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UNITED WAY**

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# TOTEM TIMES

*Canadian Forces Base Comox B.C.*

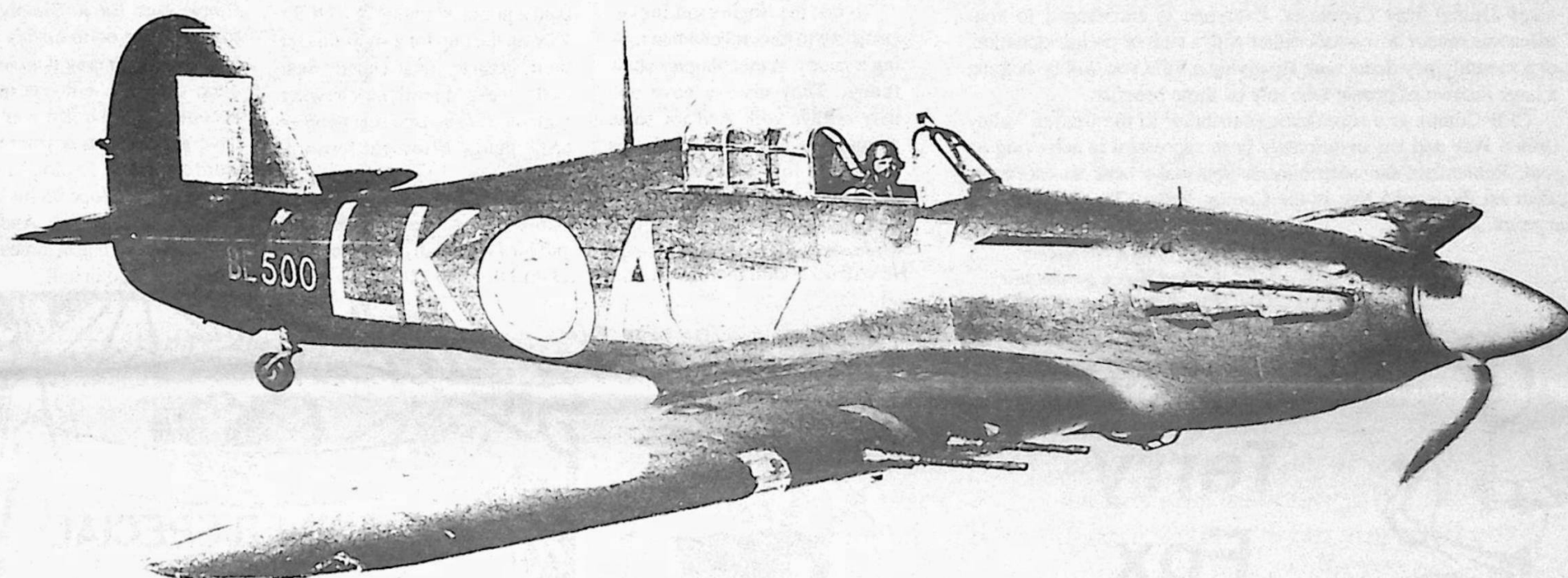


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COST: PRICELESS

## Battle of Britain Workhorse



The Hawker Hurricane, slightly slower than the more celebrated Spitfire, and three times more numerous, bore the brunt of the action during the Battle of Britain. Ruggedly built, the Hurricane could take a lot of punishment, and still shoot back.

## Battle of Britain Day September 15.

*by Padre Bob Baker Chaplain(P)*

Fifty one years ago this Sunday, 15 September 1940, was the date set by Hitler for Germany's planned invasion of England, but the plan had to be postponed and in the end Sunday saw the air battle reach its peak.

Throughout the day the Luftwaffe dispatched hundreds of bombers in wave after wave, protected above by Messerschmitt BF109 fighters. Their crews were under the illusion prompted by faulty German intelligence, that RAF Fighter Command was virtually a non-effective force by now. When one reads the accounts one can pick up the sceptical digs of the Luftwaffe fighter pilots who reported that they were once again being challenged by the last few British fighters. As the bomber force droned on toward London the fighters of 11 Group rose to meet them, the illusion of an ineffective force was cruelly shattered when the Luftwaffe neared London.

As 11 Group was busy engag-

ing the enemy force the call went out to 12 Group to join in the defence and out of Duxford rose the Big Wing. In an article titled 'Big Wing' Operations in the 1940 edition of the Royal Air Force Yearbook, Alfred Prince reports, "From Duxford to the East End of London is forty-five miles and during their climb to 20,000 feet, the Hurricane Squadrons covered the distance in about 20 minutes. During the climb the Spitfires matched the Hurricanes' 140 mph forward speed but ascended more steeply. Thus when the formation met the enemy the two Spitfire Squadrons would be about 2,000 feet, above the three Hurricanes in position to protect the latter from the Messerschmitts ... the Duxford Wing met a large force of enemy aircraft on only three occasions; twice on 15 September."

At noon on 15 September the 56 aircraft Big Wing met the enemy over Central London on the most favorable terms imaginable, with the three Hurrican

Squadrons at 25,000 and the two Spitfires 2,000 feet higher and up sun to block expected counter-attacks from German fighters ... Flt Lt Bob Oxspring of No.66 Squadron was one of several 11 Group pilots heartened by the sight of the new arrivals. He later recalled, "I saw the formation of five squadrons coming from the north, Douglas Bader's wing. I thought, this is great! Five squadrons, that's what we want! It must have been devastating for the Germans to see that lot coming in all at once."

The 15th of September was the climax of the Battle of Britain, for never again did the Luftwaffe come against Fighter Command in such strength. This was the first time air superiority had such an effect on the battle, for without air superiority the invasion could not happen.

This past year we have once again witnessed the benefit of air superiority as 409 Squadron went to the Persian Gulf from 4-8 October and 9 October saw the first

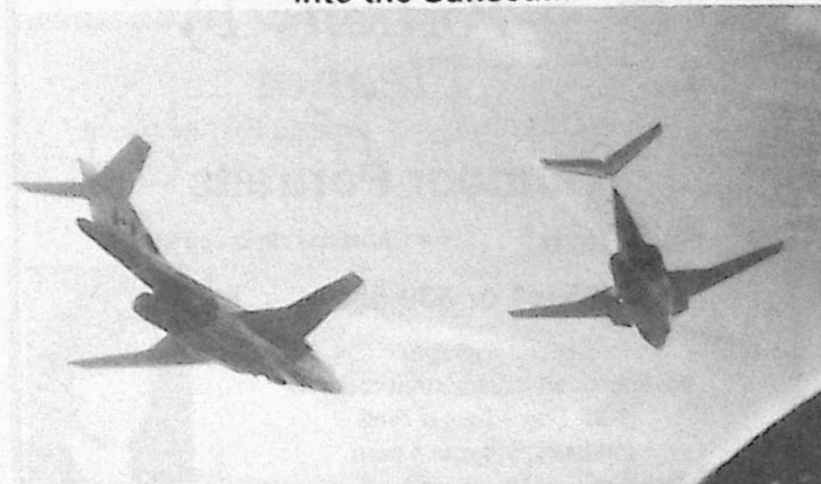
Combat Air Patrol to provide air cover to the two destroyers and the supply ship which had been sent to the Gulf in August. 409 Squadron left Doha on 21 December 1990 being replaced by a combined squadron of 416 (Lynxes) and 439 (Tigers) who became the Desert Cats. As history again records the air battle won and air superiority gained the

land battle could not withstand.

As we gather this Battle of Britain Sunday it is to commemorate the events of fifty-one years ago, remember the events of this past year and to retire the Colours of 409 Tactical Fighter Squadron, the Nighthawks.

See you in Chapel at 0930 hrs this Sunday.

### Into the Sunset....



CFB Comox remembers 409 as a "Voodoo" squadron. 409's Colours are retired on September 15.



# On & Off the Base



**CFB Comox  
UW  
Campaign**

## Together We Can Accomplish Our Goal Comox District United Way

The 1991 CFB Comox United Way Campaign will start 16 Sept and end 31 Oct.

The Comox Valley United Way plays an important part in raising funds for non-profit community organizations in the Valley. This year the Comox Valley United Way will be distributing funds among 24 local agencies.

By relying heavily on volunteer canvassers and administrators, the United Way is able to allocate almost all monies raised directly to the agencies.

All funds raised on the Base will be distributed locally. In this way, all our donations will be going to help those less fortunate than ourselves who live in our community. This year, 12,000 Comox Valley residents will benefit from donations to the United Way.

All DND employees of the Base will be approached by a designated United Way Canvasser. Everyone is encouraged to contribute, no matter how small, either with a cash or cheque donation, or a monthly pay deduction. By giving a little you will be helping a large number of people who rely on these benefits.

CFB Comox is a significant contributor to the Comox Valley United Way and has traditionally been successful in achieving its goal. Remember, the contributions you make have an enormous effect on those who live in the Comox Valley. Together, we can accomplish our goal.

Lt Arnold Kettenacker  
United Way Coordinator  
Local 8484



11th Annual Terry Fox  
Marathon of Hope

## Terry Fox Run

This Base will host subject event on 13 Sep 91. Anyone wanting to get involved with organizing the Terry Fox Run is urged to contact the Rec Centre, loc 8315.

The Base will conduct its run at 1300 hrs on the 13 Sep 91. All participants (runners, walkers, cyclists, skate boarders, etc.), will traverse a well marked route from the Rec Centre out to the tower and return (approx. 8 km). Refreshments will be available at the tower and Rec Centre. Section heads are encouraged to support

this worthwhile event in order to surpass last years total pledge of \$1,451.25.

The OPI for this event is Lt(N) Bradley, BPerO, at loc 8781.

The itinerary is as follows:  
1100 hrs - mark course  
- set up registration  
- tables/refreshments  
1200 hrs - registration Rec Centre  
1300 hrs - official start  
1500 hrs - barbeque  
1600 hrs - clean up and secure

## Dos and Dont's for Puppies

I've got a litter of new puppies at my house. They are four weeks old now, and to me that is the cutest stage of their development. All baby animals are cute, but to me and probably to every other doggy person, puppies are the cutest of all as they start to develop the skills they will use when they grow up. It looks like play, but it really is training for later.

I've been working up some instructions for the puppies new owners, and perhaps this is a good time to review some of the dos don'ts for everyone who reads this column. Even those who know better need to be reminded of what not to do sometimes.

To me, the single most important thing to remember when raising a puppy, is that puppies chew things. They always have and they always will. And for some mysterious reason they always manage to find something really important to chew on. If you leave a puppy alone, even for a little while, he will chew something. He will do it until he is a full one

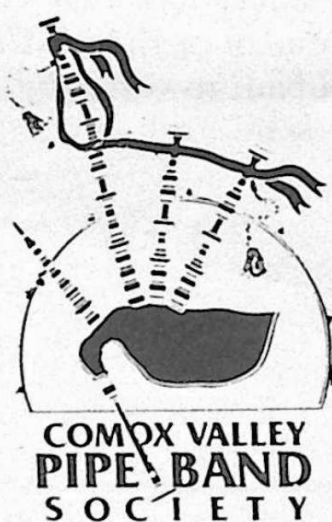
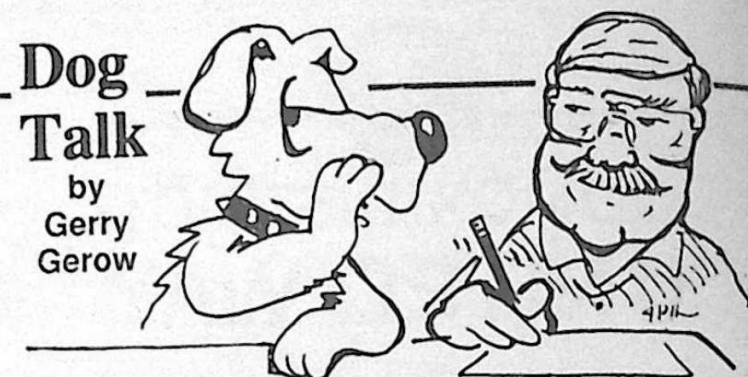
year old. The easiest way to control this is simply to confine him in a crate at any time you are not with him. A crate is doggy talk language for a cage. Many people think it is cruel to put your puppy in a crate all day while you are at work, but they are wrong. The puppy will be quite happy there. It is his/her private den and they like being in it. What is cruel, is to come home and punish the pup for chewing something. He doesn't even know why you are mad at him. Even if you show him the chewed article he will not understand. Sure he cowers and looks ashamed, but it is because you are mad at him. He doesn't know why. Many people have paid a price, including myself for leaving the pup for a short time in their vehicle, unattended. Seat belts make excellent chewing material. The reason that puppies chew things is straight forward.

They teethe just like human babies. How many know that puppies have baby teeth just like children. Like children's teeth,

they fall out at the appropriate time. It frequently happens when you are playing tug-of-war with the pup and may be quite a shock to you if you don't realize that it is only a baby tooth and is supposed to come out.

A puppy, or for that matter an adult dog, must be caught in the act for the reason it is being punished to register. Never punish a doggy after the fact. You will only alienate him from you.

How many people have thought that they would take the new puppy for a walk, only to have him/her balk completely at the leash. This is a perfectly normal reaction. There is a very simple cure for it. Simply tie a piece of rope on to his/her collar and let the pup drag it around for a day or so. He will very quickly become used to it and you won't have the problem anymore. One word of caution. Do not leave him alone with the rope on his collar. He might hurt himself. And don't use a regular leash, unless you want it chewed in half.



Comox Valley Pipe Band Society welcomes all pipers and drummers to join the band. If interested in learning either free instructions available. Commencing Sept 9. For more information contact Pipe Major Bill Quigg, 339-6444 or Christine Wood, 338-8781.

**Smitty's Comox Family Restaurant**

**DINNER SPECIAL SEPT**

Chicken Cordon Bleu  
Roast Pork  
Halibut Steak Neptune  
Steak & Mushroom Pie  
Veal Chop Teriyaki

Includes soup or salad, your choice of potato or rice and our special house dessert.

**\$765-\$955**

Smitty's  
across from Comox Mall  
Mon. - Sat. 7 am - 9 pm  
Sun. 7 am - 5:30 pm  
339-3911

## REMINDER

TO THE TOWN OF COMOX RESIDENTS

WE NEED YOU TO VOTE YES FOR  
THE COMMUNITY CENTRE  
ON

**SEPTEMBER 28, 1991**

8:00 am - 8:00 pm

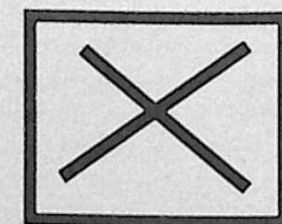
at the

COMOX RECREATION CENTRE  
1855 Noel Avenue, Comox

For additional information or  
a ride to the polls call:

**339-2255**

# VOTE



# YES

**Portraits by Eleanor**

3-625 Cliffe Behind Tulio's Restaurant

**Outdoor Portraits**

Book Now for Christmas cards and gifts

**338-5151 or 339-5537**

Special packages  
We honour all local portrait coupons  
Kids Day - Tues & Wed  
Passport photos in 5 mins.

Member of Professional Photographers of Canada

Eleanor

# Announcements

## Here are the 1991 Referendum questions. The decision is yours.

*On Election Day, British Columbians will be given the opportunity to help decide how the provincial government operates.*

This year when you vote, you'll be asked to do more than elect candidates. You will be given two questions to answer.

This process, known as a referendum, is

one of the most direct ways of determining what people want their government to do.

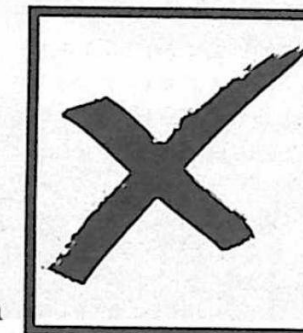
If more than 50% of the ballots cast are in favour of a question, the government must implement that change either through legislation or by changing existing programs or policies.

This referendum offers voters a more direct voice in the way they are governed.

The two referendum questions are printed here. You will need some time to consider these important issues before election day, so please read them carefully.

### The Referendum Questions

1. Should voters be given the right, by legislation, to vote between elections for the removal of their Member of the Legislative Assembly?



This process, often referred to as 'Recall', would give voters in any provincial constituency the right to dismiss their MLA and cause a byelection to be held.

2. Should voters be given the right, by legislation, to

propose questions that the Government of British Columbia must submit to voters by referendum?

This process, often referred to as 'Initiative', would give British Columbians the right to propose programs or policies which could be put to the voters in a referendum. The government would then be bound by the people's decision.

If either or both of these referendum questions are approved, legislation would be required to implement the decision of the voters. An impartial committee would be

established to undertake extensive public consultation and help develop the framework for such legislation.

A Referendum is not a Poll. It's an opportunity to make a decision.

This referendum is not asking for your opinion. It is asking you to make a decision that affects the future of this province.

Become a part of the referendum process. Talk about it with your friends and associates. Public debate sparked from any source is an integral part of our system.

Referendum B.C. - the decision is yours.

For more information, call toll free 1-800-663-3353. In Victoria, call 356-1900. 9:00 am - 5:00 pm, Mon.-Fri.

Printed information is available at your public library and Government Agent's office.

## Referendum B.C.

THE DECISION IS YOURS.

Government of British Columbia

The Federal Superannuates is for you ... if you:  
Receive a pension from the federal government  
Receive a pension from the federal government for service in:  
• The Canadian Armed Forces  
• The Royal Canadian Mounted Police  
• The Federal Public Service  
and you wish to stay informed about your pension rights, then you should join a 'pro-active' non-profit organization that is Canada wide and whose sole objective is the improvement and protection of YOUR indexed pensions and benefits. If you want to join up with 60,000 other Canadians in 68 branches across the country, write: FSNA, P.O. Box 3617, Courtenay, B.C., V9N 6Z8 or call 335-0691 or 339-2406.

**1,002,478** THAT'S HOW MANY CANADIANS ARE WATER SKIERS

Way to go, Canada!

**Support Your Lung Association**



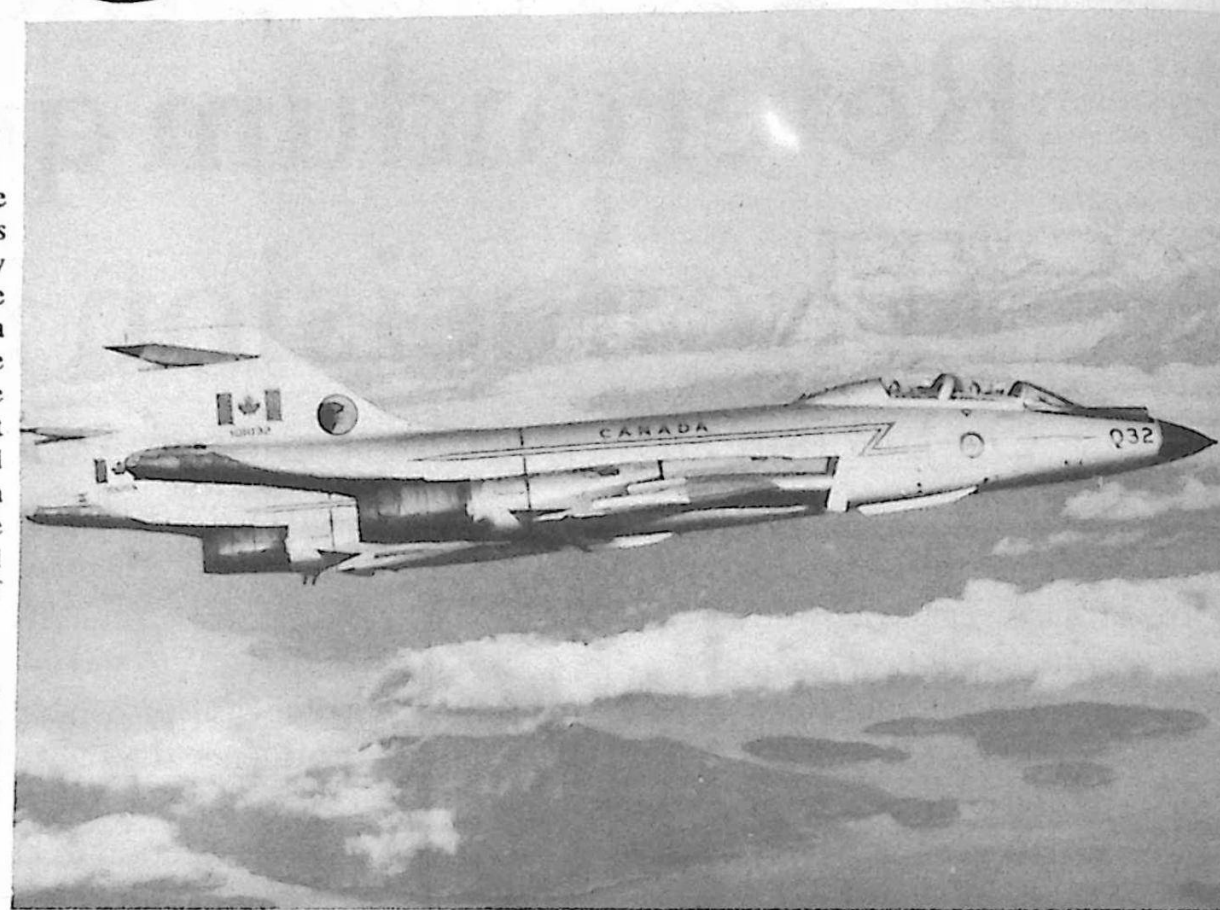
# Editorial



Norm Blondel



## The Hawks Retire



Not so long ago, this was a familiar sight around Vancouver Island. 409 Squadron and its CF101 Voodoos were the mainstay of Canada's west coast air defence. On Sunday September 15, during the Battle of Britain Parade, the Squadron Colours will be retired, and placed in the Air Force Museum for all to see.

### Good Luck, Pre. JLC 9104



The staff at the Pre-JLC Seminar 9104 would like to take this opportunity to wish all the students who participated good luck on their upcoming JLC course.

Back Row: Cpl Randall, Cpl Briand, Cpl Passol, MCpl Arden, Cpl Pillar, Cpl Juhrig, MCpl Lord, MCpl Burley, Cpl Wyatt.

Front Row: MCpl Johnson, MCpl Horwill, CWO Thibodeau, LCol Chester, WO Breese, MCpl Oliver, Cpl Peirson.

Fifty-one years ago, in the warm summer skies of England, a battle took place that, some say, was the most important conflict in the annals of Mankind. Upon the outcome depended the fate of Britain and ultimately that of the free world. Had Hitler's Germany succeeded in defeating the Royal Air Force, the British Isles would have lain prostrate before a triumphant Wehrmacht. Hitler would have been free to attack and enslave the Soviet Union. No Murmansk convoys would have sailed, bearing the weapons that enabled the Red Army to fight back, and eventually defeat Hitler. No D-Day invasions could have taken place. The United States and Canada would have been next on Hitler's list. And it all depended on a few college-age pilots, two superb fighter aircraft, the Hawker Hurricane and the Supermarine Spitfire, a master tactician in Hugh Dowding, and his teams of Radar plotters, aircraft technicians and other support staff of the Royal Air Force.

By inflicting grievous losses on The Luftwaffe, particularly on the date of September 15, now enshrined as Battle of Britain Day, a small group of pilots -- "The Few" -- turned the tide of battle. The Luftwaffe was forced to abandon its attacks on the airfields of the RAF and divert its attention to the merciless night bombing of Britain's towns and cities.

Despite the bombing, Britain's war factories and training schools restored the RAF to full fighting strength, and the retaliation began. Germans soon paid for the folly of their leaders. The lessons of the Battle of Britain were twofold: One; Hitler, who had seemed so invincible, could be beaten. Two: The British people found they had the guts to take punishment, then get up and dish it out. With the help of their friends, they hung on until the United States entered the war in late 1941 and the rest, as they say, is history.

Subsequent events have had their share of menace, including the Korean conflict, the threat of nuclear war and recently the horrendous ecological crimes of Saddam Hussein, but we have not again had to face the global genocidal threat of another Hitler.

On September 15, at CFB Comox and hundreds of other places around the world, we will remember, for the fifty-first time, the kids who fought like tigers against the most frightening and deadly threat the world had yet seen -- and won. Many of those youngsters died in the Battle of Britain, many were maimed for life by fire and other injuries, some gave their lives in later battles, and a diminishing few are alive today.

For them all, we repeat the immortal words of Winston Churchill: "Never in the field of human conflict was so much owed by so many, to so few."

### Go For It!

The most enduring marriage in the Comox Valley is the one between CFB Comox and the communities of Courtenay, Comox, Cumberland and the districts. This friendly and productive relationship goes back to the early forties, and is re-affirmed in different ways and at different times as the years go by. One such time is during the United Way Campaign. CFB Comox has a habit of exceeding its UW goals. Let's do it again in 1991. Go for it CFB Comox!

# TOTEM TIMES

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# History

\*\*\*\*\*  
"WE WILL REMEMBER THEM"  
\*\*\*\*\*

## THE BATTLE OF BRITAIN

(8th August - 31st October, 1940)

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

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

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

Historians will probably never agree precisely on the statistics of the Battle. The following are gleaned from official sources, both British and German, and cover the period 01 July 1940 to 31 October 1940. British losses are Fighter Command only, while German are for the entire Luftwaffe.

	Fighter Command	Luftwaffe
Aircraft Written Off	1076	2044
Pilots Killed, Missing or POW	483	1334

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

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



### High Flight

*Oh! I have slipped the surly bonds of Earth  
And danced the skies on laughter-silvered wings;  
Sunward I've climbed, and joined the tumbling mirth  
Of sun-split clouds - and done a hundred things  
You have not dreamed of - wheeled and soared and swung  
High in the sunlight silence.  
Hov'ring there,  
I've chased the shouting wind along, and flung  
My eager craft through footless halls of air ...  
Up, up the long, delirious burning blue  
I've topped the wind-swept heights with easy grace,  
Where never lark, or even eagle flew -  
And, while with silent, lifting mind I've trod  
The high untrespassed sanctity of space,  
Put out my hand and touched the face of God.*

John Magee

The writer of this poem, John Gillespie Magee, was born in Shanghai, China, the son of an American Missionary, Rev. John G. Magee, formerly Assistant Rector of Episcopal Church in Washington, D.C. Young Magee's mother was English, but he spoke Chinese before he knew his native tongue. When he was nine years of age he came to the United States, only to leave a short time after to attend school at Rugby, England. At Rugby he wrote verse, skied and rode horseback. At the outbreak of World War II, he was in the United States and came to Ottawa to join the RCAF, receiving his training at Uplands. He was killed in action on December 11, 1941, when only nineteen years of age. The American Government has asked for the original manuscript so it could be kept with other high ranking material in the Congressional Library in Washington.

Submitted by J.P. Kirk (Hamis11)

## Battle of Britain Parade 15 Sep 91

On Sunday 15 Sep 91, CFB Comox will conduct an Ecumenical Remembrance Service and Static Parade to commemorate the 51st Anniversary of the Battle of Britain and also to present medals to those who served in the Persian Gulf during the recent conflict in Kuwait. The Service and Parade will be held at the CFB Comox Heritage Aircraft

Park. In the event of inclement weather the ceremony will be held in the Protestant Chapel.

Contingents from the RCAF Association, Comox Legion, Courtenay Legion, Cumberland Legion, Korea Veterans Association and the Royal Canadian Air Cadets will be invited to participate along with former 409 Squadron members who will be

retiring their colours at CFB Comox during the weekend. A military band from CFB Chilliwack will be in attendance. The dress for CF personnel and reserves is DEU 1A (Medals).

OPI for Remembrance Service will be Maj R.E. Baker, BChap(P), loc 8273 and OPI for Parade is CWO T.P. Doherty, BCWO, loc 8298.

### Sequence of Events

### Sunday 15 Sep 91

1040 - Parade formation  
1050 - BComd and guests depart Officers Mess  
1055 - BComd arrives parade area  
1100 - Royal Anthem "God Save the Queen"  
- Opening prayers  
- The dedication  
- Reading of High Flight  
- Reading of Battle of Britain History

- Reading of Battle of Britain Honour Roll  
- Wreath laying  
- The Act of Remembrance  
- The Last Post  
- Silent Remembrance (2 minutes)  
- Reveille  
- Flypast as arranged by BOPsO  
- Presentation of Gulf and Kuwait Medals

- Scripture readings  
- Prayers  
- Address  
- The Air Force Hymn  
- Benediction  
- National Anthem  
- Parade Dismissal  
1200 - Reception for all parade attendees in WO & Sgts Mess.

## CANADIAN OFFICERS & AIRMEN WHO GAVE THEIR LIVES IN THE BATTLE OF BRITAIN (From 10 July to 31 October, 1940)

### Royal Canadian Air Force

Robert Leslie Edwards  
Otto John Peterson  
Ross Smithers

### Royal Air Force - Fighter Command

Robert Wilfred Garth Beley  
John Benzie  
Camille Robes Pierre Bon  
Seigneur

John Greer Boyle  
John Bryson  
Norman Neil Campbell  
George Henry Corbett  
Harry Davies Edwards  
Harry Raymond Hamilton  
Duncan Alexander Hewitt  
Richard Alexander Howley  
James Thomas Johnston

Joseph Emile Paul  
Laricheliere  
Hugh William Reilly  
Kirkpatrick MacLure  
Sclanders  
Alex Albert Gray Trueman  
Robert Roy Wilson

### Royal Air Force - Bomber Command

Brian Stallard Bell  
Percival Matthew Davidson  
Walter Morrison Douglas  
David Harold Edwards  
William Charles Espley  
Reginald Torrance Gerry  
Earl Robert Hale  
William Edmond Normal  
Keller  
John Leeming Leeds  
George Enos Matson

Douglas Davidson Middleton  
Bruce Andrew Power  
Clarence Sydney Robson  
Harry Christie Sheldon  
Donald Eglinton Stewart  
Stanley Powell Swenson  
Richard Albert William Tait  
Joseph Simon Torgelson  
William Frank Tudhope -  
"DFC"

William Oliver Digby  
Tweddell  
Arnold Irwin Watterson  
Gerald Wright

### Royal Air Force - Coastal Command

Lionel Burton Emeno  
Ray Bruce Forbes  
William Charles Hubbard  
Harry Walter Hunt  
Gerald Edwin MacDonald

## AIR FORCE TRIVIA



You may think you know the answer...



# Section News



## 407 Squadron

### 407 and 442 Squadrons Partner Rescue

"Mayday, Mayday..." so began 407 Squadron's participation, along with 442, in the search for a fishing boat sinking off the west coast of Vancouver Island on Thursday, 25 August.

Search and Rescue (SAR) is one of 407 Squadron's secondary roles. The Aurora crews are not called upon to perform this role with great frequency, however, as it is handled almost exclusively by the dedicated SAR experts at 442. While SAR is often practised by 407, it is not often carried out. There are even fewer opportunities for the Sqn to work with 442.

Crew One was enroute to an operating area several hundred miles off the coast of British Columbia. As the Aurora transited toward its patrol area, the crew Navcom overheard a discussion taking place on the VHF FM guard frequency. A fishing boat was dead in the water after a piece of loose rigging had smashed an eight foot gash in her hull. Another fishing boat was attempting to relay this information to the Tofino Coast Guard station. The crew Navcom reported this to the crew commander and called the Coast Guard to ascertain if they could be of any assistance. Confirming that assistance was required, the aircraft headed inbound for the last reported position.

#### Demon Doin's

### Bob's Most Miserable Adventure or "Have You Ever Been to Sea Bobby?"

From time to time, 407 Squadron aircrew will go to sea with the Canadian Navy to gain first-hand experience in naval operations. These visits help to foster a two-way exchange of information, and a more complete understanding of each others role in MPA-Ship operations. Bobby Two Rats attended the pre-exercise briefings and spent five days aboard the HMCS Kootenay recently during PACSCOPEX. His observations follow:

Sometimes it just doesn't pay to hang around the Sqn past 2 o'clock on a Friday. It's at times like this that you hear the deputy dog mumble "Are there any ASOs around?", or "Have you ever been to sea Bobby?" With those fateful words my ordeal began. As I walked into the wardroom I steel myself for the inevitable

"You're who? ... from where? ... you want what?" To my surprise they had a meal card and a single room waiting for me. It was too good to be true. Imagine trying to sleep next to a laundry room on laundry night!

There is not much to be said for the meetings, 48 hours prior to the exercise they had all the basics down and were working on the details. The basics consisted of "It's us against them." The details included trying to figure out who "Them" were.

Since the Kootenay was to be my home for the next five days, I introduced myself to some of her officers. I was wondering where I would be sleeping so I asked a LtCdr where he wanted me. His immediate response was "My bunk, 2100." There's no life like it!!

On the second day the Met

Man gave us the good news. Sea state six and gale force winds. The good news was that if I decided to end my misery and threw myself overboard, they could not possibly save me. Needless to say, I enjoyed my evening meal realizing it would be the last food I would actually digest for the next five days.

Life on board was fun. Not the 4 on, 4 off (hours, not days), that was a bit of an ordeal. Just to make it worse, there is one person on board whose job is to make as much noise as humanly possible just when you are falling asleep. The food was good. Probably because eating is all you have to look forward to. I must admit that I could not get used to stewards. They did everything short of cutting my food into bite size pieces! In closing I would like to say, Falcon 105, 106, 107 and 123!!

### "Little Partner"



Aurora and Labrador combined rescue

Partner were maintained via a relay with another fishing vessel which was making her way through the roiling seas toward the Little Partner.

The Tac Nav initiated an expanding square search based on the last reported position of the vessel. Maintaining the integrity of the search pattern proved to be very difficult as the aircraft was drifting over 20 degrees due to the strong winds. The crew was bounced around the aircraft, as it maintained 200 feet above the waves in order to stay below the cloud layer. All lookout stations were manned. Picking out a small white fishing boat in thirty foot waves is a difficult proposition at best. It took approximately thirty minutes to locate her. She was sinking, her stern was low in the water and her crew members were dressed in their red immersion suits, ready to abandon ship if necessary.

The weather was abysmal. The ceiling was four hundred feet, the visibility was a mile and a half in light rain and fog. Winds were gusting up to 60 knots. The thirty foot waves were sure to wreak havoc with the small fishing boat. Time was of the essence.

The Aurora radar operator directed the aircraft to a number of contacts in the area. Radar's efforts were hampered by the high seas and the fact that the vessel was low in the water. A catamaran was located, but could not be contacted by radio. To get the attention of the catamaran's crew, the aircraft on-topped it several times with the night illumination system operating - a million candle power flash that lights up the sky when used at night. Still no contact. Radio communications to the Little

marked in several ways. The aircraft's inertial navigation system gave the crew a constant position readout in latitude and longitude. On overflying the search object, the Navcom selected a fix on the inerts to yield its exact position. Smokes were dropped near her, but were only marginally useful because of the weather. In addition a sonobuoy was deployed near the vessel, which gave the aircraft both a visual reference in the tactical computer display and allowed it to home in on the Little Partner's position.

As the Labrador approached Nootka Sound, her pilots requested a vector to the Little Partner's position. Moments later, the Aurora radar operator, who already had the helicopter on his screen, passed the vector to the Navcom who then passed it on

to the Labrador. The vector turned out to be bang on, allowing the Lab to fly directly to the position of the Little Partner.

The Aurora climbed out of the area once the Lab was inbound, thereby allowing it to work its magic. The Aurora's job was not yet complete, however. It provided navigational assistance to the Lab, which had lost its visual reference to land due to the low ceiling.

The rest is history. The two crewmen of the Little Partner were rescued as a result of the heroic efforts of the crew of the Labrador. The Little Partner found its way to the bottom of the Pacific, and the Aurora crew returned to their patrol, content that they had participated in a worthwhile mission with their fellow professionals at 442 Squadron.



"I'm not sure, but I think he's telling the batter to bunt."

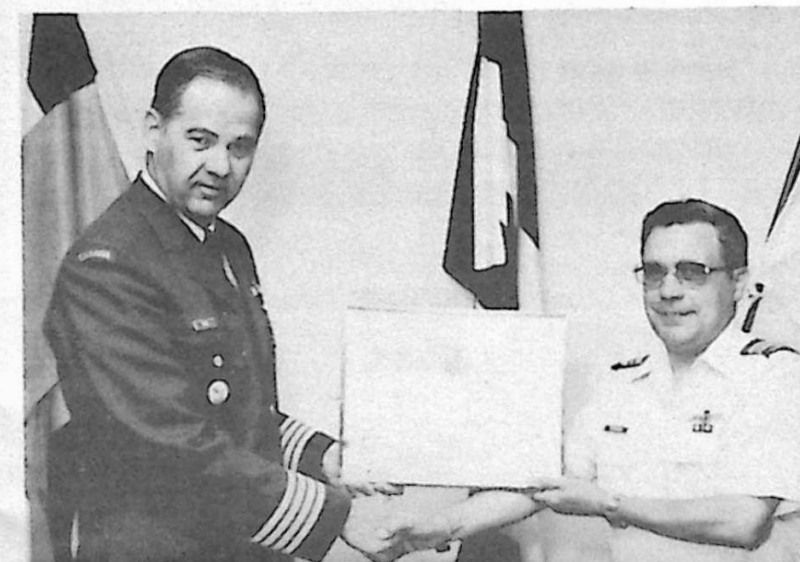
# Section News

## Employee Assistance Programme

EAP Certificates of Appreciation were presented by Colonel McGee



Carol Anderson receives recognition for her role as referral agent while at CFS Holberg, 1983-1990. Carol is continuing that role at CFB



Maj M. Besnard was presented a Certificate of Appreciation for his role as EAP/RA at CFS Senneterre and at Comox.



Doreen Erickson receives appreciation for her role as Referral Agent and Chairperson of the EAP Committee at CFB Comox 1987-1990.

## Do You Enjoy:

- Gossip
- Gripe Sessions
- Bickering

If so the Jr Ranks Ladies Club is not for you!

## Do You Enjoy:

- Meeting women like yourself
- An evening out once a month
- Letting your hair down

Then join our Club -  
the Jr Ranks Ladies Club  
Meetings every 3rd Thursday, in the Jr Ranks  
Lounge 7:30 PM  
Everyone Welcome

## BAMSO Promotion



Cpl Skwirut receives his books from BAMSO, Maj McKenzie

## Canada contributes largest Peace Keeping Force

OTTAWA -- The Secretary of State for External Affairs, the Honourable Barbara McDougall, and the Minister of National Defence, the Honourable Marcel Masse, today announced that Canada has accepted the formal request of the United Nations Secretary-General to participate in a peacekeeping operation in the Western Sahara.

Canada will contribute a contingent of approximately 740 troops drawn from the Canadian Airborne Regiment, which is based in Petawawa, Ontario. Canada is also providing the force commander, Major-General Armand Roy, for the military component of the United Nations Mission for the Referendum in the Western Sahara (MINURSO). This represents the largest peacekeeping commitment Canada has undertaken since the Canadian contingent in Cyprus was augmented during the crisis there in 1974.

"Our decision to contribute such a major force to this UN operation highlights Canada's long-standing commitment toward international peacekeeping," stated Mrs. McDougall. "Canada is one of the leading nations in the world in terms of numbers of troops serving in international peacekeeping operations," said Mr. Masse. "Canadian Forces participation in MINURSO demonstrates the professionalism and the devotion of our soldiers to serve the cause of peace globally," added the Minister.

The overall MINURSO operation will require approximately 1,700 military personnel from 36 nations including Canada, 300 civilian police, and approximately 900 civilian staff. The operation will last until a national referendum is held in early 1992 to determine whether the population of Western Sahara favours independence from or integration with Morocco.

The Canadian troops will begin to deploy later this summer with the major portion of the contingent, the Canadian Airborne Regiment, moving to the region in the fall.

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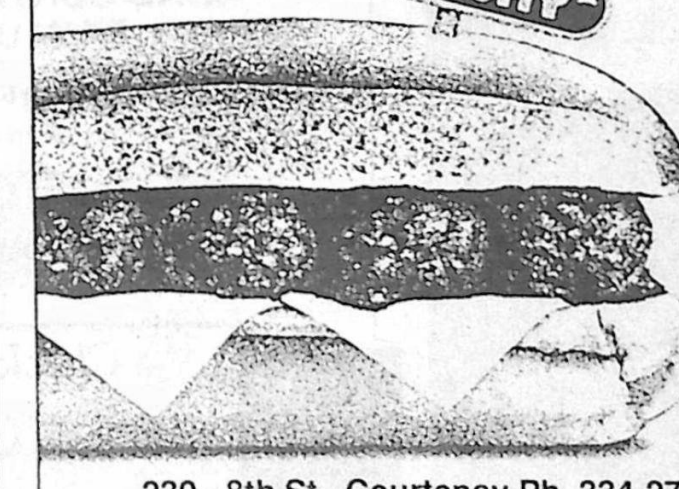
## HUGE SALE ON TREES & SHRUBS



Why settle for a patty when you can have a ball.

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NEXT DEADLINE 23 SEPT



# Section News



Finally, it's over! The dust has settled and out of the confusion... a new Clothing Stores has appeared. Hours of operation are as follows:

Mon, Wed, Thurs and Fri  
0800 - 1500 hrs;  
Tues  
0800 - 1230 hrs.

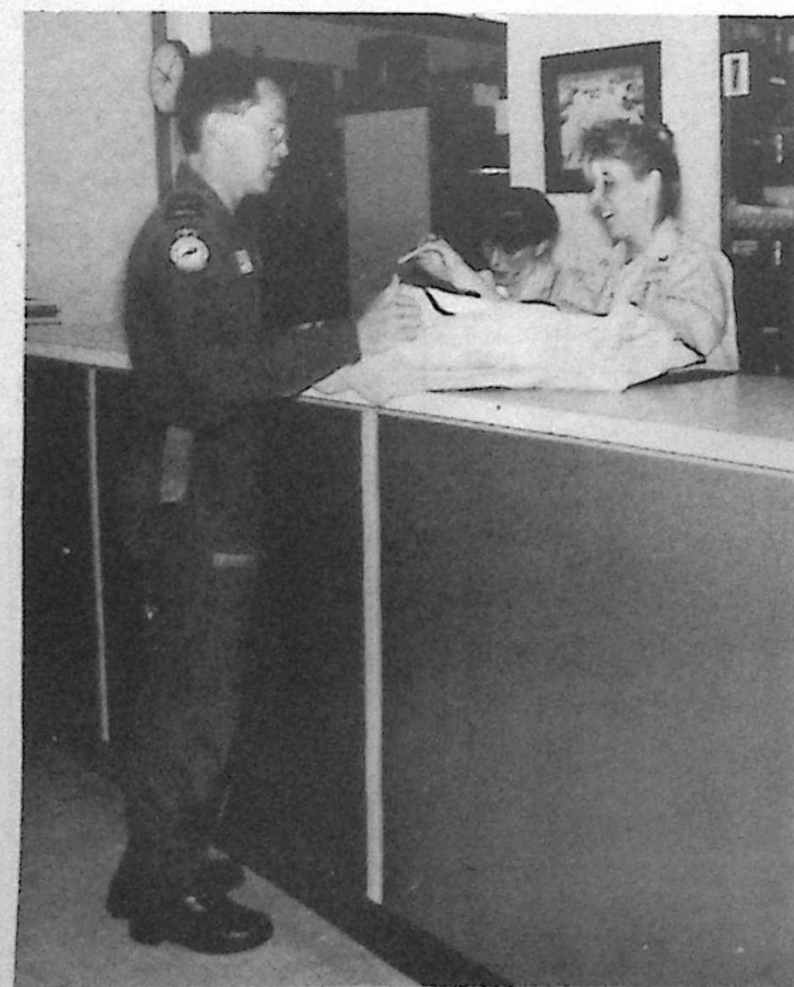
Over the past few months Clothing Stores has completely changed its looks. The MSA has been separated from the main supply account, new counters have been installed, a new entrance way created, a comfortable waiting area and change rooms prepared, complete with pictures and plants. All in all, it

"Now let's see, add GST."



.... deals on PW clothing

In Snake's Clothing



442 member stocks up.

## Supply Signals

took tremendous work from everyone involved in the rearranging and relocation of stock with the major part of the work being done during one weekend with no work disruption to our customers.

Congratulations for a job well done goes out to the following weekend warriors: WO Cochrane, Sgt Caron, MCpl Johnson, Cpl Kitchen (now in POL), Cpl Gordon (now in Calgary), Cpl Sampson (from 1 Supply Group) and Pte Morneau. Presently working in Clothing Stores, not already mentioned, are LS Leask, Cpl Rogers, Cpl Watchorn, Cpl Goyer-Leblanc,

Pte Girard and Pte Parsons. A special thanks is extended to our resident carpenter, Mr. Mervyn Lewis, for all his hard work.

At Clothing Stores, besides exchanges and cash sales, we offer the following deal: Nearly new garments can be purchased at 70% off regular price. This may come in handy before you go on course or when you want to revamp your wardrobe.

With the arrival of the new Air Force jackets at Canex, your initial issue of name tapes can be ordered through our newly redecorated store. And now on to other news....

Due to time restraints, an official goodbye for MS Mitch Scott cannot take place as is the norm, so we wish him yet another safe trip as he retires across Canada on his way to CFB Halifax.

A reminder that on 26 Sep at 1000 hrs in the 7 Hgr Briefing Room, there will be a general Party Fund meeting. All existing members should be there and possible new members are encouraged to attend.

Just in case there are untrue, vicious rumours flying around, the Jr Ranks and civvies are indeed the champions of the annual

Supply softball challenge held on 23 Aug.

News flash!!! Congratulations are due to the Parsons family on the arrival of their new baby boy, Jacob Aaron, weighing in at 10 lb.

14 oz - WOW! Well done Holly and Eric.

As is normal for this time of the year, we have many new faces in Base Supply. Welcome all of you, and may your posting here be a pleasant one.

"Have a seat."



Comfort is feature of "new" clothing stores. photos by Pte LaFrance

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# Section News



**Base  
Telecom**

**As the  
Beacon Turns**

Yes faithful readers, it is time once again for another installment of our very own seaside chat. The last couple of weeks have been relatively busy for us, both operationally and recreationally.

The newest face to be seen in the tower these days is WO Al Munday. Al returns to us after a successful completion of the VFR controller course in Cornwall, Ont. Congratulations Al, and well done. Also, congratulations go out to the Comox Valley's newest qualified terminal controller. Capt Dave Masnyk is the latest to earn the right to work those shifts in the dark.

Operationally, the latest group of aircraft to beat up the airspace were those involved in 'Exercise Fabric Falcon Brave' which took place during the last week of August. During the exercise the airfield was attacked by numerous EA6Bs and F111s. You readers will just have to take my word that these attacks did occur, you just could not see them due to the over abundance of that infernal liquid sunshine. Our own jet squadrons were also involved with the exercise and they were augmented by other jet aircraft from across the country. With all

of the exercise aircraft combined with our other locally based aircraft and the scheduled commuter flights, it made for some interesting times at work in both the Tower and the RATCON.

The first of our social gatherings to occur for this edition was the Section pool party held at the Bumhams on the 24 of Aug. All went well until Capt Dave McLeod demonstrated his school of flameless barbequeing. Needless to say, the flames were quite high until someone managed to turn off the gas, thereby keeping the local firehall uninvolved. Our next gathering was held at the Black Fin Pub as we gave our outgoing BATCO his retirement luncheon. From all reports, the luncheon went rather well with Maj John Stariha being sent off in style. The Section presented him with a new trolling rod and reel. Now he has no excuse not to get out on the water more often. Our final gathering for this edition was our 4th Annual Car Rally. MCpl Peter Woodridge and Cpl Jim Houston sent us all on a merry chase for obscure local landmarks. The rally took a little over one hour for us to complete with the teams of The Goddens, Turbo Maz and the Whiners, and

The Munday's coming in first, second and third. Bringing up the rear with only two correct answers was the team called The Powders. Hats off to you Annie. Speaking of wine, at the family picnic following the rally we were somewhat successful at making some of our very own homemade wine out of the water balloons. That does it for our Section gatherings for a while. The next get together will be our annual halloween party held at as yet an unknown location.

That does it for this edition. Before I sign off with the usual questions, I will let you know that this writer will be going on hiatus for the next couple of weeks as I take a much needed break from the job in the Tower and prepare to take up residence in the RATCON once again.

Now for the questions. Question number one asks us who was that young woman seen in the company of Mr. Leduc? Rumour has it that it was your wife Norm, is that right? Our final question asks us which Toyota driving Tower controller told the number two F18 of a formation landing to follow the T-Bird on the roll-out.

Adios. Thom.

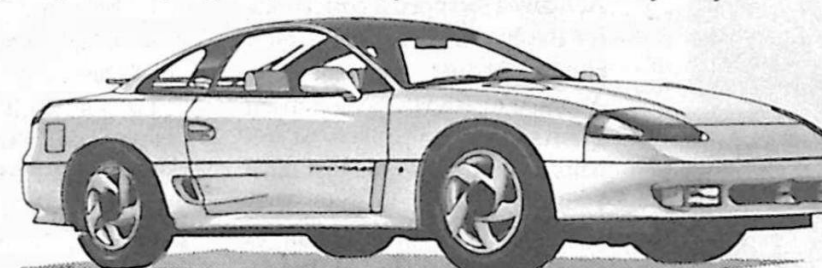
## NEXT DEADLINE 23 SEPT

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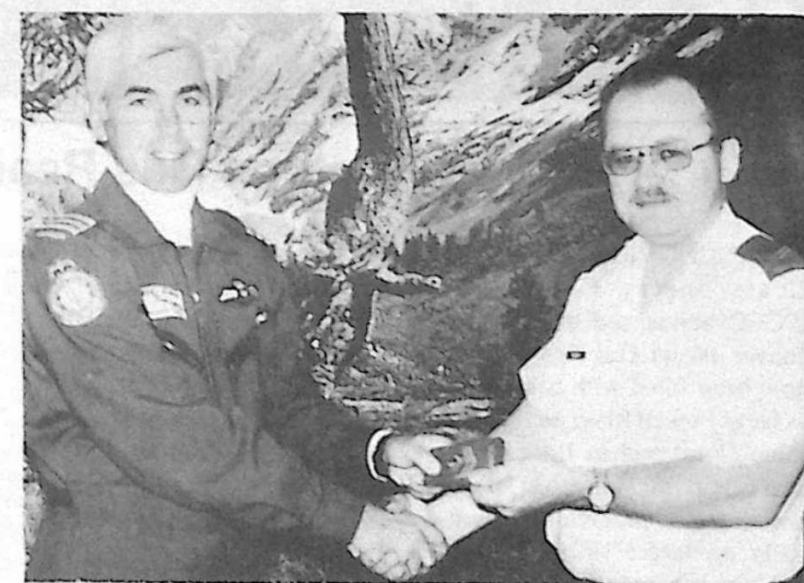


**338-5451**

## 407 Promotions



407 Sqn CO, LCol T.E. Chester presenting John Bravner with his recent promotion to WO.



New MCpl Patrick Sears, from LCol Chester.

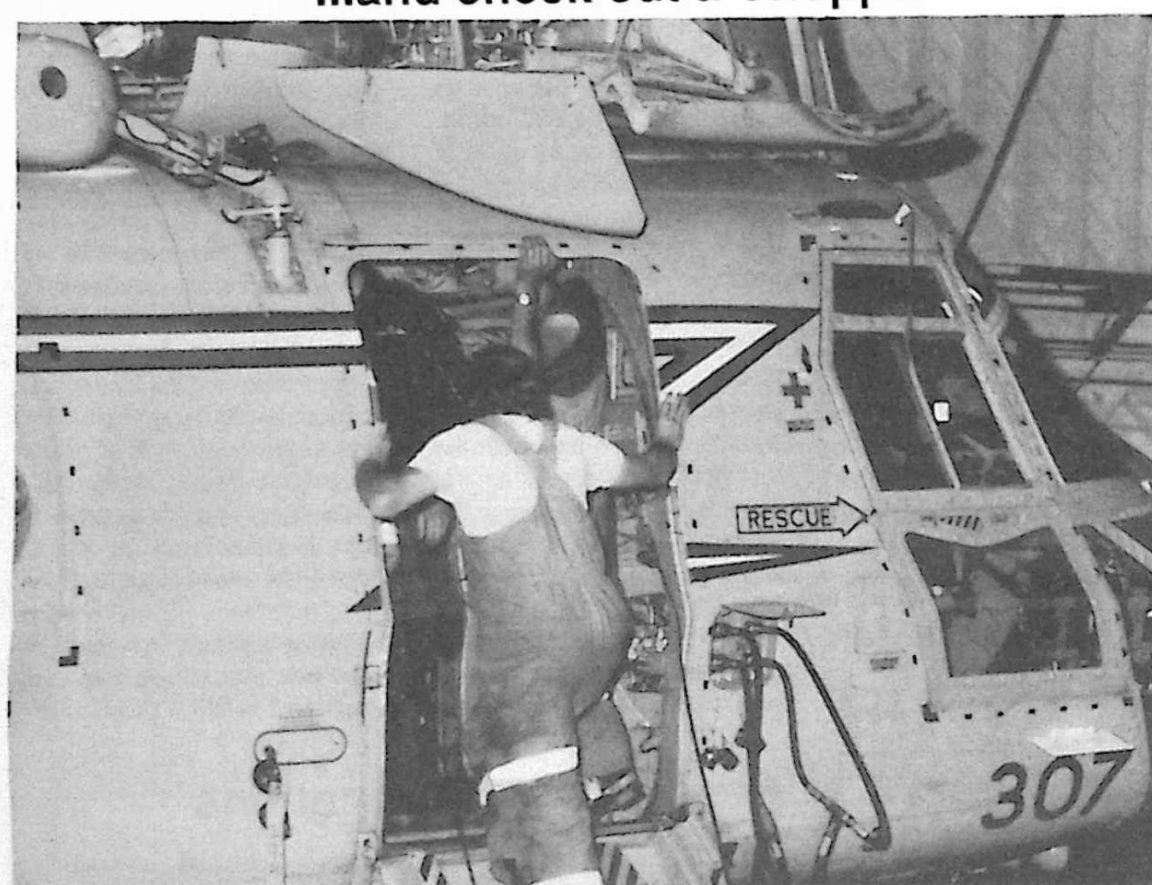


# Section News

## Firemen Visit 442



## ...and check out a Chopper



## ...and an Aurora of 407



## Town of Comox Fire Department

## Visiting Firemen

The Town of Comox Fire Dept familiarization visit to CFB Comox took place on Aug 28. Chief Bentley was unable to attend, so the fire dept members were led by the Deputy Fire Chief, Mr. Gordon Shriner.

Aircraft availability posed the only problem to the visit, but creative workarounds by servicing sections of 407(MP) Sqn and 442(T&R) Sqn made most of the itinerary possible. MWO R.K. Pokeda, a 407(MP) Sqn Flight Engineer, gave the Aurora Pokeda managed to give full briefings despite having to do so on the maintenance aircraft, which was largely stripped. Sgt S.L. Shaw, the acting BCust, had intended to brief on the locations and importance of protecting the Aurora's CCI/classified electronics modules, but they had all been removed from the maintenance Aurora, so this part of the familiarization was not given.

Capt G.S. Ringuette and Lt F.B. Cannon of 442(T&R) Sqn gave briefings on the Labrador and Buffalo respectively. Capt Ringuette also made do with the

maintenance aircraft, as 442 Sqn's three serviceable helicopters were scheduled for night flights. Lt Cannon's Buffalo was towed out to the flight line during his briefings, and he had to complete them in pitch darkness and then proceed directly to flight planning. Despite these circumstances, the fire hall members received the information they were seeking.

The visitors proceeded to the Base Fire Hall, and WO L.W. Riedlinger's crew provided hospitality and coffee. MCpl S.A. Rickard gave a thorough presentation, which included specifics on fighting fires involving aircraft fuel, SAR/search stores and live ordinance. MCpl Rickard's briefing held the attention of her audience despite the lateness of the hour, and several involved questions followed.

At 2200 hrs the visitors departed the Base. Satisfaction was expressed by the Deputy Fire Chief, and the visit was assessed to have been of value to them. The OPI wishes to express his gratitude to the CF members who assisted in this visit.



## As the Wheel Turns

It was that time of year again, when the BTN/BEME Sections held their annual golf tournament, and though we had slight rain showers it turned out to be a huge success. Our resident pro, Bob Bird, captured low gross while Hector Pitre was awarded low net. The prizes and winners are just too numerous to mention. I even won a Loomis baseball hat. Actually I swapped a coffee mug for the hat, what a steal. I must mention though that Cpl Tony Andrade or BEME, won himself a rain suit for losing the most golf balls at four. Now you can mow your lawn in the rain Tony. Also, I should mention on behalf of everyone from BTN and BEME, a special thanks to MCpl Sean Koran, his staff and all sponsors, for making the golf tournament possible. A job well done.

I would like to take this time to

wish Sgt Cary Casey and his wife Jan all the best in their new posting to Calgary. Yes, Gary, it is true that the first piece of equipment you are issued in Calgary is a shovel. Sorry pal.

MCpl Vern McLearn is now settled in his new and comfortable job of Chief Dispatcher. Vern was quoted as saying, "Why all the paper work. Help me. Somebody help me." Vern, you're great, actually you're the greatest Chief Dispatcher I ever met.

The newest question in Transport is "Have you seen MWO MacNair?" And the response is, "No, have you seen the MSEO? No, oh, oh ... is the Major in?"

Good luck to Cpl Doug Cusson, Cpl Tom Peynenburg, and Mr. Jeff Aresenault. They will be travelling to Trenton, Ontario, to compete in the National Roadco. Kick some butt guys!

## Natural Gas Reaches Powell River and Little River.

VANCOUVER, BC -- Pacific Coast Energy Corporation (PCEC) announced that the Vancouver Island Gas Pipeline has now been filled with natural gas as far as Powell River on the Sunshine Coast and to Little River near Comox on Vancouver Island. Construction progress is essentially on target with the long-standing schedule that called for gas service to Vancouver Island by September 1991.

"Construction of the mainline and marine portions of the pipeline has been completed," said PCEC Vice President Leon Cender. "This means gas is able to flow from Coquitlam along the Sunshine Coast to Powell River, and across the Georgia Strait to Little River. We've been servicing the Woodfibre pulp mill since July and the town of Squamish since early August. And Sechelt began gas service the week of

August 25. Distribution of natural gas to the town of Powell River commenced the first week of September. The Port Mellon pulp mill and the Powell River pulp mill began taking gas in early September. Distribution pipeline systems to serve residences and commercial businesses on the Sunshine Coast (except for Squamish) and Vancouver Island are being constructed by Centra Gas British

Columbia Inc.

Pipeline construction on the Vancouver Island portion is nearing completion. The main welding crew has completed its work on the mainline and the Port Alberni and Campbell River laterals. Remaining construction work on the Island includes completion of stream crossings, hydrostatic testing, meter station installations and final clean-up.

"We expect to have natural gas flowing to Victoria this month," said Cender, "with gas service to other Island communities and pulp mills by early October, well in advance of the heating season."



## 1. Alano Club of Courtenay

Support group for recovering alcoholics. 250 clients. New building under construction.

Contact person:  
GLORIA GARROWAY  
Office: 543 - 6th St., Courtenay, B.C. V9N 1M5  
338-2135 - 338-0041

## 2. The Arthritis Society, B.C. Division

Aim: to control and ultimately conquer arthritis. Services provided in the Comox Valley:

- treatment programs at St. Joseph's Hospital
- education programs.

Number of Comox Valley residents benefiting: 5,000.  
Contact person:  
BARB SMITH  
2088 - 6th Street East  
Courtenay, B.C. V9N 7L8  
334-3788

## 3. B.C. Children's Hospital

250 bed pediatric hospital serving children from birth to age 19.

Number of Comox Valley residents benefiting: 250.

Contact person:  
BOB MELNUK  
860 Nikolaisen  
Courtenay, B.C. V9N 3X7  
334-2425

## 4. Beaufort Association for Mentally Handicapped

Operates three vehicles for transporting handicapped. "Quest" program. "Community Options" program.

Contact person:  
RAOUL BEAULIEU  
Office: 536-B - 5th St.  
Courtenay, B.C. V9N 1K2  
334-3532 - res. 334-4217

## 5. B.C. Paraplegic Association Vancouver Island

Services offered in the community:

- assists persons with spinal cord injuries
- home visits
- hospital visits
- job placement
- counselling

Number of Comox Valley residents benefiting: 245.

Contact person:  
ARLENE JORDAN  
3-2159 Departure Bay Rd.  
Nanaimo, B.C. V9S 3V5  
756-9889

## 6. Canadian Diabetes Association Comox Valley Branch

Services provided in the Comox Valley:

- subsidizing children's attendance at diabetes summer camps
- assisting health workers
- support to Diabetes Day Care Centre at St. Joseph's Hospital
- provide equipment to St. Joseph's Hospital and other health care units.

Number of Comox Valley residents benefiting: 1,500.

Contact person:  
TODD SHIRLEY  
Box 3256  
Courtenay, B.C. V9N 6R8  
334-1976

## 7. Canadian National Institute for the Blind

Aim: to foster the integration of blind and visually impaired persons into the mainstream of Canadian life. Services provided in the Comox Valley:

- counselling
- rehabilitation program
- talking books, mobility aids
- prevention of blindness program.

Number of Comox Valley residents benefiting: 85.

Contact person:  
SALLY VOLKERS  
R.R. 4, Site 506  
Courtenay, B.C. V9N 8B5  
334-2503

## 8. Canadian Red Cross Society

Services provided in the Comox Valley:

- blood donor program
- water safety: pupil training
- leadership small craft safety adapted aquatics.

- health: sick room equipment loan service (loan cupboard)
- fun and fitness for seniors
- first aid courses

- emergency services: registration and inquiry training for use in the event of a disaster
- tracing and reunion
- youth: school health and safety programs and workshops.

Number of Comox Valley residents benefiting: 9,500.

Contact person:  
KELLY SUNTER  
R.R. 5, Site 506, Comp. 30  
Dorking Avenue  
Comox, B.C. V9N 8B5

## 9. Comox Valley Block Parents Association

Services provided in the Comox Valley:

- the Block Parent symbol indicates a safe haven for anyone needing assistance, primarily school children, but many adults have used our services.

Number of Comox Valley residents benefiting: all school children.

Contact person:  
JUNE MUNRO  
2960 Safford Road  
Courtenay, B.C. V9N 3V5  
338-5507

## 10. Comox Valley Community Organization for Drug Education Services - C.O.D.E.S.

Services offered in the community:

- special "First Night" project
- co-ordination of prevention activities
- providing speakers, conferences and liaisons with other substance abuse prevention programs
- act as catalyst.

Number of Comox Valley residents benefiting: 4,000.

Contact person:  
LIZ WOUTERS  
575 - 10th Street  
Courtenay, B.C. V9N 1P9  
338-1210

## 11. Comox Valley Family Life Association

Services provided in the Comox Valley:

- serve the needs of troubled children, adolescents and families
- foster grandparent program
- volunteer victims assistance program
- parenting workshops

Number of Comox Valley residents benefiting: 450.

Contact person:  
JESSIE SCOTT, Administrator  
237-A Third Street  
Courtenay, B.C. V9N 1E1  
338-7575

## 12. Comox Valley Ground Search and Rescue Association

Services provided in the Comox Valley:

- water rescue
- cliff rescue
- missing persons (searches)
- disaster assistance

Number of Comox Valley residents benefiting: all.

Contact person:  
SCOTT LARSEN  
410 Leighton Ave.  
Courtenay, B.C. V9N 2Z4  
338-7377

MIKE FOURNIER  
1245 Mayfair Road  
Comox, B.C. V9N 5B5  
339-3949

## 13. Comox Valley Planned Parenthood

Aim: to provide family planning services as a fundamental right of all people by educating and counselling in schools and the community.

Number of Comox Valley residents benefiting: 700.

Contact person:  
PAT BAKER  
2899 Lupton Road  
Courtenay, B.C. V9N 3V2  
334-0609

## 14. Comox Valley Recovery Centre Society

Services provided in the Comox Valley:

- a 14 bed residential treatment centre for men suffering from the disease of alcoholism
- an educational program for spouses
- although not affiliated with Alcoholics Anonymous, the Recovery Centre emphasizes AA philosophy.

Number of Comox Valley residents benefiting: 200.

Contact person:  
ALLEN PELLETIER  
c/o Comox Valley Recovery Centre  
632 Pidecock Avenue  
Courtenay, B.C. V9N 3K3  
338-7144

## 15. Comox Valley St. John Ambulance

Services provided in the Comox Valley:

- first aid teaching
- Cadet Brigade
- health care for seniors
- emergency preparedness

Number of Comox Valley residents benefiting: 10,000.

Contact person:  
BARRY AKEHURST  
2260 Stewart Avenue  
Courtenay, B.C. V9N 3H9  
338-6395

## 16. Comox Valley Stroke Club

Services provided in the Comox Valley:

- exercising and assorted physical activities
- social activities
- assisting the individual and family to handle the emotional difficulties
- home and hospital visits
- getting those able out into the community again.

Number of Comox Valley residents benefiting: 40.

Contact person:  
BARB EDWARDS  
1941 Urquhart Avenue  
Courtenay, B.C. V9N 3K8  
338-8551

## Agency Directory

## 17. Comox Valley Therapeutic Riding Association

Aim: to provide physical, psychological and social well being with the aid of a horse.

Services provided in the Comox Valley:

- therapeutic horseback riding for the physically, mentally and emotionally handicapped
- organized lessons / special equipment
- bus transportation for all involved.

Number of Comox Valley residents benefiting: 250.

Contact person:  
MARGARET HIND  
R.R. 1, Site 170, C16  
Comox, B.C. V9N 5N1  
339-2179

## 18. Comox Valley Women's Resource Centre

- support groups and programs
- information referral and crisis intervention
- public education / women's issues.

Number of Comox Valley residents benefiting: 5,000.

Contact person:  
KERREN SHALANSKI  
450-11 - 8th St., Courtenay, B.C.  
338-1133

## 19. Courtenay Rescue 71

A road rescue crew.

Services provided in the Comox Valley:

- specialized rescue services including motor vehicle accidents requiring "jaws of life" or air bags
- cave, trench, steep angle and industrial rescues
- first aid standby for community events
- emergency medical service.

Number of Comox Valley residents benefiting: all.

Contact person:  
NEIL LAMB  
c/o Courtenay Volunteer Fire Department  
580 Duncan Avenue  
Courtenay, B.C. V9N 2M7  
334-4446 (business) 334-3720 (home)

## 20. Crossroads Crisis and Family Services Society

Services provided in the Comox Valley:

- 24 hour crisis intervention service / drop in centre
- counselling and referral service
- liaison for legal aid, debt counsellor, safehouse, native court worker, parents in crisis
- volunteer training
- workshops are held and are open to the public.

Number of Comox Valley residents benefiting: 11,000.

Contact person:  
ANDREE GAUDET, Executive Director  
237-B Third Street  
Courtenay, B.C.  
338-0512 (business line) 334-2455 (crisis line)

## 21. Island Deaf & Hard of Hearing

Services provided to the Comox Valley:

- personal and adjustment counselling related to hearing loss
- public education
- vocational planning (especially for school-age children)
- sign language and oral interpreting
- assistance with legal and financial issues and medical appointments.

Number of Comox Valley residents benefiting: 400.

Contact person:  
ROBERT STENABAUGH  
R.R. 3, Site 312, Courtenay, B.C. V9N 5M8  
334-3909

## 22. North Island Alcohol and Drug Education and Information Society (N.A.D.I.S.)

Aim: through awareness and education to see changes in attitudes concerning drugs and alcohol from kindergarten children to senior citizens.

Services provided in the Comox Valley:

- film and video presentations to concerned citizens, community groups, industry and schools (Courtenay Jr., Sandwick, Vanier, and Highland)
- provide literature on prevention of drug and alcohol abuse.

Number of Comox Valley residents benefiting: 18,000.

Contact person:  
JAMES HOWARD  
c/o Box 891, Campbell River, B.C. V9W 6Y4  
339-6773

## 23. Vancouver Island Multiple Sclerosis Society

Services provided in the Comox Valley:

- information and education for patients and families
- counselling and emotional support
- equipment loans
- Zenith telephone number
- patient assessment
- volunteer and community education
- home and hospital visits to patients.

Number of Comox Valley residents benefiting: 31.

Contact person:  
Mrs. LILLIAN BOHN  
R.R. 5, Site 502, Back Rd., Comox, B.C. V9N 8B5  
339-3449

## 24. You Are Not Alone Fund Society (Y.A.N.A.)

Services provided in the Comox Valley:

- provides funding for families with children who must leave the valley for medical treatment due to illness, accident or prolonged medical condition
- counselling and support to a family when a child is ill.

Number of Comox Valley residents benefiting: 50.

Contact person:  
SARAH NICKEL  
Box 3159, Courtenay, B.C. V9N 5N4  
337-8832



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## Recollections



by Norm Whitley

### The Wizard of Oz

I think most adults remember the story of The Wizard of Oz. Do you know where the name "Oz" came from? Well, the author was sitting in his office trying to think of an appropriate name for the story when he happened to glance at the filing cabinet. One of the drawers was labelled 'A to N' and the second drawer was marked 'O to Z'. Oz. Thus, the title for the magical land of Oz. In any event, Dorothy Gale, the heroine, started out in the story as a frustrated little girl. Perhaps you remember the story in detail, however, let me refresh your memory. Dorothy is running down a country road with her dog Toto. Dorothy is carrying her lunch basket and stops breathlessly and turns around. She says to Toto, "She isn't coming yet, Toto. Did she hurt you? She tried to, didn't she? C'mon, we'll go tell Uncle Henry and Auntie Em."

In the next scene, Dorothy is seen running up to her Aunt and Uncle, and excitedly says, "Aunt Em, Aunt Em, Aunt Em, just listen to what Miss Gulch did to Toto. She hit her with..." Aunt Em replies, "Dorothy, please, we're trying to count."

"Oh, but Aunt Em..." Uncle Henry interjects, "Don't bother us now, honey, this old incubator has gone bad and we're

likely to lose a lot of chicks."

"Oh, the poor little things." Dorothy persists: "Miss Gulch hit Toto with the back of a rake just because she got in the garden to chase a nasty old cat. Oh, but she doesn't do it every day, just once or twice a week. She says she'll get the Sheriff..."

"Dorothy please, we're busy!" "Alright." And Dorothy walks away with an unhappy backward glance.

No one would listen to poor Dorothy when she needed a friendly ear.

Let's change the setting from a Kansas farm to Vancouver's West End, the summer of 1941. A young lad, (about Dorothy's age), had put in his full school day at King George High School and had gone straight to his 'shack' to deliver papers. His route stretched from Denman and Robson, four blocks uphill on Robson to Broughton, and several side streets. He had ridden home on his C.C.M., grabbed a quick bite to eat and changed into his Air Cadet uniform. Looking very dapper, he walked from the vicinity of Burrard Bridge all the way down Beach to Denman, then to the entrance of Stanley Park, the Armoury at Gilford and Georgia. There, he spent the evening marching, standing to atten-

tion, listening to 'Clare de Lune' being played endlessly. The entire parade knew that was the only tune the band could play. Finally, inspection, then a route march around the Armoury, then dismissal. The long walk home was just a breeze because he knew, just knew, people were admiring his smart Air Force uniform.

Finally, this young cadet (let's just call him Norm) burst into his living room at home, bubbling with excitement.

"Mom, Mom, guess what? We had a big inspection tonight. I was inspected by a big shot, Mom."

"That's nice." "It was Billy Bishop, Mom. He's an Air Vice-Marshal."

"Are you hungry? You didn't eat much supper."

"Billy Bishop, Maw. He won the Victoria Cross. He's got more medals than Dad has. He has four rows of ribbons. You should have seen him."

"Hmmm."

"He shot down 72 enemy planes, Maw, all by himself, and they say he can see in the dark."

"Oh?"

"And he looked right at me, Mom. He looked right at me and I think he was going to speak but I guess he just didn't have the time."

"Have you done your

homework yet?"

"No, Mom, but one day I'll be a flyer just like him and boy, you'll be proud of me."

"I'm proud of you now. Go do your homework."

Like Dorothy, Norm walked away with an unhappy backward glance. No one listened as he muttered to himself, "I've never had a ride in a plane and I've never even been near one, but some day, things will be different." He too, needed a friendly ear.

Fifty years pass. This same kid, Norm, looked to the skies with his binoculars. He scrutinised a sailplane forming lazy circles in the air, sometimes appearing motionless, sometimes diving at obviously delicious speeds. On the fuselage, two words stood out in clear letters: AIR CADETS. He spotted the tow plane. It, too, was marked AIR CADETS. Curiosity got the better of him and he drove to a road beside the air base, and sure enough, through his binoculars he could see cadets. Literally dozens of them, both boys and girls taking their turn being towed aloft in a shiny sleek sailplane and floating in the great void for endless minutes. For anyone, not just youngsters, what a thrill! And further, the cadets told of rides in 'Buffs' and 'Hercs' and 'Labs'

and whatever else. It appeared real flying was finally an integral part of cadet training. Looking further into the cadet curriculum, he learned naval cadets at Goose Spit HMCS Quadra sailed in gigs, carried real FN automatic rifles, fired real cannons and took week-long trips on modern training vessels. If youngsters chose army training, they rode in huge tanks and partook in manoeuvres in the wilds of British Columbia. What a fortunate and happy season of adventure between school seminars.

The old cadet headed home. Passing Point Holmes he saw several naval gigs in full sail. Numerous Khaki coloured half-tracks with young soldiers headed out on exercises. Overhead, the taildragger towplane just released its cable and the sailplane floated silently free.

Parking his car, he sat on the sundeck and scratched his grey hair. He ran his hand over his high balding forehead and wiped away the sweat. He locked his fingers over his protruding belly and sighed, "What the hell, never did care much for that stuff anyway."

### Stories from the HamishH Collection

#### "The Aussies are Coming"

Due to extreme weather conditions during the winter of 1942/43, many operations of the BCATP (British Commonwealth Air Training Plan), encountered a severe slow down in flying training. With little or no snow removal equipment, heavy blizzards and snowfalls across the prairies curtailed the use of aircraft on many stations. Personnel were put to work, not only shovelling runways, but also the roofs of hangars to prevent possible collapse from the additional weight. Some aircraft were fitted with skis and a limited amount of flying was able to be carried out. However, as classes were unable to graduate on schedule, an accumulated backlog was formed all the way back to the recruiting centres. This not only affected Canadian and U.S. volunteer trainees but also other BCATP members. Those countries, such as Australia, England, India and New Zealand were all preparing potential air crew members with their basic training. The graduates were then sent to Canada as LACs (Leading Air Craftsmen) to start their flying training.

A boat load of Australian Trainees was already enroute when the severe weather condi-

tions began. When they arrived at Vancouver, there were no flying stations ready to accept them so they were all sent to No.3 Manning Depot at Edmonton. They were a pitiful looking bunch when they came through the gates at 3 M.D. It was midsummer when they left Australia and many of them had never seen snow, much less 25 below zero F. weather conditions! They were all quickly ushered into two empty huts where they would remain until a sufficient supply of winter clothing could be obtained, augmented by donations of wool sweaters and scarfs from various womens knitting groups.

As there were no duties to be carried out by the new arrivals there was little else to keep them occupied. They were permitted to use the drill hall in the evenings for assorted sports activities, or the YMCA hut for reading and writing, and of course their three squares a day at the mess hall. Their marches to the mess hall were sight to see. They marched out across the parade ground in 'Snake Formation' in one long line, all in step with one arm up on the shoulder of the man in front and singing their national anthem, Waltzing Matilda (well,

that's what THEY told us). Beyond that, things were somewhat boring so they looked around for some other forms of amusement. At hand there were huge piles of snow banked around the outside of their huts which provided plenty of ammunition for snow ball fights. However, the snow was too cold to make into suitable hard snow balls so they carried quantities of the stuff in doors in whatever containers they could find such as great coats and blankets. Once the snow warmed up a bit the snow ball fights were on. For a change fire extinguisher fights were introduced, but didn't last all that long. Another form of sport was 'Hide the C.O.'s Flag', in which two or three would dash out to the end of the parade square, take down the C.O.'s flag and find a spot to hide it -- usually in some snow bank, then return to their huts where all watched from the windows to see how long it took 'somebody' to notice the flag missing and try to find it. One day one of their group came up with a pair of W.D.s step-ins (underpants) and after all the excitement of trying to find out how and where he had obtained them, volunteers were selected to go out and replace the C.O.'s flag with

their new found 'drawers, W.D.s for the use of'. On another day the flag was replaced by a staff messenger's bicycle. On yet another day they armed themselves with a fire axe or two and began chopping down the entire flag pole. They were soon noticed and quickly stopped. 'Works and Bricks' were then instructed to erect a metal sheath around the base of the flag pole to ward off any further attacks. Now and then a few of them arranged for a trip into town by 'borrowing' a fire ladder from the fire hall, setting it up against the fence and climbing over. The last man over pulled the ladder up and dropped it down the other side where it was 'cached', until they returned later on in the night. Some of them didn't have to return by the ladder route as they were driven back to the depot courtesy of the Service Police and given a 'room' at the rear of the Guard House. We did hear there were times when the 'brig' was filled to capacity and the new 'arrestees' had to go on a waiting list! Some might have called it 'mutiny' conditions but it was all in the name of fun and high jinx.

Of course the Aussies and their activities were the talk of the

depot and we Acey Deuceys were somewhat envious of them while we had to slug it out doing our daily drill exercises out on the parade ground in the ongoing sub-zero weather.

In the meantime, the C.O. and others were becoming more and more upset with the Aussie antics and tried splitting them up into small groups and spreading them out into other barrack blocks. That turned out to be only a band-aid remedy as they continued to carry out their pranks while the rest of us were out on duty. We would arrive back to find our bunks messed up, sheets tied in knots or tied together in long ropes, and even in the showers, soaking wet. During the nights they would keep us awake by calling back and forth to one another. This continued until we heard that the C.O. had received permission to ship most of the Aussies off the station -- to where we never heard. There was a noticeable sigh of relief from all quarters as the trucks moved out through the gates carrying their 'precious cargo' all singing at the top of their voices - 'Waltzing Matilda'.

continued on page 14



# Leisure



**Carry Sweeney**  
music reviews and  
syndicated columnist

## Divinyls A 'Touching' Hit

My first introduction to The Divinyls was on their 'Temperamental' (Chrysalis) release. At that time I predicted success was just around the corner and with their self-titled 'Divinyls' (Virgin Records) that success has come to fruition.

Christina Amphlett (vocals) and Mark McEntee (guitars, vocals), the central figures in this gold-bound CD have put together an 11-track outing that shows just how much they have matured since 'Temperamental'. With the shuffling 'I Touch Myself' recently topping the singles charts and songs like the fast-paced 'Bless My Soul (It's Rock-n-Roll)', 'Make Out Alright' and the solid beat of 'Need A Lover' all holding loads of commercial potential, The Divinyls have definitely arrived.

With Randy Jackson (bass), and Charley Drayton (drums, percussion), backing throughout, along with guests like Benmont Tench (organ), on 'Make Out Alright' and 'I Touch Myself' and Van Dyke Parks handling the string arrangements on 'Love School', this set literally sizzles. Refreshing to note there is no rap, hip-hop or house mixes. The instruments are real and the sound is pure pop magic.

### Angel

There's going to be an explosion of popularity for a guy called Angel Ferreira. A product of the tough East L.A. barrios, he moved to Hollywood, enrolled in dance and landed a job dancing on the pilot episode of Fame. He went on to win dance scholarships, developed his own dance company and has appeared in videos for Vanessa Williams, Seduction, Tyler Collins and most recently was chosen as the principal dancer for Madonna's 'Who's That Girl' world tour. Already contracted to a major softdrink company for national TV and radio spots in English and Spanish, he has just signed to Virgin Records, the same label that is enjoying world-wide success with singer/dancer Paula Abdul.

Angel's self-titled cassette is loaded with a wicked blend of pop, soul, rock and is spiced with hip-hop and house. Kicking it off with 'Your Love Just Ain't Right', the debut single, the music kicks into high gear and stays there through 'Little Miss Claire' and 'Give Me Bass'. His dance grooves are augmented with stinging horns on 'Livin' In The Ghetto', which Angel calls "... a song for the Hispanic community." Other highlights include the stomping 'Stand By Me' and 'Me Am I'. This one will hit big!

### Fast Facts

The novelty song 'Alley Oop' was charted simultaneously by Dante & The Evergreens, Prehistorics, Dinosaurs, and the most successful group, was a non-group, called Hollywood Argyles. Gary Paxton, who was recording as half of the duo Skip & Flip (Cherry Pie was a top-20 record in 1960) when he recorded 'Alley Oop' by himself. When the song became a hit, Gary formed the group. One of those rare times in musical history that an individual called himself a group, had a #1 record and then formed the group. Perhaps the happiest person through it all was Dallas Frazier, the person who wrote the song.



**DIVINYLS**



**Christine Mayer**

These are some Seasonal Recipes.

### Marinated Carrot Salad

1 lb sliced carrots  
1 med onion, thinly sliced  
1 med green pepper cut in strips  
1/2 10 oz can tomato soup  
1/2 cup sugar  
1/2 cup salad oil  
1/2 tsp dry mustard  
1/3 cup vinegar  
1/2 tsp salt  
1/2 tsp pepper

#### Method:

Cook carrots until just tender. Do not overcook. Drain, add onion rings and green pepper strips. Whip the remaining ingredients until blended, pour over the vegetables. Marinate over night.

This is really good and keeps well in fridge.

### Zucchini Salad

4 med zucchini  
3 thin slices of spanish type onion, separated into rings  
2 tomatoes sliced  
grated parmesan

**Marinade**  
1/4 cup cider vinegar  
1/4 tsp salt  
1/8 tsp pepper

3/4 cup salad or olive oil  
1 to 2 cloves crushed garlic

#### Method:

Place scrubbed zucchini in small amount of boiling salted water (covered) and boil 6 mins. Drain and cool. Slice zucchini 1/4" thick and place in bowl with the onion rings. Combine vinegar, salt, pepper, oil and garlic in blender and whirl until thick and smooth. Pour dressing over zucchini and onion rings and marinate overnight. Lift out zucchini and onions and place on platter with greens and tomato slices. Drizzle small amount of dressing over and sprinkle with parmesan cheese.

Cucumbers are very nice sliced thinly, sprinkled lightly with sugar, a little vinegar and either sour cream or yogurt. Add enough of the cream to coat cucumbers.

### Green Tomato Pickles

5 lbs green tomatoes sliced  
2 1/2 lbs onions sliced  
1/4 cup pickling salt  
Mix, leave overnight in bowl then drain.

**Next day mix:**  
3 cups sugar  
2 1/2 cups white vinegar  
1/2 cup water  
1/4 cup mixed pickling spices tied in bag.

## Country Kitchen

## Seasonal Recipes

#### Method:

Bring mixture to a boil. Add tomatoes and onions. Cook 1 1/2 hours. Stir in:

1 tsp dry mustard  
1/2 tsp cayenne  
Pour brine, tomato and onion mix into hot sterilized jars and seal.

### Rhubarb Cake

1/2 cup margarine  
1 1/2 cups sugar  
1 egg  
1 tsp vanilla  
2 cups flour  
1 tsp soda  
1/2 tsp salt  
1 cup buttermilk  
2 cups chopped rhubarb  
1 tblsp flour

#### Method:

Cream margarine and sugar, beat in egg and vanilla. Sift flour, soda and salt. Add to creamed mixture alternating with buttermilk. Toss rhubarb with 1 tblsp flour and mix gently into batter. Spoon into buttered 9"x13" pan.

**Topping:**  
1/2 cup margarine  
2 tsp cinnamon  
1 cup brown sugar  
Sprinkle the mixed topping over batter. Bake 350° - 45 mins. This was from a visitor from Whiskey Creek, Ann Smith.

## More Hamish

A small group from New Zealand arrived shortly after, but they were gentlemen compared to their Australian cousins.

In the meantime our Flight had completed all of its training program and then some, but our next 'step up the ladder', ITS (Initial Training School - Aircrew), was not ready for us. The Flight was broken up and sent out to various flying stations on 'Tarmac Duty', another name for 'Joe Jobs' to put in time, shovelling snow, shovelling coal, etc., until ITS was ready for us.

Later on one of my flying instructors was an Aussie. He had been a much earlier arrival from

Aussie Land, but with the same devil may care spirit. He had previously 'pranged' an aircraft into some farmer's hay stack while showing a student 'forced landing procedure'. With a grin he pointed out the long scar down one cheek, but otherwise he and his student were not seriously banged up. I was somewhat nervous later on while on one of our low level sorties he pointed out a freight train making its way across the prairies and said he would see if we could stop the train. We made three passes right on the deck toward the engine, pulling up at the last moment to go around again. I could see right

through the engine cab with its two occupants. On our last pass the train was stopped and the engineer was leaning out his window waving at us. I couldn't tell, but I wouldn't have been surprised if it was a clenched fist he was waving! With a laugh our Aussie pulled up and proceeded on with the remainder of our exercise.

After we had landed at our base and were walking to the hangar, I told him of the Aussies and their antics back at Manning Depot. He laughed and replied, "Fair dinkum blokes, aye?"

continued from page 13

**Bookshell Bestsellers**

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Proprietor  
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10 Top Paperbacks Week ending: Sept 7		
1. Memories of Midnight .....Sheldon	5. Dance With The Devil .....Douglas	8. Spy Sinker .....Deighton
2. Deadspawn .....Lumley	6. Under Siege .....Coonts	9. First Man In Rome .....McCullough
3. Golden Fox .....Smith	7. Four Past Midnight .....King	10. The Last Raven .....Thomas
4. Battleground .....Griffin		

# On the Base

from the Rec Centre

## Slow Pitch Tourney



Branch 17 Slo-Pitch team.

## Branch 17 (Courtenay) Hosts Slo-Pitch

Branch 17 (Courtenay) Legion Slo-Pitch Ball Team is hosting a tournament on the weekend of Sept 13-15. Here is the double-knock-out schedule:  
Fri 13 - 7 p.m.  
Courtenay vs Comox  
Fossils vs Parksville

Sat 14 - 8 a.m.  
Victoria vs Parksville  
Courtenay vs Fossils  
Sat 14 - 11 a.m.  
Victoria vs Comox  
Sun 15 TBA  
Playoffs

## CURLERS

Mens, Ladies, Mixed, Senior, Hangover, Juniors  
All these leagues will start play Oct 7th.  
For information call 334-4712 (rink) 338-8324 (home)  
Curler Clinic first week in October.



## Glacier Greens Golf Presents

Four members of Glacier Greens shared the spotlight last week. Out of a field of 61 ladies, which included a number of top golfers in the Valley, Sharon Miles won the field low gross trophy at Pacific Playgrounds and Lori Cameron won the field low net.

Bing Shearer won a gold medal and Rick Salmon won a silver medal at the Seniors Games held in Vancouver last week. Our sincere congratulations to the

above winners.

### Upcoming Events

Sat 14 Sept - Lefty vs Righty Tournament  
Wed 18 Sept - G.G. Seniors Closing Tournament  
Sun 16 Oct - Friday Nite Mixed Closing  
Sun 13 Oct - Mixed 4-Ball Closing

Narrow wheeled golf carts will be banned from the GGGC, effective 1 Oct 91.

## Spot Reducing

First of all, there is no such thing as 'spot reducing'. It is nothing but a myth! A person wanting to trim his or her waistline and flatten their stomachs will never accomplish this by doing sit ups alone. This is a fine example of an ill-conceived attempt at 'spot reducing'. Many times I have heard someone say "For the next month I'll do 100 sit ups a day until my stomach gets rock hard!" As always, several things happen, but none which the individual with his goal in mind expected. His abdominal muscles do become harder but the layer of subcutaneous fat remains, as always, ever present, because the



The Base Bowling Alley will open 17 Sep 91 for the fall and winter program. The leagues are open for personnel 18 years and over. The league schedule is as follows:

Sunday afternoon 1300-1600  
Open Bowling  
Sunday evening 1800-2300  
Mixed  
Monday evening 1800-2300  
Mens (intersection)  
Tuesday evening 1800-2300  
Ladies

individual forgot completely that you can't spot reduce!

This person will eventually become discouraged with his program and quickly become bored with it, causing staleness. Then the question remains, "How can we ever reduce one particular area of our body?" The answer is quite simple. You must strive to hit all parts of the body in order to affect one. In other words, many calories must be expended throughout the body in order to affect one area. The only way to achieve this is by hard consistent work, meaning a minimum of three times a week with at least 20 minutes duration for each

workout.

There are various exercises you can use. Namely, running, jogging, walking, cycling, swimming, or stationary cycling to name a few. Principally, if done correctly, these exercises will burn off calories. This is what you want because it will also hit the areas you wish to get rid of.

It is hard work, but very rewarding, especially when you see the results a few weeks down the road. There is no easy way out, not even with the infamous sit ups! For more information regarding this or fitness training contact Cpl Savard at local 8315 at the Rec Centre.

## Bowling Alley opens 17 Sep.

Wednesday afternoon 1300-1600 - Ladies  
Wednesday evening 1800-2300 - Mixed  
Thursday evening 1800-2100 Casual  
Saturday afternoon 1000-1300 YBC

You can enter any league with a team or if you do not have a team we will find you some one to bowl with.

Bowling is a lot of fun, plus you get some exercise. We would

like to see some friendly Intersection rivalry started. This would be a great way to have a few laughs and get to know other people. If you don't have enough military members, then invite retired personnel and DND employees.

The alley will be open Tues 17 Sep, Wed 18 Sep and Thurs 19 Sep 91 from 1800-2100 hrs for practice. This is a good chance to bowl and perhaps join a league.

For more information contact Pat Hudson 339-3965.

# NEXT DEADLINE 23 SEPT NOON

## CFB COMOX OFFICERS' MESS

## SEPTEMBER 1991 CALENDAR

Fridays September 13, 20, 27  
REGULAR TGIF. Food as indicated 1700-1800 hrs. Free taxi. Ask at Bar.

Saturday September 14  
MEET & GREET - See Calendar

Wednesdays September 18, 25  
OFFICERS' COFFEE HOUR. Coffee will be served in the lounge at 1000 hrs. All Officers are invited to attend. Dress of the day.

Wednesday September 18  
OMLC WINE & CHEESE MEET & GREET - See Calendar

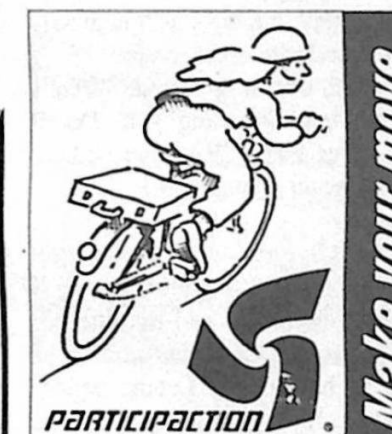
Wednesday September 25  
O.L.C. BRIDGE CLUB - See Calendar

Thursday September 26  
GOLF AFTERNOON - See Calendar

Upcoming Event - Oct 12 - OKTOBERFEST

NOTICE: Notice a mistake in our monthly calendar? It may be put there on purpose for you to catch. If you see one, call our Mess Manager to receive points for prizes. You may also see gift coupons for future events. Look carefully and ...

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# Health & Fitness

## To Your Health

Health information from the Registered Nurses Association of British Columbia

### Daycare Decisions

Parents often ask their community health nurse questions about daycare during prenatal classes or when the nurse visits their home to see their newborn. If the nurse does not have the information needed, she can direct them to resources that will help.

Community health nurses also provide health care counselling in many licensed daycares and can suggest strategies that help make daycare a positive experience for parents and children.

Finding child care for the first time is often the hardest, especially for an infant. Arrangements are often made with family or friends, by word-of-mouth or through advertising in the phone book or newspaper.

If you are advertising for help, carefully screen the applicants' letters and interview those that seem most suitable. Check references before making a commitment. If the person's experience and your own best instincts are in line, you are likely to choose someone suitable. During the interview, discuss issues such as discipline and ask how he or she would handle specific situations to find out more about his or her approach to children.

If you want child care outside your home, again, check the phone book, newspaper or word-of-mouth recommendations. When calling, ask what age children they take, how many are cared for, whether they are licensed and the costs.

In B.C., a licence is required to run a facility caring for more than two preschoolers at a time. Licences are obtained after a facility has been inspected and standards have been met as set out in the provincial child care regulations. The regulations establish the maximum number of children in a facility, the amount of physical space, the equipment required, safety standards, the ratio of staff to children and minimum staff qualifications.

When licensed child care is offered in a home, it is usually referred to as family daycare and when it is in a separate facility it is called group daycare.

According to provincial regulations, family daycare facilities can care for up to five preschoolers and two school age children at a time, including the operator's own children. A group daycare can care for a maximum of 12 children under 36 months of age or up to 25 children from 30 months to school age. The staff-child ratio is 1:4 for under 36 months and 1:8 for older children.

Licensing is not required if care is provided in someone else's home when there are only one or two children (including their own) or a nanny or paid sitter is in your home.

Child care facilities are of interest to many young parents. Currently, 60 percent of mothers with children under the age of five are in the labor force in Canada. Projections indicate that by 1995, more than two-thirds of all mothers with preschoolers will be working outside the home.

Finding good child care is important. It enables parents to relax and get on with their day, knowing their child is happy and safe. Nurses know it is on the minds of many parents by the number of questions they ask. Some find parents want to make plans before their baby is born and, on rare occasions, when couples are just planning to get pregnant. Nurses will welcome your questions at anytime.

### FEATURE HOME OF THE WEEK



1132 SANDPINES CRESCENT



Give Bill Olds a call and view the quality and privacy on 1.18 acres. Approximately 2083 sq. ft. of well crafted living space with such features as wood framed thermo windows, a bay window in living room, fireplace and woodstove in large family room. Close to one of the Valley's best beaches.

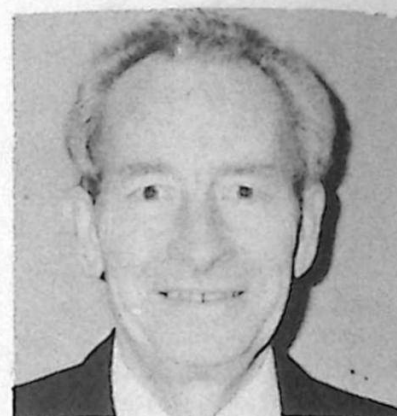
338-1334 or 339-7248. Listed at \$136,400

**FOR SALE** Holland and Associates Realty Limited  
625 England Ave., Courtenay 338-1334  
(SW Corner 6th & England, across from the court house)



## info health

Dr. Bob Young



### Second Opinion

Is one doctor enough? Are several heads better than one, or do the extras spoil the patient, as cooks do the broth?

Let's examine second opinions in medicine. The most common is when one physician asks another for advice or help. Next is the sharing of responsibility that is sometimes required by either hospital rules or legal considerations. Finally, patients occasionally request that a second opinion be sought.

An important function of general practitioners is determining where to refer patients whose ailment is beyond their scope. A knowledge of the skills and abilities of available specialists is useful here, in order to direct the patient to the right person.

This is referring the patient rather than seeking a second opinion. The GP may know perfectly well what is wrong with the patient and what needs to be

done, but lacks the training to do it.

At a higher level, one specialist may ask another, in the same or separate field, for help with a particularly difficult case. More usual is to find a surgeon asking a heart specialist or anaesthetist whether a patient is fit enough for, say, removal of the gallbladder. Second opinions of a sort.

Some medical acts, by their nature, usually should not, or indeed may not (by law or regulation) be undertaken by one doctor. Sending a patient to a mental institution, removal of an eye, stopping intensive care, major amputations, and some obstetrical situations where either the mother or the baby may be lost come to mind. Both patient and doctor are protected by these rules.

Patients may ask for second

### E.K.G.

the tracing had disappeared, replaced by a flat, straight line.

They say George's bellow could be heard three wards away!

Every heartbeat generates minute electric currents, a fact known before 1902, when Dutch physiologist William Einthoven invented a sensitive galvanometer capable of recording them as electrocardiograms (ECGs or EKGs).

What do they tell us? The complex wave form, so confusing to the layman, follows the current from the "spark-plug" at the top of the heart to the apex, at the bottom. The tracing is modified by a variety of heart conditions and helps make a diagnosis.

A standard ECG records 12 "leads", a dozen views of the heart from different angles. Doc-

tor's opinions. If the request is reasonable most GPs will agree. But if the illness does not warrant involving another doctor, the patient may be talked out of it. A family physician tries to avoid wasting specialists' time, and at the same time keeping costs in line, on minor problems. GPs are able to treat about 80 percent of the cases they see - and they know who to send on.

A few patients demand third, fourth, and more opinions. A referred patient already get two - that of their own physician and the specialist. Some have an urge to keep seeing doctors, apparently until they find one who tells them what they want to hear.

But when five surgeons tell you that you need your appendix out, and the sixth says you don't, whom do you believe? Especially if you are still hurting.

tors must learn 12 "normals" as the waves vary considerably from lead to lead.

Putting it all together allows the doctor to diagnose heart attacks, abnormal rhythms, heart failure, problems with heart valves, some lung disease, chemical abnormalities within the body (particularly sodium and potassium imbalance), and drug toxicity. A series of ECGs can record improvement or deterioration of a heart problem.

Occasionally, as George discovered (he is still alive and kicking, although I think he has changed doctors), it does not tell the whole truth. Other tests may be better for certain forms of heart disease, but the ECG is the usual, and logical, starting point.

## Family Support Centre Open House

Curious about your Family Support Centre?  
New in the area?  
Drop in for coffee and sandwiches!!

Newcomers come out to meet the Newcomer Club Representative and receive a small plant.

From 10 - 2 p.m. Wednesday 18 Sept at the Family Support Centre,

We are located at 119 Little River Road (Kinnikinnik) or phone 339-8654.



# On & Off the Base

**CANEX**  
**23rd**  
**BIRTHDAY**  
**Sale**  
18-21 Sept 1991

## B.C. Bestsellers

Week Ending: September 1, 1991  
Produced: September 3, 1991  
(Brackets) represent last week's position

### FICTION

- (1) The Sum of All Fears.....Clancy
- (3) Possession.....Byatt
- (8) The General in His Labyrinth.....Marquez
- (7) Lives of the Saints.....Ricci
- (2) The Kitchen God's Wife.....Tan
- (5) As the Crow Flies.....Archer
- (4) Mamista.....Deighton
- (-) Maximum Bob.....Leonard
- (6) Elephant Song.....Smith
- (9) Seeress of Kell.....Eddings

### NON-FICTION

- (1) Lighthearted Everyday Cooking.....Lindsay
- (2) Iron John: A Book About Men.....Bly
- (9) The Beauty Myth.....Wolf
- (-) Toujours Provence.....Mayle
- (3) The Rituals of Dinner.....Visser
- (8) You Just Don't Understand.....Tannen
- (7) Bad Trips.....Fraser (editor)
- (-) Fire in the Belly.....Keen
- (4) Homesteads and Snug Harbours.....Murray
- (-) Waiting for the Weekend.....Rybozynski

## 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, Local 8274  
MASS SCHEDULE:

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

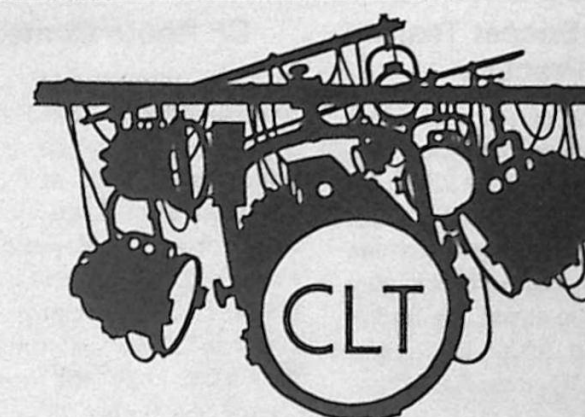
BAPTISMS & MARRIAGES - By appointment - notice well in advance please.

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

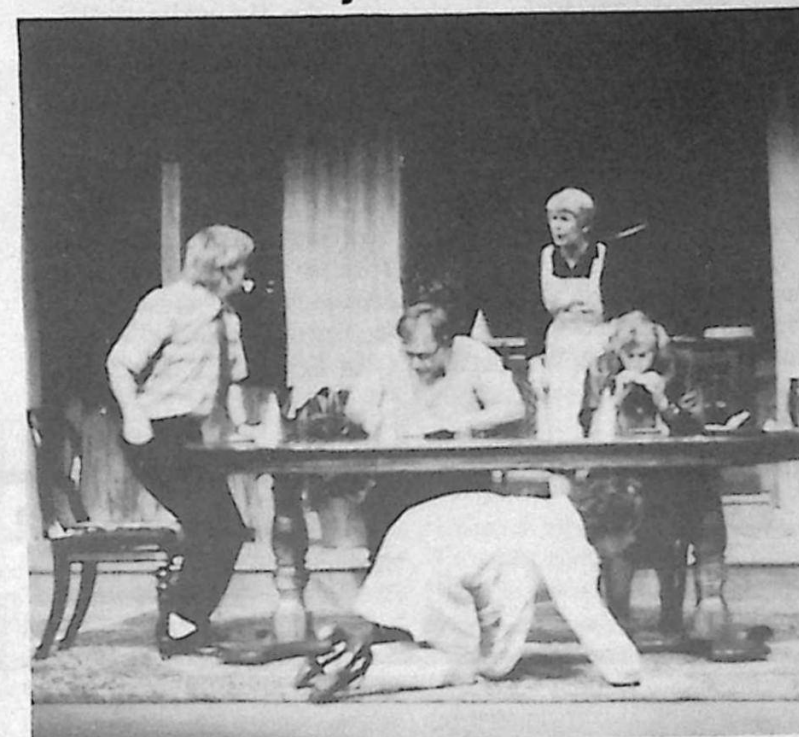
CATECHISM CLASSES - September to May in the PMQ School at 1830 hrs, every Wednesday.  
Coordinator: Diane Plamondon, 339-0807.

### 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 - In conjunction with 11 a.m. Service.  
NURSERY SCHOOL - Each Sunday at 1100 hrs.  
CHOIR - Practices 1830 hrs, Thursday at Chapel.  
CHAPEL GUILD - Meets once a month, first Thursday at the Chapel 7:30 p.m. President Betha Baker 339-0189.



## Courtenay Little Theatre



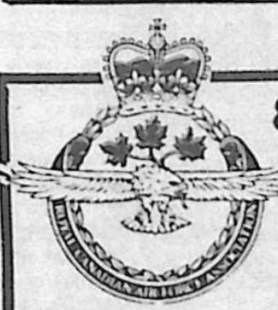
Courtenay Little Theatre members are enthusiastic about the upcoming 1991-92 season. Mark your calendar for the weeks of October 18 - 26 so you'll be sure not to miss the stage production of Robert Harling's "Steel Magnolias". Director Tony Arnold describes it as a heart warming story about long-time friends whose collective strength emerges as they support each other through times of individual crisis.

The April production will be Neil Simon's "The Last of the Red Hot Lovers". This play portrays a man struggling to resolve his mid-life crisis with all the hilarious mis-adventures that only Neil Simon can create. Gail Limber has been named Director.

To ensure that there is an ongoing pool of talent to draw on, CLT holds a variety of workshops in Theatre Arts. This year, plans are afoot to offer weekend seminars in set design, makeup/costuming and stage management as well as a slightly longer course in directing. CLT welcomes all club members as well as anyone interested to register for these workshops.

"Steel Magnolias" has been cast and the production crew is being assembled now. If you would like to get involved in any of the myriad of projects that take place behind the scenes, please call Leona at 338-9576 or Linda at 337-5868.

The Korea Veterans Association of Canada National Convention will be held in Victoria, B.C. on September 11, 12 and 13, 1992. For further information write Korea Veterans Association, Unit 27, P.O. Box 4252, Station "A", Victoria, B.C. V8X 3X8.



## 888 (KOMOX) WING

### RCAFA

### CALENDAR OF EVENTS SEPTEMBER 1991

SUN 15.....BATTLE OF BRITAIN PARADE  
Church Service 0930 hrs Protestant Chapel  
Fall in 1030 hrs Heritage Park  
SAT 21.....BINGO 8 PM  
Members and Guests  
THUR 26.....A.F.I.S. 7 PM

DND AND MILITARY PERSONNEL WELCOME  
WING HOURS OF OPERATION ARE AS FOLLOWS:  
Thurs 11 a.m. - 6 p.m. (except AFIS nights)  
Fri and Sat 11 a.m. - 1 a.m.

\*\*\*PLEASE NOTE the 3rd Fri and Sat of each month are now "NON-SMOKING" evenings in the Wing. Come out and support your Wing.

### The Lord's Prayer in Chinook.

Nesika papa klaksta mitlie  
kopa saghalie,  
Our Father who stayeth in the  
above,

Kloshe kopa nesika tumtum  
mika nem:  
Good in our hearts (be) they  
name;

Kloshe mika tyee kop  
konaway tillicum;  
Good thou chief among all  
people;

Kloshe mike tumtum kopa il-  
lahie.  
Good thy will upon earth.

Kahkwa kopa saghalie.  
As in the above.

Potlatch konaway sun nesika  
muckamuck.  
Give everyday our food.

Spose nesika mamook masah-  
chie,  
If we do evil, (be)

Wake mika hyas solleks, pe  
spose  
Not thou very angry, and if

Klaksta masahchie kopa  
nesika,  
Anyone evil towards us,

Wake nesika solleks kopa  
klaska  
Not we angry towards them

Mahsh siah kopa nesika  
konaway masahchie.  
Send away far from us all evil.

Early day explorers and traders in the Pacific Northwest soon discovered that Indians of the area spoke two languages. Each tribe had its own native tongue which often was unintelligible to members of neighboring tribes. In addition to this, a simple intertribal language had been developed which was understood by practically all natives.

The Chinook jargon takes its name from the Chinook tribe which occupied the lands at the mouth of the Columbia River. It was from their language that most of the words of the jargon were derived, although many words from Indians of Nootka, on the west coast of Vancouver Island, and the Chehalis Indians of western Washington appeared.

The fur traders were quick to round out the jargon with a few words of English and French Canadian. During the latter part of the 19th century most residents of the Pacific Northwest understood and used at least a smattering of the Chinook jargon. Today it is virtually a dead language understood by only a few old timers and the Indians of the more remote villages.

Copied from a pamphlet,  
Author unknown.

We need humorous anecdotes of Life in the Service. Send your short stories to the Totem Times. Sign them or use a pen name, and we'll print the clean ones.



# Public Announcements

## Co-Ed Noon Hour Aerobics

High or Low Impact - Your Choice  
Mondays thru Thursdays  
Starting September 9, 1991  
1130-1215 at the Base Gym  
For further info call Karen at loc 8442/339-6271.

## Guided Volkswalks

The Comox Glacier Wanderers are sponsoring three guided 10K völkswalks this fall. Everyone is welcome to join us. All walks will begin at 1 p.m.  
22 Sept 91 - Starting from Lake Trail School, Courtenay  
06 Oct 91 - Starting from Base Exchange CFB Comox  
13 Oct 91 - Starting from Comox Rec Centre  
For info phone: 339-3982

## ATTENTION

### Members of Base Wood Hobby Club

The Wood Hobby Club power tool safety course required for individual access to the Wood Hobby club facilities will be held Thursday, 12 Sept 91 at 1900 hrs at the club. New members and prospective members should be there. Expect to spend two hours. An examination will be given. Please bring pencils and clipboard.

No pre-registration is required. Please be there promptly.

## Programme Cycling

To maximize your long-term progress it's to vary the intensity of your workouts from time to time. Week after week of demanding sessions, without a break, can lead to overtraining, injury and boredom. Programme cycling, in layman's terms means incorporating short periods of 'active rest' into longer stretches of intense training. This active rest can come in the form of lighter loads with more reps, or fewer reps for a couple of workouts before resuming a full programme, or a one week period with fewer training sessions.

There are numerous sophisticated ways to cycle a programme to avoid over training, but the principle of all of them is the same: avoid endless 'hard workouts' by following a hard-easy sequence on a regular basis. This is particularly important when you've been working for some time on what is essentially a maintenance programme.

Good luck!

## Arena Employment

Individuals interested in working at the arena as scorekeepers/rink attendants or crew chiefs, are to submit their resumes to the BPERO prior to 13 Sep 91.

## Ladies Base Broomball

The 1991/92 broomball season is approaching. Ladies who are interested in playing this upcoming season are requested to give their name to MCpl Bailey at loc 8253 or Sgt Knight-Adams at loc 8233. All are welcome to come out and have fun and keep fit at the same time.

## Base Soccer Team Practice

Base soccer team practices have commenced at the Base soccer field. Practices are scheduled for Mon at 1600 hrs and Thurs at 1800 hrs. All team positions are open and anyone wishing to play is welcome to attend. For further info contact MCpl D. Rothermund loc 8315 at the Base Gym.

## Personal Exercise Program

A supervised P.E.P. class has commenced at the Base Gym from 0730-0830 hours, Mon thru Fri. All Base members are welcome to attend, however newcomers must show up on Tues or Thurs for proper P.E.P. instruction. Instruction will take approx half an hour and members should be dressed in proper workout attire.

## CFB Photo Contest

This competition is for amateur and professionals from 5 - 8 Nov 91. Entries may be submitted by members of the Reg Force and dependants, members Res Force and dependants, Foreign Exchange and dependants, civilians employed by DND, members Sea Army and Air Cadets. Entry .50¢ per photo entered. For further info contact the Rec Centre 8315/8690.

## Co-Ed Volleyball

A meeting will be held 01 Oct 91 at 1100 hrs for anyone interested in playing Co-Ed Volleyball. Team composition requires 3 females, 3 males per team on court during a game. In order to form a league, team representatives are required to attend the meeting or contact the Base Gym, local 8315.

## Second Annual Atlantic Region CF Invitational Bodybuilding competition

CFB Greenwood in conjunction with the Greenwood Weight Training Club will be hosting subject event 16-17 Nov 91. The competition will be open to all Canadian Military, dependants and civilian DND employees. Travelling arrangements must be made by member. Deadline for entry is 01 Oct 91. For more info contact Rec Centre 8315.

## Cancellation of Fitness Consultation

Due to lack of attendance, personal consultations on exercise fitness Thurs 1530-1600 hrs are cancelled. Members desiring info on personal fitness may contact Cpl Savard loc 8315 at the Rec Centre during working hours.

## Bodybuilding/Weightlifting Club

There will be a meeting to discuss the formation of subject club at the Rec Centre Conference Room on Tues. 1 Oct 91 at 1400 hrs. Members interested in joining are urged to attend.

## Squash Registration

Military members wishing to play squash, can do so at the Courtenay Recreation Association. There is no cost, however, members must register at Base Gym, local 8315, prior to playing. Court reservations can be made by contacting the CRA at 338-5371, 24 hours in advance.

## Intersection Curling Team Meeting

There will be an Intersection curling meeting on 16 Sep 91 at 1300 hrs in the Rec Centre Conference Room. Anyone wishing to play or enter a team must attend.

## BLANKET CLASSIFIEDS

These ads appear in more than 100 community newspapers in B.C. and Yukon and reach more than 3 million readers.  
TO PLACE AN AD CALL THIS PAPER OR BCYCN A AT (604) 669-9222.

for 25 words  
**\$195**  
\$3.70 each additional word

AUTOMOTIVE	BUSINESS OPPORTUNITIES	FOR SALE MISC	HELP WANTED	MACHINERY
<b>NEW CARS AND TRUCKS.</b> Start from \$149/month. Limited time offer. Lease to own. All makes/models. Plan O.A.C. Call Leslie Fox for prior credit approval and selection. 433-6803 "collect". University Leasing, Burnaby.	<b>UNRESERVED TRUCK &amp; EQUIPMENT AUCTION.</b> MONDAY, SEPT. 16, 9:00 A.M. (10) Track Vehicles, D7E & F's, Leitch 641 Cat 980C, 1987 J.D. 844 & (2) 644's, (15) Skidsteers, (3) 87 Case 580K's, Cat 627B, Graders, (10) Forklifts, Gravel Trucks, Tractors, Complete Tire Shop, Trailers, etc. Call (403) 269-6600, CPA - Calgary Public Auction Ltd.	<b>SELLING Turn-key operation</b> after 15 years - Leading Bicycle Store - Owner retiring. No experience necessary. Training provided. Earn \$60,000-\$80,000. Asking \$97,500. Leave message 521-6005.	<b>100% FREE HEAT!</b> 100% fire safety! Aqua-Therm Woodburning outside furnace. 50 installed in B.C. Since 1984. Contact Aqua-Therm, Sylvan Lake, Alberta. TOM IZO. (403) 887-5816, Fax: (403) 887-4770.	<b>D-7T CATERPILLAR</b> Cat, one of a kind all new U/C, both engines done all cable, like new, can deliver. \$15,000. 11 yd. scraper and dozer included; 1978 Fnehauf 50 ton double drop Low-Boy 20'x8'6". Working deck with single axle str. booster all matched. \$22,000. Unit like new. (403) 328-0765, Leithbridge.
<b>DOORS! WINDOWS!</b> Interior and exterior wood, metal and French doors, wood windows, skylights. MORE! Call collect to WALKER DOOR and WINDOW in Vancouver at (604) 266-1101.	<b>OPEN HOUSE</b> Sept. 15, 1-3 P.M., Wild Rose College of Natural Healing. Courses offered in Complimentary Healing such as, Herbolgy, Iridology, Reflexology, and Touch for Health. For Calendar and Information contact: #101 - 2182 W. 12th Ave., Vancouver, V6K 2N4. (604) 734-4596.	<b>Light fixtures, electric motors, generators, phase converters, transformers, fans, welders, wiring supplies, free literature.</b> Friesen Electric, 32032 S.F. Way, Clearbrook, B.C., V2T 1V8, Tel: 859-7101, Fax: 853-2503.	<b>SCHOOL DISTRICT NO. 47</b> (Powell River) is looking for a Maintenance 1-Trade person. Must be holder of an Inter-Province T.O. in Plumbing and 'B' gas ticket, be familiar with all phases of the trades as practised in school institutions as well, have a sound background and knowledge of heating systems for use in repair and servicing of the buildings' heating systems. Performs duties related to the plumbing and welding trades but may be expected to perform other skilled maintenance work. Employee will work 50 percent outside of the ticketed fields. Must have Survival First Aid Certifications and/or willing to attain same. Send complete resume to E.A. Byng, Secretary-Treasurer, School District No. 47, 4351 Ontario Avenue, Powell River, B.C., V8A 1V3 by September 13, 1991. Fax: 485-6435.	<b>WOULD YOU LIKE</b> to correspond with unattached Christian people across Canada: all denominations, all nationalities, for companionship or marriage? Ashgrove, P.O. Box 205B, Chase, B.C., V0E 1M0.
<b>COLOURFUL BUSINESS.</b> Do you have a flair for colour and design? Decorating Den, Canada's fastest growing interior decorating franchise is expanding in B.C. Training provided. Lower Mainland 525-8722, Provincial 1-800-565-8722.	<b>CAN BIZARRE ACHES AND PAINS BE CAUSED BY THE MIND?</b> Buy and read "Dianetics: The Modern Science of Mental Health" - \$7.50. To order call: Vancouver Dianetics Center, 401 West Hastings Street, Vancouver, B.C. V6B 1L5. (604) 681-0318. M/C and Visa accepted.	<b>NEED EXTRA \$\$\$\$. C &amp; M</b> Gifts needs Demonstrators to sell toys and gifts at Home Parties. No investment or experience required. Established company. Call today (519) 258-7905.	<b>TRAIN TO MANAGE</b> an Apartment/Condominium building. Many jobs available. Government licensed home study certification course. Call for details: (604) 681-5456 or 1-800-665-8399.	<b>PROPERTIES TO BE SOLD</b> for unpaid taxes. Crown land availability. For information on both write: Properties, Dept. CN, Box 5380, Stn. F, Ottawa, Ontario, K2C 3J1.
<b>SINGLES TODAY</b> Introduction Service. Eleventh Anniversary Special. Membership, franchise and employment information. Magazine sample \$4. #2 - 1246 Fort Street, Victoria, B.C. V8V 3L2. (604) 380-9020, FAX: (604) 478-9975.	<b>SURPLUS EQUIPMENT FOR SALE:</b> Dump trucks, cat loaders, low beds, pavers and rollers, service trucks, welding truck c/w 300 Miller welder, D6D and D8K cats, excavators, crushers and jaws, 310 J.D. backhoes, JCB backhoe, case 580K backhoe, 740 Champion grader c/w snow wing, 670A J.D. grader plow and snow wing, cat 851 window elevator, 100 barrel water tank and log grapples. Call Vic Kampe 1-493-6791 days, 1-493-7742 evenings.	<b>*6-FIGURE INCOME*</b> International music and Video Company expanding into Canada. Need highly motivated commissioned sales people and distributors part-time or full-time. (519) 944-2800.	<b>Need five motivated individuals</b> to manage regional sales networks, marketing revolutionary smallish satellite T.V. systems. 80 new channels, new Canadian business ventures. (416) 360-3222.	<b>Log Home, Barn, Greenhouse</b> and Woodshed on 8 acres. Excellent Spring Water. Highway Frontage near School in Central British Columbia. 27 miles west of Williams Lake, B.C. \$75,000. Phone (604) 659-5807 or write Joan Huston, Riske Creek, B.C., V0L 1T0.
<b>TASTE - FREEZE ...</b> New and re-conditioned Franchise Restaurants available in B.C. From \$35,000 to \$200,000 cash investment. Call now for a free brochure: (604) 765-8162 or write: Tastee - Freeze Western Canada, 202 - 125 Highway 33 East, Kelowna, B.C., V1X 2A1.	<b>CATCH THE WAVE.</b> The Weight Loss Industry is on the move. Be a part of this exciting business with DIET CENTERS, the #1 Franchise in the field. Excellent opportunities are available. For a limited time you could qualify for a reduced franchise fee. Call (604) 860-1919 or leave a message.	<b>REGIS HAIR STYLIST.</b> We are so sure you'll be successful in our Salons we guarantee it with \$1,500 per/mo. & up based on your experience. If you are interested in a change or advancement of training, join our staff in Tillicum or Eaton's Centre. Just bring your shears and everything else is on us. Call Robert 384-4588 or Lynda 1-800-328-6646, ext. 895.	<b>Lost Sept. 25, 1990, Richard Alexander, age 56.</b> On pain medication. Last while hunting at Packhorse Creek above Cold Bridge. Left camp for a two hour hunt, never returned. Wearing green pants, T-shirt, runners, carrying a 30/30 rifle. Anyone with information please contact Lillooet Police, 256-4244, C. Alexander, 256-7641, 256-7895, Seton Lake Band 259-8227.	<b>NEW 14x70 mobile home</b> on quiet rented pad in Hope area. Features vaulted ceilings, skylights, oak kitchen, 2 bedrooms. Owner will consider trades or carry financing. Asking \$39,900. Call Andrew 536-3183.
		<b>EDITOR</b> required for weekly newspaper. Willing to train. Send resume and salary expectation to Jasper Booster, Box 940, Jasper, AB, T0E 1E0.	<b>Major ICBG and injury claims.</b> Joel A. Wener trial lawyer for 22 years. Call collect: (604) 736-5500. Contingency fees available. Injured in B.C. only.	

# Off the Base

## Food Additives

## Does it all add up?

A February 1990 Gallup poll showed that consumers want more information on additives/chemicals in foods. This trend is not surprising; in 1988 an Agriculture Canada market research study revealed that consumers are concerned about the 'things' added to their foods. Obviously, we are concerned about food additives.

In 'Legalese', a food additive is 'any substance, including any source of radiation, the use of which results or may reasonably be expected to result in it or its by-products becoming a part of or affecting the characteristics of a food'. In other words, they are 'things' added to food, not including: food ingredients (salt, sugar, starch), vitamins, minerals, amino acids, spices, seasonings, flavouring preparations, agricultural chemicals, veterinary drugs and food packaging materials.

Why do we need food additives? Well, consumers demand convenience in foods, and we expect foods to look a certain way. Additives can affect food appearance and convenience. Food undergoes longer storage and transport times than it once did, and using additives to reduce food spoilage means a safer, less expensive food supply. Sounds reasonable enough, right? So why do we sometimes feel we need a

chemistry degree to understand food ingredient lists? Food additives usually appear near the end of the ingredient list, as foods are listed in descending order (by percentage weight). It is easier to understand why additives are used if we look at their functions. Anticaking agents keep powders free-running; for example, calcium silicate. Antifoaming agents might be used in jam-making. Bleaching, maturing and dough-conditioning agents are used on flour. Coloring agents and glazing and polishing agents affect food appearance, while preservatives prevent or delay food spoilage, such as B.H.T. in cereals or sodium benzoate in pickles.

Are food additives a cause for concern? The Health Protection Branch of Health and Welfare Canada controls food additives. To be used in foods, additives must meet safety criteria, serve a useful purpose, and be of suitable quality. Federal regulations are set to specify maximum levels for use of additives in specific foods. Then, each manufacturer must carry out studies relating to the additive safety. Unannounced inspections of food manufacturing plants are done by Branch inspectors on an ongoing basis to make sure the regulations are followed.

Concerns may arise for individuals sensitive to specific ad-

ditives, such as sulfites. Sulfiting agents are used to keep foods like potatoes from browning, to reduce food spoilage and to sanitize food equipment and containers. Some people, including about 5% of asthmatics, are sensitive to sulfites. Their reactions can be as severe as cardiac arrest and death. Sulfites cannot be used in salad bars, but may be present in potatoes, grapes, dried fruits and shrimp. If in doubt, ask your Food Services Officer about it. Even if sulfiting agents are not added to produce when it is prepared, they may be present in ingredients used in food preparation. Check labels for the ingredients sodium and potassium metabisulfite, sodium and potassium bisulfite, or sodium sulfite. Others who are sensitive to specific coloring agents such as tartrazine might have problems identifying foods containing the ingredient, as colors need not be listed individually on the label.

More information is available upon request from Educational Services, Health Protection Branch, Health and Welfare Canada regional offices. For information related to food additives and allergy sufferers, contact the Allergy Information Association of Canada (central office number (416) 244-9312 or 244-8585).

## Totem Inn Junior Ranks Mess Upcoming Events

FRI SEP 13 Entertainment Night

WED SEP 18 Retirement Luncheon - Contact Main Office for further information

Loc 8430

THURS SEP 20 TGIF, Euchre, to be followed by a dance with DJ

## WANTED

THE JUNIOR RANKS MESS IS LOOKING FOR A SNACK BAR OPERATOR FOR THE TOTEM LOUNGE SNACK BAR. THE POSITION WOULD BE OPEN EARLY SEPTEMBER. IF INTERESTED, CONTACT THE MESS OFFICE AT LOCAL 8430.

## The Vacuum "Shoppe"

- New & used vacuums
- All makes & models

- Built-in vacuum systems •
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Sunday	08:30 - 21:00
Holidays	10:00 - 21:00

## The CFB Comox Jr. Ranks Mess

is looking for donations of books and magazines for the new Jr. Ranks reading room.  
Any donations may be dropped off at the Jr. Ranks office.

NEXT DEADLINE 23 SEPT  
NOON

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PITCH-IN AND RECYCLE



# On & Off the Base

Korean Korner

## The Red Menace in 1950

Part 2

History has recorded that destroyers HMC Ships Cayuga, Athabaskan and Sioux sailed from Esquimalt, BC in the afternoon of Wednesday, July 5, 1950. Their first stop on the way to the Far East was Pearl Harbor. The three ships entered Sasebo Harbour, Japan, July 30.

Within 24 hours of arrival, the Athabaskan was out on her first operation mission with the United Nations Force; the first Canadian unit to see service in the Korean War.

Meanwhile, the Royal Canadian Air Force's 426 (Thunderbird) Squadron was being readied for service. In July, 426 Sqn, initially with six North Star aircraft later increased to 12, was assigned to air transport duties with the UN. They flew regularly scheduled flights from McChord AFB, Washington, to Japan and Korea.

Throughout the period July, 1950 to June, 1954, when the assignment ended, 426 Sqn had flown 600 round trips over the Pacific, carried more than 13,000 passengers and 3,000,000 kilograms of freight and mail ... all without a loss!

Moreover, 22 RCAF fighter pilots and number of technical personnel served with the US Fifth Air Force. The Canadians were credited with 20 enemy jet fighters destroyed or damaged as well as the destruction of a number of enemy trains and trucks.

For one RCAF pilot with the US Air Force, flying Sabres in Korea was somewhat different from flying Spitfires in WWII.

Andy MacKenzie was based at Suwon with the American 51st Fighter Interceptor Squadron. His

fifth sortie on December 5, 1952, was to be his last. MacKenzie flew number 2 position in a flight of 16 Sabres. They were headed to the Yalu River. About five miles south of the Yalu enemy MIGs were sighted. Following his leader, MacKenzie gave chase. Unfortunately for the Canadian, he was mistaken for an enemy and was shot down by one of his own flight.

MacKenzie ejected and after a severe buffeting on the way down, landed in North Korea. He soon became a prisoner of war.

MacKenzie spent much of his time in Manchuria.

His time as a POW was not pleasant. His Chinese jailors subjected MacKenzie to extreme mental torture. Continually, they wanted the Canadian to admit to the 'truth'. The 'truth' was to admit he had been in Chinese airspace when shot down. And that he had been ordered to fly over China, that he had been captured in China. Finally, worn down to the point of submission, MacKenzie gave the Communists what they wanted. He was not the only POW who admitted the 'truth' as demanded by the Communist captors.

On December 5, two years to the day after he had been shot down, MacKenzie was released, in Hong Kong. In time, he returned to Canada.

(Information regarding Andy MacKenzie from John Melady's *Korea: Canada's Forgotten War*.)

Andy MacKenzie, a Canadian Warrior of the Korean War. Forty-one years after the outbreak of the Korean War, the Canadian government has finally recognized the voluntarism of the

27,000 Canadians who served with this country's army, navy, and air force in that horrible, bloody and most destructive war.

On November 11, 1991, the first of a specially struck Canadian Volunteer Service Medal for Korea will be presented.

Canadian servicemen who served in Korea between June 25, 1950 and July 27, 1954 are eligible. If the veteran is deceased, a family member may apply.

The dates are the same as for the United Nations medal covering the period of the start of the war to one year past the July 27, 1953 cessation of hostilities date.

Credit is due the Korea Veterans Association of Canada, Inc. (KVA) for campaigning so vigorously, sometimes against bureaucratic mindlessness, to convince Ottawa that Canadians who volunteered for service in Korea ought to be recognized by a grateful government.

Credit is also due the parliamentarians from all sides of the House of Commons and Senate who supported KVA's campaign. Also, the provincial parliaments of British Columbia, Ontario, New Brunswick and Alberta who urged Ottawa to act and support Canadian Korean War veterans request for a distinctive medal.

Support was given KVA Canada by the Royal Canadian Legion, the Army, Navy and Air Force Veterans Association, and the National Council of Veterans Associations in Canada by way of resolutions asking Ottawa to see the wisdom of striking such a medal.

All veterans of the Korean War are Canadian Warriors.



## Family Support Centre

With fall here and the kids back to school we have a calendar of events coming up. Our next Open House will be held Wednesday 18 Sept from 10-2. We hope to see our new comers on the Base. You will receive a free plant and there will be coffee and sandwiches. *Newcomers Club* and *Welcome Wagon* reps will be present. Everyone welcome. Next month we hope to have an Open House for our French families and single personnel on the Base.

The *LaLeche League* will hold its first monthly meeting at the Family Support Centre on Monday 23 Sept at 7:45 p.m.

The *PMS support group* will meet 7 Oct at 7 p.m. at the Family Support Centre. Our first discussion group will be held 24 Sept from 10-11:30 a.m. There will be babysitting at the Community Centre. Thanks to one of our fathers who has volunteered to help with our babysitting on his days off.

Don't forget our *babysitting and cleaners list*, *rental board* or if you are interested in *house sitting*.

Kids don't forget our *babysitting course*.

Our military personnel who served in the Gulf War will receive their medals at the *Battle of Britain parade* being held Sunday 15 Sept at 11 p.m. at Heritage Park, so come out to show your support.

*Single parents*, if your children are visiting you and you live in the barracks and have no other accommodation, please contact me and I will try to do my best to help you find accommodation when your children are visiting.

Hope to see you at our *Open House*.

For further information contact Colleen Gagnon, at 339-8654, or drop in at 119 Little River Road (Kinnikinnik).

## Woodworking Classes

Open to all personnel of CFB Comox. If you can shop at CANEX you can take these lessons.

Come out and learn the ancient art of creating beautiful furniture from wood -- with modern tools. No experience necessary. Sponsored and taught by members of the CFB Comox Wood Hobby Shop. Classes held two nights a week plus one session during the weekend. Small fee for materials used and a small shop fee. Membership in Wood Hobby Club will be required (\$10). We'll teach you all you need to know to build your own furniture, and you'll take it home. Classes will include selecting wood, use of power tools, planing and preparing, reading plans, basic joinery and finishing work. Supervisors will be on hand to assist. We'll start simply and progress together. Classes will be kept to a maximum of twenty so register early. Spouses are encouraged to participate, so you can learn and build together. Register now by calling Terry Chester at 339-8407(Work) or 339-6618(Home). Classes are expected to begin 15 Sept 91 at the Base Wood Hobby Shop (next to Clothing stores). Be there or be out of square!

# On & Off the Base



## LEGION LOG

### BRANCH 17 COURTENAY 334-4322

#### \*\*\*ENTERTAINMENT\*\*\*

Fri & Sat Sep 13 & 14.....Music by NASHVILLE  
Fri & Sat Sep 20 & 21.....Music by WYLIE & THE OTHER GUY

Fri & Sat Sep 27 & 28.....Music by WILD RIVER

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

BINGOS.....Mon., Thur., Fri., Sun. at 7:00 PM

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

#### "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 SEP 14.....Downhomers Nite  
Corned Beef & Cabbage. 7-9. Tickets at bar \$4.00

#### \*\*\*SPORTS\*\*\*

SUNDAY SEPT 29.....First Fall Fun Crib Tournament.  
Registration 12-1 PM in upper hall.

### BRANCH 160 COMOX 339-2022

#### \*\*\*ENTERTAINMENT\*\*\*

Fri Sep 13.....Music by WHITEWATER  
Fri Sep 20.....Music by SHABOOM  
Fri Sep 27.....Music by ALLEYCATS

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

SUNDAYS.....Lounge 11 AM to 6 PM  
MONDAYS.....Men's Dart League - Navy Room - 7:30 PM  
L.A. Drop-In Bingo. Upper Hall. 7:30 PM  
TUESDAYS.....Ladies Crib League - Begins Sep.17 8:00 PM  
Mixed Dart League - Upper Hall - 7:30 PM  
WEDNESDAYS.....Navy League Drop-In Bingo  
Upper Hall. 7:00 PM  
Crib - Begins Sep 18 with Fun Crib, Registration, in Lounge.  
THURSDAYS.....\*1st Branch Exec. Mtg. 8 PM Upper Hall  
L.A. Exec. Mtg. (as required)  
\*2nd L.A. Gen. Mtg. Upper Hall. 8 PM  
\*3rd Branch General Mtg. Upper Hall. 8 PM  
FRIDAYS.....Meat Draws, Lounge 2 - 6 PM  
Dance. Lounge. (Unless advised)  
SATURDAYS.....Meat Draws, Lounge 2 - 6 PM

#### \*\*\*EVENTS\*\*\*

SATURDAY OCT 5.....Oktoberfest  
9:00 PM Upper Hall. Tickets \$8/Person, \$15/Couple from Ken Seymour in the office or at bar.

#### \*\*\*SPORTS\*\*\*

See Regular Activities for start of Dart and Crib Leagues.

## Quilt House Quilter's Guild

The Quilt House Quilters' Guild of Parksville are sponsoring their third Quilt Show and Sale entitled, "Preserving the Heritage - Quilts in Transition".

The show will be held at the Parksville Community Hall, Friday, Sept. 20, 1-9 p.m., Saturday, Sept. 21, 10-6 p.m. and Sunday, Sept. 22, 10 - 4 p.m. The \$3.00 admission fee is valid for all three days and also is your raffle ticket - first prize - a magnificent queen size 'Island Rose' quilt, second prize - a beautiful Amish wall hanging and third

prize - a unique Diane Upper quilted handbag.

There will be comparisons of old quilt designs and how they have evolved into newer, more contemporary designs. There will be demonstrations of quilting and hostesses to answer any questions. There will be a quilt boutique where quality, hand crafted, quilted articles will be on sale.

Joan Ray  
Publicity Chairman  
Quilt House Quilters' Guild  
Phone: 752-5875

## What Are Seniors Worth?

(Original author unknown, but obviously female)

We are worth a fortune!

Remember, old folks are worth a fortune -- with silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet and gas in their stomachs. I have become a little older since I saw you last and a few changes have come into my life -- frankly I have become a frivolous old gal.

I am seeing five gentlemen every day. As soon as I wake up, *Will Power* helps me get out of bed. Then I go to see *John*. Next, *Charlie Horse* comes along and when he is here he takes a lot of my time and attention. When he leaves, *Arthur Ritis* shows up and stays the rest of the day. He doesn't like to stay in one place very long, so he takes me from joint to joint. After such a busy day, I'm really tired and glad to go to bed with *Ben Gay*. What a life! Oh yes, I'm also flirting with *Al Zimer*.

P.S. The preacher came in to call the other day. He said that at my age I should be thinking about the hereafter. I told him, "Oh I do, all the time. No matter where I am, in the parlour, upstairs, in the kitchen or down in the basement, I ask myself -- now what am I here after?"

Editor's comment: As one who is fast approaching "The Big Six Oh," this one's for me.

Trivia Answer

## A CAN OF FOOD ONCE IN A WHILE. IS IT REALLY THAT MUCH??

At the top stairs of 1 Hangar SW entrance in their canteen, 442 Sqn has a food deposit box for the needy.

Bring a can once in a while or take it to the food bank building at 1126F Piercy Ave. in Courtenay. It is open Monday to Friday 9:30 am to 4:30 pm.

Don't be shy and don't waste any time. They need all of us.

## AND FOR THE POSTED OUT:

The Food Bank at 1126F Ave. has a freezer and fridge, so don't waste your food. Please bring it to them. They need it the most.

Give to someone who cannot give back.

## DRINKING AND DRIVING

KILLS  
200  
PEOPLE

INJURES  
6,000  
PEOPLE

COSTS  
B.C. RESIDENTS  
\$130 MILLION



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These are the criminal charges you face if you drink and drive in B.C.

- Driving with a Blood Alcohol Content (BAC) in excess of .08%.
- Driving While Impaired (even if your BAC is BELOW .08%)
- Failure to Provide a Breath or Blood Sample.

DRINKING DRIVING  
COUNTERATTACK



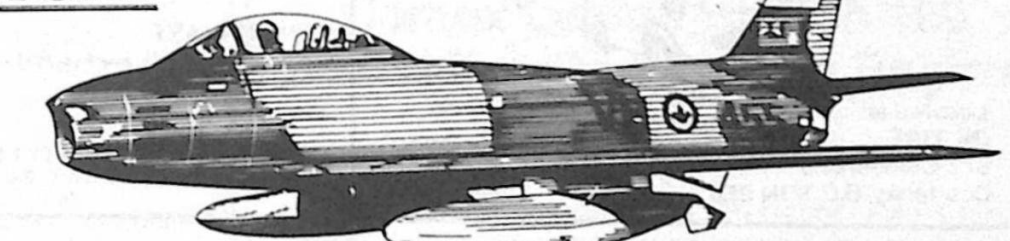
Armstrong-Whitworth  
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FIGHT THE  
LUNG  
CRIPPLERS

## NEXT DEADLINE 23 SEPT

## FLIGHT INTO HISTORY



Canadair Sabre 6

In the mid 1950s, RCAF pilots helping to keep the peace in Europe became the cream of the flying force of the West. The newest, the Canadair Sabre 6, was the first fighter that could routinely exceed the speed of sound in a dive. Though it represents a giant step forward in military

aviation, it still has one foot in the past. For unlike all other advanced fighters that follow it, the Sabre is still a manual aircraft. Early Sabres had a successful career at war -- tipping the balance against the Russian-built Mig 15 during the Korean War -- and on peacekeeping missions around the globe.

The Sabre is the first swept-wing fighter built in North America, and quickly gains a reputation as a pilot's plane. A single-seater, the highly manoeuvrable Sabre is the first fighter that can routinely exceed the speed of sound in a dive. Though it represents a giant step forward in military

Canada

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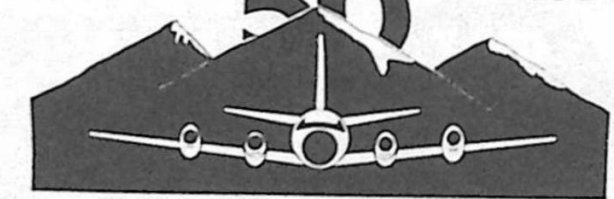
## MEDICATION — FIVE RIGHTS

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St. John Ambulance

## Attention All Demons and Former Demons!

1941 50 1991



407 Squadron's Reunion  
A Celebration To Hold On High

407 Demon Squadron

50th Anniversary

27-29 September 1991

407(MP) Sqn is having its "50th Anniversary" in September to commemorate this event. We are creating a Sqn booklet. All interesting stories, antidotes, or memorabilia, which you think would be interesting for this booklet, you can contact Cpl Doug O'Brien at local 8403 or Cpl Mike Storozuk at local 8534. We would appreciate any help that you can provide.

For more information or to advise of your intention to attend contact 2Lt Steve Power AVN 252-8204 or (604)339-8204 or write:

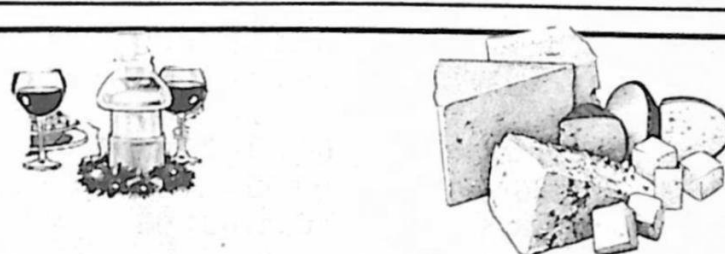
407 Sqn Reunion

407 MP Sqn

Lazo, BC

VOR 2K0

## NEXT DEADLINE 23 SEPT



## Jr Ranks Ladies Club Meet and Greet

Date: 19 Sept 91  
Time: 7 PM

Place: Jr Ranks Lounge (Totem Inn)

Wine and Cheese Party  
information night.

All Jr Ranks wives and/or female members are welcome.

Come out and bring a friend or neighbour.

For more info:  
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Liz - 339-4314  
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## On & Off the Base

### CF School of Aerospace Studies Change of Command



LCol Koch (L), CFB Winnipeg Base Commander Col Proulx and LCol Peart perform the sign-over ceremony of Canadian Forces School of Aerospace Studies, CFB Winnipeg.

The Canadian Forces School of Aerospace Studies formed on 6 July 1987 with the mandate "...to meet the professional development needs of the Air Force..." The current educational courses conducted at the School are reflected in the official crest.

The aerodynamic body in the centre represents the technically-demanding, year-long Aerospace Systems Course which began in 1984. The lightning bolt represents Electronic Warfare courses conducted at the basic, advanced and for Senior Officer levels. The

orbiting body represents the course on Space Operations at the basic level. The motto, "Virtus Per Scientiam" which means Strength Through Knowledge, effectively sums up the mandate of the school.

Since its formation, the school has met its goal of preparing Air Force personnel at all rank levels to meet the professional and technological demands of the future. More than 600 personnel graduate from the various courses each year.

### LCol Winfred F.G. Koch, C.D.

Lieutenant-Colonel Win Koch was born in Hamburg, West Germany in 1949 and grew up in Regina, Saskatchewan. He enrolled in the Canadian Armed Forces in 1968, and trained as a CF-101 Voodoo Airborne Intercept Navigator at Bagotville, Quebec. From 1970 to 1974, he flew Air Defence CF-101s on 416 All-Weather Fighter Squadron, Chatham, New Brunswick.

From 1974 to 1977, he was an Aircraft and Electronics Systems Instructor and Air Standards Officer at the Air Navigation School. In 1977, he went to 410 Operational Training Squadron in Bagotville as an Advanced Tac-

tics Instructor on the CF-101. After graduating from ASC 32, in 1980, he was posted to the Aerospace Engineering Test Establishment, Cold Lake, Alberta, as a Systems Flight Test Project Officer. Upon promotion to Major in 1981, he served as the Establishment Senior Administrative Officer and then as Officer Commanding Systems Flight Test from 1982 to 1984.

In 1984, Major Koch attended the Canadian Forces Command and Staff College in Toronto. He was then posted to Fighter Group Headquarters, North Bay, Ontario, as Staff Officer Electronic Warfare. Upon promotion to his

present rank in July 1987, he was posted to Headquarters NORAD, Colorado Springs, to be Assistant Command Director in the NORAD Command Post in Cheyenne Mountain. On 1 June 1988, he became Executive Assistant to the Deputy Commander-in-Chief NORAD before taking over as the Director of Operations at the 1013th Combat Crew Training Squadron, Peterson Air Force Base, Colorado.

Lieutenant-Colonel Koch is married to Marilyn (née Farmer) of Prince Rupert, British Columbia and they have two children, Jeff and Jennifer.

### LCol D.D. "Dave" Peart, C.D.

Lieutenant-Colonel Peart was raised and educated in Waterford, Ontario and joined the RCAF in 1966. Trained initially as an Electronic Systems Officer, he served on 405 Squadron in Greenwood before being cross-trained to navigator.

In 1947 he became an Air Intercept Navigator on 416 AW(F) Squadron flying in the CF-101 Voodoo and subsequently served on 410 Operational Training Squadron at Bagotville. After graduating from ASC 32 in 1980 he was posted to Air Defence

Group HQ at North Bay and on promotion to Major, he became Staff Officer for Electronic Warfare at Fighter Group HQ. In 1983 Lieutenant-Colonel Peart attended the CF Command and Staff College, Toronto, and was posted as Aerosystems Course Manager on exchange duties at Royal Air Force College Cranwell.

He returned to Canada in the summer of 1987 to become the Chief Instructor of the Canadian Forces School of Aerospace Studies and Electronic Warfare

instructor. On promotion to his current rank in June 1989, Lieutenant-Colonel Peart assumed command of the Canadian Forces School of Aerospace Studies.

Lieutenant-Colonel Peart has been appointed Senior Staff Officer Individual Training at Air Command Headquarters.

Lieutenant-Colonel Peart is married to Linda (née Landry) and they have two children, Jean-Paul and Susan.

## Bulletin Board

All insertions will be \$4 per column/inch. Payment in advance at the office.

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

**FOR SALE**  
1979 Pontiac Grand le Mans, PB, PS, Auto., Air Cond. AM/FM tape, good tires, runs well, \$1,000 o.b.o. Phone 339-3983.

**Kids & Tobacco**  
It's a crime.

### The Comox Military Family Support Centre requires an Executive Director

Under the direction of the CMFSC board, the successful candidate would be responsible for the coordination, administration and management of the centre.

**Qualifications:**  
Education - a graduate degree in the social sciences or humanities or equivalent experience.  
Experience - Community development skills a must  
- Organizational and management skills necessary  
- Knowledge of and sensitivity to issues of military families  
- English essential - French desirable  
- Five years experience

preferable  
Transportation - Must have driving licence and access to vehicle  
Salary Range - \$35,000 to \$45,000 per annum negotiable/commensurate with experience  
Closing Date - Must be postmarked or received not later than 30 Oct 91  
Please send resume and references in confidence to:  
Hiring Committee  
CMFSC  
PO Box 310  
Lazo, BC V9R 2K0  
Further information can be obtained from Capt M. Desnoyers at 339-8663.

### Comox Legion Branch 160 Mixed Fun Dart League Begins

The Tuesday night "Fun" Dart League began our new season September 10. Ten teams were formed, however, there is still room for more players. You can come out and join a team full time, or, you can be placed on the spares list.

The league plays every Tuesday night at 7:30 p.m. in the Comox Legion upper hall. Registration is \$2 and a nominal fee of \$1 a night is charged to play. An evening consists of nine games and play is on a rotating team/board basis.

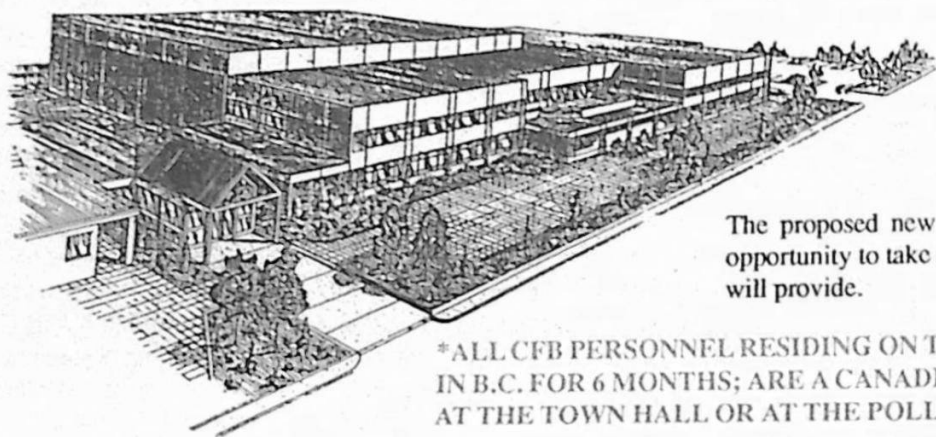
While this is a "fun league", we still tally team standings and hold "play-offs" at the end of the season.

If you are interested in joining, come out Tuesday evening between 7-7:30 p.m. to the Comox Legion upper hall and we will place you on a team.



# Announcements

## TOWN OF COMOX COMMUNITY CENTRE



### WHAT WILL IT COST?

**\$ 2.2 Million**

The present Recreation Centre cannot meet the existing needs of our community. The Centre opened on July 1, 1967 as a Centennial project and has served Comox residents of all ages for almost 25 years.

The proposed new Centre incorporates the present facility. When complete, all residents will have the opportunity to take advantage of an incredible number of activities and uses that a new and expanded facility will provide.

\*ALL CFB PERSONNEL RESIDING ON THE BASE AND IN PMQs ARE ALSO ELIGIBLE TO VOTE IF YOU HAVE LIVED IN B.C. FOR 6 MONTHS; ARE A CANADIAN CITIZEN; ARE 19 YEARS OF AGE AND OLDER. REGISTER YOUR NAME AT THE TOWN HALL OR AT THE POLL.

### FACILITIES

- \* Multi-Purpose Hall
- \* Activity & Games Room
- \* Squash & Racquetball Courts
- \* Child Mind Area
- \* Cultural Activity Area
- \* Public Meeting Areas
- \* Weight Room, Sauna & Locker Rooms
- \* Full Catering Service & Lounge Area
- \* Outdoor Access Area
- \* Sports Viewing Area

### PROPOSED FUNDING SOURCES

Provincial Grants	\$733,333
Comox Recreation Commission	\$200,000
Town of Comox	\$466,667
Long Term Borrowing	\$800,000

The Town of Comox proposes to borrow up to \$800,00 with a repayment term of 20 years. Increased revenue from the Community Centre and other funding sources will result in the following yearly increase to Comox taxpayers for the debt and operating costs of the Centre:

Assessed	Annual Cost per
Property Value	Household
\$ 75,000	\$ 10.03
\$100,000	\$ 13.37
\$150,000	\$ 20.06

### ACTIVITIES

- \* Health, Social & Sports Activities for Senior Citizens, Families, Teens, Youth, Preschool Children and Special Needs Residents
- \* Cultural, Community & Special Events
- \* Recreational & Cultural programs for residents of all ages

**VOTE YES**



**on SEPTEMBER 28, 1991**

PUBLIC OPEN HOUSE at the COMOX RECREATION CENTRE, SATURDAY, SEPTEMBER 14 & 21, 9:30 am - 4:30 pm  
For additional information phone 339-2255

## Automobile Leasing

The high and escalating cost of automobiles has increased people's interest in the pros and cons of buying versus leasing.

Leasing is often preferred over buying because it does not require such a large outlay as does an outright purchase. Also, it often enables you to drive a more expensive and luxurious vehicle than you might otherwise afford to buy.

But there have to be drawbacks to leasing, right? And indeed this is the case. A car lease has restrictions -- not faced by an owner -- regarding the use of the vehicle. It may even stipulate who can drive the vehicle.

Leased vehicles generally have limits on mileage. Sometimes after logging 20,000 kilometres a year, charges of four to six cents are levied per kilometre.

The lease contract may also demand maintenance standards that necessitate certain repairs and check-ups that would be optional for car owners.

As with other contracts, car

lease agreements have their fair share of fine print. Make sure you read the entire contract and recognize and accept its conditions. The last thing you want to do is accept certain restrictions that conflict with your intended use of the vehicle.

There are two types of leases: open-ended and closed-end ones. The former is most common; it leaves the driver responsible for the residual value of the vehicle. The element of risk is that the market value at the end of the lease could be less than the residual value stated in the lease agreement.

In a closed-ended lease the monthly payments are higher than in an open-ended one since the leasing company assumes the risk on the residual value. So at the end of the lease the driver just returns the car to the leasing company. But because risk is faced by the leasing company (lessor), it passes on something else to you, the lessee -- more restrictions.

You should base your buy or lease decision on a number of fac-

tors including the length of time you intend to keep the vehicle and the number of kilometres you anticipate driving it. Generally, the longer you plan to keep the car and the more mileage you intend to log, the more economical it is to buy the vehicle. Keep in mind that a car depreciates most heavily in value in its first two years, and levels off somewhat in subsequent years.

Little has escaped the GST, and leases are no exception.

You should shop around for the best lease arrangement and calculate the effective annual rate of interest charged on a lease, rather than base your decision on the dollar figure of the monthly installments. This would give you a better indication of how much you would actually have to pay, taking into consideration the present value of future monthly installments.

For more information on buying or leasing a vehicle and on other financial matters, consult your local chartered accountant.

## Art Auction



Arts Alliance volunteers study the auction plan.

The successful Arts Alliance Art Auction, held last year in the Officers Mess, is moving to the Florence Filberg Centre, Saturday 19 Oct 91, in order that more auction goers may enjoy this chance to purchase works by the Valley's finest and to support the Arts in the Valley.

Over 50 original pieces, including 'Coastal Vapours-Oreas', by Ron Parker, valued at \$3,000, will be included in this year's gala event. Teams of volunteers have been working on the many facets involved in planning such an undertaking and promise that this

years auction will be an evening to remember! An, as yet, unannounced 'theme' is being worked on and auction coordinator, Judy Atkinson, promises to let the rest of us in on it soon.

Comox Valley Auction's, Dave Stevens will exhibit his practiced auctioneering form, promising an evening of fun and entertainment.

Tickets this year are \$20, which includes champagne and dessert, and are available through the Arts Alliance, 338-6211, or drop by the office, 367 4th Street, Courtenay.

**NEXT DEADLINE 23 SEPT 91**