



Off to Australia!

407 represents Canada
in Fincastle
ASW Competition
....page 2

Terry Fox Run

Big CFB Turnout

.... page 19



TOTEM TIMES

Canadian Forces Base Comox B.C.



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COST: PRICELESS

T-Birds on the Turn



Ever graceful in flight, T-33s of VU33 turn toward the mist-shrouded central mountains of Vancouver Island. Flying lead is Capt Harry Chapin, followed by Lt Brad Williamson. In the chase plane is Capt Blair Rowe with photographer Cpl Al Brace of Base Photo.

Demons Fiftieth Anniversary

407 Squadron Reunion, 1991

It wasn't getting the eight hundred and fifty chairs or two hundred tables that was a problem. Finding more than two thousand pieces of cutlery was relatively easy. Clearing 1 Hangar was just a couple of hours work. No, the logistics of Reunion 91 were a simple matter. But getting the beautiful weather that graced 407 Squadron's Fiftieth Anniversary celebrations, now that was one hell of a memo.

For more than a year plans had been underway for the 27th, 28th and 29th of September, but of course, like any event with that much lead time, most of the work was done in the last week. By all accounts though, the reunion was a tremendous success. The weather, of that particular type people outside of the Comox Valley think we always have, formed the sublime backdrop for the event that saw 850 Demons

reunited. From the very first 407 navigator to the most recent, fifty years of living history filled 1 Hangar for three days. Wartime voices mixed with cold war voices mixed with peacetime voices, and in the background of each individual conversation whispered the Squadron's rich, vibrant heritage.

There were Demons from World War II who recounted horrific tales of combat; Demons

from the 'fifties and sixties who related thrilling encounters with cold war subs; and present day Demons who spun gripping yarns about really long MPATs. They came from all over Canada, from the United States and one of the original Demons even travelled from his home in England for the event. Of the very first eighty 407 Squadron members, he was one of but eight that survived initial anti-shipping operations early in

the Second World War. Witnessing the Rededication of Colours Parade marked the first time he had ever been in Comox. Later in the day at the dinner and dance, he nevertheless met people he knew, although it had been fifty years since he last saw them. It was individual reunions like this that made Reunion 91 such an important gathering.

continued on page 8

Health & Fitness

To Your Health

Health information from the Registered Nurses Association of British Columbia

The Challenge of the Common Cold

One thing we can't blame on the weather is the common cold. Although colds occur more frequently in the winter, studies show that the wind, rain or weather are not part of the problem.

So, to avoid a cold this winter, nurses advise you to keep up your resistance with the usual good food, rest, exercise and plenty of fresh air. Treat yourself particularly well if you are under undue amounts of stress as your immune system may be weakened by the experience.

Remember, you are more likely to catch a cold indoors in the winter months from others harboring a cold virus. They can infect you one or two days before they develop cold symptoms, so there is no way of knowing who has a cold that could be passed on. As it turns out, the cold sufferer becomes increasingly less infectious as the symptoms develop and the cold progresses.

You are most likely to receive a cold virus by direct hand to hand contact with an infected person. Studies show that up to 90 percent of those with colds carry the virus on their hands. The virus can also survive on many surfaces they touch for up to three hours. So, simple as it sounds, wash your hands frequently and keep them away from your face, especially your nose. Hand contact with the virus is the surest way to catch a cold. Sneezes and coughs by a cold sufferer can also spread the virus, but not as easily as direct contact.

Nurses say the nose is the primary site of infection. The virus is found 10 to 100 times more frequently in a culture of the nose than the throat. Interestingly, the virus is not often found in the mouth nor in the digestive tract or blood.

If you do succumb to a cold, allow yourself seven days on the average to recover. About 25 percent of sufferers report symptoms for up to two weeks and a few to a month. Symptoms that persist may be due to a secondary infection, however, and could require medical attention.

There is no cure for a cold. Antibiotics are only effective against bacteria and a cold is caused by a virus. The best solution is to treat the symptoms of a cold, as they occur, with decongestants for nasal congestion, hot liquids and lozenges for a sore throat, cough medicine for a cough and an analgesic for a headache. Fever is usually not a significant problem with colds. The jury is still out on the effectiveness of vitamin C, so use it at your own discretion.

Although the cold is referred to as common, it presents a complex syndrome that continues to challenge researchers. Over 200 different viruses are known to produce the same symptoms that are called a cold. Having one cold does not confer immunity against any of the other viruses. At best, it would seem to give protection for approximately a month against reinfection by the same virus. No wonder it is difficult to develop a vaccine!

So for now, be content with treating yourself well if you catch a cold and avoiding them where possible. You can expect the common cold to be around for some time to come.

UGGs 5th Annual Golf Tournament



This annual tournament is organized by our own Dawna Dozzi. (UGGs stands for Un-pro Golf Group, by the way.) To enter you must be a duffer or a novice and a Comox Legion member. Kay McMullen (BCP), low gross team captain winner, holds the coveted UGGs Trophy made by our own Barb Newman.

info health

Dr. Bob Young



Telephone Diagnosis

Cheri called again today, for the fifth time this week. So I guess I can say she is still a patient of mine, although the last time she was in the office was sometime in 1987.

Her problem this time is pelvic pain and a change in her period pattern. My problem is that she insists that I treat her over the telephone. In fact she relies on the phone for most of her medical advice. For about a week every two or three months there are a number of conversations about a new ailment.

Most doctors field many calls over the telephone. They complain about them, but usually good-naturedly, recognizing that this type of communications goes with the territory. Many simple problems are solved over the wires.

Callers like Cheri are infrequent, but they are misusing their

physician in a number of ways. First, he or she is asked to make a diagnosis without benefit of an examination. Next, patients who have come to see the doctor are kept waiting while the person phoning effectively jumps the queue.

Finally, unlike most lawyers and accountants, physicians do not get paid for providing telephone advice. This is news to many patients, but it is a fact. While there is a suggested fee in the fee book (\$45 for up to 15 minutes, I believe, in BC), doctors who wish to keep their patients never charge it. The medical plans will not pay physicians for telephone work.

So the doctor earns nary a cent. Cheri's type resist coming in, even if the doctor stresses that they should. Sometimes they add insult to injury by saying something like "since you think it

might be my ovaries, doctor, will you please refer me to a gynecologist." Except they seldom say "please."

Most of the above applies mainly to GPs, the family physicians who are the front-line troops of the medicare system.

Specialists, perhaps because they are more sensible, are often able to avoid advice-seeking calls from patients. Sometimes I suspect that they tell the patient to phone their GP!

Certainly, phone your doctor when you must, but keep it short. And don't be surprised if he or she seems to lose interest if your only contact, for months or years on end, is over the telephone. Perhaps the time has come for doctors to do as the lawyers and accountants do.

PMS: Premenstrual Syndrome

A problem. Treating an illness when you know the diagnosis, the patient likely knows the diagnosis, but nobody knows what causes the disease.

PMS, or premenstrual syndrome, is a good example. Perhaps one woman in three suffers to some degree; one in 10, severely.

There is a long list of symptoms associated with the condition. Bloating, tender breasts, irritability, depression, headache, fatigue and hot flashes are a few common ones. The common factor is that the symptoms occur during the last half of the menstrual cycle and clear during menstruation.

Theories abound as to the cause. Hormones, particularly those produced in the ovary, have been blamed. Vitamin B6

deficiency, sugar metabolism faults, and psychological problems are among other factors that have been implicated. No proof, however, for any of these.

So the doctor must treat the symptoms, not the disease. This is an unsatisfactory state of affairs, frustrating to patient and physician alike.

Physicians may suggest dietary changes -- low salt and sugar, no or reduced caffeine, possibly B6 supplements. Diuretics may be used for fluid retention. They help reduce weight gain and improve mood.

A few other drugs, including hormones, may be used. A couple are effective in reducing breast engorgement, others help ease depression. Menstrual cramps can generally be treated satisfactorily.

Having a sympathetic and understanding physician take the time required to explain what is going on helps many women. Others find PMS support groups, when available, very helpful. Knowing that you are not the only sufferer is perhaps worth something.

As far as is known, PMS is not a dangerous condition although depression may rarely lead to self-destructive activity. Repetitive symptoms, each and every month, can interfere with job performance, career progress, interpersonal relationships, and the enjoyment of life.

Treatment, while admittedly not too satisfactory, can usually alleviate at least some of the symptoms and make life a bit more bearable.

Bookshelf Bestsellers



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Proprietor

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10 Top Paperbacks Week ending: Oct 5 1991

1. The Gillyvors.....Cookson
2. The Sacred Stones.....Sarabande
3. Roses are Difficult Here.....W.O. Mitchell
4. Obsessed.....Reed

5. Harvest.....Plain
6. The Rowan.....McCaffrey
7. The Women in His Life.....Bradford

8. Spy Sinker.....Deighton
9. Billy.....Streiber
10. Mother Earth.....Father Sky

On & Off the Base

By Rose McClesch

Glacier Greens Golf News

A very busy and successful golf season is slowly winding down at Glacier Greens Golf Club. The Thursday night men's league finished the 1991 season with a 5 man team scramble. 80 golfers turned out to compete in this popular event.

Posting a score of 61, the first place winning team on a count back was: Rick Salmon, Ivan Ally, Fred Horvath, Ron Sinclair and Stan Stevens.

Tied for 1st place with a 10 under as well was the team of: Arnie Mathus, Butch Avery, Steve Shaw, Steve Legault and Mike Byrne.

The third place team was: Steve Bailey, Dennis McGuire, Jack Hawkins, Dick Nex and Robert Trombley.

Fourth place with a 62 was: Roy Downey, Ray Cossette, Willie Oliver, Don Maxwell and Ron Carter.

Closest to the pin on #4 was the Arnie Mathus team. K.P. on #7 was the Nick Mykitiuk team. Steve Bailey and his team took the K.P. on #13 and Jim Larocque and his team captured the K.P. on #16.

Our congratulations to all the above winners.

The ladies of G.G.G.C. closed their 1991 golfing season with a Banquet and Awards Night on 3 Oct 91. The evening began with a delightful meal followed by the presentations of awards earned during the past golf season. Since a large number of the ladies attended this function, the ladies club captain Frankie McCaffery asked that a meeting be conducted at this time which would include the elections of officers for the 1992 season. All were in support of this and the meeting then took place.

At the end of the evening, Frankie expressed her deep appreciation and thanked everyone, especially the committee members for their support during the past year. In turn, Frankie was given a standing round of applause from the ladies to express their thanks for all the time and the hard work that she put into making the season the tremendous success that it was.

The winners of the Annual In-House 1991 golf competitions are:

Match Board "A" Division, Anne Patterson; Match Board "B" Division, Kay Banks; Birdie Board, Sharon Miles (22); Chip-in Board, Shirley Shearer (15); Ringer Board-Most Improved, Jennifer Verfaillie; Ringer Board Winner, Sharon Miles; Most Improved Differential (beginners trophy), Patti Beachey; C.L.G.A. Pin Round Winner, Elsie Downey (270); C.L.G.A. Pin Round Runner-Up, Kay Banks (271), and, National L.N. Award, Ann Sutton.

When the men's club captain Larry Blais decided that "all work and no play" was not good, he organized a "mini golf tournament" for the committee members and their guests, which was held 2 Sep in the late afternoon. A good time was had by all. We knew that we were having fun when we saw Dennis addressing the ball in the sand trap on his knees, with his back to the green on #6. With a quick glance to make sure that his wife Gaylene was looking on to witness this magnificent shot, Dennis let fly and did indeed get his ball out of the trap and in good position for the next shot to the green. This fantastic shot earned him a rousing round of applause from #7 tee block. After golf the participants

were treated to soup, sandwiches, fresh veggie dip and a choice of dessert, all supplied by the Social Centre Snack Bar. Music, conversation and story telling rounded out a perfect evening.

The Friday Night Mixed League at G.G. held their closing 4 ball on Sun 6 Oct. 84 golfers participated in the event and everyone was a winner. The happy winner of the ladies K.P. on #7, which was sponsored by The Lemon Tree, was Barb Carter. Mr. Lee Johnson, the owner of The Lemon Tree, was on hand to present Barb with her prize of a gift certificate. Our thanks to Lee Johnson and our congratulations to Barb.

The first place winners were: Arnie Mathus, Pat Black, Patti Beachey, Bert Perron and Pat Hudson.

Following in second place was the team of: Stu Mohler, Ardith Wood, Judy Fellbaum, Dave Frost and Chuck Perry.

The highlight of the day was when the president of G.G., CWO Bill Krier, presented the target practice award. A very impressive drawing, framed and under glass depicting the "receiver" of the impact ball and the "dead eye" who executed this shot will have yet another memento to display with their other awards and trophies. A delicious steak dinner was served after golf amid a fun social atmosphere.

Post your entry in the Social Centre for the Mixed 4 Ball Closing on Sun 13 Oct 91.

There will be a general meeting on Sun 27 Oct at 10:00 a.m. in the Social Centre.

Winter Golf begins 3 Nov 91. Sign up at 9:00 a.m. for 9:30 tee off. Members only.

Totem Inn Junior Ranks Mess Upcoming Events

WED 16 OCT - Ski Club Meet & Greet - 1900 hrs

FRI 18 OCT - TGIF Darts

SUN 20 OCT - Pool Tournament - Register at the Mess Office no later than Fri 18 Oct - Cost \$5.00

Loc 8430

New!

Christine's Skin Care Studio at Hairport

Christine has a strong international background in skin care, massage and spa services which began in Germany and continued through France, U.S.A. and now Canada. A teacher of continuing education classes for estheticians. She is a Skin Care Studio owner -- always growing and adding services. Christine gives individual consultations, lectures and workshops.

Treatments offered:

Painless Permanent Hair Removal -- Facial -- Back treatments -- Manicure Pedicure -- Waxing Sculptured Nails -- Brow Arching -- Lash, Brow Tint Body Massage -- Make up and Lessons -- Body Wrap -- Bust Firming Cellulite Treatment -- Paraffin Treatments -- Eye Treatments -- Acne Treatments

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RECYCLE THIS NEWSPAPER TOTEM TIMES



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.

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Special includes one 8x10*, two 5x7's* and 16 Wallets (2x1)* on traditional blue background only (1 pose). One offer per family. Additional portraits are available. Customer satisfaction is guaranteed. \$2.00 Sitting Fee per person. * Portrait sizes are approximate. GUARANTEED LOWEST PRICE ON ADVERTISED OFFER!

CFB Comox Building 137 Canex

Saturday Oct 12

10 a.m. - 5 p.m.

NEXT DEADLINE 21 OCT

Public Announcements

Comox Valley Newcomers Club

The Comox Valley Newcomers Club welcomes all ladies new to the area, and, invites them to attend the next scheduled meeting at Dusty's Den in Comox on Tues., Oct 15, 7:30. For information call Chris at 338-6550.

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.

CF Taekwondo Team Trials

Team trials are open to all members of the CF, Male and Female, Regular and Reserve Force, and CMC cadets, who hold a Black Belt DAN Certificate issued by the World Taekwondo Federation (WDF). In addition, holders of the Red Belt rank issued by WDF affiliated master instructors are also eligible to participate.

Team trials will be conducted at CFB Ottawa 19-23 Nov 91 in order to select a CF Team. For more info please contact the Rec Centre local 8315.

Squash Registration

Military members wishing to play squash, can do so at the Comox Valley 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.

Christmas Gifts & Specials

Save on Christmas or Greeting Cards!

12 Standard Greetings

12 Christmas Cards

12 Holiday Cards

12 New Year's Cards

12 Valentine's Cards

12 Mother's Day Cards

12 Father's Day Cards

12 Teacher's Cards

12 Grandmother's Cards

12 Grandfather's Cards

12 Birthday Cards

12 Anniversary Cards

12 Wedding Cards

12 Graduation Cards

12 Retirement Cards

12 Sympathy Cards

12 Congratulations Cards

12 Get Well Cards

12 Sorry Cards

12 Thank You Cards

12 Goodbye Cards

12 Memorial Cards

12 Religious Cards

12 Inspirational Cards

12 Motivational Cards

12 Encouraging Cards

12 Uplifting Cards

12 Positive Cards

12 Optimistic Cards

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.

Guided Walks

The Comox Glacier Wanderers are sponsoring a 10k Octoberfest Walk. It starts at the Cumberland Hotel from 10 to 12 noon. There will be German music and German food will be available. Everyone is welcome. Come out and join us. For more information phone 339-3982.

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.

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.

Mens Basketball Team

Members interested in playing on the Base Basketball Team are urged to contact Cpl Hernandez local 8236 or the Rec Centre local 8315. Practices are Tues/Thurs 1530-1730 hours and Thurs 1130-1300 hrs at the Base Gym.

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.

TOPS Meeting

TOPS #BC3454, Lazo, meets every Wed. night at the Base Rec Centre at 5:30 p.m. For more information contact Sandi at 339-6548 evenings or Elaine 339-3213.

441 Reunion

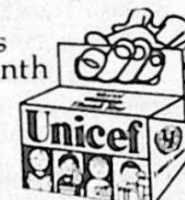
441 Tactical Fighter Squadron is pleased to announce their 50th Anniversary Reunion on the weekend of 24-26 June 1992 at CFB Cold Lake, AB. All former members and spouses are invited to attend. Please contact the Sq Chief Warrant Officer at:

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

Canadian Armed Forces Sailing Association

The CFSA will hold its fall cruise on the weekend of the 25 of Oct 91. The proposed destination is Scottie Bay on Lasqueti Island or Deep Bay at the south end of Baynes Sound. If you're interested in joining the cruise contact John Ellis at (W)339-8517, (H)339-0612 or Ray Uhl at 339-0545.

October is UNICEF Month



WHITE ELEPHANT SALE!

Oct 26 - 10 A.M. - 4 P.M. at the Comox Mall
Sponsored by the Catholic Women's League of CFB Comox

Those who wish to donate salable items, please contact any of these numbers:
339-2552 (Mary); 339-0267 (Pat); 339-3004 (Claudette).
Children's clothing, toys, games, puzzles, household items, nick-nacks, books, comics, tools, etc. will be gratefully accepted.
All profits will be donated to charity.

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These ads appear in more than 100 community newspapers in B.C. and Yukon and reach more than 3 million readers.
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\$195 for 25 words
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AUCTION

ODD AND UNUSUAL exotic animal and bird auction, Inverness, Alberta. Oct. 11, 2 p.m. sheep and goats; 6 p.m. Vietnamese pigs. Oct. 12, 10 a.m. birds; 1 p.m. ostrich and swans. Oct. 13, 11 a.m. miniature horses, donkeys, llamas, zebu, yak, etc. (403)934-4200, Ken Jones.

BOATS

92 CAMPION 171/0, trailer - \$13,495; 21HT VOLVO V6FWC, loaded - \$27,995/23 ALLANTE, Merc 454, trailer - \$29,995; 23 SUNBRIDGE VOLVO V6FWC, loaded - \$37,995. MADSEN MARINE, Kelowna. 1-800-663-4737.

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B.C. HOME-BASED GIFT PRODUCERS are invited to participate in one of the largest wholesale gift shows in British Columbia! Under the Home-Based Business Program, the Ministry of Development, Trade and Tourism has reserved space at Southex Exhibitions' Pacific Film Computer and Communication Show, for the First Window On Business Show. Held at the Vancouver Trade and Convention Centre, January 14-16, 1992, it will provide a marketing opportunity for 50 of B.C.'s unique home-based businesses. Products and services will range from graphic designers, publishers of software and shareware, to inventors and small manufacturers of computer and business accessories, and specialized business management and consulting services. Completed applications, along with pictures and brochures of products/services, must be received by November 1. Fees range from \$200-\$350 for trade space that is normally \$1,500. For more information, or an application, contact Sheila O'Keefe at 520-5720, or toll-free voice message centre 1-978-6155 or fax 854-3087.

BUSINESS OPPORTUNITIES

COLOURFUL BUSINESS. Do you have a flair for color 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.

UNIQUE B.C. HOME-BASED COMPUTER AND COMMUNICATION COMPANIES are invited to participate in one of the largest computer and communication shows in British Columbia. Under the Home-Based Business Program, the Ministry of Development, Trade and Tourism has reserved space at Southex Exhibitions' Pacific Film Computer and Communication Show, for the First Window On Business Show. Held at the Vancouver Trade and Convention Centre, January 14-16, 1992, it will provide a marketing opportunity for 50 of B.C.'s unique home-based businesses. Products and services will range from graphic designers, publishers of software and shareware, to inventors and small manufacturers of computer and business accessories, and specialized business management and consulting services. Completed applications, along with pictures and brochures of products/services, must be received by November 1. Fees range from \$200-\$350 for trade space that is normally \$1,500. For more information, or an application, contact Sheila O'Keefe at 520-5720, or toll-free voice message centre 1-978-6155 or fax 854-3087.

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SUNSHINE VILLAGE SKI Resort, Banff, Alberta, requires enthusiastic individuals, committed to Service Excellence, for various seasonal positions. Box 1510, Banff, AB, T0L0C0, (403)762-6546.

OFFICE MACHINE TECHNICIAN. Applicant must have electronics background with photocopy experience (Mita preferred). Knowledge of fax, typewriter and cash register repairs an asset. Apply to: Winters Office Supplies, 270 Martin St., Penticton, B.C. V2A 5K3. Attention Service Manager.

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TRAVEL

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11th Annual Terry Fox Marathon of Hope

Big Terry Fox Turnout

The final results are in! CFB Comox's Terry Fox Run was a tremendous success. Pledges and participants more than doubled last years event with over one hundred Base personnel soliciting pledges in excess of \$3,000.

MCpl Shackleton of VU33 raised approximately \$1,300. This is an outstanding achievement and is paramount in the realm of collecting, excluding corporate donations.

Congratulations are extended to all participants, and a sincere thank you to the following volunteers, who assisted in the organization:

Sgt Doole, Sgt O'Brien, Sgt Greely, Cpl Arsenault and Pte Usherwood.

BPERO

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BComd Col J.E. McGee congratulating MCpl Brian (Hoser) Shackleton on raising over one thousand dollars.



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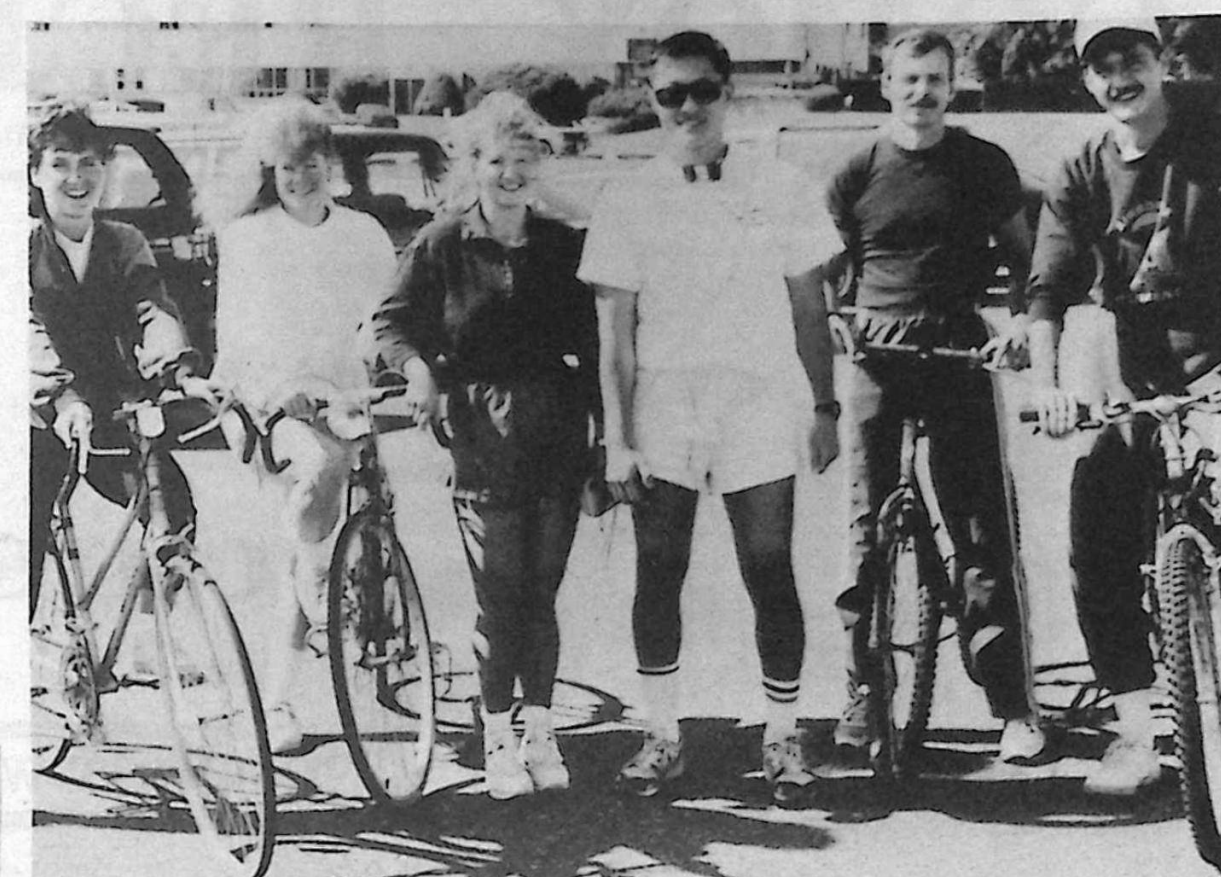
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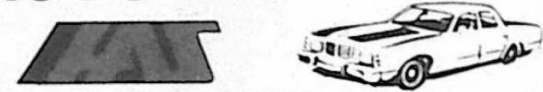


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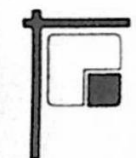
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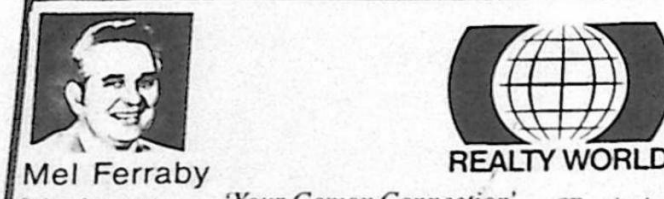
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On & Off the Base



From the Fire Chief

Fire Prevention Week

Smoke Kills

Smoke causes most fire related deaths while hot flames are low on the list of killers. Smoke kills because it both contains deadly gases such as carbon monoxide and it consumes life-sustaining oxygen. Most fire victims die from these factors, frequently before they awaken. In many fires extinguished in early stages, people have been found dead of smoke inhalation without having suffered any skin burns. Smoke alarms can thus alert the occupants while conditions are such that safe evacuation is still possible.

Smoke alarms work by sensing the rising smoke from a fire and sounding an alarm. They can detect smoke far from the origin of the fire. Smoke alarms are most valuable at night, alerting family members to the presence of fire when they are asleep.

For minimum protection, a smoke alarm should be mounted in the escape route leading from the sleeping area. This, however, will not provide sufficient protection from a fire originating in the

bedroom if the door is closed. For maximum protection, particularly if you smoke, one smoke alarm should be located in each room of the house. It is recommended at the very least, that all households have one smoke alarm on each floor, including the basement.

It is important to ensure the batteries in your smoke alarm are functional. When the batteries lose their charge, an intermittent beep will be heard. There is also a test button which, when pressed, sounds the alarm, indicating that the smoke alarm is functioning. If the alarm does not sound when the button is pressed, new batteries are needed. The test button of an electrical smoke alarm should be occasionally pressed as well, to ensure that the wiring is intact. In the event of a power failure, the electric smoke alarm is not functional. Both types of smoke alarms should be vacuumed monthly, since accumulated dust may hinder operation.

The best fire detection equipment can only awaken you if there is a fire. Initially you may

not be thinking clearly, so it is vital you practise escaping before an emergency strikes. Since normal exits from bedrooms may be blocked by smoke or fire, everyone should know exactly what to do. Plan two exits from every room. Provide ropes where necessary to enable occupants to escape safely from upper storey windows. Choose a meeting place outside the home so that everyone can be accounted for.

What do I do when the alarm sounds?

1. Do not waste time getting dressed or gathering valuables.
2. Follow the pre-arranged escape plan. Stay low because smoke will be at higher levels.
3. Call the fire department from a neighbour's house.
4. Once outside go to the meeting place established in your plan.
5. Do not re-enter the house until the fire is extinguished and smoke is cleared.



Family Support Centre

Our Open House was a great success, attended by many families. The Pink Panther cake was a hit with the kids. We will be having our cake decorating course Nov 5th and 12th at 7 p.m. The course is full, but if you are interested we will have another.

Our discussion group is held every Tuesday from 10-11:30 a.m. We have a steady babysitter now so the children can be dropped off at the Community Centre. October we will have the sitter for the 8th and 22nd. Susan, a family therapist gave a presentation on Oct 8th. On Nov 5th we will have Capt Sanschagrin, our financial counsellor. We thought it might be a good idea as we have a shopping trip to Victoria planned for Nov 16th, just after payday and also the Saving Bonds have come due.

We have many things planned for our Tuesdays and if need be we will have a sitter for every Tuesday. Hallowe'en is coming up and we have lots of plans: pumpkin carving, Hallowe'en costumes, menus. If you are interested in any of these activities please contact me as we have a calendar of our events which can be picked up at the Family Support Centre.

The La Leche League will hold its next meeting Oct 28th at 7:45 p.m. at the Family Support Centre.

The PMS Support Group met on Oct 8th at 7 p.m. and if you are interested please phone for the date of our next meeting.

If there are any adults who would like to improve their reading skills or needs help with their GED please contact us as we have a volunteer who is willing to help anyone with that need.

Don't forget our babysitting lists. We have a list of teenagers and also of adults.

I would also like to stress that we are very conscious of confidentiality at the Family Support Centre in our discussion group and any of our activities. What is said here stays here, as I feel it is important for our families and single personnel to have somewhere to come and feel free to talk with us and others and to have trust in us.

National Family Week - 13th October 1991

This year marks the seventh National Family Week and the beginning of a four year campaign toward the International year of the Family in 1994.

The slogan for this year's campaign, 'You've Got What It Takes', emphasizes the responsibility of each family member to improve the home environment. The quality of family relationships is essential to the development, self-esteem, identity and well-being of individuals, especially children. The Family Support Centre urges you all to take time to pause and reflect on the important role families play in our lives, to reinforce the positive elements in our family environments and to work to change those elements that are negative.

Please drop in or give us a call with your ideas. We are located at 119 Little River Road (Kinnikinnick) or contact Colleen Gagnon at 339-5864.

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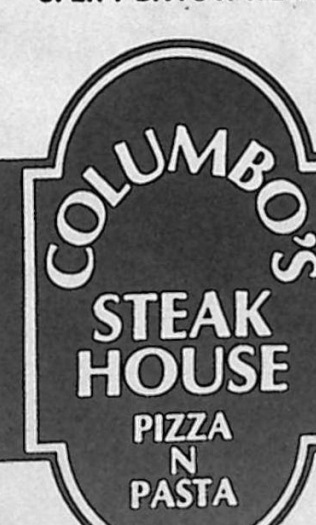
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