREE. All toys are donated. Cash donations aid in purchasing batteries, cleaning supplies, etc. The rent heat and hydro are donated by the Comox Mall.

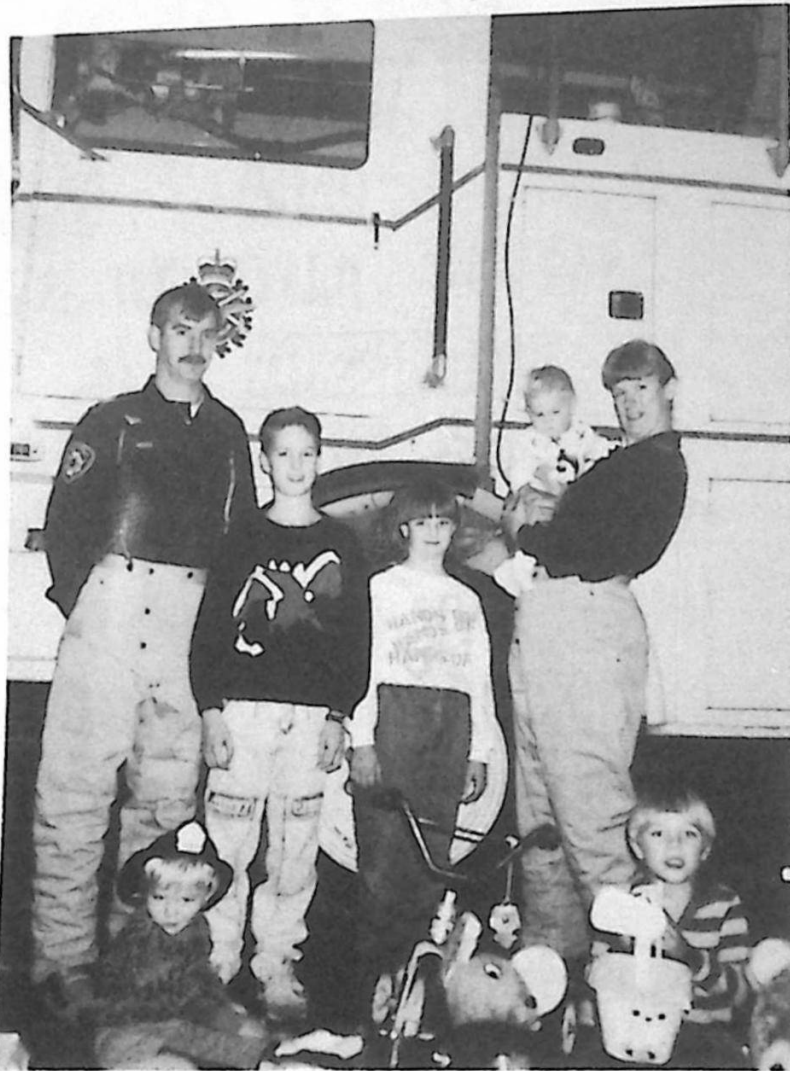
Quite a few volunteers are retired service personnel; still working to make the community a better place to live.

A quote from Hella Reba: "I have enjoyed serving the people for nearly 10 years and it pleases me so much when a person says - you helped me when I was down, now I am in a position to help you and the shop. Here's my donation! I am overjoyed when I hear that from a visitor."

So please, in this time of remembrance, remember those whom you can help by donations or by giving some time to help.

The Toy Shop, located in the Comox Mall, is next to the liquor store. Hours of operation are 9:30 a.m. to 5:00 p.m., Mon to Fri. The last day for donations will be 15 Dec.

The shop will be open for 'sales' - remember all items are free - from 13 Dec to 21 Dec, or until the stock is depleted.



Fire Dept's Second Annual Children's Toy Drive 12 Nov - 13 Dec

Picture this! A young child racing from his bed Christmas morning, a face of excitement and happiness crushed cruelly by the stark reality that there is nothing under the Christmas tree for him. What must pass through this youngster's mind as he sits broken heartedly, feeling only what a child can feel when betrayed by the one person he thought would not forget him on this very special day.

We at the Base Fire Department would like to do a little something for children like this and so are sponsoring our second annual toy and bottle drive for unfortunate and underprivileged people from now until 13 Dec. We will be seeking the support of the military community in collecting articles for children. We

will also be conducting a bottle drive throughout the Base, PMQs, and Tyee Park during the month of December to collect funds for the local food bank. On Sat., Dec 8 we will canvass Tyee Park area and Sun., Dec 9th the PMQ area.

We also are going to install collection boxes strategically located throughout the Base so that personnel can deposit their bottles and cans for the Christmas campaign. These will be picked up periodically by Fire Dept personnel.

We humbly solicit the support and generosity of the community in making this endeavour a success. We feel that if one child's tears are replaced by happiness, we have contributed a little something to making the Valley a better place to live.

by Liz Basham

Section News

VU33 Squadron



Once again it is time to take pen in hand and bring our readers up to date on all the latest here at VU. First, I've had to bring myself up to date by doing my little survey - you know, the one where you run around the hangar asking everyone what has happened in the past 2 weeks. All the details that never get talked about until newspaper time.

Welcome back to Dan Finnegan and Reiner Roedger who got back from their T-Bird course; great, 2 more qualified people. I guess Paul Nolan and Pierre Boivin are also qualified for something new that they have spent a couple of days up behind Comox Lake camping with the crash and salvage team.

Congratulations are in order to Paul Walter and Tony Hernandez who passed their trade level exams recently. By the way, the hair is coming along nicely Tony! Should be due to have it out again, right around Christmas. Hope you're not planning on going to Vancouver over the holidays!

Back from leave are Tom Cook, Greg Zoopkow and Wiener Lavigne. I guess they all enjoyed their holidays, except perhaps Wiener, who has been heard mumbling something about 'feathers'. (I knew I shouldn't have bugged them - smaller than his truck - never even saw one - oh well, better luck next time Wiener.)

We've got a big day coming up Sunday. Our yearly excursion to Cumberland where we get to wow everyone with our snappy drill and finely pressed uniforms. I'm sure we'll have a fine turnout as we always do. Let's just pray for decent weather.

Last week we had some great weather for VU's fall golf tournament. There were a lot of laughs and happy people. Chris Brousseau was the big winner, having a superb round. Harry Weeds came extremely close to a 'doe in one' on the fourth hole. Somewhere on that course right now is one very nervous deer.

One other note on the sports scene. The VU hockey team is

going into tonight's game to make VU hockey history. A victory tonight would give them their longest winning streak ever - 2 games.

One of our hockey team members (Bill Cook) was recently overheard trying to reach Summerside tower on a T-Bird radio set. Now, I'm not a Comm Tech or anything, but personally I think that you may need a bit of a booster or amplifier or something before you will have any success with that one Bill! Maybe next time you should try for Comox tower.

Marc Pilon is looking a bit sad these days because his roommate has left. See Marty for details.

One final note before wrapping up this edition. I have it from a reliable source that one of our bosses has been observed at 7 Hangar to be going in the 'out' gate on his way to work. I won't mention any names, but if his wife and new baby were to hear about this, what would they think?



BAMS0

Babies are a popular topic of conversation in Navcom Labs of late. Ron and Marla Davies have a healthy baby girl born on the 13th of Oct. Al and Darlene Arsenault have a healthy baby boy born on the 28th of Oct. Lisa and Andy Wilgress are expecting their first baby in March. Our congratulations to all.

A welcome to Navcom Labs goes out to Dave Threndyle from Baden, Darcy Parker and Don Rodger from Borden. Don is searching for a house so that his family can join him.

If anyone has come around to visit us lately they will have noticed that it is fairly quiet in the lab. Dan Julien has been away in Borden on his 6B cour-

se, Stu Preston, Ron Davies and Pierre d'Aragon have been in Greenwood. Cathy Schuster is in Trenton and Nancy Wild is in Borden. Darcy Parker and Lisa Wilgress are in 442 Sqn doing their ATAT rotation.

This month Gerry Wiesner is off to Bagotville, Al Arsenault is off to Shearwater and Grant Gilfillan is off to Borden. So don't expect to see many people in the lab this month either.

Best wishes go out to Dan Forget and his future bride on their wedding day - the 10th of Nov.

The rest of us are still hanging in here and enjoying life in Navcom Labs.

VU Clerk of the Quarter



Cpl Miriam Renaud

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INFO 8720

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(613) 232-3569



BCompt

Pay People

Pictured from left to right are Lt John Lalonde, WO Harv Rainey and PO2 Carole Renaud. All three were posted in during APS 90 and are looking forward to an enjoyable tour at CFB Comox.

Lt John Lalonde was CFRd in Victoria in 1988 and has recently taken on the position of Pay Accounting Officer (PAO). John is an avid tennis player, enjoys golf and boating. He referees during the fall and winter months and lives, but usually dies, along with the Toronto Maple Leafs. Lt Lalonde is confident you will be satisfied with the service provided by the Pay and Claims staff and welcomes any feedback you might have.

WO Harv Rainey comes to us from Edmonton and is just tickled to be here. Harv is a true fisherman. He is out

before first light and fishes all twelve months of the year. Harv is not smiling in this picture because he is thinking about the twelve pound Northern Coho that got away on the weekend. WO Rainey is the i/c Accounting Services but at present is filling in as Public Cashier due to a manpower shortage. So next time you're in for a claim advance, ask Harv how the fishing is, but I caution you, if it's been good you might be there for some time.

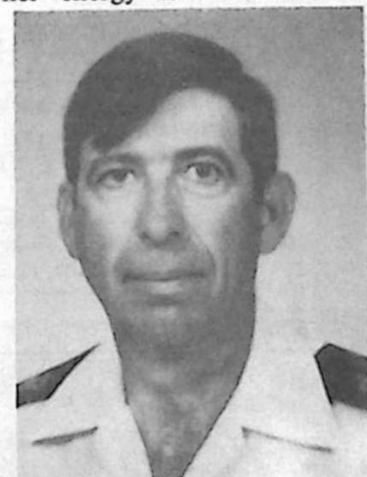
Our last new face for this issue is Petty Officer 2nd Class Carole Renaud. Carole comes to us from CFB Cold Lake and feels 'Cool Pool' is a great place to come from. PO2 Renaud is i/c Claims and though she walks to and from work each day from Comox, her energy level is still un-

believably high. It must have something to do with those gourmet jelly beans she keeps at her desk. Carole collects animal figurines and probably has a very good reason for doing so, though most of us might be more selective of the type of animal we would collect! Recently, Carole was out in support of a SAR by 442 Sqn as SAR Finance Clerk and really enjoyed the experience. She was impressed by the teamwork and dedication by the Pilots, Navs, spotters, SAR Techs and other support trades such as Admin Clerks. Carole appreciated the opportunity to see the operational side at work which helps her appreciate the challenges and obstacles they must face on every SAR mission.

I'll have three more new faces for you in the next issue.



Lt John Lalonde



WO Harv Rainey



PO2 Carole Renaud

Health & fitness



ASK YOUR PHARMACIST

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

Make your teeth last a lifetime

There's nothing more satisfying than being complimented on your dazzling smile knowing the teeth that make it up are all original equipment. Here are a few things to remember.

Tooth enamel is the hardest substance formed by the body. Good nutrition plays a key role in the formation of enamel and other parts of teeth and gums.

Research shows resistance to decay seems to be greater when your diet contains sufficient quantities of essential elements such as calcium, phosphorus, vitamin D and fluoride. Studies also prove the more sugar you eat, the greater the chances of tooth decay.

Brushing thoroughly twice a day after meals helps protect teeth against decay-causing plaque. Choose a brush with firm, but not hard bristles. Using a fluoride paste or gel slows the rate of tooth decay even in areas where water is fluoridated.

Use dental floss every day, but make sure you get precise instructions on how to use it from your dentist or pharmacist.

If you do get a toothache, your pharmacist will probably ask you to see a dentist first before recommending painkillers. The ache could be a symptom of many conditions.

No Glamour to Cocaine

While surveys show a decline in the use of some drugs, cocaine use remains at a high level. Its popularity with rock music performers, sport and movie stars has mistakenly given some young people the impression cocaine is harmless.

Cocaine comes from the leaves of the coca plant, which grows in South America. It is processed, then sold on the streets as a white powder.

"Snow" or "coke" is usually "snorted," or sniffed through the nose. It can also be injected or smoked through a process called "freebasing."

The drug usually takes effect quickly, especially if injected or freebased. The user soon feels more energetic and slightly euphoric. Appetite diminishes. The "high", however, only lasts for a very short time and is followed by a "down" feeling of equal intensity. Users will often take cocaine repeatedly to experience the high again and avoid this depression.

People who snort cocaine frequently develop nasal problems. A stuffy nose may be the first symptom. Later, heavy users may develop ulcers in their nose or perforations of the septum - holes in the tissue separating the nostrils.

Physical symptoms of heavy use may include cold sweats, dizziness, chest pain, heart palpitations, vomiting, uncontrollable trembling, insomnia and weight loss. Increasing numbers of cocaine overdoses leading to death are being reported.

Paranoia is another common symptom of cocaine use, along with anxiety, depression and confusion. Visual and auditory hallucinations can occur. If the drug is used in high doses, psychotic symptoms can result.



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info health

Dr. Bob Young



Disease of the Month

Does media mischief mangle medicare? I sometimes think so. Each year the media focuses on one or two diseases or conditions and exploits them to the full. Certainly medical information is provided for the public, but the inevitable spinoff is increased cost to the medicare system.

A few recent topics will illustrate. Herpes, big news five years ago, replaced now by AIDS. Calcium deficiency (and osteoporosis) of a couple of years ago. Cholesterol for the past while, and estrogen a bit earlier. There are others.

And we cannot blame the media alone. Medical journalists cover the discoveries of scientists as reported in medical journals or at medical meetings. The re-

searcher gets excited about his or her discovery and all the attention it is getting, "good" story material is generated, and another media blitz is born.

A core message reaches the public: Start taking calcium; check your cholesterol now; if you are a woman over 40 get an annual mammogram; find out your HIV (AIDS) status; get a stress test.

We are not belittling the usefulness or the need for these and other diagnostic tools, nor do we feel that the public should remain uninformed about things medical. We also feel that preventive medicine, although sometimes over-rated, is worthwhile.

Medicare, as originally conceived, was designed to provide medical services to patients who

were sick. If you had a heart attack, appendicitis, pneumonia, or even a cold, your doctor's bill would be paid. Coverage was comprehensive and costs affordable.

Now, with medicare paying for an increasing number of screening tests demanded by healthy patients, often in response to TV or magazine reports, "comprehensive has become all encompassing".

Utilization has increased dramatically, and medicare budgets designed to pay for the care of sick people, can no longer cope. One result has been the de-increasing of some services formerly covered. Another is treatment delay - health care rationing.

New-style medicare cannot thrive on an old-style budget.

The Best of Dr. Bob

This piece appeared first 10 years ago, in December 1978. We will be running an occasional repeat column - "the best of Dr. Bob!"

Before deciding on medicine as a career I apprenticed in pharmacy for a year - and an interesting year it was. Most of the apprenticeship consisted of unpacking and marking stock, delivering rental hospital beds (usually, it seemed, to third floor walk-up apartments), and selling toothpaste.

Every two months, however, I was given the opportunity to do some real pharmaceutical dispensing - making another 60 laxative pills for Mrs. Johnson. The dear 80-year-old had been given a multi-ingredient prescription 30 years before and was reluctant to change.

The pharmacist hated making it up, as it was a long, messy and

tedious job. The price of the prescription was \$1.25, and the customer resisted any change in this also, in spite of the fact that the compounding took at least an hour of the pharmacist's time, or about a full day for the apprentice.

The mixture was simple enough - a half-dozen powders, gums and oils. These were all ground together with an old-fashioned mortar and pestle and the goey mess transferred to a marble slab for rolling out the pills. First a pencil-sized rod was formed, using small amounts of vegetable gum to stiffen the mixture and to keep it from sticking.

It was impossible to make the rod a uniform thickness, and this made cutting it into 60 equal-sized pieces difficult. Once done each fragment had to be rolled, again by hand, into a pea-sized pill.

Then came the crunch. To maintain what is known as "pharmaceutical excellence", each pill had to be exactly the same size. Snippets would be removed from the big peas and rolled into the ones that were too small. When this was done to everyone's satisfaction a final count would be made and invariably this would show a shortage of one or two pills. They probably got lost on the floor, but I still suspect one of the pharmacist's of pocketing them!

In any event this shortage meant that all 58 pills had to be trimmed by enough to allow two more to be made, or they all had to be rolled together and recut into 60 parts.

I have never told anyone this before, but I think this is the real reason I went into medicine.

Create the Hospice, Save a Park!

I, the undersigned, pledge to give \$ _____ to the "Hospice in the Park" fund to acquire the hospice building and a tranquil, beautiful public park of original forest near St. Joseph's Hospital, Comox. (Contributions are tax-deductible)

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Postal Code: _____

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I am prepared to pledge the amount of \$ _____ in each year for the next 5 years.

Signed: _____ Date: _____

For further information, phone the Office: 339-5470, 339-5237 or Barbara Price: 339-4015



Health & fitness

B.C. Bestsellers

Week Ending: October 28, 1990
Produced: October 30, 1990
(Brackets) represent last week's position

FICTION

- 1 (1) *The Plains of Passage*
- 2 (2) *Four Past Midnight*
- 3 (6) *Spy Sinker*
- 4 (3) *Memories of Midnight*
- 5 (5) *Innocent Cities*
- 6 (10) *Burden of Proof*
- 7 (-) *Longshot*
- 8 (8) *Lady Boss*
- 9 (9) *The General in his Labyrinth*
- 10 (-) *Message from Nam*

Auel
King
Deighton
Sheldon
Hodgins
Turow
Francis
Collins
Marquez
Steel

NON-FICTION

- 1 (1) *Gretzky: An Autobiography*
- 2 (3) *Webster!*
- 3 (4) *By Way of Deception*
- 4 (2) *The Great Depression, 1929-1939*
- 5 (6) *An Artist in Nature*
- 6 (-) *Larionov*
- 7 (-) *Power Shift*
- 8 (8) *A Brief History of Time*
- 9 (7) *Homecoming*
- 10 (-) *Dance of Intimacy*

Gretzky
Webster
Hoy & Ostrovsky
Berton
Bateman
Larionov & Taylor
Toffler
Hawking
Bradshaw
Lerner

From the Rec Centre

Time Management

The last decade proved to be an era of time consciousness. It seems that people in general have been hustling and bustling and scurrying to and fro in a frantic effort to get things done, not once taking time out to smell the flowers. For this reason, many suffer undue stress which is detrimental to their well-being. For example, failing to organize your time properly may cause you to rush, thus raising your blood pressure unnecessarily. You eventually become hampered with other tasks which inevitably compound your already busy schedule, forcing you to use the old 'flight or fight' instincts.

Consequently, it becomes very difficult to maintain a sociable attitude toward others when your own time is taken up for problem solving and other worries. So what is the

solution?

To alleviate this form of 'time stress' so to speak, you can alter your work schedule to suit your needs as well as your leisure time.

As well, this will enable you to augment your level of physical fitness as there will also be time in your schedule to work out!

First, it should be important to note that you cannot organize your time to save time if you don't have priorities. By establishing priorities, ranging from most important to least, you can move all important tasks and events out of the way quicker, as you can give these tasks your immediate attention.

Another important aspect is organizing a schedule of events. Listing items from A to Z will enable you to get things done much more efficiently

and smoothly and prevent any uncalled for stresses.

Punctuality. Jumping out of bed first thing in the morning may not be your cup of tea, but sleeping in those extra few minutes can sometimes make matters much worse.

Undoubtedly, many outside factors have adverse effects on your time management. As the old saying goes - it's the early bird that gets the worm! Basically, in this short chapter we've looked at: altering your work schedule to fit your needs; establishing priorities; taking care of what requires immediate attention; and, punctuality. With these items behind you, time management should go well in your favor. I hope this has answered any questions you may have had concerning time management.

Cpl Savard
Rec Centre

5,491,989 THAT'S HOW MANY CANADIANS ARE CROSS-COUNTRY SKIERS

Way to go, Canada!

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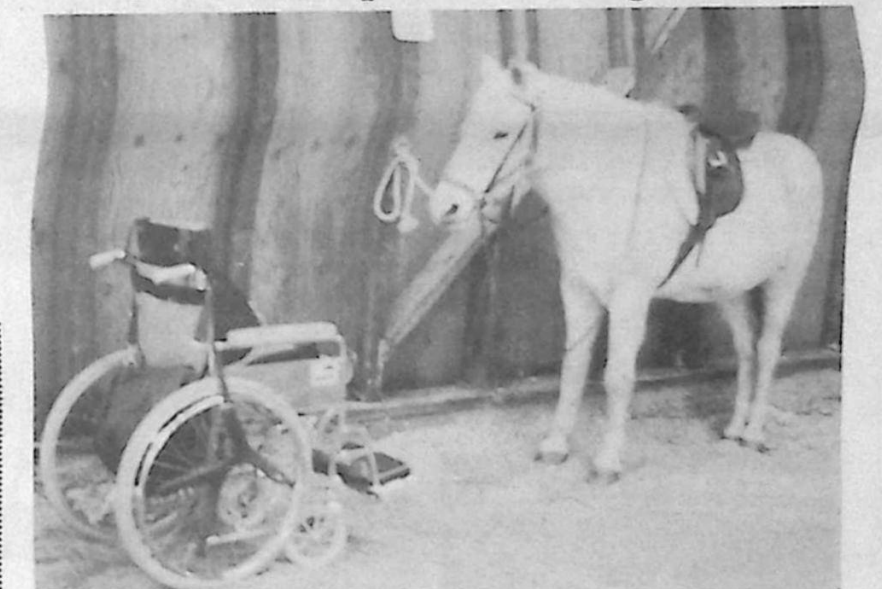
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WED 0700 - 1830 MER
THU 0700 - 1830 EU
FRI 0700 - 1830 VE4
SAT 1000 - 1800 SAM
SUN 1000 - 1800 DIM

C.V. Therapeutic Riding Soc.



A Taste of China

Celebrating the year of the horse! A fabulous brunch, prepared by the 'cooking class' of North Island College, under the direction of Mike Wallace, will take place at d'Esterre House in Comox on Sunday, November 18th, starting at 11:00 a.m.

Tickets are in limited supply, and are available at Ultra Wood and Glass at the Comox Mall, and at the Wilsden Gallery on Anderson in Courtenay.

Ski packages, hotel and bed and breakfasts, theatre and symphony tickets, whale watching, canoe lessons, a tremendous landscaping package for someone building a new home, hand-tied fishing flies, handicrafts of every description -

there is something for everyone to bid on.

Don't delay, get your tickets today, and support the Comox Valley Therapeutic Riding Society.

At the present time around 70 disabled children and adults are enrolled in the program each week, with a staff of 6, and some 80 volunteers. We can always use more help!

Therapeutic riding is a worldwide organization, which has tremendous physical and psychological benefits.

Our society is presently building a large addition to the indoor arena, at the Comox Valley Exhibition Grounds. We are the largest of 5 groups now active on Vancouver Island.

Next Deadline 19 Nov 1990

Public announcements



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.

Rotary Annes

Koffee Klatch

Thursday, November 15th, 1990 - 9:30 to 11:30 a.m.
Main Hall, Florence Filberg Centre
Specialty - Christmas Baking

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.

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.

Noon Hour Aerobics

Commencing 5 Nov 90 at 1130 hrs, Aerobic Classes will be offered Mon, Wed and Fri at the Base Rec Centre. Registration will be 5 Nov 90 at 1115 hrs. For more info call Brenda Tremblay, 338-1956.

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.

Sea Cadets

The 50th Anniversary of the Royal Canadian Sea Cadets Corps 'Rawalpindi' will be held in Prince Albert, Sask, during the month of July, 1992. For further information all interested 'Rawalpindi' Alumni - Officers and Cadets - write to: RCSCC 'Rawalpindi' Reunion Committee, P.O. Box 163, Prince Albert, Sask. S6V 5P5.

WE HAVE MOVED

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

New hours are:
Thursday 10 am to 2 pm
Saturday 1 pm to 4 pm
You will find something for every member of the family.

Diet Disc:

A Complaint

A complaint has been received about ads that appeared under the "Help Wanted" and "Career Opportunities" headings of the Blanket Classified Ads. The ads read something similar to:
LOSE WEIGHT the Diet Disc Way. Control appetite, increase energy, lose cellulite too. Doctor recommended. Toll free 1-978-3026.

WANTED: 85 overweight people. We pay you to lose 10-29 lbs. this month. Dr. recommended. Guaranteed. Call Lynne 521-3552.

The Advertising Standards Council of B.C. found the ads to be in contravention of Clause 1, Accuracy & Clarity, Sections (a), (b), and (c), specifically those ads which not only imply but state that a person will be paid to lose weight. Their investigation disclosed that certain conditions apply such as: if you bring someone else into the Diet Disc program you will be paid \$10.00 for each person.

PMQ Council Christmas Craft Bazaar



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

Military Police Investigations

Following is a representative summary of thefts and other incidents which are actively under investigation by the Military Police, CFB Comox, for the period ending 17 Oct 90:

- 5 Aug 90 - an AIR BC Banner, tan in colour 4 ft x 12 ft, was stolen from the flight line by unknown person(s);
- 15 Aug 90 - one pair of emergency smoke glasses was stolen from an Aurora aircraft;
- 27 Aug 90 - unknown person(s) deliberately set two separate grass fires on Knight Road, adjacent to the Base Tank Farm; and,
- 1 Aug 90 - unknown person(s) caused damage to a gardening shed in the vicinity of PMQ Block 115.

If you have information concerning any of the above or any other crime committed on DND property please call 339-8218.

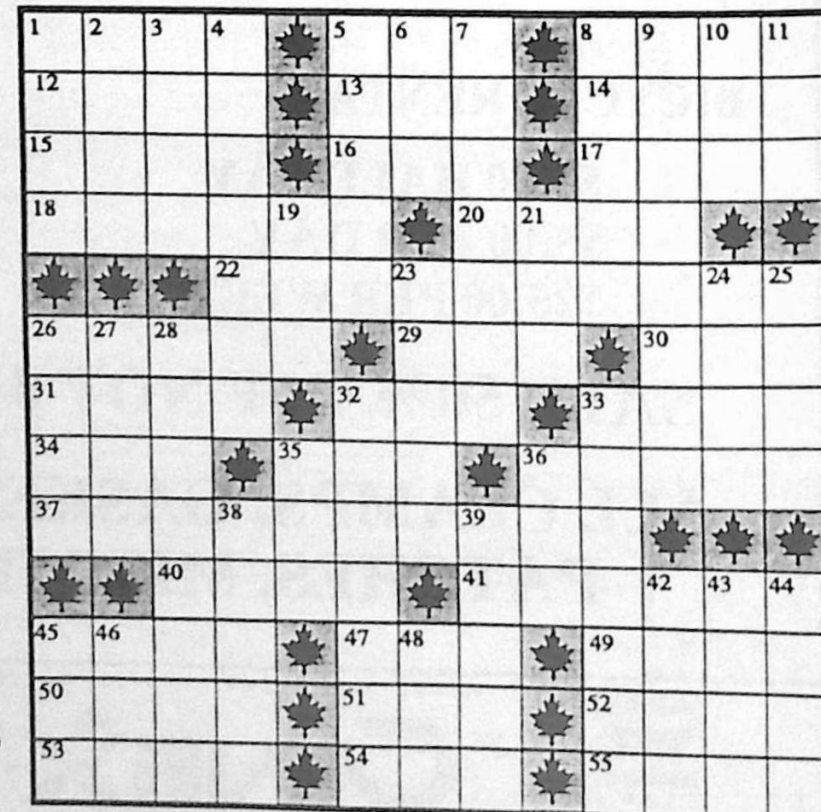
Callers do not have to reveal their names nor do they have to appear in court. Total anonymity is assured.

If you do not wish to use the telephone, you may write to the Military Police Section, CFB Comox, Lazo, BC, VOR 2KO and again total anonymity is assured.

Canadian Crossword

By Rick McConnell Solution on Page 20

- | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|---|------------------------|------------------|-----------------|------------------------------|---------------------|----------------------|--------------------------------|--------------------------------|------------------------|------------------|------------------------------------|----------------------|----------------------|-------------|-------------------|-----------------|----------------------|----------------------------|----------|--|----------------------------|----------------|--------------------------|-------------------------------|---------------|-------------|----------------|------------------------|-----------------|
| ACROSS | 1. Veteran's club (abbr.) | 5. Rendez-voused | 8. Treatment | 12. Type of cab | 13. Clay, now | 14. Loonies | 15. Sultanate | 16. Juniper juice? | 17. Members of a certain party | 18. Vegetable of song | 20. Hatha | 22. "One Fine Morning" group | 26. Appointments | 29. Canola or Castor | 30. Take | 31. Makes a | | | | | | | | | | | | | | |
| | 32. J-N connectors | 33. _____ time (never) | 34. Self | 35. Hurry | 36. Poet Henrik | 37. Pope's group | 40. Gypsy fortune | 41. Vegetable of the same song | 45. Light or tulip | 47. Partner for a pail | 49. Catch | 50. USSR City | 51. Every | 52. "Step _____" | 53. Owly | 54. Golf peg | 55. Soaks flax | | | | | | | | | | | | | |
| DOWN | 1. "_____ have- n't got _____ to _____" | 2. Sub Capt. | 3. Eden resident | 4. Ends | 5. P.Q. town near Sherbrooke | 6. Inventor Whitney | 7. Dickens character | 8. African river | 9. Lets one relax | 10. Agent, for short | 11. Double curve | 19. "_____ the season to be _____" | 21. Junior ice group | 23. Driller | 24. With it | 25. Black or fawn | 27. T.O. player | 28. Makes one uneasy | 32. Pussy-carpet (?), B.C. | 33. Aide | 35. Monogram of an eccentric billionaire | 36. Bachelor's last words? | 38. House part | 39. Spartan or Delicious | 42. "Rule Britannia" composer | 43. Marsupial | 44. Chooses | 45. Boat front | 46. Illusionist Geller | 48. Corrida cry |



Leisure



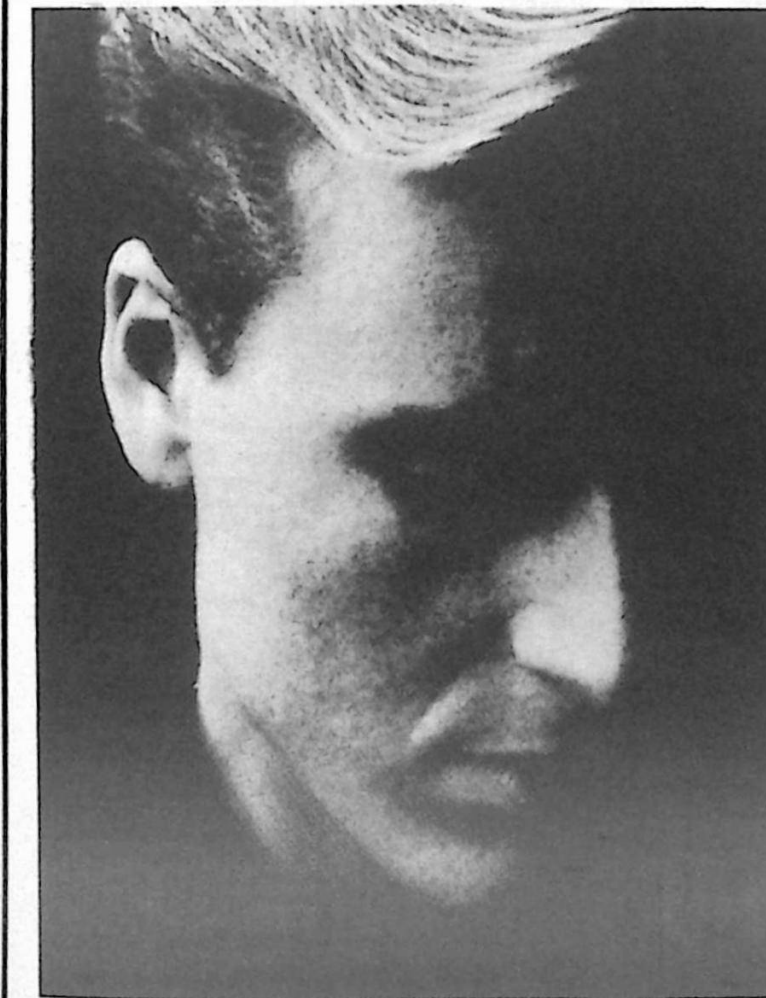
Breathe

David Glasper, lead vocalist, principal writer and focal point of Breathe has poured his many talents into the 11-track outing 'Peace of Mind' (Siren/Virgin) and the results of his contributions can be witnessed in the top-40.

The debut single 'Say A Prayer' has already broken into the upper strata of chart listings, while the album is making giant strides. 'Peace of Mind' is a pop album with adult contemporary under-pinnings. Glasper's easy paced vocals take the listener on a musical voyage that runs the musical gamut of 'Say A Prayer' which, in David's own words, "Is an attempt to write about somebody's drug problem, while 'Does She Love That Man?' is a story unfolding. It's dealing with something that we all experience at some point or another."

Glasper has been able to touch upon the human emotions and translate them from words on paper to lyric lines that form the core of people's interactions with each other. They touch on the romance that happens when two people fall in love and also deals with the bitter-sweet pains when that love turns cold.

Dave credits much of the maturity, in his current writing to a recent travel through Thailand. It was there, as he visited remote villages with no electricity or running water, that he realized what he had in life. Although he met with commercial success with 'Hands To Heaven' and 'Don't Tell Me Lies', he says "At the time those songs were done I was still learning the basics of songwriting and song structure. I think it's a matter of growing up and being able to be a bit more articulate. Songs on the new record (Peace of Mind) like 'Say Hello' and 'Got To Get By' are written from experience, they're things that have literally happened, that I've been able to translate into songs." It is those life experiences that translate into one of the most articulate and well crafted sets to hit the charts in the past few months.



Breathe's David Glasper

DRINKING AND DRIVING IS MURDERING YOUR FRIENDS

BE IN THE "NO"



Next Deadline 19 Nov 1990



WO & Sgt's Ladies Club

The meeting of 15 Oct 90 was opened by President Jackie Symes welcoming everyone. The constitutional bylaws were briefly discussed.

A special announcement of the approaching fashion show, 17 Oct, was given.

We were reminded that all food donations at regular meetings are always appreciated and gratefully accepted on behalf of the local food bank.

Many thanks to Rozlyn Turcotte for her creativity and imagination for the stroll through the 'haunted lane' - a touchy, feely, kind of experience! All eager participants an-

ticipated the worst - Liz Hilliard was the most anxious and Pat Belanger the most nervous.

Many thanks to Madeleine Simmons for the lovely artistry on the carved pumpkins, which were won in a draw by Kim Rochester, Charlene Sorry, Andrea White and Clara Cyr. Congrats!

Congrats also go to Miriam McDonald for best costume, Mandy White for the 50/50, and Sharon Perry for the door prize.

Remember for the 12 Nov meeting to bring a sweet tooth for the cake walk scheduled. Coffee and tea will be ready.

CWL Sacred Heart

The October 11th meeting was organized by our Spiritual Convener, Connie Lamouche. Our special guest, Jo Creedon, spoke to us on the powerful topic of RECOLLECTION, which everyone found enlightening and very interesting.

This years fund raising project is a pancake breakfast to be held in the parish hall following 10 a.m. Mass on the 2nd Sunday of the month. The first one was held on October 14th and proved to be very successful and gives parishioners a chance to gather in a more social atmosphere. Hope to see you there on November 11th.

The next C.W.L. meeting will be held on November 8th in the parish hall following 7 p.m. Mass in the chapel. All new members are always very welcome.

Important Changes to Unemployment Insurance

Below are the highlights of changes to the Unemployment Insurance (UI) Act. These changes will affect most claims that start on or after November 18, 1990.

Maternity/Parental benefits

Parents may be eligible for 15 weeks of maternity benefits (available to the mother) plus 10 weeks of parental benefits (available to either the mother or the father).

Parental benefits are also available in the case of an adoption.

Leaving a job

Individuals who leave their job without "just cause", are fired for misconduct or refuse a suitable job offer, can be penalized by losing from 7 to 12 weeks of benefits and having the amount of benefits reduced.

Working after age 65

If you work after age 65, you may now be eligible for UI. This change will be retroactive to September 23, 1988.

For more information

For an information package on the changes to Unemployment Insurance, call

1-800-363-1633

For more information on your claim, contact your local Canada Employment Centre.

Employment and Immigration Canada / Emploi et Immigration Canada

Canada



Maida's Boutique

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Daisyfresh Bras
30% off
panties. Buy 2 pair
get 1 pair free.

Fashion Show
Nov. 24 - 7 pm
Lion's Den, Comox

We Remember



Layaway Now
for Christmas
10% will hold item.



On and off base

Off to Victoria

The Final Flight of Voodoo 030

It was by far the heaviest lift that the pilots of the CH147 helicopter had ever attempted.

The wild life observers were in for a surprise this year as they watched an oversized goose heading south for the winter. Unfortunately, south was Victoria, B.C. and the bird was nothing but a massive 21,500 lb CF 101 Voodoo.

The aircraft was beautifully restored by technicians from CFB Comox under the coordination of OPI Lt Pat Landry (BAMSO/MSO) and is now on display at Royal Roads Military College (RRMC) in Victoria to mark the 50th anniversary of 'Roads'.

Several aircraft technicians from all squadrons and Base support organizations were involved in this 700 manhour project. The aircraft had been sitting out on an unused taxiway for over three years, awaiting the initiation of an Aircraft Battle Damage Repair (ABDR) program which was cancelled in 1988.

After assessing the condition of both aircrafts, 101030 was selected as the most feasible option. The occupants of the structure were evicted and the aircraft was taken out for a complete inside-out 'jet shower', compliments of the Base Fire Hall.

Then came the metal work under the close supervision of Mr. Russ Parker and WO Al Gavel (Base Workshops).



The Kidney Foundation of Canada

Give the greatest gift of all... the gift of life

Please sign an organ donor card today.

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 DATES OIL NAB
 ERRS KIM ATNO
 EGO HIE IRSEN
 ROUGHTRADE
 BAH! POTATTO
 BULB MOP TRAP
 OREL ALL ONIT
 WISE THE RIBTS



The CF101 making its final landing at Royal Roads Military College.



In preparation for flight stability, WO Hay and Sgt Rest from the Base Crash Guard and Salvage Team, install wood on the wings of the CF101 to inhibit the lift coefficient when travelling to Victoria.

Simultaneously, a complete canopy was built from two broken ones through the magic of the Refinishing Shop and the supervision of top magician Sgt Mike Allie.

The painting, stenciling, and touch-up were the final portion of the preparation supervised again by Sgt Allie. Mr. Dave Robinson and a permanent

crew of three carried out this work in an outstanding manner, leaving the airplane looking better than ever.

It was then decided that an airlift to Victoria would be attempted and 447 Sqn (Edmonton) agreed to the idea. After a day of preparation for flight stability, the Voodoo was taken for a test ride over the channel

on 23 Oct 90. It was by far the heaviest load that both pilots had ever attempted to lift but the test lift was a success and the operation was given a go. The crew of six required in the CH 147 dictated a refueling in Nanaimo, obligating a ground team to be present for unhooking and rehooking of the load.

Minor technical problems and excessively harsh weather forced an overnight stay in Nanaimo, but the two planes came into sight over Victoria harbour the next day for the final landing of 101030. RRMC is presently building the concrete pads on which the airplane will be positioned.



Recreation

Glacier Ladies Golf



The ladies of Glacier Greens Golf Club closed the 1990 golf season with a dinner on 27 Sep at 7 p.m. Following dinner, each lady was presented with a tee caddy equipped with tees. A rose bud was also presented to all of the ladies, compliments of the proprietor.

Congratulations to all of the winners of the following 1990 awards, trophies and pins:

Early Bird: Jessie Trto.
 Spring Fling: Jessie Trto, Rose McClesh, Rose Jacobson.
 Presidents Cup: Jessie Trto.
 Powerhouse Trophy: Martha Campbell.

National Club Teams Championship: Lorraine Courtemanche, Pat Verchere, Martha Campbell.
 2 Ball - Best Ball Qualifying: Lorraine Courtemanche, Martha Campbell, Frankie McCaffery, Rose Jacobson.
 National Hdcp Awards Qualifying: Lori Cameron.
 Leeward Trophy: Lorraine Courtemanche.
 Pin Day: Jessie Trto, Dianne Bellamy, Martha Campbell, Pat Verchere, Anne Blake, Marg Wreggitt.
 Pin Day Winner: Pat Verchere.
 Runner Up: Lorraine Courtemanche.

Club Championship: Frankie McCaffery.
 Match Board 'A Side': Anne Patterson; 'B Side': Inge McArthur.
 Boards: Lorraine Courtemanche.
 Most Improved: Elsie Downey.
 Hdcp Reduction: Cheryl Armstrong.
 Break '100': Dolly Pearson, Anne Blake.
 Hole-in-One: Jan Verbeek.
 Eagle: Inge McArthur, Lorraine Courtemanche.

LEGION LOG

BRANCH 17 COURTENAY

ENTERTAINMENT
 Fri & Sat 09 & 10 Nov Music by El Durado
 Fri & Sat 16 & 17 Nov Music by Westwind
 Fri & Sat 23 & 24 Music by Countrymen

REGULAR ACTIVITIES
 BINGOS—Thu, Fri, Sun at 7:00 PM

MONDAY.....FUN EUCHRE
 TUESDAY.....PUB DARTS
 WEDNESDAY.....LEAGUE CRIB
 THURSDAY.....FUN DARTS
 FRIDAY.....TGIF & MONEY DRAW AT 6:30PM
 SATURDAY.....FUN BRIDGE AT 12:30

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

**Dress Code in effect 8 PM Fri & Sat (NO T-SHIRTS!)

EVENTS
 SATURDAY 10 NOVEMBER Nostalgia Nite - Wear Your Oldest Uniform and Dance to El Durado 9 pm to 1 am



Lest We Forget

BRANCH 160 COMOX

ENTERTAINMENT
 Fri 09 Nov Music by Valleyboys
 Fri 16 Nov Music by Lori Baker Band
 Fri 23 Nov Music by Shaboom
 Fri 30 Nov Music by The Dukes

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
 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 NOV 10 - MEMBERS NIGHT. Lounge will close at 6 pm and re-open at 8:00 pm. For members only.
 SUNDAY NOV 11 - REMEMBRANCE DAY. Parade falls in at 10:30 am at Nordin & Comox, service at Cenotaph 10:55 am. After service parade proceeds down Beaufort to Ellis, Ellis to Comox, Comox to Church, (Saluting base in front of Legion), down Church to break-off rear of Legion. Open house in lounge for adults. Refreshments for minors in upper hall.
 SUNDAY NOV 18 - MONTHLY EUCHRE TOURNAMENT - Lounge 1 pm. Reg. \$5.00

MONDAY 31 DEC - NEW YEARS BALL. Upper hall. Doors open 8 pm. 120 Reserved Seats. Music by The Elite. Big Band Music. \$50 per couple. Tickets go on sale Mon 19 Nov. Cut-off date is Fri 21 Dec. Open to all Branch 160, L.A. Members and their bonafide guests. Tickets available at the office.

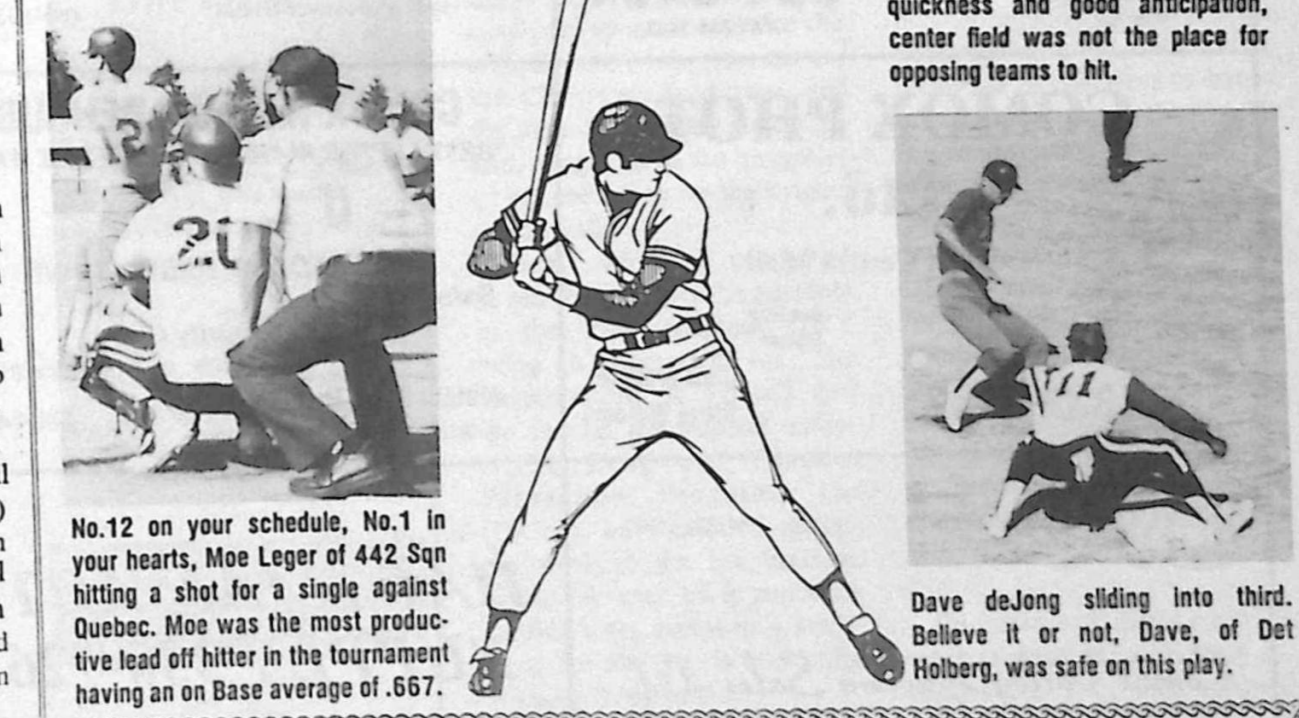
CFB Comox Totems in Action

- at the CF Nationals in CFB Chilliwack.



Jake Plante of PERI staff, taking the Ontario pitcher down town. Jake the older of the Plante brothers was making his national debut as a coach and his come-back appearance at short stop. His last start at short stop was in 1983 at Gagetown while playing for CFS Goose Bay.

Guy Plante of BAMSO, one of the Plante brothers stroking a double up the middle against the Ontario rep CFB Petawawa. With Guy's quickness and good anticipation, center field was not the place for opposing teams to hit.



No.12 on your schedule, No.1 in your hearts, Moe Leger of 442 Sqn hitting a shot for a single against Quebec. Moe was the most productive lead off hitter in the tournament having an on Base average of .667.

Dave deJong sliding into third. Believe it or not, Dave, of Det Holberg, was safe on this play.

Lest We Forget:

Buy a Poppy
 Help a Vet

Remembrance Day November 11

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Leisure

Dog Talk



by Gerry Gerow

Another week, another book. *Cavlier King Charles Spaniels*, by John Evans, Howell Book House, New York, Macmillan Publishing Company, and Collier Macmillan, Canada, \$29.95.

John Evans is a highly experienced and knowledgeable dog person, with 35 years of experience in breeding, showing and judging.

The breed history is well docu-

mented and includes King Charles the first, from whom the breed took its present day name. Cavaliers, as toy dogs, are one of the few breeds who were developed and kept, simply as pets of the nobility. It is important, here to realize that in olden times, the nobility, were the only ones who could afford to keep a dog which did not work for its keep.

There is an interesting chapter on genetics and inheritance, as well as information regarding what to look for when buying a puppy, management, and training, after you acquire one. Tips on showing and breeding are included plus general health care and diseases.

The British and American breed standards are included, but

as is all too common with British authors, there is no mention of Canada. There were 110 litters and 331 individual cavaliers registered in Canada last year.

There is a large amount of information for Cavalier fanciers in this 173 page, well illustrated, hard cover edition. It is not the best breed book I have read, but it is a good one. It was only published last month, so you may have to wait for it or ask the book store to order it for you.

Euthanasia

Not too long ago, I saw a film put out by the SPCA regarding the euthanasia of unwanted dogs. Sure, they have lots of names for it, mostly to make people feel

good, like putting them to sleep, but it is killing, pure and simple.

Why is it necessary?

Well, mostly because of the lack of thought by human beings. Dogs are permitted to breed and then no one wants the offspring. Don't tell me that it just happened, or couldn't be avoided. I have two female dogs. One, which I no longer wish to use for breeding, has been spayed. The other, doesn't get bred unless I want her to.

Spaying is the term used by veterinarians for a hysterectomy performed on a dog. It is a simple operation, doesn't cost much, and should be done on every female dog except those whom you specifically wish to breed. In fact,

in most communities, the lower licence fee charged for licencing a spayed or neutered dog, will pay for the operation over the lifetime of the animal.

Some misguided people feel that letting their children witness the miracle of birth when their pet whelps is important to the child's education. I won't quarrel with this, providing that the parents ensure that their children are aware of what becomes of each offspring in the following years.

A couple of years ago the Vancouver Province ran a sickening contest where they gave away puppies to youngsters. In a letter to the editor, I challenged them to write a follow-up story one year later. They didn't. They didn't dare.



On the base



THAT'S HOW MANY CANADIANS ARE WHEELCHAIR BASKETBALL PLAYERS

Way to go Canada! PARTICIPATION

VU CD Presentation



Cpl Yves Bernard accepts his CD from CO VU33 Maj L.G. Bolton



DRUG AWARENESS WEEK NOVEMBER 4-10

1-800-663-1441

Drug Awareness Week

As you drive out of the Base today you'll probably see but not really read the drab yellow and red letters that blandly announce 'Drug Awareness Week'. For, if you're like many people, 'drugs' are only a problem in places you see on TV; 'awareness' is just another one of those intrusive military practices like having to keep an eye on your BMI; and, 'week' is, mercifully, about to arrive in a day or so, hurried on with a beer at TGIF.

Well, it isn't really that the letters on the notice board are so drab, or that the message the Unit Drug and Alcohol Coordinators (UDEAC) carry around to you at work is so bland. It's just that it's often hard to reconcile the importance of issues like alcohol abuse, the misuse of legally prescribed drugs and the management of a healthy lifestyle with lives so filled with the frenzy of living. Usually we have only so much time for the UDEACs, the Mess Committee, the Christmas fund reps and the Save the Military fund reps and, caught up in the quagmire of life, we fail to see the writing on the wall.

That's why the provincial government, under the auspices of the TRY program (TRY being an acronym for 'The Responsibility is Yours') and the federal government under DND's Drug and Alcohol Prevention Program, the (DAPP), have allotted an entire week to get the message across. A year of it probably wouldn't get everyone's attention, so no one is expecting miracles from 7 days.

The objective of the week is to educate people to the level where they can make their own decisions and exercise their own fundamental responsibilities. Often this is a process made much more difficult by external forces in our society.

The power of the media, specifically of advertising, is phenomenal when it comes to duping us into believing we're doing what we want. If the ad tells us to pop a pill at the first sign of discomfort, or to down a few cold ones after a bit of exercise, what sort of reward

system are we setting as an example to ourselves? To our children? And at what cost do we acquire and perpetuate these addictions?

Education, from programs like TRY and DAPP, is the best way to counter those instruments which exploit our vulnerabilities and take advantage of our weaknesses. And yet there are other sources hindering this process. People's attitude toward drug education in the military has, unfortunately, not changed greatly since 1971, when the DAPP was implemented. People still tend to dismiss the program as 'penance' for the alcoholic, or as a form of treatment for those whose problems are well underway. While it can serve as the latter, it really is just an organization of information designed to be available to everyone, and it covers a broad range of topics. From what we eat, how we should exercise, how we cope with stress and the consequences of not being moderate in our vices to issues of substance abuse, the DAPP is a comprehensive information pool disseminated by people who aren't witch hunters, moralizers or crusaders.

UDEACs are caring people who have secondary duties that mean something to them. By providing access to facts, guidance when required and, by their very interest, encouragement when it's needed, they help others undertake their own responsibilities.

So instead of driving out of work complacent with your attitudes on drug and alcohol education, accept for a moment the challenge of Drug Awareness Week. Make yourself available to the information around you. There'll be displays at the CANEX, Base Hospital, and in 7 Hangar, as well as posters and pamphlets everywhere. Of course you can also talk to your Unit DEC, the BDEC, the Base Alcohol Counsellor, or even the Base Social Worker. Take advantage of Drug Awareness Week, and all the opportunities you'll have to 'be part of the solution'.

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On and off base

Profile

By Lt K. Vedova

Super Private

It is recognized that 'the comics' are the most attractive item in a newspaper. With busy, stressful schedules today, it is virtually impossible to keep up on all current events. The comics seem to be the first thing that people are turning to when they open a newspaper whether it be local or national. When the comics are quick, easy and laughable, readers don't have to gruel through lengthy, laborous articles.

It is my pleasure to announce that the Base newspaper has a new cartoonist. Pte Boyd Rausch has recently surfaced as a promising superhero with the intent of adding more sport and humour to our editions.

Rausch's mockery of the military system is absolutely refreshing. His exuberance is endless and he emanates this jovial, easy going nature via his comic strip. One must have a sense of humour these days or pressure can tend to get the best of us.

Prior to joining the service in Edmonton, Alberta, Pte Rausch worked for a company named British Steel as an autobodyman. Having an inclination to work on aircraft specifically, he then joined the CF in 1988. Pte Rausch is employed as a refinishing technician within the Mechanical Support Section (MSO) on base.

Rausch draws mostly as a

hobby. He started experimenting with airbrushing, silk screening, and drawing caricatures in high school simply for the fact that he detested math. Doodling soon turned to drawings and a cartoon series was the final product. Pte Rausch has also written a couple of children's stories which he began prior to joining and plans to publish in the near future.



Pte Boyd Rausch

Rausch says he acquires his ideas from his refinishing associates at work and from other amusing incidents which occur during his shift. When asked if he felt his cartoons were a reflection of his work environment, he simply laughed and replied in jest, "No, just the effects of a lot of ketones."

Pte Rausch's comics are bound to become one of the most sought out items in our paper. It will be featured each issue along with our other cartoon, Gulliver's Tales. Welcome aboard Boyd!

Officers

Mess

Ladies' Club

The fashion show held on 17 Oct was a great success. Approximately 140 ladies attended. The evening of fall and winter fashions

The fashion show held on 17 Oct was a great success. Approximately 140 ladies attended the evening of fall and winter fashions from a wide array of shops. Many thanks to the participating merchants: Touch of Class, Casually Yours, The Golf Shoppe, Black's Cycle and Serendipity. We would also like to extend our thanks to those parties involved in making the models look as stunning as they did. Our compliments to Bergmann's for the lovely hair styles, jewellery from Fifth Avenue the make-up from Alouette Congratulations to our fashion show coordinator, Jan deMoor, for a job well done. And thanks to the executive, models and dressers for making the fashion show a complete success. We appreciate the time given by those male mess members, who took time out to serve as our waiters for the evening.

Many lucky ladies went home with raffle prizes; some luckier than others went home with two. Thanks to our participating merchants for also donating the prizes. The Black Forest cakes, cheese cakes and other refreshments were definitely a smash hit; evidently so, considering all the ladies gathered around the refreshment table during the intermission. All in all a fun evening was had by everyone.

We look forward to seeing a big turnout for our next function, which will be a Christmas penny auction, to be held 21 Nov 7:00 for 7:30. Please keep the auction in the Christmas spirit. Membership holders will be called. Members for reservations call Louise, 339-3312, or Patty, 339-6996. There will be a demonstration by Make It Take It.

Up and coming events will be a Christmas decorating party, to be held 7 Dec, and a children's Christmas party, to be held 15 Dec. Deadline for registration will be 15 No. Food bank donations will be accepted.



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Safe

Oct 7 - 13 was NATIONAL FIRE PREVENTION WEEK.

The theme for this year was Make Your Place Fire Safe . Hunt For Home Hazards.

The Base Commander officially opened Fire Prevention Week by being presented with the proclamation for Fire Prevention Week.

CFB Comox Fire Hall conducted an open house throughout the week and many students from Airport Elementary School visited the Fire Hall. Emergency vehicles and equipment were on display for all students to view.

Assemblies were held at Airport Elementary School. The students were asked to draw their own fire escape plan and to practice their plan during the National Home Fire Drill the evening of the Oct 9. It was discussed what action they should take in the event of a fire in their home. A fire safety movie was also shown.

The firefighters put on a demonstration to show what it looks like if the firefighters were called to the school in the event of a fire. With lights and sirens on, the firefighters hooked up to hydrants and discharged water onto the school.

Fire evacuation drills were conducted on many of the Base buildings.

The winners of the Fire Chief for a Day contest are: Andy Wasylin, Fire Chief for a Day; Lisa Champagne, Deputy Fire Chief for a Day.

That's hot!

Heating appliances and hot stoves can be hazardous for toddlers. While walking or standing they may fall against the hot surface and be unable to right themselves. These contact burns are serious and can result in permanent damage and possible death. Clothing may burst into flame on contact with the hot element of a space heater or a stove top. *Never* allow children to reach over a stove, climb over it or even play near it. Space heaters and floor furnace registers should be well separated from the tottering or playful youngster. Use screens and barriers to provide a safe living environment in your home.



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