



442 winning team
receives the Search and Rescue Trophy
from BGen Diamond (ex-442 CO).

SAREX '91

...pages 3, 13, 14, 15



407 REUNION

And 50th Anniversary

...pages 16 & 17



TOTEM TIMES

Canadian Forces Base Comox B.C.



VOL 33 NO 18 SEPTEMBER 26 1991

NEXT DEADLINE 7 OCTOBER 1991

COST: PRICELESS

"Midnight is our Noon."



409 Squadron Nighthawks received their Colours in 1977, as this drawing by artist Jean-Luc Beghin showed. Note the old broadsheet Totem Times. 409's Colours are now displayed in the Air Force Museum.

Three events celebrated Sept 15.

Battle of Britain, 409 Retirement, Gulf Awards.

by Padre Bob Baker Chaplain(P)

The Battle of Britain Commemoration certainly was a unique celebration this year as we retired the Colours of 409 Tactical Fighter Squadron and the Gulf and Kuwait Medals were presented.

With a short lead time (1 Aug) and no 409 Squadron Association for a mailing list it was a challenge to spread the word but thanks to those who provided

names, the articles in the Totem Times and Green Sheet and radio announcements, about 150 people gathered for the Meet and Greet on Saturday evening. Six former Commanding Officers, including the most recent, LCol Ed Campbell, assisted in cutting the cake made by Mrs. Rosalind Turcotte and decorated with a Nighthawk patch. Mrs. Muriel Pomietlarz accompanied by Mr.

John Bill on the piano sang songs of WWII and the big band songs of the '50s and '60s.

When pilots start talking with their hands it sure is hard to tell if they are flying 100s, 101s or 18s and the backseaters talk of all the dark and dirty nights. I'm certainly glad that the weather has changed in our beautiful Comox Valley.

Sunday morning dawned clear

and bright but early as our service was at 09300 hrs, I did have alot of help with the service as 409 Squadron, 888 Wing RCAFA and 386 Squadron of the Royal Canadian Air cadets joined us and paraded their Colours. MGen (ret'd) W.H. Vincent, Col McGee and LCol E.D.K. Campbell, who came all the way from Germany for the weekend, all helped out with the Scripture readings.

While Wing Commander (ret'd) Duke Warren, DFC, read the History of the Battle of Britain, LAC Reagan Mackie and Sgt Matthew Nikkel of 386 Squadron stood to attention on either side of a 409 Crest which was topped by a WWII flying helmet complete with goggles and mask and two RCAF ensigns.

continued on page 2

Section News



Supply Signals

Base Supply held its second (of the year) Best Ball 4 Ball Golf Day on 4 Sep. The weather that normally accompanies us, did not show. Instead it sent its lovely sister, Sunshine! And shine it did. Wally Berger was actually heard to say, "Geez, I should have rented a cart."

First prize went to Wally 'I need a cart' Berger's foursome, which included the likes of Jackie 'LPGA' Strutz, Marcel 'straight shot' Belliveau and their anchor, Yves 'Crocodile' Auger. The most honest golfer's award went to Yvette Ally's foursome, which included Dan Renwick, Paul Kavanaugh and Terry Smith. The longest men's drive was won by Ivan Ally, and keeping the competition in the family, the ladies' was won by Yvette Ally. Closest to the pin was, for the ladies, Jackie (yep, you guessed it LPGA) Strutz, and for the men, Wally Berger. We also held a fifty-fifty draw, which was quietly won by Lisa Mills.

I just hope that the fine weather will become a pattern for every other golf tournament that we hold. Thanks to all that made the day soooo special.

For the second year in a row, Fletcher Challenge of Canada Ltd. has provided Base Supply personnel with an informative look at their logging operations. Two Fletcher Challenge employees, Mr. Jamie Spoule and Mr. Jim Ferguson, were more than willing to answer any questions we had. Although the weather left something to be desired, Mr. Ferguson, a veteran logger, kept our attention with humorous anecdotes of his years in forestry. We were also shown reforestation strategies and new technology which allow for less waste and in return, save BC's forests. Cpl Giraud took a special liking to the tree limber. Maybe Santa will bring you one, Brian!

MWO Terry Smith headed up a throng of nine which included MCpl Fortin, Cpls Giraud, McMahon and Sullivan, as well as Ptes Belliveau and Dallaire. Cpls McMahon and Sullivan were accompanied by their spouses, who also reported enjoying the cutting.

Base Supply would like to thank Fletcher Challenge for allowing us to see, first hand, their operation and help us understand that there is more to forestry than just cutting down trees. We would also like to give special thanks to Mr. Jamie Spoule and Mr. Jim Ferguson.

As most of you are aware, John Clark has recently retired to a busy, but relaxing, lifestyle. This article will hopefully reveal the mystery behind the man.

John was born in Blackpool, England on 15 Dec 34. This 'seaside resort' (as he affectionately refers to it) helped camouflage him from the grim realities of growing up during the war, such as the constant food rationing (his chocolate bars), bomb shelters (his own little fort), and the other traumas of war.

At the age of seven, John was hospitalized for two years due to knee problems. We have John's family doctor to thank for his being here, as it was this doctor who suggested that John's family move to a dryer climate, more agreeable for John's knee ailments.

John completed his education in Edmonton and worked at various odd jobs, including metal worker, landscaping and even driving trucks on the Alaskan Highway. Subsequently, in 1955, John enlisted.

John qualified for many different trades including Air-Frame Technician, and this turned out to be his vocation. He completed basic training at St. Jean, Que. and finished trade training at (then Camp) CFB Borden.

His first posting was Claresholm, Alta. where he worked on several different aircraft, among them the Expeditor, Havard, Chipmunk and the F86 Sabre.

After a short stay in Alberta, he was off to 3 Wing, Zweibrücken, Germany, for three years. It was during this period that John met his wife, Jean, on a vacation in his home town of Blackpool. They

eventually married and had their first son, Tom, during this German posting.

In Dec 59, John and family shuffled back to CFB Edmonton, where he worked on the C119 Boxcar, Dakota, and also helped to introduce one of the first C130 Hercules into the Canadian Air Force. While in Edmonton, John and Jean had another addition to their family, a second son named Kevin.

After this, John was off again to Germany, this time to 4 Wing. Here he worked on the 104 Starfighter and kept himself busy with his job and his home life.

In 1970 he was posted to CFB Comox, where he worked on the Argus, was the OJT Coordinator, worked in the Technical Library of 407 Sqn, and did a year's stint with 442 Sqn. He was promoted to Sgt and supervised a crew in both maintenance and servicing. In addition, John also reorganized mobility spares.

John eventually took his release in 1975 and began working in the framing and finishing areas of carpentry.

In 1976 John and Jean bought and operated a restaurant in Comox, which is still standing in the Comox Mall. In 1980 John first came to work for the Public Service, at Quadra. From 1981 to 1987 John was employed at 5 Supply Group, and later in 1987 he transferred to 1 Supply Group where he worked in the Receipts Section, until his retirement earlier this summer.

John now keeps busy completing job lists, provided by Jean, playing golf and reading. John plans on building toys for his grandson as a winter pastime. John and Jean also plan to travel, in hopes of discovering more of Canada.

John, all your friends here at CFB Comox will miss you and we all wish you and your family all the best in the years to come! P.S. Retirement looks good on you and your golf game!

SEAFOOD BUFFET EVERY FRIDAY

5 - 9 pm

The Biggest and Best in the Comox Valley
Hot and Cold Selection of fresh Seafood,
Salmon, Mussels, Clams, Red Snapper,
Crab, Shrimp, Prawns, Oysters,
Chowder, Salad Bar, 2 Meat Dishes,
Desserts and much more.

*19.50, SENIORS 10% OFF

OKTOBER-FEST!

RESERVE NOW!
LIMITED TICKETS

Authentic German Food, Ompapa Music,
Yodelling & Costume Contest, Polka Dancing,
Your Own Beer Mug and Prizes! \$15.00
Dinner at 6:00 p.m. Dancing starts at 9:00 p.m.
It's All Happening at....

KINGFISHER
BEACH RESORT

ROYSTON, B.C.

Reserve Now 338-1323

Tri-City Boot Repair & Sales

(formerly COMOX SHOE REPAIR)
1836 Comox Avenue
(Across from Legion)
Tuesday to Saturday - 9:00-5:30

TOP QUALITY
SHOE AND LEATHER REPAIRS

SEE YOU AT THE
LEEWARD!

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

THE LEEWARD
NEIGHBOURHOOD PUB

good food!
KITCHEN HOURS
11 AM - 10 PM

good times!

*country cooking
*rural hospitality
*reasonable prices
*cleaner system

649 ANDERTON RD., COMOX 339-5400

REMINDER

TO THE TOWN OF COMOX RESIDENTS

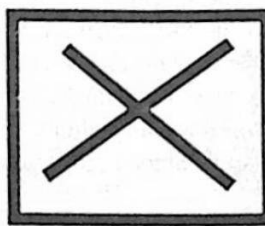
WE NEED YOU TO VOTE YES FOR
THE COMMUNITY CENTREON
SEPTEMBER 28, 1991

8:00 am - 8:00 pm

at the
COMOX RECREATION CENTRE
1855 Noel Avenue, ComoxFor additional information or
a ride to the polls call:

339-2255

VOTE



YES

Section News



BAMSO

It's been quite a while since we last filled you in on all the happenings in the NDT shop. I'll take a few moments of your time and attempt to do just that.

Bert has been busy working on the Voodoo lately, his pet project, or is that his pet peeve. At any rate, he's been spending a lot of time in greasy coveralls, running in and out of the office. He recently won a two year membership to a local gym, so now his evenings are full of pumping iron, climbing machines, rowing machines and stationary bikes. Talk shop now includes pecs, lats, reps and Sugar -- you can ask Bert or Tony about that last one.

John has arrived in from Germany, with his wife, Darlene and daughter, Giverny in tow. They're still living in a hotel in town,

anxiously awaiting the arrival of their F&E and in particular, John's Ducati. He'll soon be seen tearing around the Island, albeit at a slightly slower speed than that permitted on the Autobahn. We hope that the slower pace of life here, will be a nice change.

Rick has been away for a couple of weeks now, a combination of holidays and courses. He went fishing north of here, and on average his fish cost him \$30 each, a real bargain at half the price. He's now out in Ottawa doing his ultrasonic exam, I'm sure glad it's him and not me.

Spike (Tony) has been spending lots of time at the gym perfecting his physique, whatever he's doing it appears to be working, NDT now has a resident 'hardbody'. He has also been

cracking the books in preparation for level two exams in October. Bert figures Spike has adjusted well to the shop routine. It sure is comforting to know, that at least one person in this shop is well adjusted.

Nancy has a new baby, a 16 week old, 41 lb. puppy, but judging by the bags under her husband's eyes, he's been voted in for night duty. She's heading off on leave -- again, and she's going to Lillooet -- again. I sure hope the in-laws like their new grandchild. By the way, who does it take after? Let's see now, it walks weird, has large ears and it's prematurely grey. It looks like a good blend.

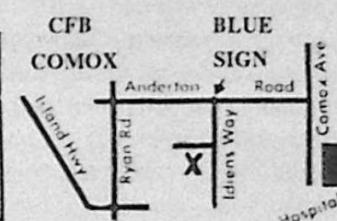
Until next time take care.



Oh what a feeling!

HUGE SALE

ON TREES & SHRUBS

OPEN
FRI. TO MON.
9-5
Closed Tues.,
Wed. & Thurs.

JENSEN NURSERIES

Idiens Way, One Mile North of Comox off Anderton

CANADA SAVINGS BONDS

A Wonderful Place
For Your Savings To Grow.

You've worked hard to set aside your savings. Now it's time to look for a great place to invest those savings.

Canada Savings Bonds. This year, you can buy your bonds at face value wherever you bank or invest from October 17 to November 1.

You may date your payment November 1, the day the new bonds start earning interest.

Safe and Secure. Canada Savings Bonds are fully guaranteed by the Government of Canada. They're a safe, secure investment that never falls in value.

Cashable Anytime. Canada Savings Bonds can be cashed at any time, so your money is never locked in.

Guaranteed Interest Rate. Canada Savings Bonds offer an attractive interest rate that's guaranteed for a full year. This year's interest rate and purchase limit will be announced in mid-October. Details will be available wherever Canada Savings Bonds are sold.

Don't Be Late! Remember, November 1 is the last day you can buy the new bonds at face value. But the bonds may be withdrawn from sale at any time.



Canada

Buy yours from Oct. 17 to Nov. 1

NEXT DEADLINE 7 OCT
NOONCOMOX AIR FORCE MUSEUM
CFB COMOX
LAZO B.C.

PHONE(604) 339-8635

1 OCT THRU APR 10-4 p.m.
SAT SUN & HOLIDAYSFeaturing Gulf War
and 409 Sqn displays

Junior Ranks Mess

Upcoming Events

Sunday 29 September

- Euchre tournament
- Entry fee \$5.00 (Sign up by 26 Sep)

Friday 4 October

- Oktoberfest
- doors open at 1930
- cost \$10 per person, includes Bavarian food, Oktoberfest mug, and dance to the band of Peter York and the Continentals
- acquittance roll available at door or JR office

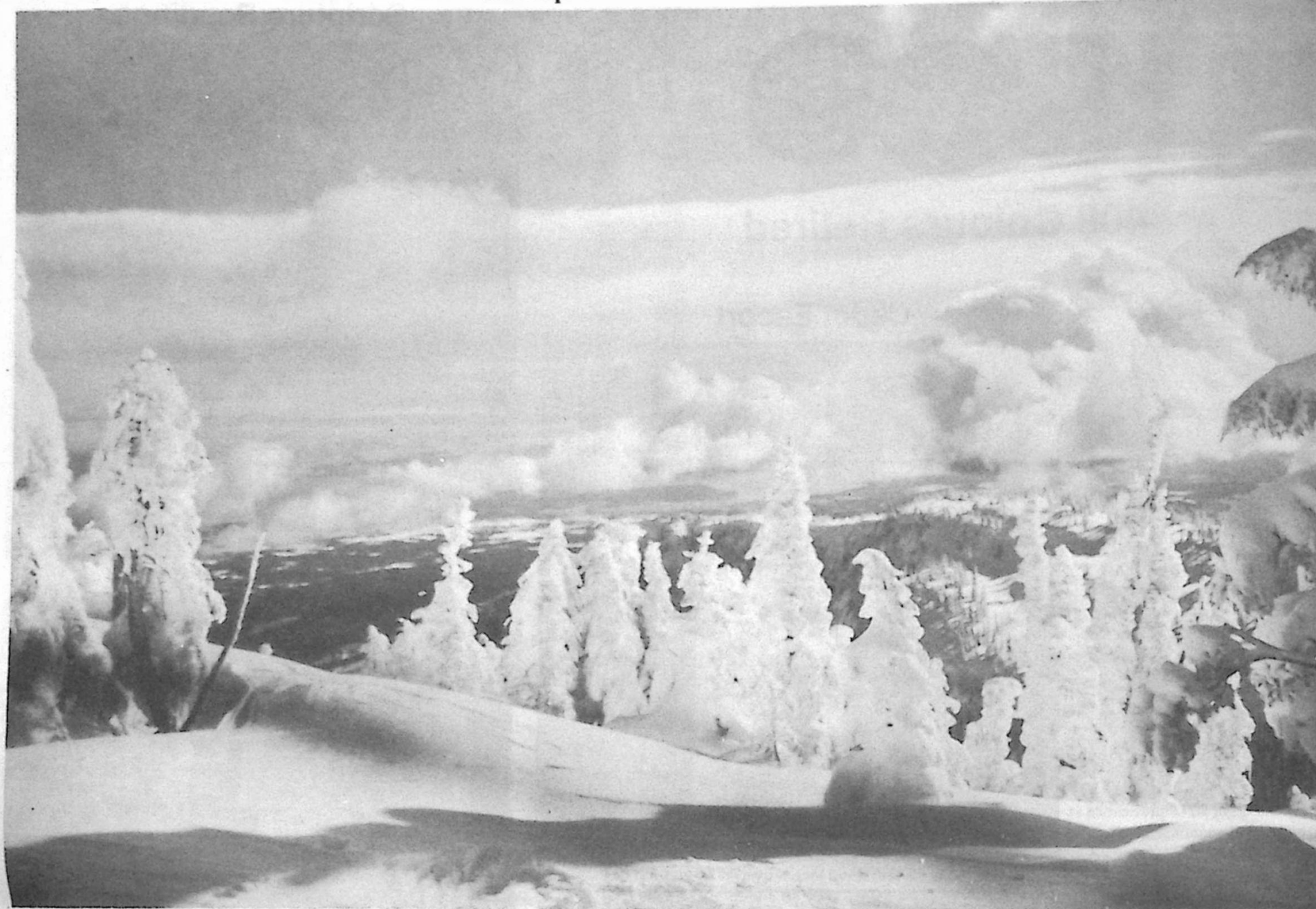
"Remember"

Jr. Ranks Ladies Club meets every third
Thurs. of the month in the Totem Lounge
Reading Room. 7:30 PM.
New members always welcome.



On & Off the Base

"On top of the Mountain...."



The pure beauty of a fresh snowfall awaits you this winter, on top of Mount Washington. Taken by local photographer Peggy Sanderson of Sooters, the picture features an unusual snow formation in the centre. See if you can spot it.

Comox Valley Ski Club Meet & Greet

The Comox Valley Ski Club will be hosting their annual Meet and Greet at the Junior Ranks Mess on 16 October 1991 from 1830 hrs to 2200 hrs. It should prove to be an entertaining and enlightening evening for a num-

ber of reasons. First of all, we will again be having a fashion show whereby representatives from Mountain Meadows Sporting Goods, Ski Tak Hut and Inn Sports Shop will show off their apparel for the upcoming season

and spokesmen for the Ski Patrol and both ski areas will make presentations on behalf of their mountains or organizations. Hitec Printing will also be there to show off their latest ski theme shirts and sweatshirts.

We will also be taking registration for both the 91/92 ski season and trips to Crystal Mt., Washington and Silver Star (Vernon).

We hope to have a super turnout this year and with any luck at

all, we'll find ourselves on the top of the mountain come the end of November.

Remember, everyone is welcome, so come one - come all!!

See you there.

Bridge Club News

Our first evening of the year was a roaring success. We had eight tables of ladies eager to get back to playing bridge. Some of us were a little rusty, not having picked up a pack of cards since we last met in May. However, we all enjoyed the evening, meeting old friends and seeing new faces as well.

Our prizes for the evening were well received by Barb Myatt and Isabel Gardner who tied for the high score prize with 3580 points each! Helen Ash picked up the 'two prize' and Helen Williams earned the prize for the low score. We didn't have the draw prize as we never expected to have a tie for the high score prize. Next time we'll be prepared. Our next evening of play will be 25 September at 8:00 p.m.

We are still collecting names of beginners interested in lessons.

We will be setting up a schedule in October for any ladies who would like to learn to play. The lessons are also open to those ladies who have played but would like to go back and brush up on the basics. If you are interested please call one of these gals:

Trish	339-3262
Joanne	339-2007
Audrey	339-6009
Dorothy	339-6905

Bridge Tip

Don't sigh or groan when you have a poor hand. Not only will this discourage your partner but will give your opposition a good deal of information as to where the good cards are lying against them. Furthermore, it is also considered to be plain poor manners!!!

Happy Bidding.

NEXT DEADLINE 7 OCT

Ski Fever Sale

Ski fever's spreading at Ski Tak Hut. Check out our great savings - 4 days only, Oct 2nd thru 5th.

Rossignol 7SK Skis
value \$615 special \$299

Dynastar GS&SL CAM Skis
value \$695 special \$275

Elan Cor X Skis
value \$295 special \$125

ALL '91' Season Skis 40-60% Savings

Mens Nordica 707 Boots
value \$280 special \$120

Ladies Nordica 600 Boots
value \$205 special \$99

ALL '91' Season Boots 35-60% Savings

Salomon 447 bindings
value \$135 special \$67.50

WARNING: many more in-store specials. Beware.

SKI TAK HUT
334-2537
267 Sixth-Courtenay

Special Events

PMQ Association

Family Fun Day

What a great day the Wallace Gardens PMQ Association Family Fun Day turned out to be! The weather held out (we wonder if Padre Baker had a hand in that), even though the forecast said 'rain' and over 300 children and parents enjoyed the fine weather and fun. For those who attended, the day was packed with food, games, rides, displays and of course enjoyment.

As with any community event it is the hard work that goes on before and after the day that ensures success. The Fun Day took a lot of planning and preparation and our thanks and appreciation go out to a whole multitude of people who worked behind the scenes getting ready for the activities. Although it's hard to name everyone who 'lent a hand' in ensuring the day went well the following people certainly played their part:

Overall Coordinator, Mike Turcotte; Supplies and Tentage, Pat Adams, Bernhard Greffelt;

Food and Catering, Mimi and Martial Caron, Moira McKenzie, Simmonne, Sharla Hunter, Heather Smith and Chris White; Games, Germain Savard; Transport, Brian Krauskopf; Little Toot, Cpl N. Bonnier; Prizes, Trish Gallant and 'Ideal Games and Toy', Courtenay; Smoke House and Pumper Display, Kelly Smith and 'The Gang from the Fire Hall'; and, MP Display and 'Ident-a-Kid', Ptes Alexander, Portz and Periard.

Our thanks also go out to a number of Base sections; BnO, BSupo, BFDsvesO, BSecuro, BFC, and BTelo, who assisted by providing their services. Other organizations whose services were appreciated were, the Base Equestrian Club for providing the pony rides, the Air Cadets who helped with setting up and clean-up, the Kiwanis 'Key Club' who provided popcorn and candy floss, ICG Utilities for supplying the BBQ ranges and propane, and of course from the RCMP we had

'Safety Bear' (a.k.a. Brenda Burley). Finally, but by certainly no means least Linda Rose, our Town Clerk, for all the trouble shooting, correspondence and phone calls to participating groups and organizations. The Community Council is sitting once again and has started preparations for the Fall and Winter activities. Watch out for notices regarding Hallowe'en, Christmas Craft Sale and other events. The beautiful PMQ nominations were reviewed and the finalists list was presented to Council for approval. Therefore, the winners will be announced in the next issue of the 'Totem Times'. For those who are concerned, the Council meetings are open to the PMQ public and the next meeting will be 22 October 1991 at 1900 hrs in the Community Centre. Also if you are interested in becoming a Ward Councillor, please call Linda Rose, Town Clerk, at 339-8571.

Baby Crawl?



On your marks, get set, go!!! Germain Savard appears to be having trouble with an 'over-aged competitor' running in the 'Under Two Baby Crawl'.



BASE SOCIAL CENTRE KARIOKI NIGHT

Friday Sept 27 1991

CARICATURE SINGING

Come Out: Be A Star:

Have Some Fun!

BASE SOCIAL CENTRE INFO 8720

Thumbs Up!



PMQ youngster likes being a fireman.

Smoke House



Fire, Fire, Everyone Out!!! Kelly Smith steadies the escape ladder as another 'Saved Child' climbs out of the 'Smoke House'.

Bob the Gannet



How good are those hamburgers, Bob Pitcher? The B-FdSvesO is caught holding FOUR hamburgers! His excuse, if you can believe it, was they were all for his kids!

Mimi the Cook



Mimi, throw another hamburger on!! Mimi Caron has transferred from BSup to B-Foods while in the background Moira McKenzie stacks another batch of hamburgers ready for the hungry horde.

Reunion



407 Squadron

**AIRCRAFT OF
VP 407
MARITIME PATROL SQUADRON
ROYAL CANADIAN AIR FORCE**
and more recently the
CANADIAN ARMED FORCES

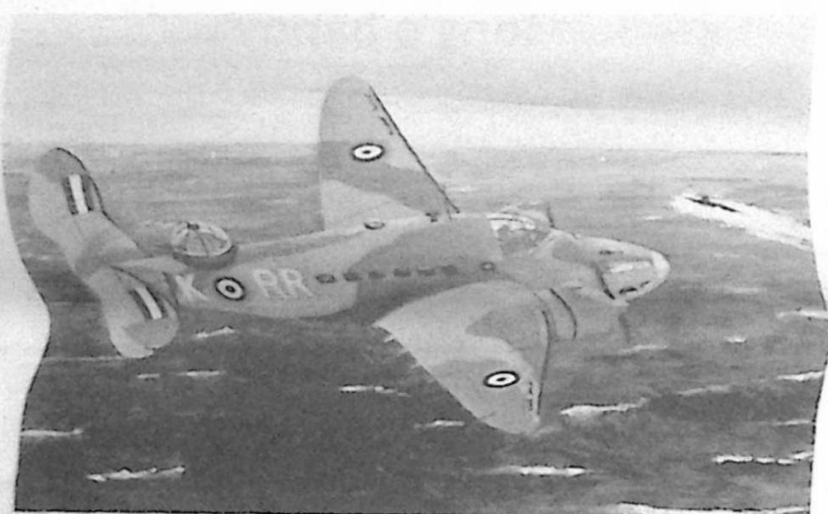
*Commemorating the 50th Anniversary
1941-1991*

These are photos of original paintings showing the seven types of aircraft flown by 407 Squadron with the operational dates and the artists names.

Bristol Blenheim	1941-42	By Gordon Hynes
Lockheed Hudson	1942-44	
Vickers Wellington	1944-45	Retired 407 Navigator
Avro Lancaster Mk X	1951-59	
Lockheed P2V Neptune	1959-68	John Rutherford
Canadair CL28 Argus Mk 1	1968-81	
Lockheed CP140 Aurora	1981 to date	Retired RCAF/CAF
		Coleen Collier Wilkinson
		DND source

Photographic work carried out by Mr. Tom Cobb of Laser Photo, Courtenay. Coordination and funding by Mr. Tom Procter of Remax Ocean Pacific Realty, Comox. Both being retired 407 navigators.

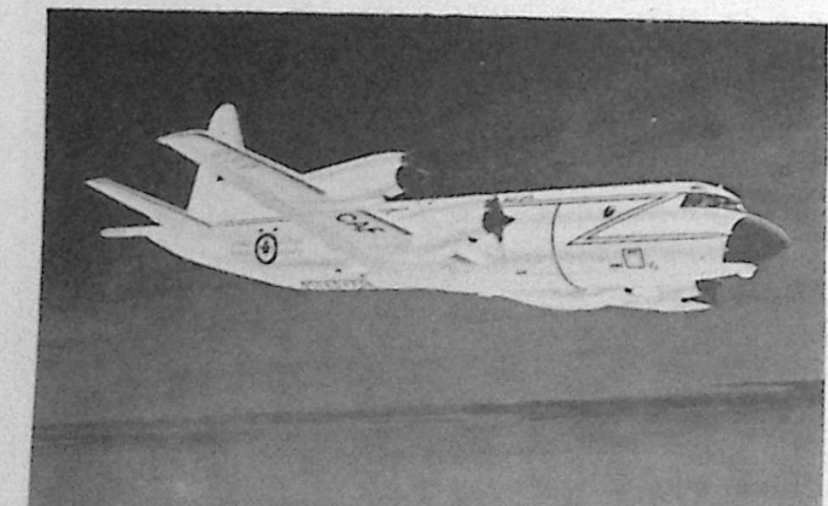
It is hoped that post card size copies of these paintings will be available in a commemorative envelope for sale to all Demons through 407 Kit shop and at forthcoming reunion.



Lockheed Hudson 1942-44



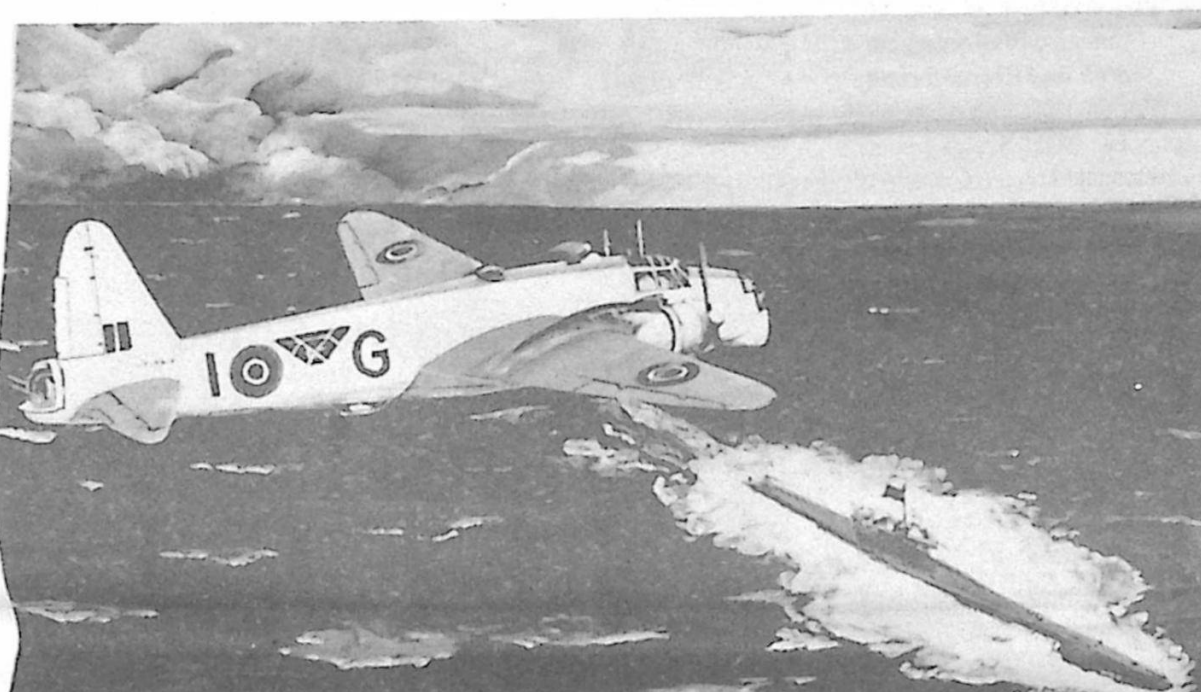
Lockheed P2V Neptune 1959-68



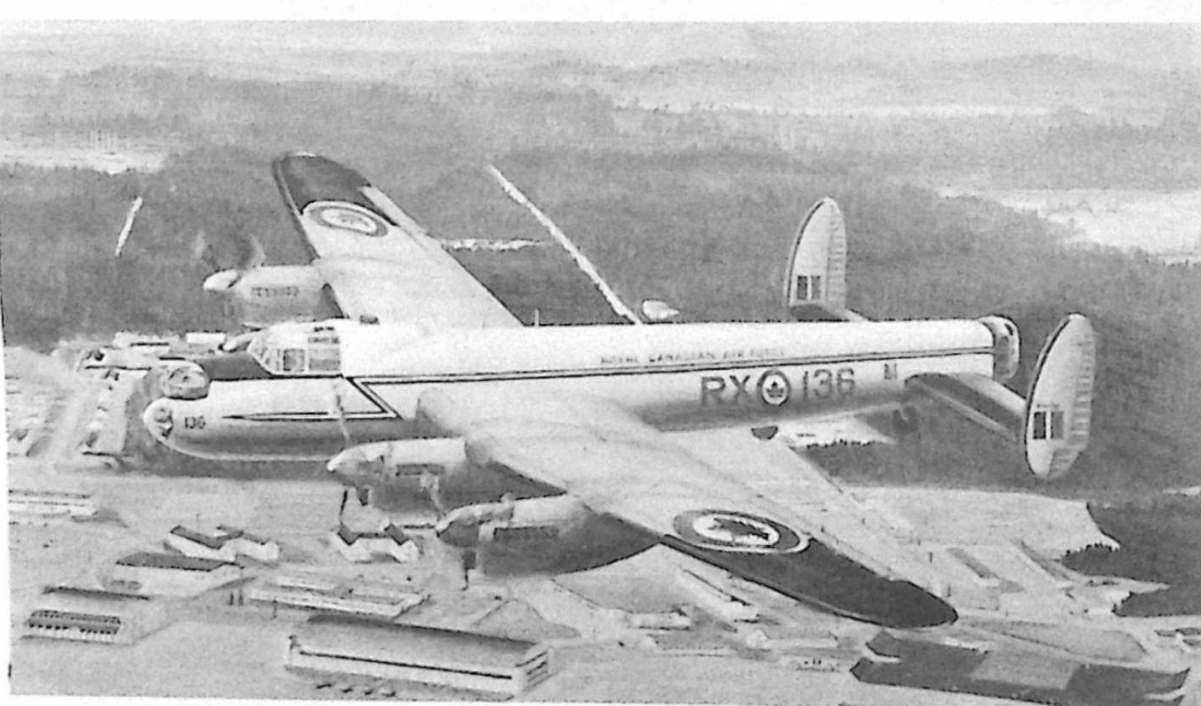
Lockheed CP140 Aurora 1981-to date



Bristol Blenheim



Vickers Wellington



Avro Lancaster Mk X



Canadair CP107 Argus Mk 1



And 50th Anniversary

407 Squadron Reunion Weekend

407 Demon Squadron's 50th Anniversary Reunion will be held this weekend, from the 27th - 29th of September, 1991, in #1 Hangar, with a Squadron Parade and Re-dedication of Colours on Saturday, September 28th. The Squadron was originally presented its Colours on 28th June, 1975, by Sir Walter Owen, former Lieutenant-Governor of BC. Squadrons normally qualify for the award of Colours after 25 years of active service or for especially meritorious operations.

This year the Squadron's Colours will be re-dedicated by the Honourable David C. Lam, Lieutenant-Governor of BC, on behalf of Her Majesty the Queen. Other dignitaries present for the Parade are to include: Major-General Eichel, Chief of Personnel Development; Major-General O'Donnell, Deputy Commander of Air Command; and, Colonel McGee, Base Commander, Canadian Forces Base Comox.

407 Squadron was formed on 8th of May, 1941, at Thorney Island, Hampshire, England to serve with Coastal Command. The wartime history of the Squadron can be broken down into two distinct phases. From formation until January 1943, an estimated 500,000 tons of enemy shipping had been destroyed or damaged, and 407 had become known as the 'Demon Squadron'. At this time the Demons switched roles, and the remainder of hostilities saw 407 Squadron protecting Allied shipping from the U-boat menace. By war's end, the Demons had destroyed four U-boats and received credit for damaging seven others. The Squadron was disbanded on the 4th of June, 1945 after serving at ten different stations and flying Blenheim Mark IVs, Hudsons and Wellingtons.

The Demon Squadron was reformed at Comox on July 1st, 1952 flying Lancaster Mark Xs, modified for ASW Operations. In May of 1958 the Squadron replaced the Lancasters as they took delivery of the first 12 P2V-7 Neptunes. The Neptunes remained in service with the Squadron until May of 1968 when the Canadian built Argus was taken on line. The arrival of this aircraft with its increased range capabilities allowed the Squadron to improve their effectiveness and range of operations.

The Argus took its place in history when 407 Squadron commenced operations with the CP-140 Aurora on June 11th, 1981. Aside from conducting anti-submarine warfare operations and training, 407 Squadron also has the responsibility of patrolling Canada's western maritime and arctic regions, Pollution and fisheries patrols, and search and rescue operations are some of the other tasks carried out by the Squadron.

Over 600 Squadron members (past and present) are expected to attend their Reunion celebrations. Included in this weekend's events are a Meet and Greet Friday night, Squadron Open House, Parade and Re-dedication of Colours and a dinner dance to be held Saturday, with a Champagne Breakfast followed by various activities (golf, fishing and Island tours, etc), on Sunday. All on-Base activities will take place in #1 Hangar, with the exception of the Squadron Parade and Re-dedication of Colours, which will take place on the apron between #1 and #7 Hangars on 28th September, from 1330 - 1530 hours.

Registration is on Friday, 27th Sep from 1000 - 1600 hours at the Komox Wing of RCAF Association. For more information or pre-registration, please call 407 Maritime Patrol Squadron Orderly Room at 339-8428.



To Hold on High

Apprentice to the Yukon

by Hamish



J.P. Kirk

Many people have told me that my work with the Hudsons Bay Company in the north was very interesting and that I should write a book about my various experiences. Well, I don't know about writing a book, but I thought I might put down a few notes on my first years as an apprentice fur trader in the Yukon, starting in the winter of 1938.

I first started with the company in their retail store on Portage Ave., in Winnipeg in September 1938. My first job with them was on a part time basis in the

hardware department. The first day I was assigned to the chinaware section, unpacking a large shipment of dishes that had just arrived in crates from England. This was done in a room equipped with exhaust fans to remove the dust. I wore a face mask and gloves to unpack the crates which were filled with quantities of straw in which the china was packed. I had to extract the various dishes and stack them into sets ready to take out onto the sales floor. When I arrived home that evening and told my parents of my job, my mother thought I should apply for a change to another section. She considered me to be rather clumsy when it was my turn to do the dishwashing at home! The pay was about forty dollars per month and six days per week.

I worked in various hardware sections, either packing or unpacking, depending on what items were being featured on sale.

Orders were assembled behind the scenes for the various delivery routes around the city. It was varied and interesting work.

One day I saw a notice on the board in the staff lunch room asking for anyone interested in joining the fur trade department to check with the personnel department. On the first chance available I made enquiries and was surprised to learn that the company still operated some 350 trading posts throughout northern Canada. We had learned about the fur trade in our school history classes, but I never realized that it still existed in the 20th century. They were recruiting a few apprentice clerks to go north to work at the various trading posts. I was intrigued with the thought of working in the north country and an appointment was made for me to meet with the fur trade personnel manager. Their office was in Hudsons Bay House on Main St., south of the CNR or Union

Station and across the street from the old Fort Garry gate; a direct historical connection with the first Red River settlement of Fort Garry.

As I approached the building I was met with the aroma of freshly ground coffee. I later learned that the company blended and packed its own brands of tea and coffee. This building not only contained the fur trade offices, the tea and coffee department, but also a large warehouse where orders were assembled, packed and shipped to fur trade posts throughout the north.

I was introduced to a gentleman wearing what I thought might be a Navy uniform but was actually a fur trade officers' uniform. He was the personnel manager and he led me into his office which was quite large, with heavily carpeted floor and dark mahogany walls running up to a high ceiling. His navy officer's style cap was hanging on

a coat rack behind his desk and I noticed there was a row of gold braid around the peak of the cap. His jacket had a row of brass buttons and on the breast pocket was a colourfully embroidered copy of the company's coat of arms. Everything about the office gave the impression of having stepped back into the nineteenth century.

We had a friendly and informal type of interview in which I learned that the company operated a training school, giving selected applicants a three month course including fur grading, merchandising, bookkeeping, and a general coverage of living in remote areas of the north; a basic 'Jack of all trades'. I was given a brochure outlining the company's history in the fur trade industry and told to think it over before coming to a decision. Before leaving the office I was asked if I would like to have a look around the rest of Hudsons

continued on page 18

Health & Fitness

To Your Health

Health information from the Registered Nurses Association of British Columbia

The Loss of a Pregnancy

While much public attention has been given to abortion, little is said about the experience of women who miscarry a desired pregnancy. Yet, nurses who work in pre and post natal care know how much women who have miscarried grieve and how often they feel others minimize their loss.

Some of the difficulties in mourning the loss of a pregnancy lie in the circumstances. For instance, there is no tangible person to mourn. Because there are no memories or shared experiences, the loss can have a sense of unreality. Others do not experience the sense of attachment a woman has to her pregnancy. Sometimes, no one else but her partner knew she was pregnant. Nevertheless, the loss is real. The loss of a hope or dream can be disappointing in any area of a person's life.

If you have recently miscarried, your sense of loss is acute, intense and painful. Your response is not abnormal, nor are the responses of others who seem to suggest you are over-reacting. As a society, we are not generally adept at handling grief and loss effectively.

A future pregnancy will not replace the one you have lost now, but, nurses recommend you move one step at a time. Allow yourself time to recover from the first loss and you will move on to future pregnancies when you are naturally ready.

Guilt can be a recurring problem. Couples may ask themselves, "What did we do wrong?" or a woman may feel as though she failed. These situations are not unusual and are sources of stress that can be alleviated by checking out the facts.

Miscarriage is not an unusual event. It is the spontaneous or natural termination of an pregnancy prior to the 20th week of gestation. Twenty percent of known pregnancies end in this way.

The single most common cause of miscarriage is a chromosomal abnormality that disrupts the development of the fertilized egg. When the egg dies, the body stops producing the hormones necessary to maintain the pregnancy and a miscarriage occurs. There is no treatment that can save such embryos. The abnormality is the result of random factors, and cannot be anticipated or avoided. After having a first miscarriage, the risk of having a second one is still about the same as it was for the first.

Allow time to help heal the pain. Be kind to yourself and limit your contact with pregnant women. If you return for a checkup with an obstetrician, ask for the first appointment of the day. Keep busy, if it helps. Talk about your feelings as you go about your day. Most often, someone else has been through the same experience, but never mentioned it before.

info health

Dr. Bob Young



Medical Premiums

Under universal medicare, everyone is insured and eligible for care, right? Wrong! There are some legitimate exclusions, such as residency requirements (generally a few months) for people moving into Canada. Almost everyone else is covered, especially in the eight provinces where premiums are no longer collected.

Alberta and BC still use a premium system, and at least in BC this has caused some problems. A certain segment of the population will not, cannot, or does not pay premiums, and are therefore not really eligible for care under the present system.

A very few of these people elect to pay their own medical bills - foolhardy in light of today's costs. Some do not pay for religious reasons, although this

group seems to be shrinking.

Most of the non-payers are young, perhaps poorly paid, often irresponsible people. Some pay occasional premiums, perhaps when they are working, or if parents or others push them. Many in this group move about a lot and their premium notices may not catch up with them.

Many are street-smart enough to know that they will receive medical attention even if they are not insured.

Care is provided to these people when they get sick, but the doctors who are providing that care are beginning to complain, since they seldom get paid for their services. Hardest hit are physicians working in emergency departments, especially in big cities, and specialists treating injuries, such as surgeons and frac-

ture specialists. Psychiatrists, too, are often unpaid.

They find themselves "donating" too much time on free work. Fees are set on the assumption that the doctor will be paid; the now almost-ancient policy of over-charging the rich to cover the cost of treating "charity patients" is neither available nor lawful.

The BC medical plan will pay doctors when they provide "life-saving" care to the uninsured. Physicians may have trouble proving that their services were in this category - unless the patient dies of the injury or illness.

In BC, doctors have gone public on the issue. They have obtained the attention of the health minister and hope that he will provide a solution.

Medical Records

Call them records, charts, files, histories, or what you will, somewhere there is a paper trail of your medical adventures. The note-taking has become far more extensive in recent years.

My hospital occasionally displays its original admission - discharge book, which contains a line for each patient, apparently the only record kept. Date of admission, diagnosis, and the notation "cured" or "died", and a second date.

Your physician will have an office chart with your name on it. A notation will be made for each visit. Your problem, a diagnosis, the treatment prescribed will all be there, and the results of x-rays, lab tests, and of the treatment itself will be included.

Your doctor will also pick up the "mail" from his or her pigeon-hole at the hospital each day.

There will be copies of notes previously dictated for hospital admission, consultant's reports, lab results - a wide variety of information.

About a half-inch of paper accumulates each working day, enough to fill a foot of filing cabinet space every month - an eventual storage problem for many of us.

The hospital record is something else again. It grows by leaps and bounds as, increasingly, everything that happens to patients is written down in detail. Sometimes the time and effort spent on the chart seems to exceed that provided to the patient.

The record must provide the reader with as complete a picture as possible, particularly when several doctors and other professionals are sharing in the care of the patient. There is usually prac-

tical and useful information present, often buried among a mass of paper.

Legal considerations, as well as medical ones, have required that hospital charts be very detailed. Virtually nothing is omitted, but much of the writing is never read and is often of little importance in patient care. Comprehensive records become crucial in court, however, if something goes wrong.

Hospitals use huge amounts of workers' time and much money producing and maintaining files. They will be ready for the rare occasion when they are required by the courts. More important, they (and the ones in your doctor's office) are often very helpful in managing your ongoing medical care.

NEXT DEADLINE 7 OCT - NOON

Welcome to CFB Comox Family Support Centre

Hours of Operation:
7:30 - 3:30 Mon to Fri
Address:
119 Little River Road
Mailing address:
Family Support Centre
CFB Comox
Lazo, BC
V0R 2K0
Services available:
Volunteer information
services

Practical problem solving
services
Referral services
Financial counsellors referral
Babysitters list - adult and
trained teenagers
Cleaner list
Bilingual services available
Welcome package
All Services are Confidential
Drop in any time or phone
Colleen Gagnon, 339-8654.



On & Off the Base

Catholic Women's League

Council's 30th Anniversary Celebrated

On 22 September, we celebrated our Council's 30th Anniversary in the League. We also had the Installation of Officers with the blessing of the newly elected executive for 1991-92 who are:

President, Claudette LeBlanc
President Elect, Bonnie Gillis
Vice-President,

Diane Plamondon
Treasurer, Sue Englund
Secretary, Mary Anne Stagg
Past President, Mary Kerr
Convenors, Spiritual

Development, Bonnie Gillis
Organization, Pat Dupuis
Christian Family Life,

Claudette Kingston
Communication & Public
Relations, Mary Kerr
Resolution & Legislation,

Pat Dupuis
Education, Diane Plamondon
Following the service, our
president shared these words with
the congregation.

"The month of September is the beginning of a new year for many organizations and the Catholic Women's League is no exception. Earlier, you assisted at the Installation of Officers which is the blessing of the new executive. All 16 dedicated members of this CWL Council, Our Lady of the Sacred Heart, are very proud to be part of this big family, willing to work together to support the community at large.

This coming year promises to be an interesting one for many reasons. First, not only will we continue our donations to charitable organizations and help entertain the residents of Laurel Lodge, but one of our main projects will be to share with you the spiritual aspect of our League.

Each month, we will introduce a theme and celebrate a mass which will focus on the month's theme. From time to time, through your talents and presence, we will be asking for your participation and support for the success of these special masses.

We also have the pleasure of hosting the 'World Day of Prayer', normally scheduled in March. Following this event, we will have the great honour of hosting the 25th Annual Convention of the Catholic Women's League in May 92. Besides the hard work, we hope that these events will further enhance our sense of unity and satisfaction. Thus, today, I would like to take this opportunity to ask each and everyone of you for your prayers and your support to help us make this year's events a great success.

Today, for our Council, is also a special day, as we are celebrating our foundation anniversary. Thirty years ago on June 14, 1961, a group of ladies started this CWL Council. At that time, our name was 'Our Lady of the Airways'. The name changed, a succession of ladies occurred but one thing has remained the same: the dedication of ladies who think they can make a difference in a world which is more and more focused on the material aspect of life. Little by little, each lady brought something special in the group and in our parish and all of you benefited from it.

Throughout those thirty years, a significant number of ladies joined this big family and it would take too much time to name them all but I would like to take just a few more minutes of your time to acknowledge the

outstanding dedication of one of these special ladies who is also celebrating her thirtieth anniversary as a CWL member.

In 1961, when she paid her membership to be part of the Catholic Women's League, she was just a very young lady who thought that she could help by bringing her many talents to the group. She did not know the full impact that this decision would have to hundreds of members who would cross her path, learning from her gentleness, her friendship and her spirituality. She was unsurpassed in giving her time to listen and to pray. She

was and still is a great organizer and her spirituality is so profound that she has helped everyone who worked with her to grow in one's faith and belief. I would like to introduce this wonderful lady to you: Mrs. Connie Lamouche. On behalf of all the members who had the privilege to be your friends and your co-workers, I want to thank you for all these years of outstanding dedication and support and to offer you this scroll which acknowledges your 30 years of devotion at the service of the CWL. Thank you and many more years with us. And may God bless you!"

For those of your ladies who would like to join in this sharing experience with friends, you are more than welcome to be part of a group who shares the same goals and the same faith. Our next meeting is scheduled for Thursday 10 October, at the Parish Hall, at 7:30 p.m. God bless you all.

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.

B.C. Bestsellers (HARDCOVER)

Week Ending: September 15, 1991

Produced: September 17, 1991

(Brackets) represent last week's position

FICTION

- (10) Wilderness Tips.....Atwood
- (2) The Sum of All Fears.....Clancy
- (1) Possession.....Byatt
- (3) The General in His Labyrinth.....Marquez
- (-) Murder & Walking Spirits.....Davies
- (4) The Kitchen God's Wife.....Tan
- (-) The Domsday Conspiracy.....Sheldon
- (-) Saint Maybe.....Tyler
- (-) Comeback.....Francis
- (5) Lives of the Saints.....Ricci

NON-FICTION

- (1) Lighthearted Everyday Cooking.....Lindsay
- (2) Iron John: A Book About Men.....Bly
- (-) Mc.....Hepburn
- (3) Toujours Provence.....Mayle
- (5) Uh-Oh.....Fulghum
- (4) The Rituals of Dinner.....Visser
- (-) A Year in Provence.....Mayle
- (5) The Beauty Myth.....Wolf
- (-) Three's a Crew.....Pinkerton
- (10) Homesteads and Snug Harbours.....Murray

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.

Comox Legion Wins Slo-Pitch



Courtenay Legion hosted the 1st Vancouver Island Legion tournament comprising of five teams: Victoria, Parksville, Courtenay and Comox Legions and the Select's from Courtenay.

The 1991 Championship goes to Comox Legion Branch 160.

Back row (L-R): Dixie Walker, Doug Rees, Carol Kayes, Frank Felhouser, Shari Ballard, Lee MacAvany, Adam Simpson, Al Barrett and John (Jingles) Inglis.

Front Row (L-R): John Webber, Al Gray, Joe Terris, Peggy Scholfield and Warren Wilden. (Missing: Bill Fox)



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COURTENAY

Public Announcements

Squash Tournaments

The following is a list of squash tournaments to be held at the CRA:

16-19 Oct - Ice Breaker

20-23 Nov - Comox Valley Closed

22-25 Jan - Winter Tourney

18-22 Mar (tentative) - Easter
Members interested in playing can contact the CRA at 338-5371. Members should also obtain the necessary authority to compete by contacting the BPerO Section at 8315/8542.

Aerobics

Co-Ed Aerobics are available at the Base Gym aerobic room Mon thru Fri 1130-1215 hrs.

For further info contact Karen loc 8442 or Brenda loc 8295.

Aerobics Classes

Motion Commotion- Aerobics classes commenced Sept 16 and will run to Nov 22, 91. Mon, Wed, Fri, classes are 0930-1030 and cost is \$52, GST included. On Tues and Thurs classes are from 1830-1930 and the cost is \$34.25, GST included. For more info call Wendy at 339-5620.

Weight Training Club Formation Meeting

A meeting will be held at 1400 hrs Tues, 01 Oct 91 at the Rec Centre Conference Room. It is imperative that all persons interested in forming subject club attend.

Agenda items as follows:

- By-Laws;
- Safety;
- Membership restrictions;
- Waiver forms; and
- Constitution amendments.

Men's Volleyball

The men's volleyball team will commence training sessions late Oct. In order to form a viable team, military members are needed to coach and play. There will be a meeting 16 Oct 91 in the Gym Conference Room. Anyone wishing to play or coach should attend.

Intersection Hockey

There will be an intersection hockey meeting on 30 Sep 91 at 1030 hrs in the Rec Centre Conference Room. Any section interested in entering a team must have a representative present. For further information contact Base gym at loc 8315.



Let Us Make You
A Star

Telethon '91
November 3

Talent Wanted
Call 336-8585
Deadline October 18

Support the Comox
Valley Child
Development Centre

Badminton Club

The badminton club will commence in mid Sep and will play Sunday evenings at the Rec Centre. Players range from competitive to casual. For more info contact MCpl Williams, loc 8819, or Rec Centre loc 8315.

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.

407 Reunion Fashion Show

29 Sept 91 at 1:00 p.m. in the Officers' Mess. Coffee and sweets.

CF 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, loc 8315.

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.

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.

Guided Volkswalks

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

Bodybuilding 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, loc 8315, prior to playing. Court reservations can be made by contacting the CRA at 338-5371, 24 hours in advance.

441 Reunion

441 Tactical Fighter Squadron is pleased to announce their 50th Anniversary Reunion on the weekend of 24-26 June 1992 at CFB Cold Lake, AB. All former members and spouses are invited to attend. Please contact the Sqn Chief Warrant Officer at:

Sqn Chief Warrant Officer
441 TFS
Medley, AB
TOA 2M0
or call (403) 594-7908.

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Get in on the lottery craze with a Lady Luck Greeting Card Distributorship. Investment of \$3,950. We supply stock, racks, stores. \$2,000 per month for 3 days work. 100% money back guarantee. 1-800-661-7818.

Operating 40-man base-camp located 100-kms. N.E. of Fort Nelson, B.C. Good business opportunity for man and wife team. Camp is full and operating year round. Serious inquiries only (604) 774-3901.

BUSINESS OPPORTUNITIES

Working Partner Office Manager-Parts, Sales, Truck and Heavy Equipment Service Business. Planned expansion requires a person with strong background in Truck or Machinery Parts Sales with Inventory Control and Computer experience. You will deal with customers, take work orders, schedule mechanics, order parts. We are well established, profitable, with good reputation, location and growth potential. Non-smoking shop with fully funded benefits program and good work environment. We operate double shift, 7 days a week with occasional emergency shiftwork. Located at Merritt, B.C., on Coquihalla Highway. Offers easy access to Vancouver and Southern Interior. Variety of reasonable priced housing, good schools, great outdoor recreation area. Investment \$30,000-\$100,000. Contact MT&M Services Ltd., Box 2730, Merritt, B.C., V0K 2B0. 1(604) 378-9644.

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SURPLUS EQUIPMENT FOR SALE: Dump trucks, cat loaders, lowbeds, pavers and rollers, service trucks, welding trucks, 200 Miller welder, D6 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 winch elevator, 100 barrel water tank and log grapples. Call Vic Kampe 1-493-6791 days, 1-493-7742 evenings.

Light fixtures, electric motors, generators, phase converters, transformers, fans, welders, wiring supplies, free literature. Friesen Electric, 32032 S.F. Way, Clearbrook, B.C., V2T 1V8. Tel: 859-7101. Fax: 853-2503.

"BIRDS' CHOICE". Birdseed for sale. Wildbird, cage bird. Dust free. Super clean. Farm fresh. Prompt delivery. To order or for a price list, call Chin Ridge Seed Processors today toll-free 1-800-563-7333.

BLAZE KING STOVES. The Royal Family of Woodstoves, high efficiency, environmentally friendly, longer burn times. Contact your local dealer or Blaze King Canada, Box 777, Penticton, B.C., V2A 6Y7.

CERAMISTS LIQUIDATING large inventory. New Duncan, Harris, Bell, Africana, Mayco glazes and stains. Information send S.A.S.E. to: Hodge Podge, Box 115, Crossfield, AB, T0M 0S0.

HELP WANTED

TRAIN TO MANAGE an Apartment/Condominium building. Many jobs available. Government licensed home study certification course. Call for details: (604) 681-5456 or 1-800-665-8339.

HELP WANTED

6-FIGURE INCOME International music and Video Company expanding into Canada. Need highly motivated commissioned sales people and distributors part-time or full-time. (519) 944-2800.

Fully Experienced Saw Filer for local Cedar Remanufacturing Plant. Must have experience in band mills and circular trim saws. Phone Craig at (604) 248-8282.

A FANTASTIC CHALLENGE is awaiting you on a farm overseas. Contact the International Agricultural Exchange Association at 1501-17 Ave. S.W., Calgary, AB, T2T 0E2 to find out more.

LADIES: Be the FIRST in your area to earn top profit marketing sheer non-run hosiery, sterling silver jewellery. Full part-time. Management Opportunities. Call Collect (604) 467-5399.

BE RICH & FAMOUS FT \$100,000. PT \$25,000 potential. Market Canada's Hot-Complete Music Video Program. Be your own boss. Call us today. Protected Territories. 1-800-263-1900.

DOUG MARSHALL, Motor City, 11044-100 St., Grande Prairie, AB, T8V 2N1 requires Parts Manager, GM dealership. ADP computer experience required. Complete benefit package. Contact: G. Hunt (403) 532-9333.

Exclusive team oriented salon with large clientele base needs experienced, ambitious, motivated stylist. Excellent earning potential. Guaranteed wage. Ongoing education required. Fax (463-4741) or send resume to Box #547, c/o The News, 22328-119th Ave., Maple Ridge, B.C., V2X 2Z3.

HELP WANTED

Heavy Duty Mechanic with valid B.C. TO Ticket, B.C. Inspector's certificate and extensive Cummins experience required for Revelstoke Truck Centre in Revelstoke. Top salary. Resume to Box 2658, Revelstoke, B.C., V0E 2S0.

HOBBIES

SPORTS CARDS BY MAIL. Direct from wholesaler. Write S.W. Hauling, 7843 14th Ave., Burnaby, B.C., V3N 2B1.

REAL ESTATE

PROPERTIES TO BE SOLD for unpaid taxes. Crown land availability. For information on both write: Properties, Dept. CN, Box 5380, Stn. F, Ottawa, Ontario, K2C 3J1.

Paradise on beach waterfront. Home, 2 1/2 acres. 3 bedrooms, 2 baths. Excellent gravity water, private garden, beautiful property. Must be seen. Salmon Arm. 529-0000. 832-6909.

10 year old 3,000 sq. foot log home to be dismantled. Complete with windows, sauna, RSF heating system, 3 baths. Taking bids until October 11, 1991. For more info (604) 690-7490.

SERVICES

Major ICBC and injury claims. Joel A. Wiener trial lawyer for 22 years. Call collect: (604) 736-5500. Contingency fees available. Injured in B.C. only.

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Glacier Greens Golf News

By Rose McClesh

It was a very close match between the Leftys and the Rightys. Who shall the winners be? It was hard to decide. First the Leftys had it, then the Rightys had it, then back it went to the Leftys. In the end, after many count backs, the Leftys were declared the winners.

1st L.G. Amie Mathus, 73; 2nd L.G. Doug McArthur, 74; 3rd L.G. Wally Berger, 75; 4th L.G. John Courtemanche, 78; 5th L.G. Roy Downey, 78; 6th L.G. Karl Cameron, 81; 7th L.G. Willie Oliver, 81.

1st L.N. Glen Caslake, 66; 2nd L.N. Norm Johnstone, 66; 3rd L.N. Ken Beachey, 67; 4th L.N. Larry Blais, 68; 5th L.N. Dennis McGuire, 68; 6th L.N. Jack Haw-

kins, 68; 7th L.N. Doug Slauenwhite, 68.

K.P. on #7, Jack Hawkins; K.P. on #13, Eric Savard.

Although the scheduled golf season is slowly winding down, the Seniors at G.G. were geared up when they played their annual closing tournament on Wed. 18 Sept 91. As usual, John Ferguson, the Srs. representative, did a fine job of organizing this event, which was well attended. Following golf, 59 Seniors, including Zone 6 North representatives, enjoyed a man-sized luncheon of fried chicken, with all the trimmings and a choice of dessert that was catered by the Social Centre Snack Bar.

Field low net and winner of

the Joe Briggs Trophy was Ron Sinclair.

Low Gross - Roy Downey. Season Match Play - Jim McCaffery.

Many thanks to Bill O'Neill for the donation of the trophy in memory of Joe Briggs.

We would also like to thank Rex Rexin of Glacier Landscaping, who sponsored the Match Play Trophy.

We are now accepting renewals and new senior members for the 1992 season. For more information, see the notice board in the Social Centre.

Friday Nite Mixed Closing -

Sun 6 Oct 91

Mixed 4 Ball Closing -

Sun 13 Oct 91

Your Guide To Home Fire Drills

Use this to plan and practice your family's Home Fire Drill
October 9th at 7p.m.



Six Easy Steps To Home Fire Safety

1. Install smoke alarms and test and clean them regularly.
2. Sleep with bedroom doors closed.
3. When the smoke alarm sounds, crawl to the door.
4. If there is heat or smoke at the door, crawl to a second exit.
5. Get out! Go to a planned meeting place.
6. Stay out! Call the Fire Department.

Fire Safety Tips

- STOP, DROP AND ROLL. If your clothes catch on fire, STOP where you are, DROP to the ground and roll over and over to smother the flames. Do not run. Running will increase the flames.
- SLEEP WITH BEDROOM DOORS CLOSED. A closed door is a barrier that slows the spread of fire, smoke and heat. When you practice your home fire drill, close the doors behind you as you leave the house.
- IF YOU LIVE IN A HIGH-RISE OR AN APARTMENT BUILDING, know and practice two ways out of the building and never use the elevators in a fire. Elevators may become trapped between floors or take you directly to the fire floor.
- INSTALL SMOKE ALARMS in your home and make sure they work. Test them every month and vacuum them regularly to remove dust. If your smoke alarms are battery operated, keep extra batteries on hand and change them at least once a year.
- COOL A BURN. Pour cool running water over a burn for 10 to 15 minutes. Do not pop blisters or burn! This may cause even more harm.

Off the Base

Would you know how to escape if a fire started at school? At work? While on vacation?



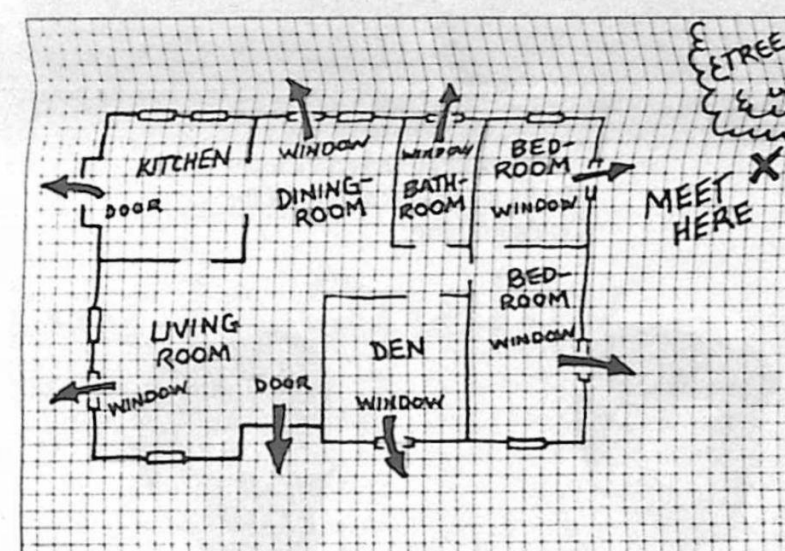
Fire Prevention Week
October 6-12, 1991

No matter where you are, take a few moments to look around you and plan how you would get out if a fire started. For example, if you're in an unfamiliar building, locate the exit doors nearest you and make sure your exit path is clear. When riding in an airplane, listen carefully to the emergency evacuation advice and then count the number of seats

between you and the closest exits in case you have to find them in the dark. When staying overnight at someone's home, be sure you know two ways out of the rooms you'll use. And most importantly, develop and practice a fire escape plan for your home with your entire family. Being prepared before a fire makes sense. It could save your life.

National Fire Protection Association
NFPA Quincy, MA 02269-9101

This ad is contributed as a public service by this publication.



Kids!

You Could Be Fire Chief For A Day

Once you've practiced your Plan To Get Out Alive, fill out this entry form and drop it in the entry box at your local fire department or participating McDonald's.

Name _____ Age _____
Address _____
City/Town _____ Prov. _____
Postal Code _____ Phone _____
Your School _____
Parent's/Guardian's Signature _____

B.C.'S SECRET WEAPON



AGAINST DRINKING DRIVERS

Provide police with car type/colour, licence, location and direction it was going.

DRINKING DRIVING COUNTERATTACK

DON'T SMOKE

On the Base

Gulf and Kuwait Awards

On Battle of Britain Day, September 15, 1991, the Base Commander CFB Comox, Colonel J.E. McGee, presented the Gulf and Kuwait medal to these worthy recipients. Well done, ladies and gentlemen, we are proud of you.

Gulf Medal Recipients



MCpl Branch

Served from 12 Feb 91 to 29 Mar 91 in Qatar as a cook for the Combined Mess.



Cpl Giese

Served from 24 Aug 90 to 7 Apr 91 on HMCS Terra Nova as a Met Tech and also part of the Naval Boarding Party.



Cpl Benjamin

Served from 1 Jan 91 to 7 Apr 91 on HMCS Protecteur as a Cook for the Ship's Company.



Sgt Woodrow

Served from 6 Oct 90 to 12 Dec 90 in Qatar in Line Servicing.



Cpl Patry

Served from 20 Dec to 12 Mar 91 in Qatar with the Armament Section working on the bomb belt.



MCpl Brenot

Served from 11 Feb to 12 Mar 91 in Qatar as a Medical Assistant for CD1.



MCpl Stewart

Served from 13 Nov 90 to 19 Feb 91 in Qatar dealing with Non-Destructive Testing and Aircraft Battle Damage Repair.



Sgt Greeley

Served from 4 Oct 90 to 9 Jan 91 in Qatar as NCO I/C of Transport.



Cpl Devries Stadelaar

Served from 12 Feb 91 to 17 Apr 91 in Bahrain as an Adm Clerk for Headquarters, Canadian Forces Middle East.



MCpl Parsons

Served from 25 Nov 90 to 12 Mar 91 in Qatar as a Fire Fighter serving with the Multi Nation Division.



MCpl Swyers

Served from 7 Jan 91 to 13 Feb 91 in Qatar in Air Refueling for the CF-18s.



PO2 Hunter

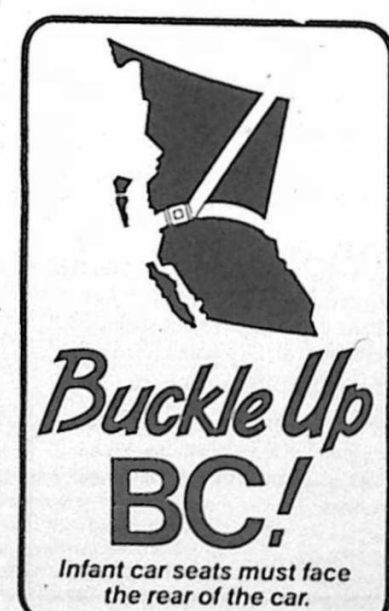
Served from 3 Oct 90 to 22 Nov 90 in Qatar dealing with Preventive Medicine.

The Federal Superannuates is for you ... if you:
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- *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.

NEXT DEADLINE 7 OCT



Infant car seats must face the rear of the car.

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

At the top stairs of 1 Hangar 8W 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 Plarcy 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.

On & Off the Base

Trivia Answer

You may think you know what this is?

If you guessed it was a one-twelfth scale model of a Labrador helicopter, you're absolutely right.

The model was built by Kevin Lind of Tahsis, BC (son of Bryan Lind of Courtenay). After approximately 1000 hours of loving hard work and \$3,500, Kevin completed the Lab. He has also built a Jet Ranger, Huey 1 H, Augusta 109, Hughes 300, BK117, Bell 47G, after 5 years of experience in the hobby.

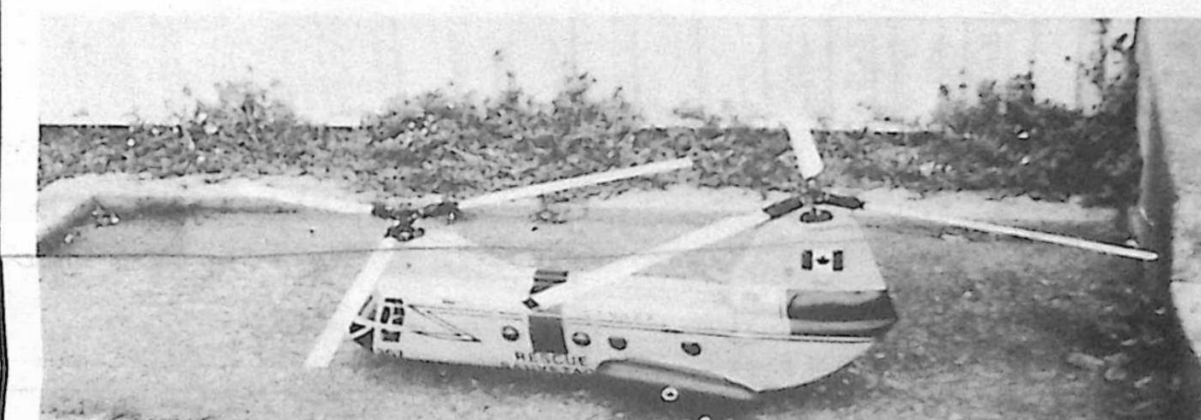


Kevin's Chopper

Kevin is a member of the Radio Controlled Aeronautics Association (Comox Chapter) and shares a common interest with Frank McCrindle of Meriville, who is the local chapter

president. Kevin's next project is to build a CUH-1H Huey, complete in Search and Rescue Yellow markings. Kevin works for Russell and Lilly Logging of Tah-

sis, BC. We hope you enjoyed this little departure from Air Force Trivia and we thank the Comox Air Force Museum for the article.



The museum's steps provide some idea of the model choppers 1/12 scale.

October is Quality Month

As in previous years, October is to be proclaimed Quality Month. This is the sixth consecutive year that a campaign has been launched to help raise the profile of quality. The theme chosen for this year is "World-Class Quality," a theme that is of considerable importance to our department.

What is meant by world-class quality? It is the provision of a product or service of the required quality, in a suitable manner, and as efficiently as possible. It is process excellence, customer satisfaction, and continuous improvement all rolled up together in support of the products or services. If you can look at the product or service you are providing from your customer's viewpoint and be satisfied with it, then you understand the meaning of world-class quality.

October is designated as quality month to increase the awareness of all of us to the importance of quality in our work-

ing and personal lives. Weapons systems are becoming increasingly complex and change is constantly with us. Obsolescence is always just around the corner and the need to shorten the 'cycle time' - the time taken to design, develop, manufacture, test and trial, and introduce an item into service - has never been so important.

Industry has launched strong initiatives designed to encourage its personnel to adopt such methods as concurrent engineering, total quality management, and others to improve its market share. Most have accepted the concept of continuous process improvement as a means of becoming more competitive and many have adopted a much more customer-oriented culture. Such action is certain to provide what customers want while increasing industry's ability to compete successfully on the global market.

Every one of us must strive to

provide the improved service that our customers want and we must do it in the most efficient way possible. To demonstrate the customer theory, consider an aircraft as a collection of approximately 500,000 parts flying together in tight formation. If any one of those parts is not of the required quality or is installed incorrectly, all 500,000 parts could be lost and, what is worse, one or more lives could be lost also. The best way to ensure quality is to put yourself in the place of your customer. Ask yourself if you would accept the service you are offering in the manner and to the standard of quality in which you offer it. Would you fly in that aircraft if you designed, produced or installed some of those 500,000 parts?

Our success depends upon how well we meet our customers' needs. Let's think about this at all times and particularly during October, Quality Month in Canada.

**Do you know
where your children are?**



LEGION LOG

BRANCH 17 COURTENAY 334-4322

ENTERTAINMENT

Fri & Sat Sep 27 & 28.....Music by WILD RIVER
Fri & Sat Oct 04 & 05.....Music by NASHVILLE
Fri & Sat Oct 11 & 12.....Music by WYLIE & THE OTHER GUY

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

TUESDAY OCT 01.....WWI, WWII, Korean, Persian Gulf Vets Dinner.
Tickets at bar \$5 each. Cocktails 7:00 PM. Dinner 7:30 PM.

SPORTS

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

BRANCH 160 COMOX 339-2022

ENTERTAINMENT

Fri Sep 27.....Music by ALLEYCATS
Fri Oct 04.....Music by HIGHWAY 19
Fri Oct 11.....Music by SHABOOM
Fri Oct 18.....Music by NASHVILLE
Fri Oct 25.....Music by WESTWIND

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.

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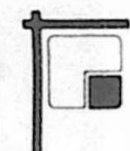
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On & Off the Base

Association Francophone --
Agenda du mois d'octobre

19 octobre -- L'Association Francophone de la Vallée de Comox a le plaisir de vous inviter à son (Vin et Fromage) qui aura lieu le 19 octobre, à partir de 19h30 dans nos nouveaux bureaux au Centre Communautaire (Bâtiment 199 au coin de Ryan rd. et Little River rd). Ne manquez pas cette occasion pour rencontrer les membres du Conseil d'Administration pour l'année 91-92, de leur faire part de vos superbes idées, de rencontrer d'autres Francophones, et bien sûr, de vous régaler de vin et de fromage! \$5 membres, \$8 non-membres.

26 octobre -- N'oubliez pas notre fête d'Halloween pour les enfants, le 26 octobre, de 14h-16h au bâtiment 199. Il y aura des jeux et activités pour les enfants de 2 à 102 ans, et des prix pour les meilleurs déguisements. Les parents sont les bienvenus aussi!
Téléphone à Carole au 399-3990 pour réserver vos places dans ces deux activités, pour participer à la préparation, ou pour partager vos idées et suggestions.

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Friday	08:30 - 21:00
Saturday	08:30 - 21:00
Sunday	08:30 - 21:00
Holidays	10:00 - 21:00

Bulletin Board

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

ST. PETER'S
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218 CHURCH ST., COMOX
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Previous hands-on experience in such activity with DND/DOT/DSS/RCMP highly desirable. Competitive remuneration and usual benefits. All inquires confidential.

CEL Aerospace Test
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FOR SALE steel utility trailer, 15" wheels, \$300. Call Jack 339-3454.

Arts Alliance

Art Auction Oct 19

by Jackie Lalage

Any kind of auction can be fun and this year's Arts Alliance Art Auction to be held Sat., Oct 19th, at the Florence Filberg Centre promises to be just that. Last year's auction, held in the Officers Mess, proved a great success raising over \$25,000 toward the proposed Comox Valley Cultural Centre.

The Arts Alliance is pleased to have Dave Stevens of Comox Valley Auctions as their auctioneer this year. With 26 years of experience in the business as well as serving the past four years as a Cumberland councillor, Stevens will be able to make the evening a memorable one.

On the auction block will be work by over 50 local artists including an original acrylic painting by renowned wildlife artist Ron Parker. Entitled 'Coastal Vapours - Orcas' the piece depicts the beauty of these marine mammals in their natural environment and bidding on it is expected to be brisk.

The \$20 ticket price includes champagne and a chance to savor a host of delectable desserts donated by the restaurants and bakeries of the Valley. Non-alcoholic beverages, including coffee from Starbucks, will also be served. With a decorating theme of 'Black and White' and everyone being encouraged to

dress accordingly, the evening promises to be elegant and entertaining.

Tickets are available at the Arts Alliance, 376-4th St., Courtenay or by phone, 338-6211.



Dave Stevens
Art Auctioneer

407 REUNION



29 September
1:00 pm.

Officers Mess
Featuring

NORTHERN REFLECTIONS • Heartlane
Reitmans • smart set •
SID WILLIAMS COSTUMES •

music by COAST RADIOS' BLAINE BROU

100 ADMISSION COFFEE & SWEETS



WEDDING ANNOUNCEMENT

Mr. and Mrs. Marty and Lynne Brown of Royston are pleased to announce the forthcoming wedding of their daughter Shelly to Neil Blondel of CFB Comox, son of Mr. and Mrs. Norman and Julie Blondel, Courtenay. The ceremony will take place at St. George's United Church, Courtenay, on November 2, 1991.



It's a Girl!

It's a Boy!

Jedras - Darlene & Jan

Grant - Geoff & Denise

Darlene and (MCpl) Jan Jedras are happy to announce the birth of Meagan Jessica on August 25, 1991, a baby sister for Jeffrey and Jennifer.

Darlene is employed in an ARAF post, MP Section and Jan works for BATCO.

Weighing in at 7 lbs-11 oz, Zachary Alan was born 21 August 1991 at 8:20 a.m. Special thanks to Dr. Meunier and the nursing staff at St. Joseph's Hospital.

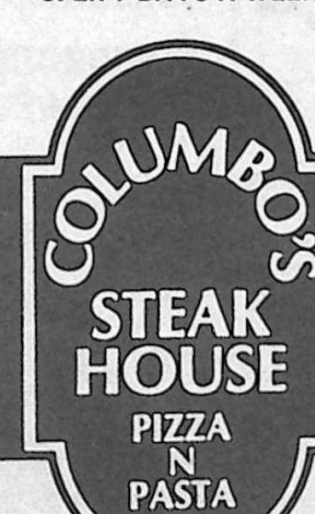
(Geoff is employed in Base Fire Hall and Denise works with ARAF in MP Section.)

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.

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The above offer valid to Oct. 12, 1991.

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SELF-CLEAN 30" RANGE

- One piece cooktop • 2 appliance outlets
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- Black door extra

THIS RANGE ONLY 999⁹⁹

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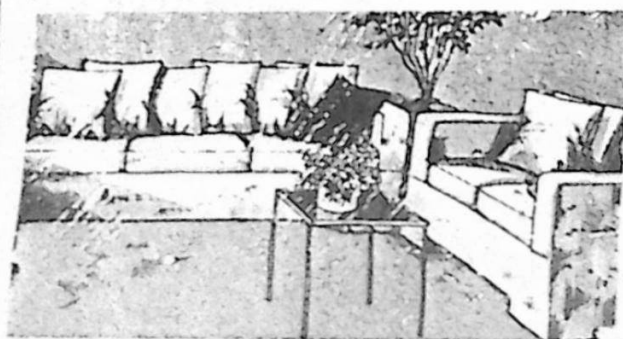
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- Direct drive washer
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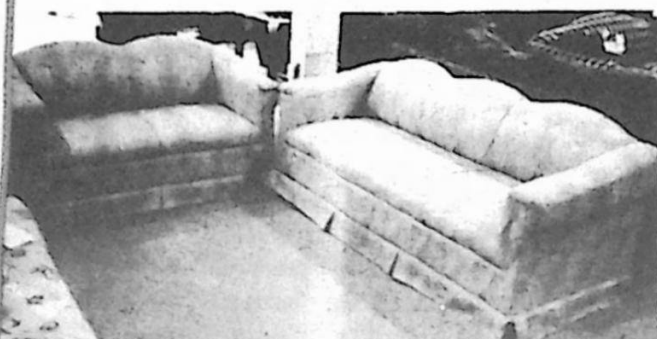
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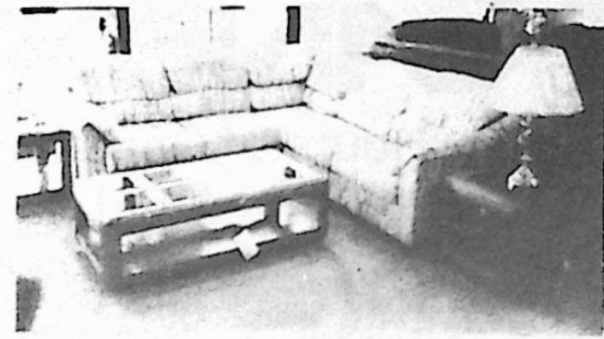
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