



Muppets Meet Firefighters

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TOTEM TIMES

Canadian Forces Base Comox B.C.



VOL 33 NO 20 OCTOBER 24 1991

NEXT DEADLINE 04 NOVEMBER 1991

COST: PRICELESS

Rescue "Dallas"



Near the spectacular architecture of Canada Place in Vancouver, a Labrador helicopter crew of 442 Squadron attends a casualty from the sinking of the fishing vessel "Dallas". Story on page 9.



CFB Comox 1991 United Way Campaign: We Are Almost There.

GOALS \$6,857

\$4,270

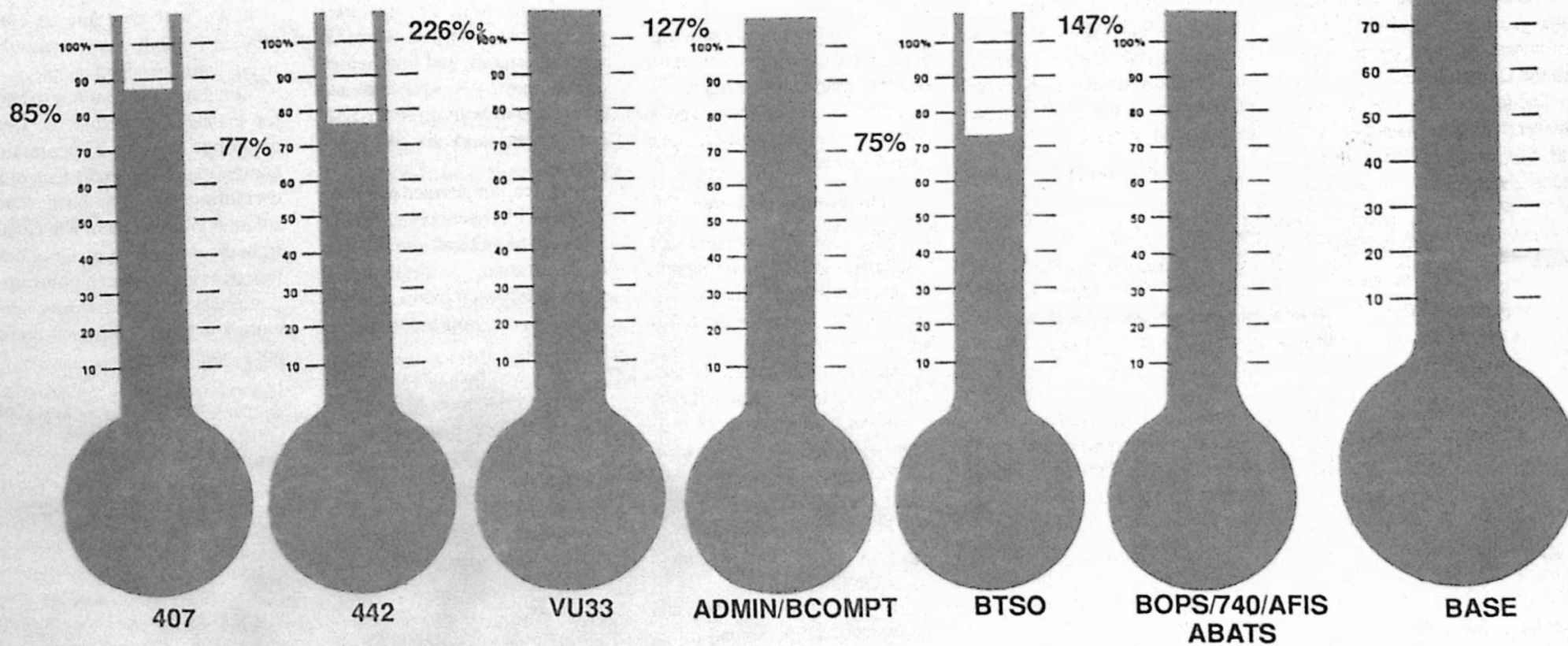
\$1,208

\$3,865

\$9,597

\$3,203

\$28,000



Need a hair cut? The United Way Cut-A-Thon will take place this year at the Driftwood Mall, 3 Nov. 91 from 1200 hrs to 1600 hrs. All proceeds will go to The United Way.

Feature

The Resurrection of Starfighter 731

The aviation heritage of CFB Comox was recently enriched by the addition of a CF-104 Starfighter to its Air Park. The aircraft, shipped to Comox from Trenton in pieces and via flatbed, was lovingly restored by a Tiger Team for the BAMSQ Section. The team, headed by Sgt LaFrance, spent many of their off-duty hours assembling, cleaning, painting and mounting the aircraft, restoring it to the same condition when it was the darling of the fighter community.

CF-104731 spend most of its career with #6 Strike and Reconnaissance Operational Training Unit and with 417 Squadron in Cold Lake, accumulating 4254 airframe hours. CF-104731 came off Canadair's Cartierville production line in 1961 joining what was to be a fleet of 200 single seaters and 22 two-seaters for the RCAF. To indicate that our 731 is a

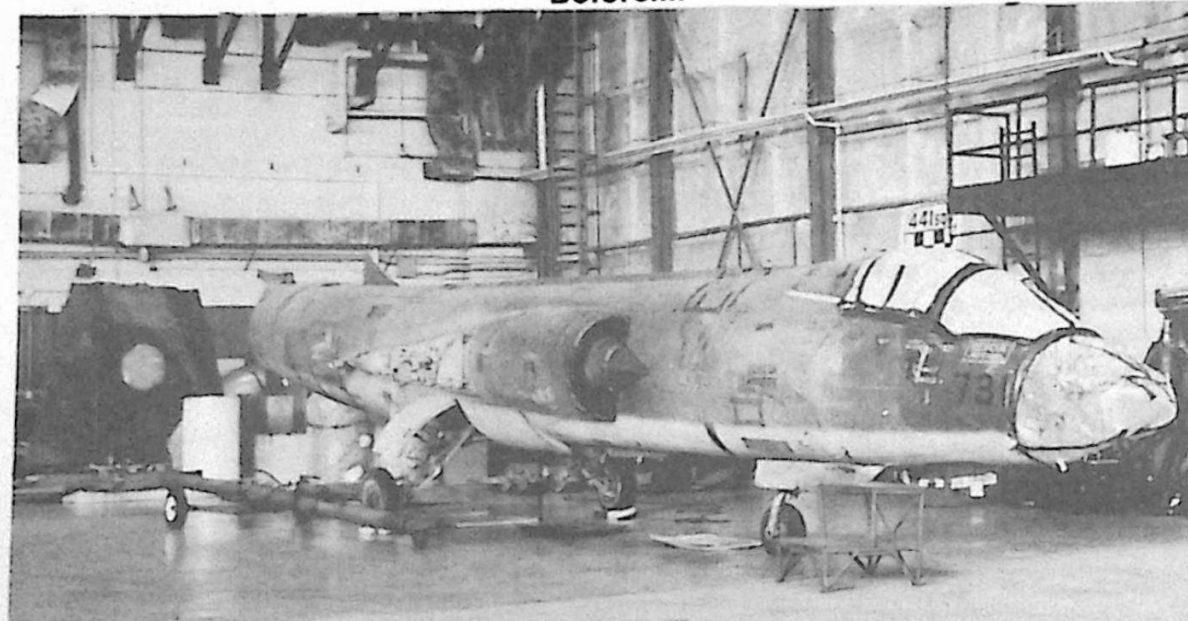
survivor it must be remembered that 110 CF-104s were lost throughout the aircraft's 25 year operational career from 1961 to 1986 at the cost of 37 pilot fatalities.

Sgt LaFrance, an AirFrame Tech, who saw service in the 104 world with 1 Maint Sqn in Baden and in CFB Cold Lake, was ably assisted by Sgt Allee, who led the refinishing portion of the restoration. Although not present on any of the accompanying photos, mention must be made of the contribution by Mr. Russ Parker, a civilian metal worker with BAMSQ.

A JOB WELL DONE BY DEDICATED PERSONNEL!
Pictures by Cpl Brace, Cpl LaFrance -- Base Photo.

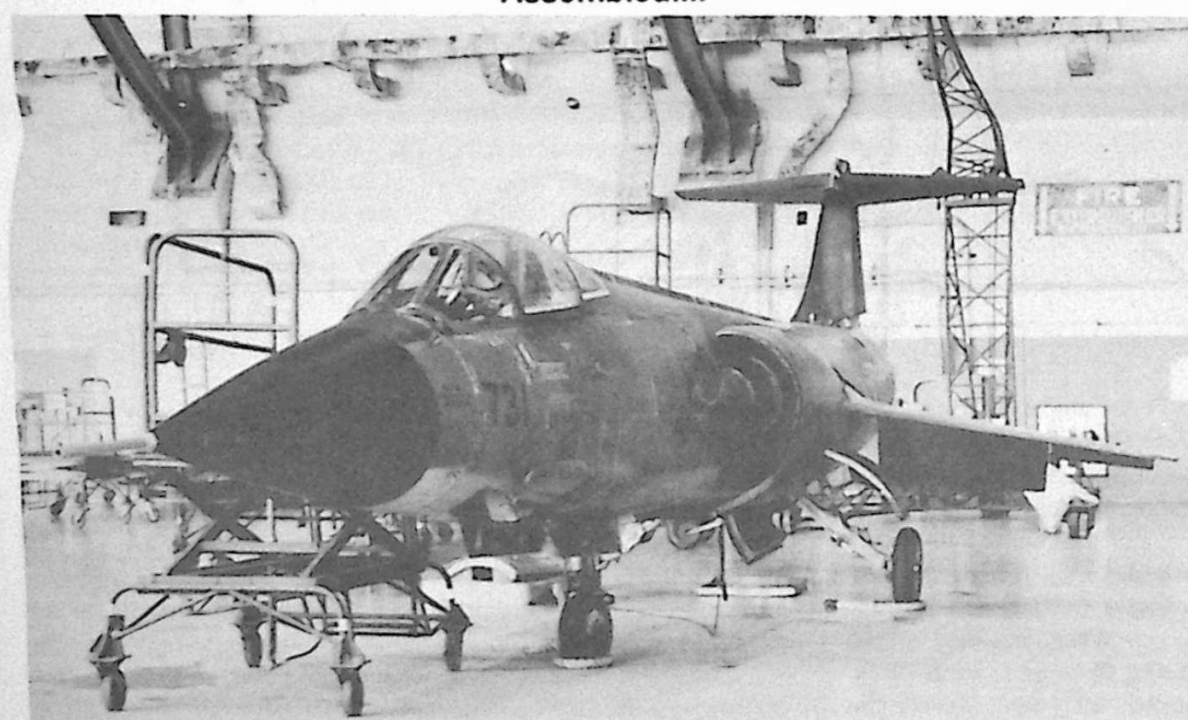


Before....



Just off the flatbed; CF104 pieces in 7 Hangar.

Assembled....



Starfighter 731, ready for painting.

Masking the Legs



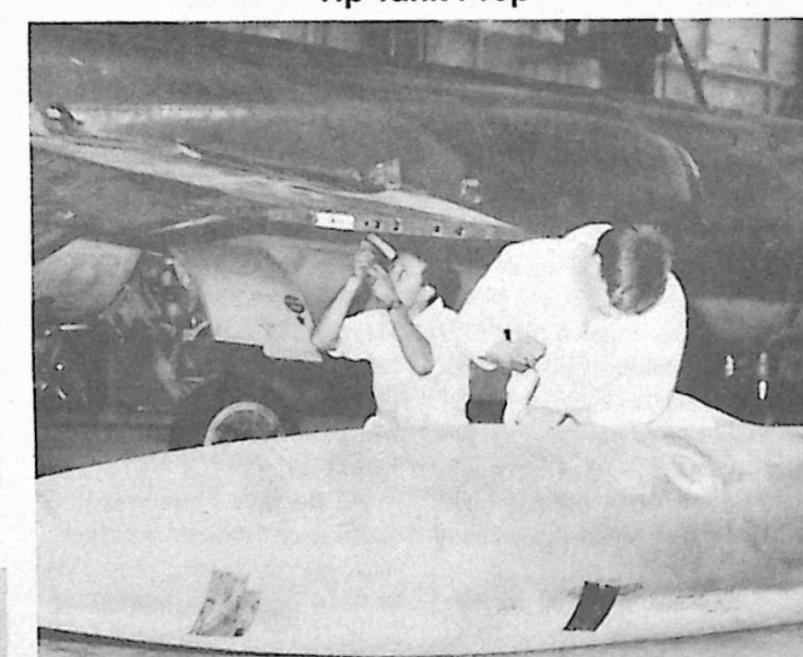
AF Techs Cpl Tokaiz and Pte Hosegrove masked off the undercarriage, prior to repainting.

Pylon's On



Sgt Hardy, 441 Sqn Armt., Cpl Birstonas and Pte Hosegrove, BAMSQ, AF Techs, secure the wing pylon.

Tip Tank Prep



Cpl Birstonas and Pte Hosegrove prepare the Wing Tip Tank for installation.

Don't let go Sarge....



Sgt Hardy, 441 Sqn, MCpl Zoopkow, VU33, and Cpl Birstonas, BAMSQ, installed tip tank.

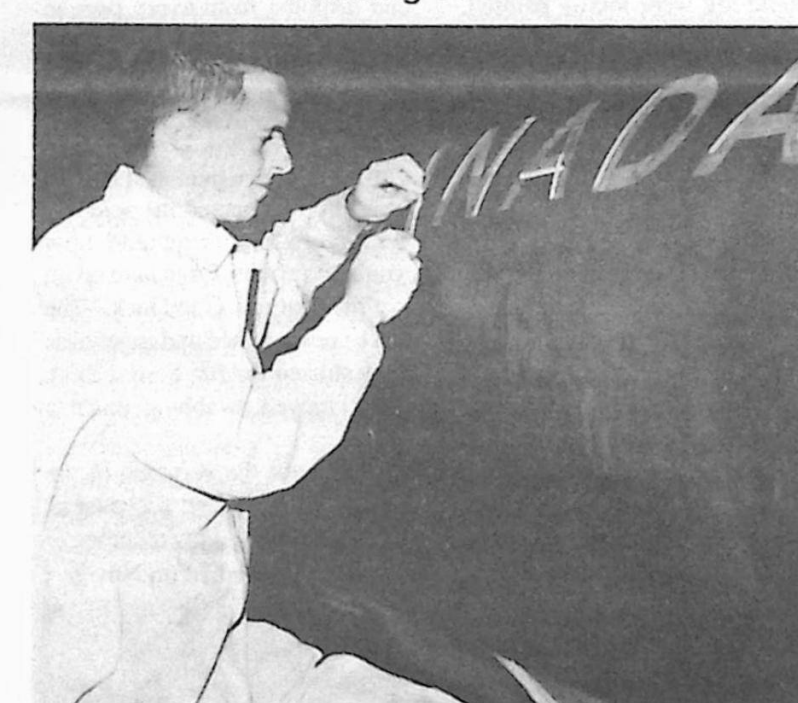
Feature

Masking the Flag



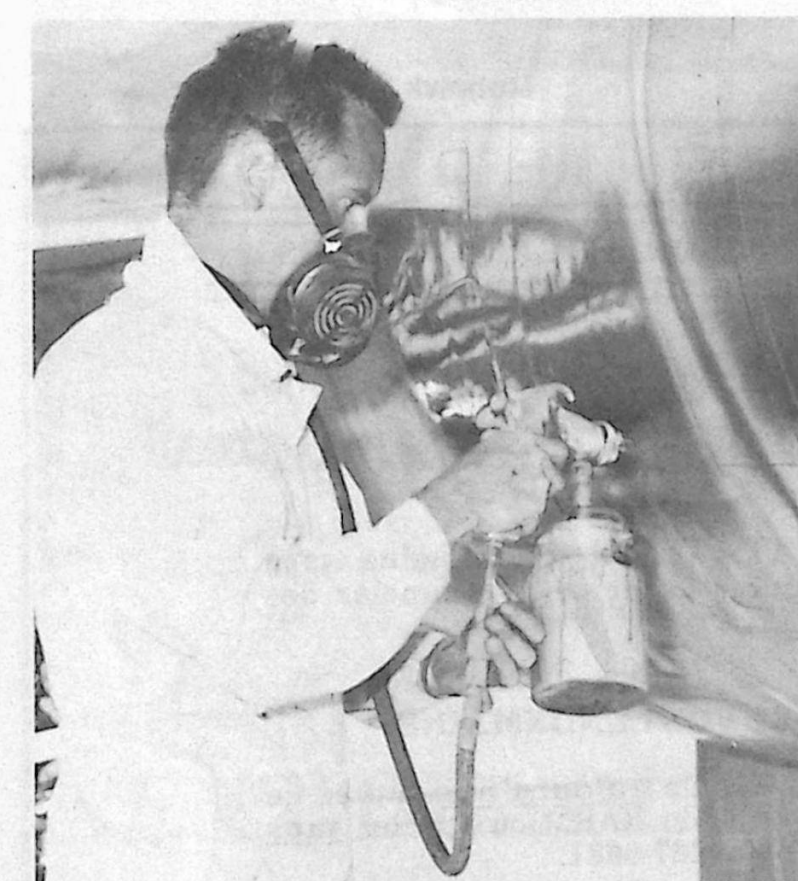
Cpl R.M. Davies, CRS Tech, masked out the Canadian Standard prior to repainting.

Masking Canada



Pte Boyd Rausch prepares "Canada" for painting.

The Final Coat



.... and applies the finishing coat.

The Tail Goes On



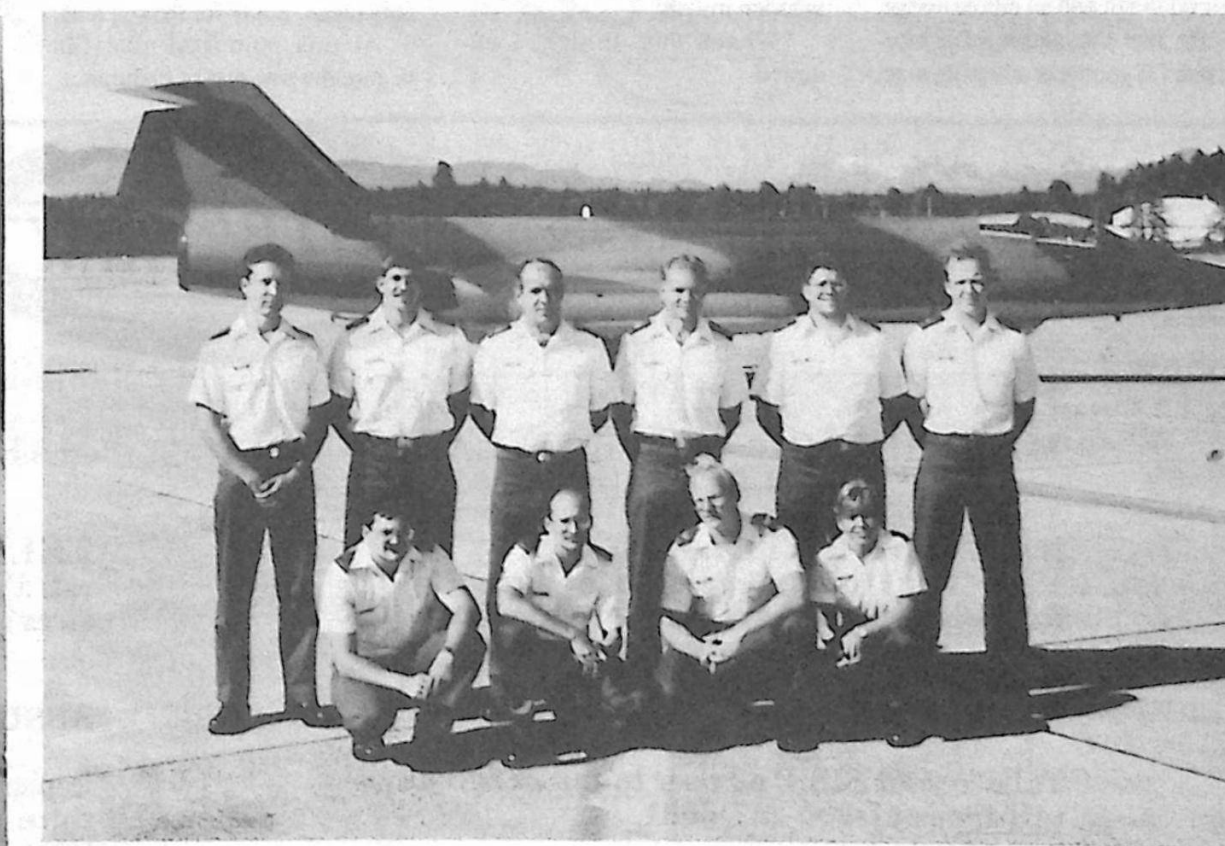
AirFrame Techs Cpl Birstonas and Pte Hosegrove installing the Horizontal Stabilizer.

Beauty Rests



Resplendent in its new paint job, Starfighter 731 is now on display in the CFB Comox Heritage Air Park. It displaced CF101 "Hawk One", now undergoing a refurbish.

Restoration Crew



CF 104731 restoration crew, L-R Rear: Cpl Birstonas, Pte Hosegrove, Sgt LaFrance (Crew Chief), Cpl Arsenault, Cpl Gilfillan. L-R Front: Cpl Boutilier, Cpl Tokaiz, Cpl Davies, Pte Gemme.

Leisure

More Hamish

an unfinished attic where dry goods, furs, and more perishable types of merchandise were stored. There were two warehouses for storing the year's supply of stock. One was a standard metal sheathed building located on the river bank where the steamers unloaded the freight. The other was a long, rambling log building which at one time had been a hotel during the days of 98, when the gold rush was on. It had been named 'The Savoy Hotel' and was known as 'The Queen of the Yukon Trail'. It even supplied dog houses for those travelling with dog teams in the winter. A part of this building was set aside as the community ice house. Large blocks of ice were cut from the river in the winter and hauled up and stored in sawdust. Alongside the store was a small log cabin which was the living quarters. This too required a considerable amount of heating which was obtained from a

kitchen range and a living room heater. This apprentice fur trader could see he would be spending a lot of his time out on the wood pile!

The H.B.C. post was the dividing point between the white settlement and the natives' village upstream, to the south. The white settlement consisted of the RCMP barracks, 3 or 4 trappers' cabins, another fur trading store, belong to Taylor & Drury, a Yukon trading company, and Anglican Mission, made up of a small log church building, a log constructed living quarters and a small log school house. At the north end of town was the Gov't T & T (telephone & telegraph) office. This was a connecting link between Whitehorse and Dawson. It was quite a unique system consisting of a single wire carried on poles along the river bank with the river water being used in place of a ground wire.

continued on Nov 7

Padre Bob

I have had the floor for the past few articles but now it is time to allow others to tell the story. Mrs. Debbie Parks, our Sunday School Superintendent, has a real success story and I will turn the column over to Debbie to let her tell it.

Sunday School

After a break for the summer holidays we are all happy to be back to our regular Sunday School classes. Registration was held Sept. 8 and 15, and regular classes began Sept. 22.

Over the last three years we have watched our Sunday School grow from just seven students to a regular attendance of about 40 each week. Because our Sunday School is growing, we have added an extra class this year, and have classes ranging from nursery, ages 3 and 4, to intermediate, ages 11 and up. We are also welcoming some new teachers to our team this year. Welcome to Sandra Tack, Rose Rideout, Brenda Bouchard, and Gail Rodgers. Dave Basham is back with us again, and Mike helps out when he is home from Holberg. We hope to see Liz Basham whenever she gets a day off from her new job.

The curriculum we use is called 'The Whole People of God'. It was put together by the United Church of Canada because they felt that the children should be made to feel a part of the whole worshipping community. Each Sunday the children spend a short time in worship with the adults so they are made to feel a part of the church family. After a theme story with Padre Baker the children retire to the Sunday School where they continue to learn, on their level, the same scripture lessons their parents are learning in worship.

Classes are divided up by age groups and the curriculum is designed in such a way as to keep the children's interest, and to include each of the children in

group activities such as stories, songs and discussions. Each week the children get to take home a craft that they have done in class to share with their parents.

The curriculum is divided into six units and at the beginning of each unit, 'Parents' Paks' are sent home to encourage parents to take an interest in the work that the children are doing in Sunday School.

Mission Project

We will soon be starting work on our Mission Project, which is a project that Sunday Schools across Canada work on together to help raise money for needy communities around the world.

This year we will concentrate on a United Church project called 'Brazil's Street Children'. Our Sunday School students will learn about the eight million youngsters in Brazil who are homeless, defenceless, having to scrounge, beg, borrow or steal for bits of food each day. Through their studies and donations the Sunday School Mission Project for 91/92 will try to improve their situation.

Christmas Pageant

At Christmas our children put on a Christmas pageant for the congregation and later we get involved with Easter activities.

We have a good time every Sunday, laughing, playing, working and learning together. Bring your children and check us out. Parents are always welcome to sit in on any classes to see what we are all about. You are always welcome.

Cub Camp at Quadra

Grand Howl



Grand Howl on Sunday -- 2/3 of the boys.

Cub Skills



Doing a craft.

All Tied Up



Learning knots.

Grub's Up!



Food, glorious food! -- Lunch time Saturday.

On the weekend of October 4, 5 and 6, 1991, HMCS Quadra was occupied by a total of 620 Cubs; Scouts, Venturers, Leaders and parents at the first ever Island Region Cub Camp.

There were packs from Tofino, Port McNeill and Cobble Hill as well as those from the Districts in between. There was only one District not there.

During the day the boys were engaged in a variety of activities including first aid, knot tying, crafts and games.

Saturday night there was a large campfire out on the Confidence Course. This very special campfire was to celebrate the 75th anniversary of Cubbing in Canada. We opened with a special ceremony that was used all over the BC, Yukon Council, and at the same time as the various Districts and Regions.

As always, in an event such as this, the food was an important part and I would like to thank all the wonderful people from CFB Comox who helped with the cooking. You did a terrific job and everyone enjoyed the food. It was quite an eye opener to the Venturers and Scouts who hauled the hayboxes and then returned and cleaned them.

The Cubs who attended this camp had a wonderful time and have some very special memories and I know we would all like to do it again.



888 (KOMOX) WING CALENDAR OF EVENTS OCTOBER 1991

SATURDAY 26.....OKTOBERFEST
7 PM for 8 PM. \$6 per person. 50 tickets only.
Members and Guests.

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

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

B.C. Bestsellers (HARDCOVER)

Week Ending: October 13, 1991
Produced: October 15, 1991
(Brackets) represent last week's position

FICTION

- 1 (2) Needful Things.....King
- 2 (1) Scarlett.....Ripley
- 3 (2) Wilderness Tips.....Atwood
- 4 (4) Murder & Walking Spirits.....Davies
- 5 (6) Comeback.....Francis
- 6 (5) The Sum of All Fears.....Clancy
- 7 (9) Possession.....Byatt
- 8 (-) The Deceiver.....Forsyth
- 9 (8) The Domsday Conspiracy.....Sheldon
- 10(7) The General in His Labyrinth.....Marquez

NON-FICTION

- 1 (1) Lighthearted Everyday Cooking.....Lindsay
- 2 (4) Final Exit.....Humphry
- 3 (5) Iron John: A Book About Men.....Bly
- 4 (6) Mulroney: The Politics of Ambition.....Sawatsky
- 5 (2) Me.....Hepburn
- 6 (3) A Year in Provence.....Mayle
- 7 (7) Homesteads and Snug Harbours.....Murray
- 8 (-) Canadian Living's Country Cooking.....Baird
- 9 (8) The Beauty Myth.....Wolf
- 10(-) The Rituals of Dinner.....Visser

CFB COMOX OFFICERS' MESS OCTOBER 1991 CALENDAR

Wednesday October 30

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

Friday October 25

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

Upcoming Events for November
TBA - Comedy Night

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

Catch Me If You Can!!!

It's a Boy!



DELISLE - Bruno and Janet Delisle are proud to announce the birth of their first child, Jacob Thomas born at St. Joseph's Hospital on 19 Oct 91. Grand parents are Jean-Guy and Jeanine Delisle of Val d'Or, Que., and Schedule and Debbie Roy of Milton, N.S. Many thanks to family, friends and St. Joseph's nursery staff for their support.

On & Off the Base

Country Kitchen

Hot Soups for Cold Days



Christine Mayer

Tomato Soup

4 qts tomatoes
4 onions
1 cup celery
1/8 tsp cayenne
1/2 cup butter
1/2 cup corn starch
1/3 cup sugar

Method:

Take skin off tomatoes (usual method). Put through food processor or food chopper. Strain seeds out. Add celery and onions after finely chopped in processor. Cook for half an hour. Add rest of ingredients and cook until thickened, about 20 mins. Put in sterilized jars and process 5 mins. When using, add a pinch of soda before the milk.

This is the recipe, but I like it with water instead of milk. I made the above quantities three times now after trying to use our bumper crop of tomatoes. This recipe tastes so good I am going to make loads of cabbage rolls and use this soup for the tomato flavour we need to cook them. It can boost spaghetti sauce besides, being the flavourful soup

Cream of Mushroom Soup

1/2 lb mushrooms
2 tps finely chopped onions
1/4 cup butter
1/4 flour
1 tsp salt
4 cups milk
Paprika
Chopped parsley

Method:

Clean, slice or chop mushrooms. Sauté with onion in butter, about 5 mins. Mix flour and salt. Add milk gradually, stir and cook until thickened. Season with paprika and serve with chopped parsley on top.

This soup is delicious. It is amazing what a few mushrooms can do.

I came across this recipe recently and it brought back memories of a delicious carrot soup I had on a visit to Scotland. I thought I might pass it on to the many soup lovers out there.

Honey and Carrot Soup

2 cups finely chopped onions
15 med carrots peeled and finely chopped
4 cups chicken stock
1/4 cup honey
1/2 tsp dried ginger
Salt and pepper to taste

Method:

Melt the butter in heavy soup pot. Add the onions and cook until tender. Add the carrots, stock, honey and ginger. Bring to boil then reduce heat to simmer. When carrots are tender (about 30 mins), pour the soup through a strainer, saving liquid. Puree the solids in food processor or mill, until smooth. Return to pot with the liquid, add additional stock if necessary, until soup is of desired consistency. Season to taste with salt and pepper. Serve with a dab of sour cream or whipped cream.

Editor's Note: Christine is on a Sabbatical after this. We'd like to thank her for her delicious recipes and unfailing adherence to deadlines. While Christine is away from these pages, would any reader(s) like to contribute? Your favorite recipes would be nice.

Furniture Warehouse

Six Hour

Saturday Super Sale

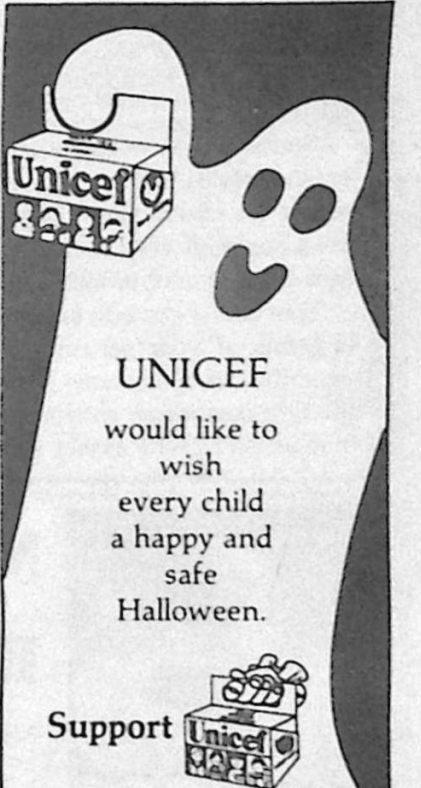
Oct 26

50 - 60 - 70% off!
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- Maggie B Cosmetic Bags
- Merle Norman Cosmetic Studio

338-1362

435 - 5th Street, Courtenay

338-0136

*Gift Certificates *for services & gift ideas *Special Holiday Hours

Public Announcements

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

GGGC General Meeting

Glacier Greens Golf Club General Meeting
Sun. 27 Oct. 10:00 a.m.
in the Social Centre.

Christmas Gifts & Specials.

Save on Christmas or Greeting Cards!



Send Professional Portrait Greeting Cards to your family this Christmas to all your loved ones.

12 Cards with envelopes only... \$9.98

Take Your Films To Sooters For Quality Film Developing and Save.

Color Enlargements from every one of your negatives at the time of film developing for the price of 3:1X5 only.

4X6 \$9.98

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• Second Set of Pictures or...
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COURTENAY

All prices subject to change. Sooter's reserves the right to withdraw from offers at any time.

Instructor Nordic Ski Course

Subject course will be conducted at CFS/PER Borden 13-17 Jan 92. Prerequisites are:

- have an ability and interest in cross country skiing;
- MED Certification of no limiting physical/health conditions;
- BPerO or Sr PERI recommendation; and
- must provide own ski equipment.

Only candidates that are absolutely available for subject course dates need apply. Due to budgetary restraints, AIRCOM is unable to fund this serial. Units wishing to attend must do so using their unit funds. Members must register at the Rec Centre NLT 22 Nov 91, loc 8315.

CFS Mill Cove 25th Anniversary

CFS Mill Cove's 25th Anniversary will be held July 31 to August 2, 1992. Anyone wishing information, or who would like to be put on a mailing list, please contact:

Canadian Forces Station
Mill Cove
Hubbards, Nova Scotia
BOJ 1T0
Attn: 25th Anniversary Committee

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.

Bowling

All leagues are looking for bowlers. For the mens league come to the bowling alley Monday 21 Oct at 6:30 p.m. For the mixed league, Sunday, 20 Oct at 6:30 p.m.

If you don't have a team to bowl with or would like to spare, come out, we will find a team for you.

Bowling alleys are now open for casual bowling Sundays 1 to 4 p.m. and Thursdays 6 to 9 p.m.

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.

Attention! Lady Bowlers

Starting Tuesday night 29 Oct 91, 6:30 p.m., on the Base, no experience necessary. For more information call Lynn, 339-6072.

Mens Intersection Bowling

Monday 7 Oct 91 at 1830 hrs at the Base Gym Bowling Alley. All interested personnel should attend. For more info please call Capt Roy, loc 8115.

RVCC Ladies 23rd International Curling Bonspiel

Subject bonspiel will be held 7, 8 and 9 Feb 92 at CFB Lahr. A meet and greet will take place on 6 Feb 92. TD and priority two fit bookings are not authorized. Cut off date for entries will be 24 Jan 92. Info and entry forms will follow at a later date. For more info contact the Rec Centre, local 8315.

Co-Ed Volleyball

A meeting will be held 29 Oct 91 at 1400 hrs in the Rec Centre Conference Room for anyone interested in playing co-ed volleyball. Team composition requires 2 females, 4 males per team on the court during the game. In order to form a league and start a league by 7 Nov 91, team representatives must attend meeting on 29 Oct 91 at 1400 hrs. Teams may also register at the Rec Centre, loc 8315. We are looking for an eight team max so sign up quickly.

Ladies Darts

If anyone is interested in joining a Ladies Fun Dart League on the Base please contact: Pat - 339-4115
If sufficient interest is shown a league will be formed ASAP.

NEXT DEADLINE 04 NOV

BLANKET CLASSIFIEDS

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

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

AUCTION

UNRESERVED TRUCK AND EQUIPMENT AUCTION. MONDAY, NOVEMBER 18, 1991, 9 A.M. 1985 Cat 9800 + 950B, Cat D8H + D7F; (2) 53' Bridge Spans; Backhoes; Skidsteers; Graders; Mack T/A Auger Truck; (4) S/A Auger Trucks; (2) Ladder Trucks; T/A Tractors to 1989; Service & Light Trucks to 1990; Trailers; Shop Tools, etc. For further information or consignments call (403) 269-6600, CPA-Industrial Auctioneers.

AUTOMOTIVE

For Sale 1990 truck boxes. Phone Steve Marshall Motors 287-9171, local 48.

BUILDING SUPPLIES

DOORS/WINDOWS/Interior and exterior wood, metal and French doors, wood windows, skylights. MORE! Call collect to WALKER DOOR and WINDOW in Vancouver at (604)266-1101.

BUSINESS OPPORTUNITIES

COLOURFUL BUSINESS. Do you have a flair for colour and design? Decorating Den, Canada's fastest growing Interior Decorating Franchise is expanding in B.C. Training provided. Lower Mainland 525-8722, Provincial 1-800-565-8722.

THE ORIGINAL "JUICEWORKS" VENDING MACHINE. Earn cash profits daily, vending fruit juices. Old South, Dew Drop, McCalins, Sunlight, Uptons. Investments from \$14,995. Info Canada-wide 1-800-465-5006.

BUSINESS OPPORTUNITIES

Vancouver Island; Nanaimo: Ten station Beauty Salon, good lease, \$54,900. Crofton: Grocery Store, land, building, equipment and living quarters, \$159,000. Call Gloria Jennings at 758-8101.

Dynamic Real Estate Career Opportunity. National Home Owner Marketing. Be your own boss. Training set-up and support. Prime franchise locations available. Head Office, Kamloops. (604)374-6669.

BAR-B-Q TAKEOUT. Food courts or free standing. Great cost controls/training/financing. Low inventory. SERVICE COMPANY. Training/ongoing support. Res./comm. customers. No location req'd. Real \$\$\$ maker. Vancouver 681-9444.

** SUCCESS ** Own a business that will become "your" Cash Cow! NEV-R-SLIP SURFACES is offering dealerships in B.C. Alta. \$7500, invested will gross \$12,500 first month. Details 525-5516.

BUSINESS PERSONALS

Entrepreneurs. You have the questions. We have the answers. NGB & Associates, Box 184, 106-1656 Martin Drive, White Rock, B.C., V4A 6E7. Fax (604)774-2716. Visa accepted.

EDUCATION

Laid off, out of work? Learn to manage an Apartment, Condominium Building. Many jobs available. Over 1,200 people placed throughout B.C. For details call (604)681-5456.

FOR SALE MISC

EQUIPMENT FOR SALE: 966C Loaders, Bucket or Grapple, Trucks and Lowbeds, Paving Equipment, Service Trucks, D-6 Cats, Excavators, 410 John Deere Backhoes, Champion 740 Grader, John Deere 670A Grader complete with snow wings, Water Trucks, 966C 16 yd. Chip Bucket and several more pieces not listed. Call Vic Kampe, (604)493-6791 days, (604)493-7742 evenings.

FAMOUS VALLEY COMFORT. Add-on or Combination Wood-Electric Furnaces and Heaters. Contact your local dealer or Valley Comfort Systems Inc., 1290 Commercial Way, Port Moody, B.C., V2A 3H5.

NORITAKE SALE! Terrific discounts on current patterns! Delivered well-packed, insured. For price list on your Noritake pattern - Alexander's, "The Noritake Experts", Toronto, toll-free 1-800-263-5896.

Limited Wholesale Offer-Special purchase. Complete 4' satellite system with CKU receiver and decoder \$1,955. 5', \$2,195. 2' with CKU receiver \$699. 3', \$892. 18", \$683. (403)382-5158.

SUPPORT B.C. COTTAGE INDUSTRIES. Unique handicrafts available for Christmas giving. For colour brochure please send one \$40 stamp to Thimbleberry, Box 144, Eagle Bay, B.C., V0E 1T0.

HELP WANTED

CRUISE LINE EMPLOYMENT PACKAGE. Types of Jobs/How to get those Jobs/ North America Contact Directory/More! For details call: (604)535-3539.

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.

MAKE A FORTUNE making others happy. The ultimate fundraising tool is creating hundreds of new opportunities with incredibly high incomes. Urgently needs sales people. 1-800-263-1900.

VANCOUVER ISLAND GROCER REQUIRES PRODUCE DEPARTMENT ASSISTANT. We have an immediate opening in our produce department for an energetic person with experience. The successful applicant will be rewarded with an excellent starting wage and a comprehensive employee benefit package. Please forward your resume to: Quality Foods, Box 1120, Qualicum Beach, B.C., V0R 2T0 or Fax to (604)248-4307.

THE FANTASTIC CHALLENGE: Living and working on an agricultural enterprise in Europe or Down Under. Persons aged 18-30 can contact the International Agricultural Exchange Association, 1501-17 Ave. S.W., Calgary, AB, T2T 0E2.

CHIEF ADMIN. OFFICER required a.s.a.p. by small VILLAGE 100 miles north of WHITEHORSE. Must have municipal training & experience. Salary in the \$40,000 range. Housing available. Please apply immediately to: Mayor & Council, Village of Camacks, Yukon, Y0B 1C0. FAX (403)663-6606.

LIVESTOCK

ALPACAS: Rare, calm, intelligent, beautiful. Mind boggling returns for farmers/investors! Best yet to come! Small investment. Free video tape - Alpaca breeding. 1(403)434-2352, leave message.

MISCELLANEOUS

BOOKS, used, rare. Mail order. Computer Book Search. Send wants specific or general. Quotes sent. David Lomas Books, 4720 Eales Rd., Victoria, B.C., V9B 5B4, 478-8211.

PERSONALS

Watson Lake School Reunion. Where are our Alumni and Staff from '52 til now? Let us know! Soon! Write '92 Committee, Box 590 Watson Lake, Yukon, Y0A 1C0, (403)536-2392.

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.

SERVICES

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

TRAVEL

AUSTRALIA/NEW ZEALAND. Call the South Pacific specialist, ANZA Travel. Vancouver/Auckland, return from \$1,069 to \$1,579. Vancouver/Sydney, return from \$1,169 to \$1,699. Vancouver call: 734-7725. Toll-free 1-800-972-6928.

Hallowe'en Street Safety

The end of October is a spooky time of year. The streets are filled with ghosts and goblins, all looking to have fun. There are, however, those who forget that safety comes first.

If you are the parent of one of these spooks, ensure that they do their haunting safely. Keep them visible to motorists by using reflective markings on costumes or light coloured costumes that can be seen at night. Use makeup rather than masks where possible or, if masks are used, make sure they are the type that provide unobstructed vision for the person wearing them. Why not have them carry a flashlight so as to be seen as well as being able to see better?

While the kids are out make sure they have a responsible person with them, whether a parent, older sibling or friend. If someone can't go with them, have them travel in a group. Regardless of

how they travel, it is a good idea to pre-plan a route. This enables you to know where the kids are (to an extent) and gives you an idea of how long they will be away.

Although the children will get hungry for their treats, convince them to wait until they get home so the treats can be checked and sorted for safety's sake. (For those that come to your door, help their parents by distributing treats which come in protective packaging which discourages tampering.)

Above all, if you, as an adult, go out on Hallowe'en, remember there are a lot of small, innocent people running around having fun. They miss or ignore you -- so drive carefully.

Hallowe'en is a night for everyone, young and old, to have some fun. Why not help to ensure that the safety aspect is present so it starts out to be?

Hallowe'en Fire Safety

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

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

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

The ease of ignition, rate of flame spread and ease of extinguishment of a garment are dependent upon the fibre and fabric from which it is produced and upon the garment's design.

Choosing garments made from fibres, fabrics and designs which burn slowly or self-extinguish, particularly for age groups susceptible to clothing burns, can help reduce the incidence and/or

severity of clothing-related burn injuries. The selection of costumes made from fibres which burn slowly and tend to self-extinguish would also help reduce the fire hazard associated with them.

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

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

- then roll over and over until the flames are out and until your clothes and you stop burning;

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

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

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

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

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

On the Base

Have a Safe Hallowe'en

Hallowe'en is a time for our little ghosts and goblins to go out and have a fun time. However, you as parents must ensure their safety. The following tips are offered to help you educate your children about Hallowe'en safety:

- select a light coloured, flame resistant costume with reflective tape or bands;
- makeup is better than masks because it does not obscure vision;
- choose a costume that fits comfortably and keep it short to avoid tripping;
- walk, don't ride a bike. Costumes can get caught in the spokes or pedals;

- children should carry flashlights to help them see and be seen;
- do not criss-cross streets indiscriminately and use the sidewalks. If there are no sidewalks, walk on the left side of the road, facing traffic;
- younger children should always be accompanied by a parent or adult. Older children should go out in groups;
- plan the trick-or-treat route ahead of time. It is a good idea to stay in familiar neighbourhoods and on well-lit streets;
- DO NOT enter the homes or apartments of strangers;
- DO NOT accept rides from strangers;

Men's Flag Football

by Cpl Dan Troughton

The Men's Flag Football league is about halfway through and "We're Bad!" No I'm serious, we are bad.

For those of you who didn't know, and judging by the turnout for each game, that includes everyone, the Base has a team in the North Island Flag Football League.

The season is about half over now, but there are still some games left to be played each Sunday at Bill Moore Park. Game times vary between 10, 12 or 2 o'clock.

You may have read about us in The Record, with words like: "Trashed, Smoked, Creamed, and Slaughtered, etc..." The City papers never do have anything good to say about us, but I am learning a whole bunch of new synonyms for "Beaten real bad!" But all the other teams in the league are quick to our defense. Telling us that every team started this way, that we should not be discouraged and keep trying.

So that's what we've been doing. We've been trying hard and having fun. WE WILL NOT QUIT!

There's myself and Paul Kavanagh who share the quarterback duties. I like to throw long whereas Paul likes to run with it. We have Richard Jonha as coach doing a fine job in a position that no one else would like. For receivers there are Randy Kopetsch and Mike Lonigro. They both have great hands and always come up with the big catch when we need it. On defense we have Dan Renwick and Darren Blair. They love to run around screaming with arms flailing, looking for that always elusive sac. Darren also does a great job as our kicker. Then there is Paul "Hose" Hosegrove. He is by far the hardest playing individual on our team, giving his all, every play, be it practice or during games. Everyone should

try passing to some of our players now Dan! (I have a flair for throwing interceptions. It's a gift.)

Paul, exactly who were you throwing that to? (Paul likes to pass to an area where he recalls someone being ... once.)

yeow!! My thumb! (Randy has a knack of hurting his thumb on the first play of every game.)

not down the middle! Not down the middle! (The coach); yeah, another touchdown!! (The other teams); and yeah, a completed pass!! (Us).

As you can see we're still having fun and have not yet lost our spirits. So if you are not busy one Sunday come out and cheer us on. For game times give Cpl Savard at the Rec Centre a call, local 8315. And since most of you missed our "session" at the Driftwood Mall, autographs will be available after the games.

CFB Flag Footballers



Back Row, L-R: Dan R., Pat, Bill, Frank, Darren, Paul H. and Dan T.

Front Row, L-R: Pat, Paul K., Mike and Don.



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From the Fire Chief

National Fire Prevention Week a Success

National Fire Prevention Week has recently passed and we are happy to announce it was a great success. Many agencies came together in support of this worthwhile event to make it possible. The theme for this year's Fire Prevention Week was "Fire Won't Wait. Plan Your Escape". The campaign's theme, was selected to increase public awareness of the importance of escape planning before fires occur. Fire Prevention Week is observed each October to commemorate the Great Chicago Fire of October 9th, 1871.

The Base Commander officially opened the CFB Comox campaign Monday morning by accepting the Royal Proclamation. Our activities commenced Tuesday morning with a Fire Drill at Airport Elementary School. The school was evacuated within two minutes and a complete head count was achieved within three minutes. This is an excellent time for a school with over four hundred students. It is apparent that Mrs. Davies and her staff are concerned about fire prevention and help promote this awareness in our children. Following the fire drill all the children assembled in the field south of the school. The Fire Department was called in to

put on a structural firefighting demonstration. This gave the children an opportunity to observe how the Fire Department would respond to an actual fire. The school was then split into two groups, which assembled in the gym at different times that morning to receive a fire prevention talk. Personnel from the Fire Department showed a film and discussed with the children the proper steps to take to escape from their homes if a fire were to occur. They also received demonstrations such as what to do if their clothes catch on fire. (Stop, drop, and roll.) They were shown what a firefighter would look like if he were to enter their home to rescue them in a fire situation.

On Wednesday a Fire Prevention Display was set up in the foyer of Canex. The display was manned by Fire Prevention personnel who were happy to answer questions and give advice regarding fire safety. Interested people were treated to free coffee and donuts while they viewed fire prevention videos. A free draw for smoke alarms and fire extinguishers were carried out. The winners are as follows: Capt Newbolt, fire extinguisher; Mr.

Tom Girardin, fire extinguisher; MWO Hooker, smoke alarm; and Mrs. Heather Oliver, smoke alarm.

The National Home Fire Drill was conducted at 1900 hrs in PMQs that night. Fire Department vehicles drove through the PMQ area with their sirens sounding. Many residents evacuated their homes in timely fashion.

On Thursday, fire evacuation drills were conducted on high hazard/occupancy buildings on Base throughout the day. This was to confirm that Base personnel are familiar with procedures to follow in the event of fire in their workplace.

The Base Fire Department hosted a barbecue luncheon on Friday for all building custodians and fire wardens. This was in recognition for their diligent efforts in the fire prevention program throughout the year. The BTSO was on hand to pass on his appreciation and continued support to those who were in attendance.

Throughout the week the Fire Department conducted an open house. We encouraged special interest groups to tour the Fire Hall and see the equipment, programs and expertise we have to offer our

community. A large number of groups such as the Cubs, Scouts, Brownies, Girl Guides, and school classes participated in this opportunity.

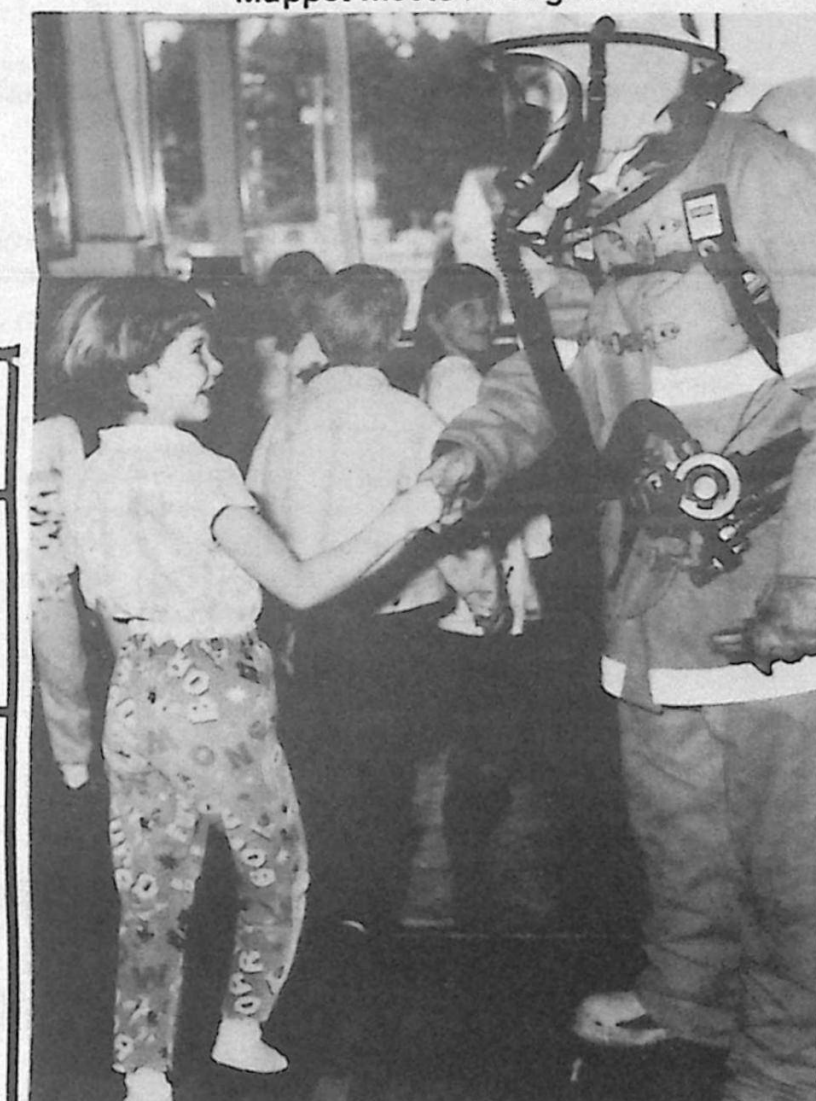
We hope that Fire Prevention Week included something for everyone in the family to increase fire prevention awareness in the community.

Queen's Proclamation



BComd Col J.E. McGee accepting the Queen's Proclamation from acting Base Fire Chief MWO Adalm, to officially open National Fire Prevention Week.

Muppet meets Firefighter



Cpl Boily showing children not to be afraid of firefighters in full turn out gear.

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Slow Down at Intersections -- BCAA

BCAA is asking all motorists to slow down and use caution and courtesy in support of ICBC's October 21 - November 1 'Fools Rush In' intersection safety campaign.

"If everyone pays a little more attention to their driving, particularly in intersections, we hope we can reduce the deaths, injuries and property damage that result from traffic crashes in intersections," says Patti Bacchus, a BCAA Senior Public Affairs Officer.

ficier.

ICBC statistics show that over 100 people are killed each year and 21,000 are injured in B.C. intersection crashes.

"In addition to the tragedy and suffering of those deaths and injuries, all B.C. vehicle owners are footing the insurance bill when they pay their ICBC premiums," says Bacchus.

As an advocate of the B.C. motorist, BCAA encourages drivers to save themselves some

money by driving carefully and allowing themselves ample time to get to where they're going.

"Try to avoid feeling rushed when you're driving. If you're feeling pressured and in a hurry, you may start increasing your risks such as following too closely, running yellow lights, failing to yield or driving without your attention fully on the road. Take your time, look around, and you may save in the long run," Bacchus adds.



1991 Poppy Remembrance Campaign

OTTAWA -- The 1991 Poppy-Remembrance Campaign officially begins during the last week of October in cities, towns and villages across Canada.

Organized and conducted by The Royal Canadian Legion, the Campaign serves to remind Canadians of the sacrifice made by the 114,000 men and women who gave their lives in the military service of Canada during two world wars and the Korean War.

Last year over 15 million poppies were distributed throughout Canada during the campaign which lasts approximately two weeks. Contributions received during the campaign are used to assist veterans, ex-service members and their families who are in need. Funds not used for this purpose may be spent on community assistance programs, such as the purchase of medical equipment, funding medical research, disaster relief and accommodation

and care facilities for needy elderly and disabled persons. In 1991 over \$5 million were distributed in accordance with the General Bylaws of The Royal Canadian Legion.

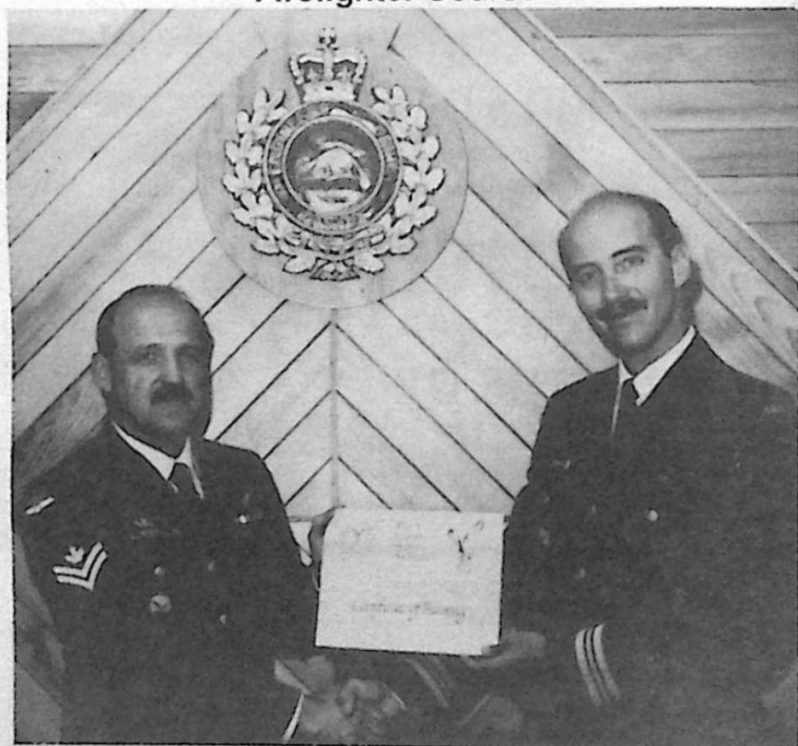
His Excellency, The Right Honourable Ramon Hnatyshyn, Governor General of Canada, will receive the ceremonial 'first poppy' of this year's campaign on October 25, at a ceremony at the Rideau Veterans' Home in Ottawa.

On Hallowe'en Night:

Do you know where
your children are?



Certificate of Training USAF Contingency Firefighter Course



Presented to MCpl Beazley by Maj R.J. Kampman, BCEO.

MCpl Beazley attended the course at the USAF Air Base Combat Support Training Complex, Elgin Air Force Base in Florida.

The training consisted primarily of control of firefighting forces in a wartime environment. MCpl Beazley stated that the hardest part of the course was learning the acronyms ie: RED HORSE (Rapid Engineer Deployable Heavy Operational Repair Squadron.) Well done Gary.

The Royal Canadian Legion

On Remembrance Day November 11:

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We Will
Remember**



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Remembrance Day Reception CFB Comox.