

## Argus Revival

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## Battle of Britain

....page 12



# TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 34 NO 19

8 OCTOBER 1992

COST: PRICELESS

### An Update

## Force Reduction Programme 1993

Members of 19 military classifications have until 30 Oct to apply for voluntary release under the CF's "Force Reduction Program 1993." This ongoing program resulted from the defence policy and force restructuring plan announced by the Department of National Defence in 1991.

The restructuring plan calls for a reduction in the regular force to 76,000 from 84,000 over three years. The short time frame has resulted in surpluses in mainly noncommissioned classifications - most officer classifications are already understrength. In 1992, more than 2,200 noncommissioned members were released under the program.

To be considered for this year's program, the noncommissioned members in the specified trades must have terms of service that expire after 1 Jan 94, or a basic or intermediate engagement that expires after 1 April 93.

They must not have been issued release instructions, or a notice of release or intent to recommend release, as of 1 Sept 92. As well, they must not have

been given a notification of a release as a result of a medical review board as of 1 Sept 92, nor have refused an offer of re-engagement.

Application for release under the '93 program can be obtained through members' orderly rooms or supervisors. Completed applications must be certified by the member's commanding officer and can then be sent by mail or fax to NDHQ/DPCAOR (fax: 613-996-7326).

Applications will be accepted until 6 Nov 92, but they cannot be withdrawn after the official deadline of 30 Oct. The date of release offered by the program is 30 Jul 93. However, with special approval members can be released as early as 1 April 93 (no fooling!).

For further information, members should contact their supervisor or their orderly room, or see the Fall issue of the Canadian Forces Personnel Newsletter (issue 4/92).

(This condensed version of articles in the Fall issue of the CF Personnel Newsletter is printed courtesy of that publication.)

### MOCs affected by Force Reduction Program 1993

CRMN	011	FCS Tech	435
ARTYMN FD	021	AE TECH	511
ARTYMN AD	022	AF TECH	512
INFMN	031	AVN TECH	513
FD ENGR	041	SS TECH(Sgts & below)	531
AD TECH	171	IE TECH	551
VEH TECH	411	AWS TECH	572
ELM TECH	431	CE TECH	611
FCT ELEC	432	DENT CLA	722
FCT OP	433		

### Knight Flyer



The Black Knight of 414 Squadron stands guard during the Stand-Up parade - more pics on page 6.



# National Affairs

Defence Policy 1992 - Part 4

## The Canadian Forces - Land

Minister of  
National Defence

The Hon. Marcel Masse, M.P.

### The Present

Land forces are deployed today in Canada, within Mobile Command, and in Europe, within Canadian Forces Europe.

Mobile Command Headquarters is located in St-Hubert, Quebec. The field forces of the Command, which are the headquarters, units and formations that can be deployed to conduct or support operations, are concentrated predominantly in three formations of brigade-group size. 5e Brigade mécanisée du Canada is in Eastern Canada, based in Valcartier, Quebec, and Gagetown, New Brunswick; the Special Service Force is in Central Canada, based in Petawawa and London, Ontario; and 1 Canadian Brigade Group is deployed across the West, with its headquarters in Calgary. These formations have common territorial defence and domestic operations responsibilities in Canada, but each could also be tasked to undertake or provide forces for peacekeeping or contingency operations abroad. The land forces in Canada are supported by the helicopter squadrons of 10 Tactical Air Group.

In addition to their general responsibilities, some of the field forces in Canada have specific operational tasks or unique capabilities. One of the infantry battalions in 1 Canadian Brigade Group is assigned for NATO employment, in times of tension, in North Norway as part of the Allied Command Europe Mobile Force (Land) or the NATO Composite Force. In addition, the Canadian Airborne Regiment, a principal element of the Special Service Force, has the primary task of reaction to emergencies or other operational requirements in Northern Region and is on standby for UN operations.

Mobile Command also encompasses the various elements that support and sustain the field forces. These include nine support bases and appropriate ranges and training facilities. The latter include the Combat Training Centre in Gagetown, the Airborne Centre in Edmonton and a number of regimental and branch battle schools. The units of the Militia have the role of generating forces for employment throughout the Total Force. In particular, Militia units will provide trained personnel to bring

the field force formations to full establishment and to form deployment troops for specified employment in emergencies.

The principal Land Force element in Canadian Forces Europe is 4 Canadian Mechanized Brigade Group, based in Lahr and Baden-Soellingen, Germany. Until recently, this formation was a component of the 1st Canadian Division commitment to NATO. Effective 1 Apr 92, the divisional commitment terminated and was replaced with that of a brigade group, mounted from Canada. At the completion of the withdrawal of land forces from Europe, 4 Canadian Mechanized Brigade Group will be removed from the order of battle.

### The Future

The Land Force is currently undergoing a major restructuring which encompasses the reorganization of the Regular and Reserve components into a Total Force army. A major feature of that restructuring is the regionalization of the army into areas covering the southern part of the country. The Land Force of the future will maintain a general purpose combat capability. This requires the maintenance of functional military skills associated with modern combat and the ability to integrate these skills effectively. This will provide the government with the basic military capability for known commitments and for situations which cannot now be anticipated.

In designing the future Land Force, we have sought to:

- maintain balanced structures that retain their flexibility and mobility;
- maintain a general purpose combat capability;
- provide for one battalion group to deploy to North Norway as part of the Allied Command Europe Mobile Force (Land) or the NATO Composite Force;
- provide the capability for UN peacekeeping or stability operations;
- maintain a capability for contingency operations anywhere in the world up to the brigade-group level that would also be available to NATO;
- provide greater support to the Militia to foster the Total Force;
- maintain sufficient forces for aid to the civil power and assistance to civil authorities; and
- improve the capability for arms control verification.

There will be fundamental changes in the command and control of the land forces in Canada. Command of all land forces will be exercised through a geographically oriented area structure. Within this structure, area commanders will be delegated command, support and training responsibility for all land forces -- both Regulars and Reserves -- within their geographical boundaries. In addition, they will have specified operational responsibilities, particularly with respect to domestic and territorial

defence operations.

Land Force Western Area, encompassing the Prairie Provinces, with its headquarters in Edmonton, and Land Force Central Area, encompassing the province of Ontario, with its headquarters in Toronto, have already been established. The remaining two land force areas will become effective in 1992: Land Force Quebec Area, encompassing the province of Quebec, headquartered in Montreal; and Land Force Atlantic Area, encompassing the Maritime Provinces, headquartered in Halifax.

The field forces will be superimposed on this command structure. For the most part, they will continue to consist of the three field formations currently in Canada. These formations will be similarly structured, to include infantry, armour, field and air defence artillery, engineers, communications, medical, military police, intelligence and combat service support units. Tactical aviation support will continue to be provided through the assignment of air force resources.

There will be, however, several changes from the existing structure. The Regular Force strength of the field forces will be reduced, with the balance to be made up by Reservists. The Canadian Airborne Regiment will be retained within the structure as a rapid reaction force, but will be reduced to battalion size. Finally, 1st Canadian Division Headquarters is being reduced in size and will become a task force headquarters for use in territorial defence and contingency operations.

The personnel targets for the Land Force will be approximately 19,300 Regulars, 29,500 Primary Reservists and 7,000 Supplementary Reservists.

For the next few years, the principal equipment capabilities of the Land Force will be found in the existing inventory. This includes the Leopard C1 tank, the M109 self-propelled howitzer and the M113 armoured personnel carrier. In due course, some of the army's core equipment capabilities will be replaced. Over the planning period, the major portion of the capital budget devoted to the Land Force will be spent on:

- light armoured vehicles;
- short-range anti-armour weapons and ammunition;
- modernized 105mm howitzers;
- replacement machine guns and additional small arms;
- tactical command, communication and information equipment;
- a close air-defence weapon;
- Militia training and support centres;
- area headquarters and armories;
- ranges and training areas;
- general engineering support equipment; and
- a light logistic vehicle.

What  
two  
words  
best  
describe  
natural  
gas



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reliable, cost  
efficient and  
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friendly.

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and always  
has been.

The Centra Gas Power Smart logo identifies higher efficiency  
natural gas products as well as energy efficient natural gas.

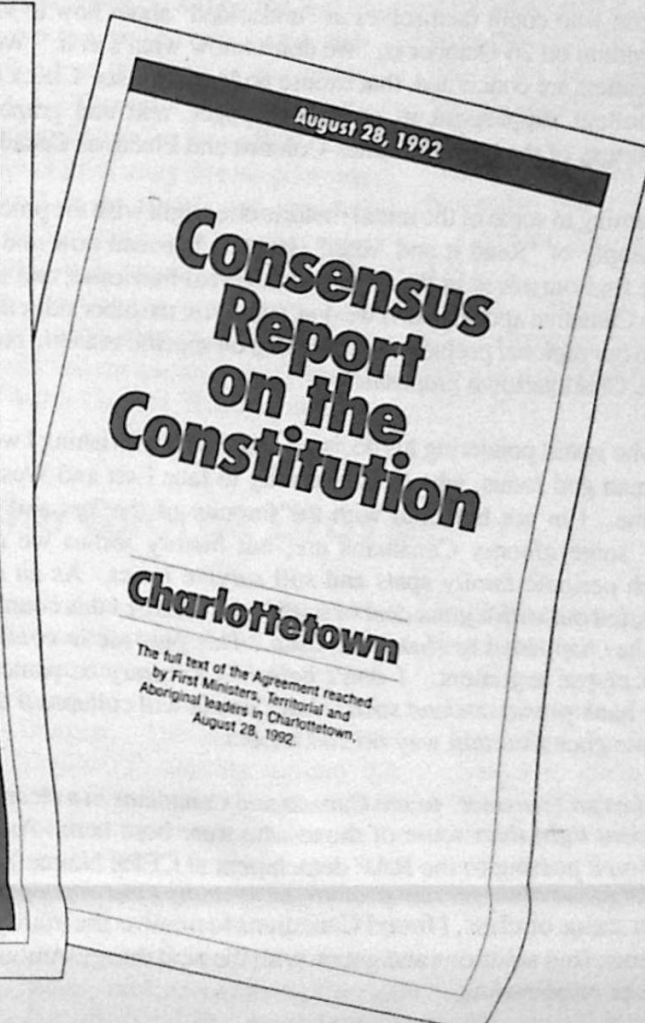
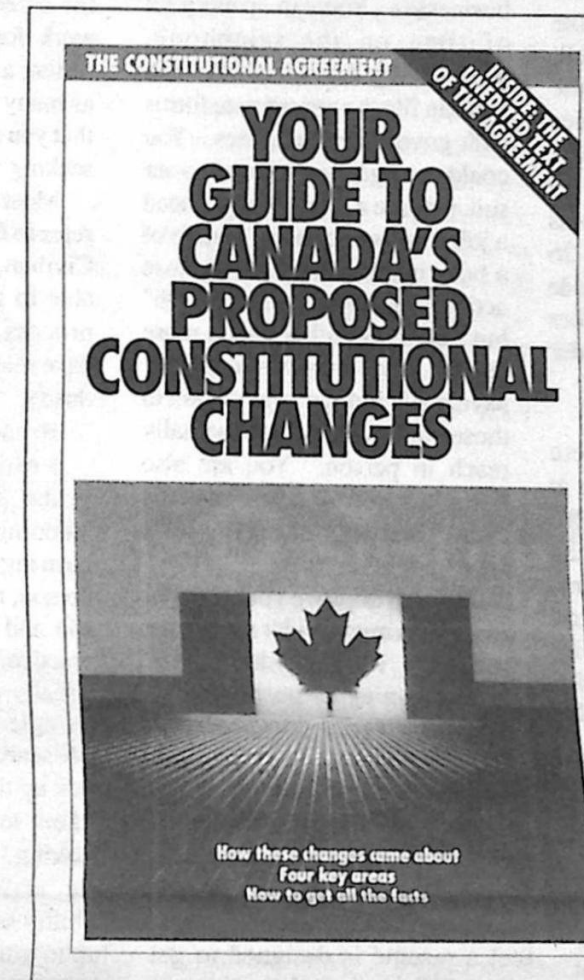


Centra Gas



OCTOBER 26: THE CONSTITUTIONAL REFERENDUM

# COMING TO YOUR MAILBOX SOON



## Get all the facts!

Many Canadians say they want more information before answering the referendum question on October 26. Between October 9 - 12, households throughout the country will receive an 8-page summary pamphlet that contains another publication - the entire unedited Constitutional Agreement, reached in Charlottetown, August 28. Please look for this information in your mail and take the time to read it so that you can make a truly informed decision on the upcoming referendum.

If you haven't received this publication by October 13, call the toll-free number below and a copy will be sent to your home.

**1-800-561-1188**

Deaf or hearing impaired:  
**1-800-465-7735 (TTY/TDD)**

Canada

## Name These Desperados



These photos were taken by a police cameraman some years ago. All three are believed to be lurking in the area. If you can identify them, please call the Totem Times at 339-2541 and we will publish your name. We cannot guarantee your safety, however.

## Fire Prevention Week October 4 - 10

## Fire Safety Display 09 October 92

FROM 0900 HRS - 1400 HRS

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DRAWS

& MORE

VIDEOS



# Editorial



Norm Blondel

## Apocalypse No

One of the most frequent comments about the Charlottetown Accord made by those who count themselves as "undecided" about how to vote in the referendum on 26 October is, "We don't know what's in it." Well, where our readers are concerned, that excuse no longer exists. Check the four-page pullout supplement in our centre pages, text and graphics supplied courtesy of the Victoria Times-Colonist and Elections Canada.

After listening to some of the initial rhetoric one might wish the process consisted simply of "Read it and Vote." Instead, between now and 26 October we find ourselves in the middle of a verbal hurricane, one side predicting a Canadian apocalypse if we don't vote yes, the other side either appealing to our regional prejudices or focusing on specific issues in order to defeat the Charlottetown proposals.

As one who is still pondering his decision, I find myself wishing I were like the Roman god Janus, who had the ability to face East and West at the same time. I'm not bothered with the ferocity of the Yes and No arguments: some gloomy Canadians are, but history shows we can undergo some periodic family spats and still survive intact. As an immigrant, I started out with a great deal of faith in the future of this country, and nothing has happened to shake that faith. This puts me in conflict with the apocalypse argument. I don't believe - contrary to panicky statements by bank presidents and such - that Canada will collapse if the referendum vote goes a certain way on 26 October.

Perhaps it takes an "outsider" to see Canada and Canadians in a clearer and more confident light than some of those who were born here. As a visitor in 1955, (on a posting to the RAF detachment at CEPE Namoo) it didn't take long for me to discover that Canadians were my kind of people. Unconcerned with status or class, I found Canadians to possess the ability to focus on problems, find solutions and get on with the next thing, without a lot of fuss, bother or posturing.

The international scene is familiar with the no-flap approach of our peacekeepers. If we can take world crises in our stride, we can certainly handle a referendum at home without flying apart in the process. Canada is not a banana republic, after all.

Apocalypse Canada? No Way!!



## CFB Comox United Way Campaign

The 1992 CFB Comox United Way Campaign is well under way. The canvassers have been busy this last week making sure that all personnel on Base have been canvassed. The contributions you make, make a difference for the Valley. TOGETHER WE CAN MAKE IT HAPPEN.

## The Resumé - Your Personal Advertisement

If you are thinking about leaving the service soon, and marketing your skills to industry, you are going to need a marketing vehicle.

Sure, you could walk up and down the streets, drive back and forth across town and fill out dozens of applications at various businesses. You can spend a lot of time on the telephone, prospecting for vacancies and you can file the appropriate forms with government agencies. You could even get dressed up in your suit, prepare a sign saying "I need a job," and stand in the middle of a busy intersection. All of those actions might help to find a "job" but I doubt it will be much more than an entry level position. You have really limited your market to those employers you can actually reach in person. You are also going to spend a lot of shoe leather and a lot of energy for a very limited return.

You can improve your chances and open a much wider market for yourself. But in order to find those meaningful positions that offer substantial compensation and career options down the road, you need some other method to get your skills and abilities in front of prospective employers. That vehicle is called a resumé.

Some retiring personnel don't feel a resumé is designed to get your skills and qualifications in front of employers and get employers interested in talking to you. An effective resumé can be the key to a successful job search. The resumé helps you to reach a lot more potential employers with a lot less effort, it also becomes the vehicle to translate your military training and experience into terms that civilian employers will understand. A resumé won't get you a job, but it will get you the interviews that will give you a chance to present your qualifications in person.

### Develop a Marketing Plan

Your first step in getting interviews is to develop a marketing plan for yourself. The basis for your marketing plan should be to see yourself as a product and understand that you are going to have to market yourself in order to reach employers. In sales there is a rule that says in order to be successful you have to ac-

complish three things:

- You have to talk to enough people,
- They have to be the right kind of people, and
- You have to tell them your story.

A successful transition from the military service to a meaningful career in the private sector work force is no different than selling a product. You have to let as many people as possible know that you are available and actively seeking work.

Most books on the job search refer to this task as "networking." Civilian job seekers are generally able to get right to work on the process, because they already have many contacts within the industry.

### Broadcasting

I'm not sure that "networking" is the best technique for transitioning personnel to use. The term implies that if you talk to one person, they will tell another person and they will tell more. In practice, I don't think that is how it really works. When you talk to a single person concerning your job search, they don't generally pick up the phone and call several others to tell them that you are looking. The message ends and the "network" ends. The responsibility to spread the word is left up to you. If you want people to know that you are available for work, you are going to have to tell them yourself. Because of this dynamic, I prefer to call the process "broadcasting." You are broadcasting to as many people as possible that you are a viable candidate for those significant positions they hope to fill. The best way to broadcast is to use the two methods that will get you in touch with the maximum number of people quickly. Those are telephone and the mail.

### Research

Using the library, prospect lists of potential employers can be developed and a direct mail solicitation program should be started. Employment advertisements should be carefully reviewed, and promising ones targeted for quick response. Your mailing package should contain a letter of transmittal (covering letter) and your resumé. The letter should explain why you are writ-

ing and the type of position you are seeking. Whenever possible, all mail contact should be followed up with a telephone call. Your reason for calling is to determine if they received your resumé and to emphasize your interest in employment with their firm.

### Contact Your Friends and Ex-Military Personnel

You should also call and/or write to everyone you know who has left the service before you and ask them to float your resumé throughout their company. (Many companies pay their employees a bonus if they refer qualified candidates.) Your former buddies or ex-military members may now be in a management position and be excited about the possibility of hiring someone who can be depended on.

### Talk to Defence Contractors

If you work on equipment in the military, write to the company who makes the equipment. Don't forget to target all of the companies who manufactured or serviced all of the components of the equipment. Enclose your resumé and offer your services.

### Look for Leads

Review trade and professional journals and write to the authors congratulating them on the article and soliciting advice on making a successful transition into the field. Watch for articles in the Sunday business pages of your hometown paper concerning executives being promoted, companies winning contracts, organizational expansion or relocations into the area. Send out a letter with your resumé.

In short, be imaginative and innovative. The list can be endless and is only limited by the amount of effort you put into the job search. Find as many sources as possible and go after them for job opportunities. As you increase the numbers of people who know you are available, you increase your chances for success.

(Cited from the Non-Commissioned Officers Association of the United States of America.)

For information concerning upcoming Resumé workshops for retiring military personnel contact the BPSO office at local 8469.



George Cross Recipient



LAC Karl Gravell

## Gravell Memorial



Winnipeg -- Mrs. Lisa Gravell, mother of Karl Gravell, with the Lieutenant Governor, the Honourable Dr. George Johnson, and LtGen D. Huddleston, commander of Air Command, in front of the memorial to LAC Gravell.

## Squadron Colours Retired



The Colours of 422 Squadron (left) and 444 Squadron on parade prior to being laid up as the Lieutenant Governor of Manitoba, the Honourable Dr. George Johnson, comments on the historical significance of the ceremony.

# CF News

## Karl Gravell's Sacrifice

Karl Mander Gravell was born in Norrköping, Sweden on 24 September, 1922, the son of Carl and Anna Lisa Gravell. He joined the Royal Canadian Air Force on 15 March 1941 at his home town of Vancouver. After completing his training depot training he was posted to No. 2 Wireless School at Calgary (AB).

On 10 November 1941, during a routine training flight, the Tiger Moth in which Leading Aircraftman (LAC) Gravell was a passenger crashed in Simons' Valley and burst into flames. LAC Gravell's heroic efforts to save his pilot, Flying Officer J. Robinson, are detailed in the following official citation to the George Cross:

Leading Aircraftman Karl

Mander Gravell GC

"On November 10, 1941, Moth Wireless Training No. 4833 crashed in Simons' Valley and immediately burst into flames. The Trainee Wireless Air Gunner, LAC K.M. Gravell managed to extricate himself from the wreckage and get clear. In spite of intense shock caused by the loss of one eye and severe burns, suffered at the time of the crash, LAC Gravell's first and only thought was for the welfare of his pilot so, finding that his pilot was still in the aircraft and ignoring the fact that his own clothes were ablaze, he attempted to get cack to the flaming wreckage to pull his pilot clear, but had barely reached the aircraft when Mrs. R. Walsh (School Teacher) at great

danger to herself, ran up and dragged him away. Mrs. Walsh rolled him on the ground to extinguish the flames which had, by this time, completely enveloped his clothing.

LAC Gravell subsequently died from his burns. Had he not considered his pilot before his own safety and had he immediately proceeded to extinguish the flames on his own clothing, he would probably not have lost his life."

Date of Act of Bravery: 10 November 1941

London Gazette: 11 June 1942

LAC Gravell's self sacrifice was in keeping with the highest traditions of the Royal Canadian Air Force.

## The George Cross

The George Cross was instituted by Royal Warrant on 24 September 1940. The nature of the Second World War had necessitated that a decoration be made available for civilians and military personnel; who had performed acts of gallantry arising from enemy action or for other brave deeds. The Warrant specified that the cross shall be awarded only for acts of the greatest heroism of the most conspicuous courage in circumstances of extreme danger."

The Decoration is a plain silver

cross with four equal limbs. The center of the cross consists of a circular medallion with a representation of St. George and the Dragon. The inscription "For Gallantry" appears around the medallion. The Royal cypher forms a circle concentric with the medallion. The suspension is by a straight bar ornamented with laurels. The reverse of the cross is engraved with the recipient's name, rank and branch of service (if applicable) and date of notification in the London Gazette. The cross is suspended

by a blue one and one-half (1-1/2) inch ribbon.

The original Warrant for the George Cross allowed surviving holders of the Empire Gallantry Medal to exchange their award for the George Cross. In 1971 living recipients of the Albert Medal or Edward Medal were accorded the same privilege. Excluding exchange awards, 151 George Crosses were gazetted between the years 1940 and 1979. Among Commonwealth decorations, the George Cross ranks second only to the Victoria Cross.

## 422 and 444 Squadrons Retire Colours

Winnipeg -- On 26 June, MGen L.W.F. Cuppens, Deputy Commander of Air Command, presided over the laying up of the Colours of 422 and 444 Squadrons in the atrium of the Bishop Building. The ceremony was attended by the Lt Governor of Manitoba, the Honourable Dr. George Johnson, and several senior Air Force officers.

422 Squadron was formed in April 1942 at Fermanagh, Northern Ireland, as a coastal patrol squadron, flying convoy escort

and anti-submarine patrols over the North Atlantic. It was disbanded in September 1945, when the war ended. Reformed in January 1953 as a fighter squadron, it served with distinction at home and in the Canadian Air Division in Europe until 1970. The squadron reformed in 1971 as a tactical helicopter unit until 1980 when it was disbanded and its Colours laid up at CFB Gagetown.

444 Squadron was originally formed as an air observation unit

in 1947 but was disbanded only two years later. Reformed in 1952 as a fighter squadron, it became a part of the Canadian Air Division in Europe in 1953 until disbanded once again in 1967. In 1972, it was reformed as a tactical helicopter squadron at Lahr. 444 was disbanded in 1991 at Lahr.

When the decision was made lay up 444 Sqn Colours at Air Command HQ Bldg, it was decided to bring home 422 Sqn Colours at the same time to be displayed in the atrium of the Bishop Building.

## Air Force Trivia



This is our last Trivia pic; any more out there?

### Trivia Answer

Hockey player in the centre is younger T.B. Rogers, now Colonel Rogers, Base Commander of CFB Comox.

# TOTEM TIMES

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# On & Off the Base

## 414 Sqn Stand-Up Parade 11 Sep 92



An address by the new CO 414 Sqn, LCol Cleland.

### CDs for Mark & Dan



Sgt Mark Mantley receives his CD.



A CD for Cpl Dan Mangan.

**NEXT DEADLINE 19 OCT  
NOON**



Parading the Squadron Colours



Inspecting officer was Base Commander Col T.B. Rogers.

### A CD1 for the CO

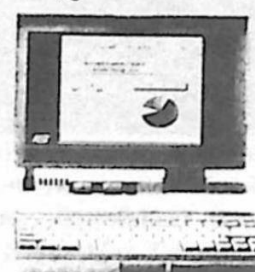


LCol Cleland received the 1st clasp to his CD at the Battle of Britain parade, BComd Col T.B. Rogers presenting.



MGen D.R. Williams, Comd Fighter Group HQ, addressed the parade.

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## BAMSO News

### Brake & Wheel

Hi, this is the Brake & Wheel story. To begin with, we are grieving the loss of a few good guys. The Comp Shop has seen many faces come and go but few with such enthusiasm, morale and camaraderie as was displayed by Sgt Jim Lafrance and Cpl Jonas Birstonas. After 25 years of Air Force duty and always pushing himself to be too busy, Jim finally opted for the FRP. During his final posting as supervisor, he transformed the Comp Shop to a highly enjoyable and productive work place. One thing I'll always remember about Sgt Lafrance was his frequent application of technical terms. He was famous for ensuring the "Doo Flickies" and "Whatsits" were serviceable. Thanks, Jim, for the terrific introduction to my career, and from all of us the best of luck to you; your wife, Angie; and son, Rob.

As for Cpl Birstonas, "Jay," well I suppose two years less a day in B&W is time served. Jay

has finally joined the Chopper Maintenance crew over at 442 and has since spent more time back in the Comp Shop than when he was posted here. You're a lucky guy, Jay, to get such an early parole; hope life on the outside is all you dreamed it could be. P.S. Join our coffee fund or stay away. P.P.S. Deliver us a pizza on your route and we'll let you hang around.

Now let's get to the Meet and Greet. I'll start with Sgt. Dan Beaudreau, posted in from CFB Cold Lake. Dan's an avid guitar player and insists on shouting out the name of the group playing on the shop radio before anyone else has a chance to. Other pastimes include keeping Ottawa on the line for hours, informing them of how things really are, and racing subordinates to the coffee machine, ensuring he's not there last, which means having to refill the pot. We all welcome you to the Valley, Dan and Sylvia; you'll love Comox.

Next is MCpl "Coffee Maker" Ken Reynolds, another Cold Lake refugee. MCpl Reynolds can be found each day brewing up a batch of "high test" long before the rest of us have even left from home. I had the opportunity to catch Ken prior to his early morning libation; he grunted out some inaudible daily salutation to me. Moments after his refreshing java fix, he was spinning from wheel to brake to varsol, etc. Keep that coffee brewing and welcome to the Valley from B&W and cousin Joe over at 414.

The newest of those posted in is a real celebrity, Cpl Richard "Hero" Mailhot. Rich has been graced with great musical taste, not only in his own mind, but rock star Phil Collins thinks so too. Our local Hero can be found hurling Ptes out of the grenade bay while he catches the frags. In Comox, Richard, we play baseball instead; it's really fun and SAFE; try it. We hope your luck stays with you, bud; if not,

pass it on to Larsen.

Pte James Larsen "ATAT Commando" has his QL4 exam around the corner. James isn't worried though, or he'd be studying. Good luck on you "how many hours of straight television can I watch" record. You'll do alright, James. Good Luck. Really!

Hey, what about Rick, you ask? Well, Cpl "Coffee" Rick Ries can be found waiting in the parking lot for his wife, Laurie, to end her bartending shift. I suppose it was during those patient months watching patrons that inspired Rick to become involved with the CF Drug and Alcohol program. He is now our official co-ordinator and is waiting for a lost soul to...co-ordinate? As our only hose manufacturer and tech with the most shop experience, I can say thanks, Rick, for all the help you've given us.

Last is me. I'm OK. Take care.

### NDT

Howdy, sports fans. I have the dubious distinction of bringing you all up to date on the happenings in the wonderful world of NDT. Since the last installment there's been a few personnel changes.

A heartfelt farewell to Bert Pelletier and Nancy Himsl. Bert left in July for T.O. where he'll be working on Young St. in the Technical Services department. Nancy took her release under the FRP program and is making her way to Moose Jaw with husband Trevor in tow. Good luck, Bert and Nancy.

The reign of command has now been left in the capable hands of newly-promoted John Stewart. (Shouldn't take us too long to break him in.)

Rick Franke has finally made it to the lofty ranks of MCpl, making his shop 2i/c. Guess there's hope for all of us. He'll need the extra cash for repair bills if he keeps backing his boat through the front window of his house.

Much of the insurmountable work load that comes our way

should now be alleviated with the two new additions.

Coming to us from C.F.E. where he spent the past four years is Todd Schneider. Their loss is certainly our gain. Tough luck, Todd, three hard-to-stomach postings: Comox, Baden and back to Comox.

The irrefragable Bill Cecchin and family pulled into our island paradise from weather-beaten Moose Jaw, just in time to take leave.

Everyone's fitting in just nicely. The biggest adjustment for Bill is the 63 stairs he has to climb every morning. (Stay away from that elevator.)

It's C.G.S.B. exam time again. Four of us are writing radiography exams later this month, so don't be surprised if there's a large cloud of smoke emanating from our shop, we're just studying up.

Well it's fig newton time, so for now, so long from the folks in NDT, and remember, it's Non-destructive Testing...NOT Nohin' Doin' Today!!

### IE & IS Labs

Another spring and summer has passed and fall is upon us.

With the summer leave over, the members of the IE/IS section are ready to get back to the business at hand. With the additional equipment brought to us by 414 Sqn, life has been interesting. Now that the posting season is over, we have some new additions to the shop. Our new IS Sgt is Sgt Doug Asbee. He arrived from CFB Edmonton. We also would like to welcome five new IE Corporals: Jamie Antle, posted in from CFB Gander; Greg Broadbent, from CFB Toronto; Rod Funk, from CFB Portage; Rick Levine, from CFB Portage; and last but not least, Kim Staples, from CFB Bagotville. Along with a welcome, Rod Funk received JLC course dates for the end of October. We hope all of our new people enjoy their tour in sunny CFB Comox.

### "Bonnie" Redux



"CANADA'S ONLY AIRCRAFT CARRIER"

A reader spotted this Calgary chopper on his travels in the U.S. We assure you this is a privatized flattop.

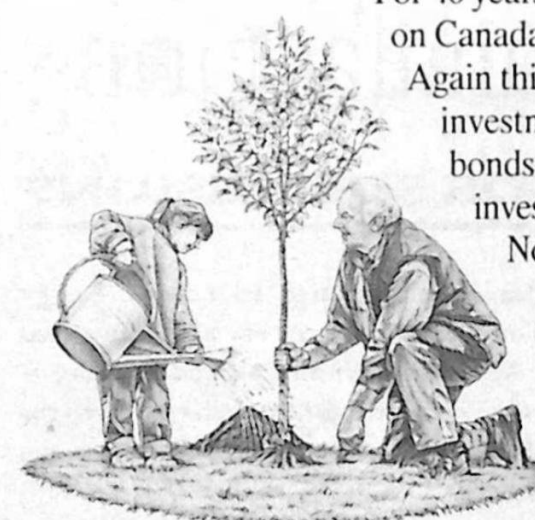
**NEXT DEADLINE 19 OCT**

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**Buy Yours From Oct. 19 To Nov. 2**

Canada





# Section News

From the Fire Chief's Office



## Home Smoke Detector Tips

continued

Smoke and deadly gases are hot, so they rise toward the ceiling, and that's where your smoke detector(s) should be - on the ceiling at least 4 inches from the nearest wall, or high on a wall, 4-12 inches from the ceiling. (If you have a high-pitched ceiling, mount the detector near the highest point.) The 4-inch minimum is to keep the detector out of possible "dead air" spaces, because hot air is also turbulent and may bounce so much that it misses spots right near a surface. Similarly, a detector should not be placed near an interior door, where air movement around the door frame might miss the detector, or near an outside door, window, or air register, where drafts might push smoke away from the detector.

In general, put your detector squarely in the path you think smoke would take if it were heading upstairs or through your home, toward your bedrooms. Protecting the bedrooms at night - where you are most at risk from a fire because you're asleep - is the top priority. The majority of fire deaths occur at night when people are asleep.

• What maintenance do smoke detectors need? If

your detector uses them, replace batteries according to the manufacturer's recommendations - but replace them at least once a year or when the smoke detector chirps, signalling low battery power. If you move into a new home, replace all the batteries at once. Make sure everyone understands how important it is to have working batteries in every detector - and how dangerous it is to remove detector batteries, even for a short time, for use in something else.

Besides battery maintenance, the other maintenance need is to keep your detector clean. Never paint the detector itself, and cover it if you are going to be doing some work near it that could put a lot of dust in the air. To take care of routine dust and cobwebs, vacuum or clean your detectors once a year - when you change the batteries so it's easy to remember - following the manufacturer's instructions on how to clean.

• Why is detector testing "sound advice?" A detector that isn't working is no better than no detector at all. It may even be worse, because it gives you a sense of being protected that isn't real. Testing your detector is

the only way to be sure your detector is working - and a working detector greatly reduces your chances of dying in a home fire, which makes regular testing very sound advice!

Unfortunately, officials estimate that about one-third of all home smoke detectors are not working, usually because of dead or missing batteries. Regular testing is the only way to make sure this doesn't happen to you. They recommend testing your detector once a week. If you test your detector once a week, you can't go more than a couple of days without detector protection. If you test it less often, you could go weeks or months with no protection. What if that's when you have a fire?

• What else? Know what to do if the detector ever does go off to signal a real fire. Develop and rehearse an escape plan - one with two ways out from every room, especially bedrooms. Have an outside meeting place arranged in advance so that if a fire does happen, no one will need to wonder whether everyone has gotten out safely. And rehearse your plan so everyone can be sure they'll be able to escape quickly if necessary.

## Child Ignites Mattress - Four Die

Three children and an adult died and five other people - including two fire fighters - were injured when a smouldering fire reignited in a mattress that was wedged in a stairwell. A child had ignited the mattress with matches.

The fire occurred in a two-family, wood-frame dwelling that measured 100 feet by 30 feet. There was an apartment on each floor of the 2-1/2 story building, and there were smoke detectors in the hallways near bedrooms. However, none of the detectors contained batteries.

An adult smelled smoke in the second-floor apartment and found a mattress burning in one of the bedrooms. The occupants extinguished the fire with tap water and, without notifying the fire department, tried to remove the mattress from the building.

As they were carrying it downstairs, the smouldering fire reignited. The mattress then became wedged in the stairway, blocking the exit. The fire grew and trapped four occupants on the floor above.

A neighbour called the fire department and fire fighters arrived soon after, but an adult and three children had already suc-

cumbed to smoke and heat exposure. Officials noted that "the fact that the occupants tried to extinguish the fire themselves, combined with a lack of batteries in the detectors, made a tragedy out of what should have been a routine mattress fire..."

All of the injured, including two fire fighters, sustained burns. Two of the three injured civilians also suffered smoke inhalation and the third suffered a sprained ankle.

Excerpted from Kenneth J. Tremblay's Firewatch column in the Sept./Oct. 1992 issue of the National Fire Protection Association Journal.

The theme of this year's Fire Prevention Week, held across Canada from October 4 to 10, is "Test Your Detector - It's Sound Advice."

In the late 1970s, smoke detectors were introduced to Canadians nationally. Programs were launched, encouraging individuals to purchase smoke detectors and install them in their homes to improve their chances for survival in the event of a fire. In the 1980s, the annual fire-related deaths had dropped to one-half the number of losses of the previous decade. Whether this

dramatic reduction was due solely to the smoke detector program is unknown; however, we do know that smoke detectors save lives.

Today, most fire services have programs in place which encourage PMQ residents and homeowners to carry out regular inspection and maintenance of their smoke detectors including changing of the detector's battery annually, and the regular testing of the unit's alarm system.

PMQ residents and homeowners are encouraged to replace older models of smoke detectors which they have purchased with newer, more sensitive models. Some units manufactured in the 1970s have a lower sensitivity factor than those produced today, and their detecting mechanism may be functioning at a much reduced level, due to age.

Every effort possible must be made to reduce the tragic loss of life caused by fire and to increase the public's awareness of the procedures they can practice to assist them in times of emergency.

Fire Prevention Week Fun Page For Kids

### FIND AND CIRCLE THE WORDS

Find these words: two smoke fire plan neighbor's story

S F G S M O K E S  
P I A S C Y L R T  
A R J N Z U O K A  
R E U L X B N H Y  
K W R Y H O R I L  
V E Z G L P F T V  
N T I C H E K W R  
R E V X M D N O P  
N O X P L A N A Q

### USE THE WORDS YOU FOUND TO FILL IN THE BLANKS

Develop a home escape \_\_\_\_\_ with the entire family. Know \_\_\_\_\_ ways out of each room. Know what the \_\_\_\_\_ detector sounds like and what to do if you hear it. Learn to call the \_\_\_\_\_ department from a \_\_\_\_\_ home. Once out, \_\_\_\_\_ out!

NATIONAL FIRE PROTECTION ASSOCIATION - ONE BATTERYMARSH PARK - P.O. BOX 9101 - QUINCY, MA 02269 - (617) 776-3000

Know how to deal with nuisance alarms without losing detector protection. If you have a problem, try switching to a different type or brand of smoke detector or try adjusting the position of the detector to get away from cooking fumes, steam from bathrooms, and any of the other air movement problems cited earlier.

Finally, if you've finished

reading these articles and you're already doing everything right, think about the next step beyond smoke detectors - home fire sprinklers. Even a home with complete smoke detector protection can achieve a major additional reduction in fire risk with home sprinklers, which are now surprisingly affordable and aesthetically unobtrusive. Contact your local fire department for more details if you're interested.

LEGISLATIVE ASSEMBLY OF BRITISH COLUMBIA

## Lumber Remanufacturing

### CALL FOR SUBMISSIONS

The Select Standing Committee on Forests, Energy, Mines and Petroleum Resources has been authorized by the Legislative Assembly of British Columbia to examine, inquire into and make recommendations with respect to the availability of lumber to remanufacturers in the province, and in particular, to consider:

- 1) the lumber supply requirements of the remanufacturing sector; and
- 2) the barriers or impediments to increasing the supply of lumber to the remanufacturing sector.

The Select Standing Committee invites submissions with respect to all matters relating to the availability of lumber to remanufacturers. Written submissions will be accepted until October 23, 1992. Public hearing locations and dates to be announced.



Mr. Corky Evans, MLA  
Chairperson

### PLEASE SUBMIT TO:

Ms. Brenda M. Fraser  
Committee Clerk  
Room 224  
Parliament Buildings  
Victoria, British Columbia  
V8V 1X4

Telephone: (604) 356-6318  
(call collect)  
Facsimile: (604) 356-8172



## From Behind the Steam Lines

Well, the summer has come and gone, and the B.C. liquid sunshine has started to shine. A warm welcome to all the new and returning folks to the Valley. Things behind the lines have been busy lately, but not busy enough to not have a party. A meet and greet was held 18 Sept to welcome some new members and to bid a fond farewell to a very special friend. We welcomed MCpl Steve Seymour from 437 Sqn in Trenton, where he was flying and cooking with some VIPs, and now he is walking and cooking for some VIPs in the Combined Mess. Steve is from the Valley and we wish him luck with his posting here. Also joining us is Pte (almost Cpl) Frank Szabon from Esquimalt. He joins us from HMCS Huron. The SgtMaj is some happy that both of these guys are of the brown persuasion. You got to love the Army. Before the dancing and fun, we had to say goodbye to a close friend of all the staff at Base Foods. Mrs. Loretta Edens retired after 19 years of public service and the last 6 years here at Comox. We wish her all the best and much comfort on her new chair and footrest. Mrs Edens will always be remembered as the lady with a heart of gold. Take care, Loretta, from all

your friends at Base Foods. The party shifted into high gear and all had some fun, some more than others. There was a strange sound coming from the stage during the night, and I think it was to the tune of "I Got Friends in Low Places." Nice try, Al. The party went according to plan 7A, and we are awaiting the Christmas party for a retake of some of the performers. (Yeah, party all night and work early shift the next morning, and you know that kidney pie is on the menu!)

A new addition to the staff is in the form of a new little boy for Pete and Sue Mott. Mom and baby are doing just fine; no word yet on how Peter is doing. Congratulations!

Well, that's about it for now from behind the lines; take care and don't burn the bacon.

P.S. It's never too late to plan your Christmas party.

P.P.S. The joke of the week as told by the old guy from Victoria (MWO):

"Did you hear that someone stole all the toilet seats from the MP's cell block? And they don't have anything to go on."

I bet I pay dearly for that one. Bye for now.

The Happy Cooker

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**BChydro**

# Section News



## The Busy

Greetings from the CE Section. It has been some time since our last attempt at an article but we have now forgiven the Totem Times staff for their "faux pas." (It was published under "Supply Signals"...Ed.) We hope to let you know, on a regular basis, how things are going on the Base from our point of view.

APS 92 is almost complete for us now. Our numbers have been reduced due to the FRP, postings and retirements. Now we are back on track and working hard (as usual) again.

Those who opted for the FRP this year were: MWO Adlam, MWO Annesley, MWO Harwood, MWO Perry, WO Hofman, WO Mason, WO Moore, WO Oakley, WO Reidlinger, MCpl Harlock, MCpl Parsons, MCpl Wilkins, Cpl Dupuis, Cpl Luj, Cpl MacIntyre, Cpl Mitchell and Cpl Waddell. Posted out are: Capt Mercer to AIRCOM, Sgt Crookes to Borden, Sgt Delisle to Montreal, MCpl Beazley to Ottawa, MCpl Coté to Chilliwack, MCpl Greffell to Cold Lake, MCpl Limoges to Cold Lake, Cpl Court to Edmonton, Cpl Deics to Halifax, Cpl Dunn to Chilliwack, Cpl Landry to Ottawa, Cpl Leist to Borden, Cpl Robertson to Borden, Cpl Simard to Halifax and Cpl K. Smith to Esquimalt. Those who officially retired are MWO Shannon and Sgt Mott.

I'm sure that everyone mentioned will be missed in his/her own special way. Those that "retired in the area" will probably still poke their noses back in the door to see how things are going without them.

This summer also saw the passing of the torch in a few of the shops as three civilians also retired. Farewell to Mr. Bob Clarke from the Electrical Shop after 22 years of service to DND, to Mr. Norval Windley from the Roads and Grounds Shop after 18 years of service to DND, and to Mr. Jim Wilson from the refrigeration/Mechanical Shop after 11 years of service to DND. Thanks to you for your time and dedication.

On the other side of the coin, welcome to all the new people posted in. They are: Capt Taylor from Goose Bay, MWO Christie from Portage la Prairie, MWO Coté from Lahr, MWO Grondin from Wainwright, MWO Marshall from Baden (getting more grey hair by the day because he's building his own home), WO

## Beaver

Manktelow from Chilliwack (she's still travelling back and forth to see her family on weekends), WO Alley from Edmonton, PO1 Derrah from Shearwater, Sgt Blake from London, Sgt Forrestall from Portage la Prairie, Sgt Trenholm from Trenton, Sgt Desruisseaux from Portage la Prairie, MCpl Newell from Halifax, Cpl Allaby from Greenwood, Cpl Crossman from Goose Bay, Cpl Duval from Lahr (he's not on the ground until Dec 92) and Pte Datchko from Portage la Prairie. (It's a good thing Portage is closing because I think we have all their fire fighters.) We also have 2Lt Frigault with us on OJT until Nov when he starts Phase IV training in Chilliwack.

Enjoy your posting to Comox. From what I've been told, there are worse places to be in the world - but very few nicer.

If all those names don't leave your head spinning, give one of us a call and we'll make sure it is before you hang up. But seriously - if you have a question about some ongoing work, or something just broke and you want it fixed, please call. "Our intelligent and highly skilled personnel are eager to serve you!"

Until next time, Chimo!

## CD for Gerard



BtSO LCol King presents MCpl Gerard Flynn (BCEO) with his CD.

## C.A.P.'s Career Advancement Programs

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Week Ending 19 September

10 Top Paperbacks

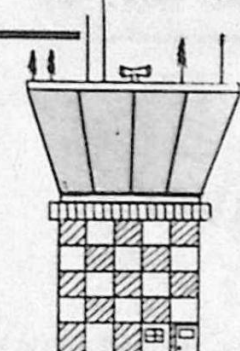
- |   |                                  |                                 |
|---|----------------------------------|---------------------------------|
| 1. Murder & the Walking Spirit.....Davies | 4. The Killing Ground.....Reeman | 7. Elephant Song.....Smith      |
| 2. The Novel.....Michener                 | 5. Night Over Water.....Follett  | 8. Don't Say a Word.....Klavan  |
| 3. For All Their Lives.....Michaels       | 6. Piranha!.....Robbins          | 9. A Palace Affair.....Parker   |
|   |                                  | 10. Night of Masks.....Salvador |

**NEXT DEADLINE 19 OCTOBER  
NOON**

**NEXT DEADLINE 19 OCTOBER - NOON**



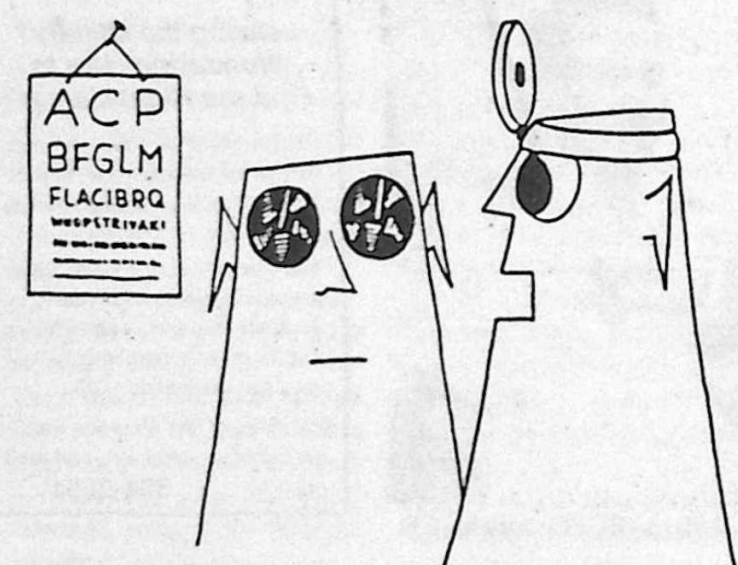
# Section News



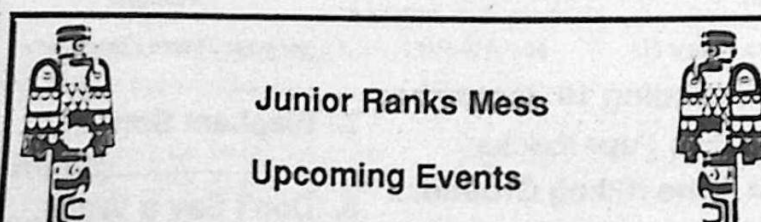
## As the Beacon Turns

Well, hello again, Beacon browsers, and welcome back to ATC's version of "I Heard It Through the Grapevine." With autumn in full swing here in the Valley, "Colours" are the theme of things for this edition of the Beacon. In the "Red" department, Lt Clement displayed an unusual shade of rouge lately after pedalling to work one morning. A flat tire at the main gate temporarily grounded her steel steed but thanks to a borrowed beceeclette, she retrieved our airspace with time to spare. Way to go, Brigitte! Another two-wheel incident involved our Pat "Road Rash" Leonard. It seems that while collecting a grand rate of knots down Ryan Hill, Pat's "speed adjustment" to avoid another biker didn't work out as planned, resulting in both of them meeting Mr. Terra Firma! Ouch!! (Hey, Pat, try the "trombone" method next time.) The colour "Green" was in fine form the morning after for those who attended Bill and Jim's housewarming bash a while back. For those who couldn't make it that night, you missed meeting Bill's "land bat," a rare species indeed. Everyone had a ball. (Too bad you couldn't make it, Jim. Hee, hee.) "Master Master" Cpl Pete Wooldridge represented the "Orange" of the season with his newly acquired "pumpkin" ribbon after returning from his Middle East tour. Welcome back, Peter. (It's amazing how many

people can fit into a mobile home. Yuk, yuk.) A certain terminal controller's colour "Varied" recently while briefing a group of luring AFIS students. After pointing out the "true" fact that Vancouver Island runs primarily East-West vice North-South, a discrepancy of some "degree" erupted, causing quite the debate! To make a short story shorter... "Does 22 deg East ring a bell, Dave?" Hallowe'en must be just around the corner 'cause some strange things are happening around Ye Ol' Steel Tree-Fort lately. With that in mind, a couple of colours not normally associated with the fall hue finishes off this kaleidoscope of Beacon blurb. There's been some recent night sightings of a "Black and White" cat-like creature prowling the tower cab. Coincidentally, these sightings only occur when Christien Gagnon is on duty. Hmmm! You wouldn't know anything about this, would you Christien? Speaking of Hallowe'en, it's that time again to brush off those costume cobwebs for our annual "Black 'n' Orange" house party! Al Munday won't be able to host this year's hang-over 500 so we're looking for volunteers! Anyway, that about does it for another episode, Beacon fans. Until next time... "Death before Miss-ident!" P.S. The decision height for a PAR approach on top of Mt. Everest would be... flight level 300? Hmmm.



"It would appear that you should change to Tower duties for a while."



### Junior Ranks Mess Upcoming Events

Friday 16 Oct - Octoberfest with Band "Brave Waves"  
Friday 30 Oct - Hallowe'en Dance with "Much Music"

## 442 Squadron



Runners and support personnel pictured L-R, Top Row: Dana Getz, Capt Frank Ross, Capt Doug-Roddick, MCpl Paul Kowatch, LCdr Mark Guillory, LCdr Mark Feldman, Elaine Feldman, MCpl Tony Issacs, Sue Mandela. Bottom: Cpl Sean Morris, Klaudia Leccesse, Lt(USCG) Rudy Holm, EMC Steve Mandela.

## Klondike Trail of 1898 Road Relay

In 1898, gold was discovered in the Yukon Territories, which started what is now known as the "Great Gold Rush." As a result, thousands of miners, speculators, and other daring people traveled through the treacherous terrain in search of fortune and adventure.

In keeping with this spirit, the Tourism Association of the Yukon established a road relay to commemorate the event. The 110 mile course starts in Skagway, Alaska at midnight and follows the highway through British Columbia before finishing in Whitehorse, Yukon Territory the following afternoon. There are four categories for the 10-person

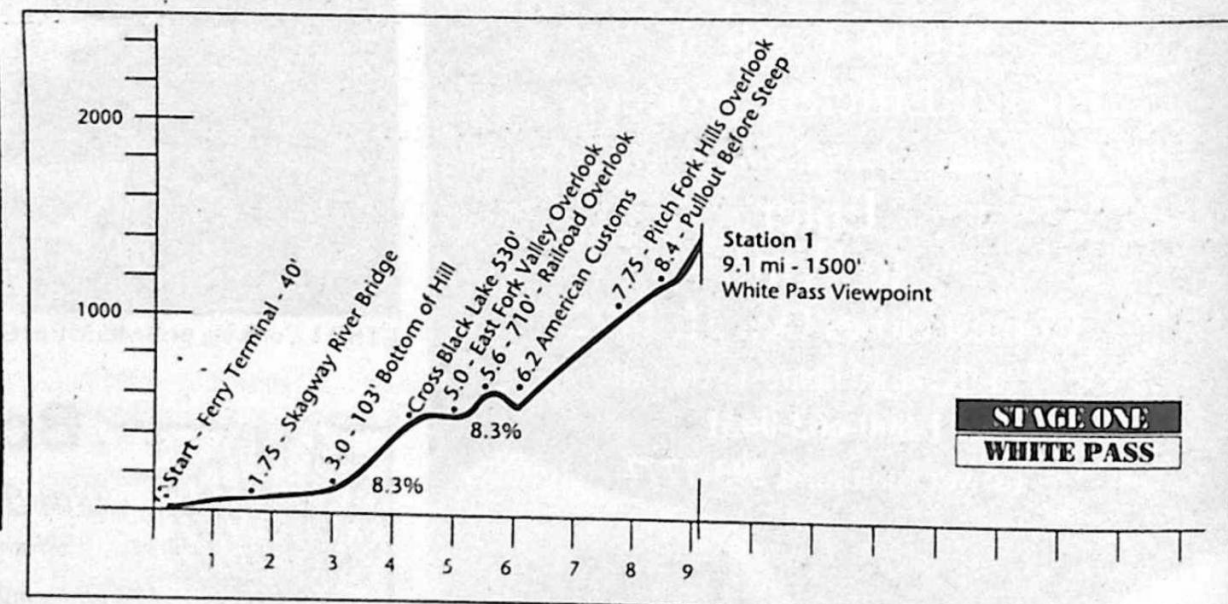
teams: female, male, mixed, and masters. The race is normally held mid-September, with this year being the tenth annual event.

This year a joint Canadian/U.S. team of Search and Rescue personnel accepted the challenge, with six members of 442 Sqn combining forces with U.S. Coast Guard Air Station Sitka, Alaska personnel. The team was named "The West Coast Lifesavers," and with the help of several support people to assist the runners, the race was on.

I won't discuss the individual triumphs and hurdles each runner faced, but running at night, in temperatures below freezing,

with wind and snow in your face, makes this a race for people with strong wills and plenty of backbone. All team members finished their grueling legs, and the team placed a very respectable 13th out of 78 teams. (A significant achievement considering the caliber of competition, which included professional running clubs.)

The historical significance of the route may have been momentarily forgotten as runners gutted out their portion of the race through steep mountain passes and past emerald-coloured lakes, but the comradeship of the "West Coast Lifesavers" team will long be remembered.



The Ladies Auxiliary of 888 (Komox) Wing of the RCAFA are hosting a "Shop Til You Drop" trip to Bellingham on November 3, 4 and 5. The cost for the trip is \$110.00 per person (double) and includes bus transportation from Comox and hotel accommodation. Any interested ladies should contact Joyce at 339-5485.



## 407 Squadron

Ahh, Fall. The kids are back in school, the leaves are assuming their autumn colours, a prelude to their imminent plunge to earth; sure signs that winter is on its way...at least it is in Greenwood. Fall also marks the return of this greatly anticipated, widely read column.

The summer came and brought with it many events: a change of command, Rimpac, the Airshow circuit, a great many mugshots, the annual posting season, and holidays.

Canada's finest ASW Squadron bids a fond welcome to Lt.Col and Mrs. Kendall and to the many other new Demons. We trust your tour here will be enjoyable and fulfilling.

Rimpac was a smashing success for all who participated, even for Capt. George "the safecracker" Roth. It seems George was confounded by the new Canadian-proof safe, featuring a handle that falls off when touched by anyone who smells of sheep dung and hails from the flatlands of Alberta.

Capt Brian Clancy, Rimpac's Deputy Det Commander (DDC), managed to singlehandedly seek out all of the Woodworking supply houses in the Western U.S. We

understand that he set up a portable shop in his single room to whittle away the few minutes of spare time he must have had each day. On future detachments he will only book rooms in hotels that feature complementary woodworking facilities. No, Brian, ASW does not stand for "All Shopping and Woodworking."

In his capacity as DDC, Brian was responsible for sonobuoy management. Little wonder, then, that he almost had a nervous breakdown after it was reported that Capt. Reg "Dr Pepper" Plourde singlehandedly deployed a third of the deployment's allotment of Difars on a single mission. Funny thing about sonobuoys, though - they don't detect subs too well while sitting in a rack on the aircraft.

The summer also saw the departure of many Demon veterans. Ah, yes, the beck and call of 407 DET MP&T 404 Sqn. Maj Vic McPherson, Captains Kevin J. Beaulne, Marc Bouchard, Mike Palmer, Bruce Schoettler, and Sgt. Gary Michellthwaite are firmly ensconced in their new pedagogical positions and will find themselves amongst friends. To them,

and all who departed the squadron this summer, good luck. P.S. Save some of us a desk!

Capt Mike "Mr. Saturday Afternoon" Bell is moonlighting at Yuk Yuks in Vancouver. Mark Breslin, founder of the nationwide comedy chain, discovered our own Capt Mike standing on a soapbox located at the corner of Granville and Burrard, abusing pedestrians by repeating the same joke ad nauseum until they paid him to stop. Mike will be opening for the Atomic Comic, every Thursday in October. Get your tickets now.

Capt Roscoe P. Potts has been voted "the Nav most likely to save the environment" for his sadistic desecration of the lawn of a former friend. Having just purchased a new home, he is looking forward to having his neighbours over for a house warming party. Why not invite some of your "army buddies," Ross?

Much to the dismay of Crew 2, it seems that autumn is also the preferred season for hurricanes in the Aloha state. It's a well known fact that all Costcos are only built to withstand gale force winds, so it's just as well y'all came home.

Fall also marks the end of reruns and a whole new season of

### MSE Safety



## Staying on the Road

### A few words about skids

The folks who make horror movies understand an important fact about all of us. They know we're afraid of what we don't understand. Because most drivers don't understand skids, they are afraid of them. Simply stated, a skid happens when your tires lose their grip on the pavement. And while a skid can be dramatic, it doesn't have to be dangerous.

Think about it: the only parts of your car that touch the road are the tires. And only a small bit of each tire touches at any given moment. So four "contact patches," whose total area is about the size of an 8-1/2" x 11" sheet of paper, are all you have to persuade a lot of steel, glass and rubber to do your bidding.

Pointed straight ahead, your tires can use their grip for accelerating or braking. They can also use their grip for cornering. Or, they can do some of each at the same time. But they can't do a 100 per cent of both at the same time. For example, you can't get maximum braking at the same time as you get maximum cornering. When you ask your tires to do too much of two different things, a skid is the result.

**The front-wheel skid**  
It's a familiar feeling: you approach a corner too fast on a slip-

pery road and instead of turning when you turn the steering wheel, the car plows straight ahead. Even though you have turned the front tires toward the corner, they are sliding along on the road and the car continues straight ahead. Although the car probably didn't give you any warning, drivers may notice a "numbness" in the steering as soon as a front-wheel skid begins.

(Drivers sense this skid first. They know what they've asked the car to do, and quickly realize it isn't responding. Passengers often don't sense the problem until it's obvious the next event will be a collision.)

Front-wheel skids are most prevalent in front-wheel drive cars.

**What to do?**  
The first thing most people do in this situation is the *wrong* thing: they step on the brake! If your front tires can't handle the job of turning, they certainly aren't up to the task of turning AND stopping!

First rule: don't touch the brakes. (It's okay to have your foot poised over the brake pedal, ready to apply the brakes if all else fails. But that's only as a last resort.) There is a good chance you would lock up the wheels if you touched the brakes now be-

cause tires skid easier when the wheels are already turned.

Here, we go back to an early lesson: once you have locked the wheels, you have given up any chance of steering the car, and you will need to steer to recover from the skid. With the wheels locked, you are going to go straight ahead, and the only question that remains is whether you will stop before you clout something. Don't touch the accelerator! You got into this problem by going too fast for the conditions, and more speed will just make matters worse.

Second rule: patience. True, it's hard to be patient when you are sliding directly at something hard you'd really rather avoid. But the fact you are "skidding" the front wheels will help slow the car to the point where the front tires *can* regain their grip. And although it's hard to believe when it's happening, there is time to work on a solution between the instant you detect the problem, and contact with something solid. Start with steering.

Third rule: less is more. You got in trouble with steering, and making the corner sharper by turning more is only going to make matters worse. Any steering should be very gentle. Some experts advocate straightening

the wheel - just for an instant - to let those over-worked front tires regain their grip on the road. Then they resume steering - very gently. As they say on TV, this is a technique for experts; don't try this at home, kids!

Rule four: look where you want to go. "If you look at an obstacle, you'll hit it." Don't stare at that guard rail looming up in front of you. Look at where you want the car to go: it's a fact your hands will follow your eyes, and when you look at the escape route, you'll steer toward it.

Finally, the Golden Rule is don't give up! Keep trying to rescue yourself. Until the moment of a collision, there is always the hope you can recover from the skid. And at the very least, even if you come to rest abruptly against something hard, you will have the satisfaction of knowing you tried your best and didn't give up the fight!

**The rear-wheel skid**  
If you have ever seen a car chase scene on television, chances are you've seen a rear-wheel skid. Trained stunt drivers do this for money. When you are driving, it can surprise you in one of two ways. Most often, it is the result of accelerating too hard (or too quickly) coming out of a corner in a rear-wheel-drive car.

In this case, the rear wheels can't do the two jobs of cornering and accelerating, and they start to spin. When they spin, the car begins to slew sideways, toward the *outside* of the corner. You may have heard it described as "fishtailing."

A rear-wheel skid can also happen in any car when braking while the car is cornering. Here, the rear brakes lock up - the front brakes do not - and the rear of the car skates off in another direction.

**What to do?**  
Again, *don't* touch the brakes. You want your tires to do *one* job very well, and that job is cornering. The brake pedal won't help. Nor will the accelerator: try to keep a constant speed.

In fact, the tool you need most is already in your hands. It's the steering wheel.

When you first learned to drive, you were probably told, "Steer in the direction of the skid." Alas, you probably *weren't* told what that meant. And in the moment it took many novice drivers to figure out what direction the skid was going the first time it happened, they were off the road.

Here's a better rule. "Look in the direction you want to go, and then steer there."

Continued on page 13

# Section News

## A Set of Hooks for George



Cpl George Nijjar, 407 Armt Section receiving his stripes from Lt Col Kendall, 407 Sqn CO. (Don't worry about the money, George, as we have already told Brenda.)

TV treats. Capt Ray Demoor, who has modelled his persona and his sideburns on those of Luke Perry of Beverly Hills 90210, is reported to be upset that Luke has declared sideburns passé, preferring instead to grow his nosehairs and braid them. We wonder if Ray will follow suit.

The past few months have brought many new Demons (I know what you're thinking, Rob) into the world. Congratulations to Hal (the Maj) and Janet Hynes, Rick and Annette Ihaksi, Mike and Laurette Subchak, George and Elana Roth, and Dale and Yvette Harlos on the births of their bouncing bundles of joy. Pregnancy is very much en vogue at the Squadron. Ernie (a.k.a. Mr. Virility) and Leslie Romans are expecting (unexpectedly) triplets.

Ernie is reported to be overjoyed that Tyler will now have several new playmates. John and Lynn Brennan are also expecting; John denies this has anything to do with fact that he lives next door to Ernie. Since when is pregnancy contagious?

Speaking of new arrivals, the Squadron has just given birth to a Major. Congratulations are in order for Major Fred "gigabucks" Reed. Aren't Autumn babies wonderful?

'Nuff said!

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DRUG.  
Protect your children.  
BREAK FREE**

# NEXT DEADLINE 19 OCTOBER - NOON



# On the Base

## Battle of Britain Parade - 20 Sept 1992



Col T.B. Rogers, Base Commander, CFB Comox

### Battle of Britain Parade



Escorts to the wreath-layers: MCpl Simpson, MCpl Kester, MCpl Schusztz, MCpl McMahon, MCpl Surch, MCpl Race and MCpl Dasilva.

## Base Commander's Battle of Britain Address

The RCAF presence overseas was represented by 48 squadrons in most major roles - day and night fighter, fighter intruder, tactical reconnaissance, anti-shiping, anti-submarine, strategic bombing, fighter bomber and transport.

Three types of Canadians served in the Battle of Britain: members of the RAF; members of the RCAF serving in RAF units; and members of the RCAF serving in RCAF units.

No. 1 (Canadian) Squadron, later renumbered No. 401 in a program to distinguish RCAF units from British ones, was the first RCAF formation to see action. A mixture of pre-war permanent and auxiliary pilots, it did not have an auspicious debut - its first victims were two RAF Blenheims shot down by mistake. However, the Squadron quickly redeemed its honour in the Battle of Britain.

A tour on fighters averaged about 100 sorties, which might require six to eight months to complete, depending on the intensity of air operations. Between sorties, the pilots were kept busy with non-operational flying. The pilots still found time for leisure, outrageous pranks and relations with their British hosts.

On the ground they may have seemed irresponsible youths; in the air it was kill or be killed, and everything was very businesslike. Fighter action held the promise of sudden, unexpected and brief battle. Whether one was jumped or caught the enemy, the dogfight was intense, confused, yet sometimes structured. Squadrons and flights might break in all directions, but hopefully each element leader, intent on attacking an opponent, would have his wingman close at hand, covering his tail and warning of any approaching enemy. Some of the best fighter pilots shot down no aircraft at all; their successes were the survival and safe passage of their element leaders through combat.

What was at stake in the summer of 1940 was the defence of

the British Isles and the task would mainly devolve upon the RAF's fighters. The Germans would also have to cope with Britain's ground defences - most notably radar.

In the plotting room, members of the Women's Auxiliary Air Force (WAAFs) moved aircraft symbols across a giant chart of the area under radar surveillance, according to reports coming in from the coastal stations. Supplementing these reports were others telephoned in by members of the Observer Corps, watching the skies from hill tops, church towers and other vantage points, and RAF battle dispositions would be made. Another invaluable aid besides radar existed - the British had acquired a machine that enabled them to break the complex German code; thus they could estimate the Luftwaffe's intended targets and the numbers of aircraft that were involved even before the planes left the ground.

By this time their strength had been brought up to 640 combat-ready front-line fighters - most of them Hurricanes and Spitfires. The Luftwaffe counted 824 fighters. However, the chief target of the RAF's fighter planes would be the Luftwaffe's bombers; the total number the Germans had available was 1,191.

To the RAF, pilots were more valuable than planes, for they were in even shorter supply. As RAF commanders studied the gaps in their ranks, they did some urgent rethinking. Within days, they had abandoned tight formations and were trying out new tactics, taking over many of the Luftwaffe's methods.

As ships brought out the Stukas, British Spitfires and Hurricanes swooped down on the lumbering dive bombers. But Me-109s were waiting thousands of feet higher up. They would dive to the attack, surprising the RAF fighters while they were busy with the Stukas. Thus began the clashes between fighters that were the heavy peices in the struggle; on the outcome of their

dogfights would depend the next phase of the war. In this spectacular contest, which painted wildly swirling vapour trails all over the sky, most pilots in both air forces were now on alert for more than 12 hours each day, awaiting orders to scramble - as many as four sorties a day - patrolling for an hour and a half at a time. The most dangerous part of the sorties, the dogfights, rarely lasted more than 10 or 15 minutes.

The Germans were out to facilitate a transfer of ground troops across the Channel, to invade the country and finish the war.

The British were trying desperately to prevent the Germans succeeding in their preparations for an invasion...by denying them control of the air. Radar was not always infallible, however. RAF pilots found that though it pinpointed the enemy's distance from them, it often underestimated the plane's height, sometimes by as much as 5,000 feet.

As to the RAF, it had more front-line fighters at the end of July than at the beginning; in this one month alone, British aircraft workers had produced 496 fighters - four times the number turned out in a typical month before Dunkirk.

As a code name for the all-out air assault on Britain, the German high command chose Adlerangriff, or Eagle Attack. And so on August 8, Air Marshall Dowding issued an Order of the Day to members of Fighter Command: "The Battle of Britain is about to begin. Members of the Royal Air Force, the fate of generations lies in your hands."

Because of the over-optimism of his intelligence reports, he did not know Eagle Day's real losses: 13 RAF fighters had been shot down as against 23 Luftwaffe bombers and 11 Luftwaffe fighters. The Luftwaffe had miscalculated the balance of its profits and losses. Yet the British radar system was vulnerable in a

special way: its personnel were largely unprotected. The operators of this invaluable defensive cordon were members of the Women's Auxiliary Air Force, who worked near the radar towers in flimsy wooden huts, built above ground and so hastily camouflaged that they were easily visible.

But both sides were shaken by the extent of their losses, both of planes and pilots. Many of the German planes that were shot down had crews of three or four, while of the British, many planes were single-seaters. The pilots on both sides were now living a strange life. From dawn onwards they hung around the airfield listening for the bell that would signal them to scramble. But these were 15 minutes in which a man lived or died, got his skin burned off or his arm blown away, ended up in the drink, walked home from a wreck, or swooped down in triumph to report a victory.

In the four days starting August 15, the RAF shot down 194 Luftwaffe planes - actual, not merely claimed - and these were heavier losses than even Goering was prepared to bear. Fighter Command was now reaching the point of exhaustion and worry about the ability of its personnel to keep up with demands now being made of them. Fighter Command was now 200 pilots short, and those who were still able to fly were on the verge of exhaustion. They had managed to inflict more losses each day on the Luftwaffe than were inflicted on the RAF. But the balance of scale might shift at any moment. On August 31, the RAF Fighter Command had its worst day. For the first time since the Battle of Britain had begun, fewer German planes had been destroyed during the course of the day than the RAF had lost. Hitler maintained his standing order that the Luftwaffe's bombers were to avoid metropolitan London. The lead planes, which were flying on radio beams, were followed by others that were not so equipped.

On the run-in to the targets, two of these planes lost visual touch with their radio-equipped pathfinders and strayed on beyond the main attack pattern. They jetisoned their bombs, turned east and raced for home. As it happened, they were over London itself when they unloaded their bombs. After a repeated raid on Berlin, Churchill immediately gave the instructions that the RAF keep hitting Berlin until the Germans reacted. At long last, Hitler had been goaded into changing the basic strategy of the Battle of Britain.

The Air Ministry had issued a curt warning to all RAF Commanders: Invasion Alert No. 1. This was top priority alarm, signalling the expectation that the German army itself would be launched in a seaborne infantry attack against England sometime within the next 24 hours. In round-the-clock raids over the next seven days, 2,000 Londoners died and more than 10,000 were wounded or entombed in rubble. The Germans' concentration on the capital had the immediate effect of taking the pressure off Fighter Command's airfields and supply factories. It also enabled the RAF to hit back at the enemy hard enough to hurt, because now the British knew where the Luftwaffe was focusing its attacks and could be ready and waiting.

Sunday, September 15 was henceforward to be known in RAF annals as the Battle of Britain Day. About 400 bombers, as well as 700 fighters, were involved, sweeping in thickening numbers toward the British capital. Fighter Command sent up its own maximum force - 24 squadrons - and 22 of them, nearly 300 planes, were soon dogfighting with Me-109s or inflicting mayhem on the Dorniers and Heinkels. The clashes continued all day, until the sky was crisscrossed in every direction with vapour trails. The turning point had certainly been reached, but not in the direction

# The Charlottetown Accord

1.

## FEDERAL REFERENDUM

October 26, 1992



## RÉFÉRENDUM FÉDÉRAL

26 octobre 1992

Do you agree that the Constitution of Canada should be renewed on the basis of the agreement reached on August 28, 1992?

YES

NO

OUI

NON

Acceptez-vous que la Constitution du Canada soit renouvelée sur la base de l'entente conclue le 28 août 1992 ?

\* marks in the text indicate the areas where the consensus is to proceed with a political accord.

## UNITY AND DIVERSITY

### A. People and Communities

#### 1. Canada Clause

A new clause should be included as Section 2 of the Constitution Act, 1867, that would express fundamental Canadian values. The Canada Clause would guide the courts in their future interpretation of the entire Constitution, including the Canadian Charter of Rights and Freedoms.

The Constitution Act, 1867, is amended by adding thereto, immediately after Section 1 thereof, the following Section:

"2. (1) The Constitution of Canada, including the Canadian Charter of Rights and Freedoms, shall be interpreted in a manner consistent with the following fundamental characteristics:

"(a) Canada is a democracy committed to a parliamentary and federal system of government and to the rule of law;

"(b) the Aboriginal peoples of Canada, being the first peoples to govern this land, have the right to promote their languages, cultures and traditions and to ensure the integrity of their societies, and their governments constitute one of three orders of government in Canada;

"(c) Quebec constitutes within Canada a distinct society, which includes a French-speaking majority, a unique culture and a civil law tradition;

"(d) Canadians and their governments are committed to the vitality and development of official language minority communities throughout Canada;

"(e) Canadians are committed to racial and ethnic equality in a society that includes citizens from many lands who have contributed, and continue to contribute, to the building of a strong Canada that reflects its cultural and racial diversity;

"(f) Canadians are committed to a respect for individual and collective human rights and freedoms of all people;

"(g) Canadians are committed to the equality of female and male persons; and

"(h) Canadians confirm the principle of the equality of the provinces at the same time as recognizing their diverse characteristics.

"(2) The role of the legislature and Government of Quebec to preserve and promote the distinct society of Quebec is affirmed."

"(3) Nothing in this Section derogates from the powers, rights or privileges of the Parliament or the Government of Canada, or of the legislatures or governments of the provinces, or of the legislative bodies or governments of the Aboriginal peoples of Canada, including any powers, rights or privileges relating to language and, for greater certainty, nothing in this Section derogates from the aboriginal and treaty rights of the Aboriginal peoples of Canada."

#### 2. Aboriginal Peoples and Canadian Charter of Rights and Freedoms

The Charter provision dealing with Aboriginal peoples (Section 25, the non-derogation clause) should be strengthened to ensure that nothing in the Charter abrogates or derogates from Aboriginal, treaty or other rights of Aboriginal peoples, and in particular any rights or freedoms relating to the exercise or protection of their languages, cultures or traditions.

#### 3. Linguistic Communities in New Brunswick

A separate constitutional amendment requiring only the consent of Parliament and the legislature of New Brunswick should be added to the Canadian Charter of Rights and Freedoms. The amendment would entrench the equality of status of the English and French linguistic communities in New Brunswick, including the right to distinct educational institutions and such distinct cultural institutions as are necessary for the preservation and promotion of these communities. The amendment would also affirm the role of the legislature and government of New Brunswick to preserve and promote this equality of status.

### B. Canada's Social and Economic Union

#### 4. The Social and Economic Union

A new provision should be added to the Constitution describing the commitment of the governments, Parliament and the legislatures within the federation to the principle of the preservation and development of Canada's social and economic union. The new provision, entitled The Social and Economic Union, should be drafted to set out a series of policy objectives underlying the social and the economic union, respectively. The provision should not be justiciable.

The policy objectives set out in the provision on the social union should include, but not be limited to:

- providing throughout Canada a health care system that is comprehensive, universal, portable, publicly administered and accessible;
- providing benefits to ensure that all individuals resident in Canada have reasonable access to housing, food and other basic necessities;
- providing high quality primary and secondary education to all individuals resident in Canada and ensuring reasonable access to post-secondary education;
- protecting the rights of workers to organize and bargain collectively; and,
- protecting, preserving and sustaining the integrity of the environment for present and future generations.

The policy objectives set out in the provision on the economic union should include, but not be limited to:

- working together to strengthen the Canadian economic union;
- the free movement of persons, goods, services and capital;
- the goal of full employment;
- ensuring that all Canadians have a reasonable standard of living; and,
- ensuring sustainable and equitable development.

A mechanism for monitoring the Social and Economic Union should be determined by a First Ministers' Conference.

A clause should be added to the Constitution stating that the Social and Economic Union does not abrogate or derogate from the Canadian Charter of Rights and Freedoms.

#### 5. Economic Disparities, Equalization and Regional Development

Section 36 of the Constitution Act, 1982, currently commits Parliament and the Government of Canada and the governments and legislatures of the provinces to promote equal opportunities and economic development throughout the country and to provide reasonably comparable levels of public services to all Canadians. SubSection 36(2) currently commits the federal government to the principle of equalization payments. This Section should be amended to read as follows:

"Parliament and the Government of Canada are committed to making equalization payments so that provincial governments have sufficient revenues to provide reasonably comparable levels of public services at reasonably comparable levels of taxation."

SubSection 36(1) should be expanded to include the territories.

SubSection 36(1) should be amended to add a commitment to ensure the provision of reasonably comparable economic infrastructures of a national nature in each province and territory.

The Constitution should commit the federal government to meaningful consultation with the provinces before introducing legislation relating to equalization payments.

A new SubSection 36(3) should be added to entrench the commitment of governments to the promotion of regional economic development to reduce economic disparities.

Regional development is also discussed in Item 36 of this document.

#### 6. The Common Market

Section 121 of the Constitution Act, 1867, would remain unchanged.

Detailed principles and commitments related to the Canadian Common Market are included in the political accord of August 28, 1992. First Ministers will decide on the best approach to implement these principles and commitments at a future First Ministers' Conference on the economy. First Ministers would have the authority to create an independent dispute resolution agency and decide on its role, mandate and composition. \*

## INSTITUTIONS

### A. The Senate

#### 7. An Elected Senate

The Constitution should be amended to provide that Senators are elected, either by the population of the provinces and territories of Canada or by the members of their provincial or territorial legislative assemblies.

Federal legislation should govern Senate elections, subject to the constitutional provision above and constitutional provisions requiring that elections take place at the same time as elections to the House of Commons and provisions respecting eligibility and mandate of Senators. Federal legislation would be sufficiently flexible to allow provinces and territories to provide for gender equality in the composition of the Senate.

Matters should be expedited in order that Senate elections be held as soon as possible, and, if feasible, at the same time as the next federal general election for the House of Commons.

#### 8. An Equal Senate

The Senate should initially total 62 Senators and should be composed of six Senators from each province and one Senator from each territory.

#### 9. Aboriginal Peoples' Representation in the Senate

Aboriginal representation in the Senate should be guaranteed in the Constitution. Aboriginal Senate seats should be additional to provincial and territorial seats, rather than drawn from any province or territory's allocation of Senate seats.

Aboriginal Senators should have the same role and powers as other Senators, plus a possible

double majority power in relation to certain matters materially affecting Aboriginal people. These issues and other details relating to Aboriginal representation in the Senate (numbers, distribution, method of selection) will be discussed further by governments and the representatives of the Aboriginal peoples in the early autumn of 1992. \*

#### 10. Relationship to the House of Commons

The Senate should not be a confidence chamber. In other words, the defeat of government-sponsored legislation by the Senate would not require the government's resignation.

#### 11. Categories of Legislation

There should be four categories of legislation:

1. Revenue and expenditure bills (Supply bills);
2. Legislation materially affecting French language or French culture;
3. Bills involving fundamental tax policy changes directly related to natural resources;

4. Ordinary legislation (any bill not falling into one of the first three categories).

Initial classification of bills should be by the originator of the bill. With the exception of legislation affecting French language or French culture (see Item 4), appeals should be determined by the Speaker of the House of Commons, following consultation with the Speaker of the Senate.

#### 12. Approval of Legislation

The Constitution should oblige the Senate to dispose of any bills approved by the House of Commons within 30 sitting days of the House of Commons, with the exception of revenue and expenditure bills.

Revenue and expenditure bills would be subject to a 30-calendar-day suspensive veto. If a bill is defeated or amended by the Senate within this period, it could be re-passed by a majority vote in the House of Commons on a resolution.

Bills that materially affect French language or French culture would require approval by a majority of Senators voting and by a majority of the Francophone Senators voting. The House of Commons would not be able to override the defeat of a bill in this category by the Senate.

Bills that involve fundamental tax policy changes directly related to natural resources would be defeated if a majority of Senators voting cast their votes against the bill. The House of Commons would not be able to override the Senate's veto. The precise definition of this category of legislation remains to be determined.

Defeat or amendment of ordinary legislation by the Senate would trigger a joint sitting process with the House of Commons. A simple majority vote at the joint sitting would determine the outcome of the bill.

The Senate should have the powers set out in this Consensus Report. There would be no change to the Senate's current



# The Charlottetown Accord

role in approving constitutional amendments. Subject to the Consensus Report, Senate powers and procedures should mirror those in the House of Commons.

The Senate should continue to have the capacity to initiate bills, except for money bills.

If any bill initiated and passed by the Senate is amended or rejected by the House of Commons, a joint sitting process should be triggered automatically.

The House of Commons should be obliged to dispose of legislation approved by the Senate within a reasonable time limit.

## 13. Revenue and Expenditure Bills

In order to preserve Canada's parliamentary traditions, the Senate should not be able to block the routine flow of legislation relating to taxation, borrowing and appropriation.

Revenue and expenditure bills (Supply bills) should be defined as only those matters involving borrowing, the raising of revenue and appropriation as well as matters subordinate to these issues. This definition should exclude fundamental policy changes to the tax system (such as the Goods and Services Tax and the National Energy Program).

## 14. Double Majority

The originator of a bill should be responsible for designating whether it materially affects French language or French culture. Each designation should be subject to appeal to the Speaker of the Senate under rules to be established by the Senate. These rules should be designed to provide adequate protection to Francophones.

On entering the Senate, Senators should be required to declare whether they are Francophones for the purpose of the double majority voting rule. Any process for challenging these declarations should be left to the rules of the Senate.

## 15. Ratification of Appointments

The Constitution should specify that the Senate ratify the appointment of the Governor of the Bank of Canada.

The Constitution should also be amended to provide the Senate with a new power to ratify other key appointments made by the federal government.

The Senate should be obliged to deal with any proposed appointments within 30 sitting days of the House of Commons.

The appointments that would be subject to Senate ratification, including the heads of the national cultural institutions and the heads of federal regulatory boards and agencies, should be set out in specific federal legislation rather than the Constitution. The federal government's commitment to table such legislation should be recorded in a political accord.\*

## 16. Eligibility for Cabinet

Senators should not be eligible for Cabinet posts.

## B. The Supreme Court

### 17. Entrenchment in the Constitution

The Supreme Court should be entrenched in the Constitution as the general court of appeal for Canada.

### 18. Composition

The Constitution should entrench the current provision of the Supreme Court Act, which specifies that the Supreme Court is to be composed of nine members, of whom three must have been admitted to the bar of Quebec (civil law bar).

### 19. Nominations and Appointments

The Constitution should require the federal government to name judges from lists submitted by the governments of the provinces and territories. A provision should be made in the Constitution for the appointment of interim judges if a list is not submitted on a timely basis or no candidate is acceptable.

### 20. Aboriginal Peoples' Role

The structure of the Supreme Court should not be modified in this round of constitutional discussions. The role of Aboriginal peoples in relation to the Supreme Court should be recorded in a political accord and should be on the agenda of a future First Ministers' Conference on Aboriginal issues.\*

Provincial and territorial governments should develop a reasonable process for consulting representatives of the Aboriginal peoples of Canada in the preparation of lists of candidates to fill vacancies on the Supreme Court.\*

Aboriginal groups should retain the right to make representations to the federal government respecting candidates to fill vacancies on the Supreme Court.\*

The federal government should examine, in consultation with Aboriginal groups, the proposal that an Aboriginal Council of Elders be entitled to make submissions to the Supreme Court when the court considers Aboriginal issues.\*

## C. House of Commons

### 21. Composition of the House of Commons

The composition of the House of Commons should be adjusted to better reflect the principle of representation by population. The adjustment should include an initial increase in the size of the House of Commons to 337 seats, to be made at the time Senate reform comes into effect. Ontario and Quebec would each be assigned eighteen additional seats, British Columbia four additional seats, and Alberta two additional seats, with boundaries to be developed using the 1991 census. An additional special Canada-wide redistribution of seats should be conducted following the 1996 census, aimed at ensuring that, in the first subsequent general election, no province will have fewer than 95 per cent of the

House of Commons seats it would receive under strict representation-by-population. Consequently, British Columbia and Ontario would each be assigned three additional seats and Alberta two additional seats. As a result of this special adjustment, no province or territory will lose seats, nor will a province or territory which has achieved full representation-by-population have a smaller share of House of Commons seats than its share of the total population in the 1996 census.

The redistribution based on the 1996 census and all future redistributions should be governed by the following constitutional provisions:

(a) A guarantee that Quebec would be assigned no fewer than 25 per cent of the seats in the House of Commons;

(b) The current Section 41(b) of the Constitution Act, 1982, the fixed floor, would be retained;

(c) Section 51A of the Constitution Act, 1867, the rising floor, would be repealed;

(d) A new provision that would ensure that no province could have fewer Commons seats than another province with a smaller population, subject to the provision in Item (a) above;

(e) The current provision that allocates two seats to the Northwest Territories and one seat to Yukon would be retained.

A permanent formula should be developed and Section 51 of the Constitution Act, 1867, should be adjusted to accommodate demographic change, taking into consideration the principles suggested by the Royal Commission on Electoral Reform and Party Financing.\*

### 22. Aboriginal Peoples' Representation

The issue of Aboriginal representation in the House of Commons should be pursued by Parliament, in consultation with representatives of the Aboriginal peoples of Canada, after it has received the final report of the House of Commons Committee studying the recommendations of the Royal Commission on Electoral Reform and Party Financing.\*

## D. First Ministers' Conferences

A provision should be added to the Constitution requiring the Prime Minister to convene a First Ministers' Conference at least once a year. The agendas for these conferences should not be specified in the Constitution.

The leaders of the territorial governments should be invited to participate in any First Ministers' Conference convened pursuant to this constitutional provision. Representatives of the Aboriginal peoples of Canada should be invited to participate in discussions on any item on the agenda of a First Ministers' Conference that directly affects the Aboriginal peoples. This should be embodied in a political accord.\*

The role and responsibilities of First Ministers with respect to the federal spending power are

outlined at Item 25 of this document.

## E. The Bank of Canada

The Bank of Canada was discussed and the consensus was that this issue should not be pursued in this round, except for the consensus that the Senate should have a role in ratifying the appointment of its Governor.

## ROLES AND RESPONSIBILITIES

### 25. Federal Spending Power

A provision should be added to the Constitution stipulating that the Government of Canada must provide reasonable compensation to the government of a province that chooses not to participate in a new Canada-wide shared-cost program that is established by the federal government in an area of exclusive provincial jurisdiction, if that province carries on a program or initiative that is compatible with the national objectives.

A framework should be developed to guide the use of the federal spending power in all areas of exclusive provincial jurisdiction. Once developed, the framework could become a multilateral agreement that would receive constitutional protection using the mechanism described in Item 26 of this report. The framework should ensure that when the federal spending power is used in areas of exclusive provincial jurisdiction, it should:

(a) contribute to the pursuit of national objectives;

(b) reduce overlap and duplication;

(c) not distort and should respect provincial priorities; and,

(d) ensure equality of treatment of the provinces, while recognizing their different needs and circumstances.

The Constitution should commit First Ministers to establishing such a framework at a future conference of First Ministers. Once it is established, First Ministers would assume a role in annually reviewing progress in meeting the objectives set out in the framework.

A provision should be added (as Section 106A(3)) that would ensure that nothing in the Section that limits the federal spending power affects the commitments of Parliament and the Government of Canada that are set out in Section 36 of the Constitution Act, 1982.

### 26. Protection of Intergovernmental Agreements

The Constitution should be amended to provide a mechanism to ensure that designated agreements between governments are protected from unilateral change. This would occur when Parliament and the legislature(s) enact laws approving the agreement.

Each application of the mechanism should cease to have effect after a maximum of five years but could be renewed by a vote of Parliament and the legislature(s) readopting similar legislation. Governments of

Aboriginal peoples should have access to this mechanism. The provision should be available to protect both bilateral and multilateral agreements among federal, provincial and territorial governments, and the governments of Aboriginal peoples. A government negotiating an agreement should be accorded equality of treatment in relation to any government which has already concluded an agreement, taking into account different needs and circumstances.

It is the intention of governments to apply this mechanism to future agreements related to the Canada Assistance Plan.\*

### 27. Immigration

A new provision should be added to the Constitution committing the Government of Canada to negotiate agreements with the provinces relating to immigration.

The Constitution should oblige the federal government to negotiate and conclude within a reasonable time an immigration agreement at the request of any province. A government negotiating an agreement should be accorded equality of treatment in relation to any government which has already concluded an agreement, taking into account different needs and circumstances.

### 28. Labour Market Development and Training

Exclusive federal jurisdiction for unemployment insurance, as set out in Section 91(2A) of the Constitution Act, 1867, should not be altered. The federal government should retain exclusive jurisdiction for income support and its related services delivered through the Unemployment Insurance system. Federal spending on job creation programs should be protected through a constitutional provision or a political accord.\*

Labour market development and training should be identified in Section 92 of the Constitution as a matter of exclusive provincial jurisdiction. Provincial legislatures should have the authority to constrain federal spending that is directly related to labour market development and training. This should be accomplished through justiciable intergovernmental agreements designed to meet the circumstances of each province.

At the request of a province, the federal government would be obligated to withdraw from any or all training activities and from any or all labour market development activities, except Unemployment Insurance. The federal government should be required to negotiate and conclude agreements to provide reasonable compensation to provinces requesting that the federal government withdraw.

The Government of Canada and the government of the province that requested the federal government to withdraw should conclude agreements within a reasonable time. Provinces negotiating agreements should be accorded equality of

# The Charlottetown Accord

treatment with respect to terms and conditions of agreements in relation to any other province that has already concluded an agreement, taking into account the different needs and circumstances of the provinces.

The federal, provincial and territorial governments should commit themselves in a political accord to enter into administrative arrangements to improve efficiency and client service and ensure effective co-ordination of federal Unemployment Insurance and provincial employment functions.\*

As a safeguard, the federal government should be required to negotiate and conclude an agreement within a reasonable time, at the request of any province not requesting the federal government to withdraw, to maintain its labour market development and training programs and activities in that province. A similar safeguard should be available to the territories.

There should be a constitutional provision for an ongoing federal role in the establishment of national policy objectives for the national aspects of labour market development. National labour market policy objectives would be established through a process which could be set out in the Constitution including the obligation for presentation to Parliament for debate. Factors to be considered in the establishment of national policy objectives could include items such as national economic conditions, national labour market requirements, international labour market trends and changes in international economic conditions. In establishing national policy objectives, the federal government would take into account the different needs and circumstances of the provinces; and there would be a provision, in the Constitution or in a political accord, committing the federal, provincial and territorial governments to support the development of common occupational standards, in consultation with employer and employee groups.\*

Provinces that negotiated agreements to constrain the federal spending power should be obligated to ensure that their labour market development programs are compatible with the national policy objectives, in the context of different needs and circumstances.

Considerations of service to the public in both official languages should be included in a political accord and be discussed as part of the negotiations of bilateral agreements.\*

The concerns of Aboriginal peoples in this field will be dealt with through the mechanisms set out in Item 40 below.

### 29. Culture

Provinces should have exclusive jurisdiction over cultural matters within the provinces. This should be recognized through an explicit constitutional amendment that also recognizes the continuing responsibility of the federal government in

Canadian cultural matters. The federal government should retain responsibility for national cultural institutions, including grants and contributions delivered by these institutions. The Government of Canada commits to negotiate cultural agreements with provinces in recognition of their lead responsibility for cultural matters within the province and to ensure that the federal government and the province work in harmony. These changes should not alter the federal fiduciary responsibility for Aboriginal people. The non-derogation provisions for Aboriginal peoples set out in Item 40 of this document will apply to culture.

### 30. Forestry

Exclusive provincial jurisdiction over forestry should be recognized and clarified through an explicit constitutional amendment. Provincial legislatures should have the authority to constrain federal spending that is directly related to forestry.

This should be accomplished through justiciable intergovernmental agreements, designed to meet the specific circumstances of each province. The mechanism used would be the one set out in Item 26 of this document, including a provision for equality of treatment with respect to terms and conditions. Considerations of service to the public in both official languages should be considered a possible part of such agreements.\*

Such an agreement should set the terms for federal withdrawal, including the level and form of financial resources to be transferred. In addition, a political accord could specify the form the compensation would take (i.e., cash transfers, tax points, or others).\*

Alternatively, such an agreement could require the federal government to maintain its spending in that province. A similar safeguard should be available to the territories. The federal government should be obliged to negotiate and conclude such an agreement within a reasonable time.

These changes and ones set out in Items 31, 32, 33, 34 and 35 should not alter the federal fiduciary responsibility for Aboriginal people. The provisions set out in Item 40 would apply.

### 31. Mining

Exclusive provincial jurisdiction over mining should be recognized and clarified through an explicit constitutional amendment and the negotiation of federal-provincial agreements. This should be done in the same manner as set out above with respect to forestry.\*

### 32. Tourism

Exclusive provincial jurisdiction over tourism should be recognized and clarified through an explicit constitutional amendment and the negotiation of federal-provincial agreements. This should be done in the same manner as set out above with respect to forestry.\*

### 33. Housing

Exclusive provincial jurisdiction over housing should be recognized and clarified through an explicit constitutional amendment and the negotiation of federal-provincial agreements. This should be done in the same manner as set out above with respect to forestry.\*

### 34. Recreation

Exclusive provincial jurisdiction over recreation should be recognized and clarified through an explicit constitutional amendment and the negotiation of federal-provincial agreements. This should be done in the same manner as set out above with respect to forestry.\*

### 35. Municipal and Urban Affairs

Exclusive provincial jurisdiction over municipal and urban affairs should be recognized and clarified through an explicit constitutional amendment and the negotiation of federal-provincial agreements. This should be done in the same manner as set out above with respect to forestry.\*

### 36. Regional Development

In addition to the commitment to regional development to be added to Section 36 of the Constitution Act, 1982 (described in Item 5 of this document), a provision should be added to the Constitution that would oblige the federal government to negotiate an agreement at the request of any province with respect to regional development. Such agreements could be protected under the provision set out in Item 26 (Protection of Intergovernmental Agreements). Regional development should not become a separate head of power in the constitution.

### 37. Telecommunications

The federal government should be committed to negotiate agreements with the provincial governments to co-ordinate and harmonize the procedures of their respective regulatory agencies in this field. Such agreements could be protected under the provision set out in Item 26 (Protection of Intergovernmental Agreements).

### 38. Federal Power of Disallowance and Reservation

This provision of the Constitution should be repealed. Repeal requires unanimity.

### 39. Federal Declaratory Power

Section 92(10)(c) of the Constitution Act, 1867, permits the federal government to declare a work to be for the general advantage of Canada and bring it under the legislative jurisdiction of Parliament. This provision should be amended to ensure that the declaratory power can only be applied to new works or rescinded with respect to past declarations with the explicit consent of the province(s) in which the work is situated. Existing declarations should be left undisturbed unless all of the legislatures affected wish to take action.

### 40. Aboriginal Peoples' Protection Mechanism

There should be a general non-derogation clause to ensure that division of powers amendments

will not affect the rights of the Aboriginal peoples and the jurisdictions and powers of governments of Aboriginal peoples.

## FIRST PEOPLES

*Note: References to the territories will be added to the legal text with respect to this Section, except where clearly inappropriate. Nothing in the amendments would extend the powers of the territorial legislatures.*

## A. The Inherent Right of Self-government

### 41. The Inherent Right of Self-government

The Constitution should be amended to recognize that the Aboriginal peoples of Canada have the inherent right of self-government within Canada. This right should be placed in a new Section of the Constitution Act, 1982, Section 35.1(1).

The recognition of the inherent right of self-government should be interpreted in light of the recognition of Aboriginal governments as one of three orders of government in Canada.

A contextual statement should be inserted in the Constitution, as follows:

"The exercise of the right of self-government includes the authority of the duly constituted legislative bodies of Aboriginal peoples, each within its own jurisdiction:

"(a) to safeguard and develop their languages, cultures, economies, identities, institutions and traditions; and,

"(b) to develop, maintain and strengthen their relationship with their lands, waters and environment so as to determine and control their development as peoples according to their own values and priorities and ensure the integrity of their societies."

Before making any final determination of an issue arising from the inherent right of self-government, a court or tribunal should take into account the contextual statement referred to above, should inquire into the efforts that have been made to resolve the issue through negotiations and should be empowered to order the parties to take such steps as are appropriate in the circumstances to effect a negotiated resolution.

### 42. Delayed Justiciability

The inherent right of self-government should be entrenched in the Constitution. However, its justiciability should be delayed for a five-year period through constitutional language and a political accord.\*

Delaying the justiciability of the right should be coupled with a constitutional provision which would shield Aboriginal rights.

Delaying the justiciability of the right will not make the right contingent and will not affect existing Aboriginal and treaty rights.

The issue of special courts or tribunals should be on the agenda of the First Ministers' Conference

on Aboriginal constitutional matters referred to in Item 53.\*

## 43. Charter Issues

The Canadian Charter of Rights and Freedoms should apply immediately to governments of Aboriginal peoples.

A technical change should be made to the English text of Sections 3, 4 and 5 of the Canadian Charter of Rights and Freedoms to ensure that it corresponds to the French text. The legislative bodies of Aboriginal peoples should have access to Section 33 of the Constitution Act, 1982 (the notwithstanding clause), under conditions that are similar to those applying to Parliament and the provincial legislatures but which are appropriate to the circumstances of Aboriginal peoples and their legislative bodies.

## 44. Land

The specific constitutional provision on the inherent right and the specific constitutional provision on the commitment to negotiate land should not create new Aboriginal rights to land or derogate from existing Aboriginal or treaty rights to land, except as provided for in self-government agreements.

## B. Method of Exercise of The Right

### 45. Commitment to Negotiate

There should be a constitutional commitment by the federal and provincial governments and the Indian, Inuit and Metis peoples in the various regions and communities of Canada to negotiate in good faith with the objective of concluding agreements elaborating the relationship between Aboriginal governments and the other orders of government. The negotiations would focus on the implementation of the right of self-government, including issues of jurisdiction, lands and resources, and economic and fiscal arrangements.

## 46. The Process of Negotiation

### Political Accord on Negotiation and Implementation

A political accord should be developed to guide the process of self-government negotiations.\*

### Equity of Access

All Aboriginal peoples of Canada should have equitable access to the process of negotiation.

### Trigger for Negotiations

Self-government negotiations should be initiated by the representatives of Aboriginal peoples when they are prepared to do so.

### Provision for Non-Ethnic Governments

Self-government agreements may provide for self-government institutions which are open to the participation of all residents in a region covered by the agreement.

### Provision for Different Circumstances

Self-government negotiations should take into consideration the different circumstances of the various Aboriginal peoples.

### Provision for Agreements

Self-government agreements should be set out in future treaties, including land claims agreements, or amendments to existing



## 4.

## The Charlottetown Accord

treaties, including land claims agreements. In addition, self-government agreements could be set out in other agreements which may contain a declaration that the rights of the Aboriginal peoples are treaty rights, within the meaning of Section 35(1) of the Constitution Act, 1982.

#### Ratification of Agreements

There should be an approval process for governments and Aboriginal peoples for self government agreements, involving Parliament, the legislative assemblies of the relevant provinces and/or territories and the legislative bodies of the Aboriginal peoples. This principle should be expressed in the ratification procedures set out in the specific self-government agreements.

#### Non-Derogation Clause

There should be an explicit statement in the Constitution that the commitment to negotiate does not make the right of self-government contingent on negotiations or in any way affects the justifiability of the right of self-government.

#### Dispute Resolution Mechanism

To assist the negotiation process, a dispute resolution mechanism involving mediation and arbitration should be established. Details of this mechanism should be set out in a political accord.\*

#### 47. Legal Transition and Consistency of Laws

A constitutional provision should ensure that federal and provincial laws will continue to apply until they are displaced by laws passed by governments of Aboriginal peoples pursuant to their authority.

A constitutional provision should ensure that a law passed by a government of Aboriginal peoples, or an assertion of its authority based on the inherent right provision, may not be inconsistent with those laws which are essential to the preservation of peace, order and good government in Canada. However, this provision would not extend the legislative authority of Parliament or of the legislatures of the provinces.

#### 48. Treaties

With respect to treaties with Aboriginal peoples, the Constitution should be amended as follows:

- treaty rights should be interpreted in a just, broad and liberal manner, taking into account the spirit and intent of the treaties and the context in which the specific treaties were negotiated;
- the Government of Canada should be committed to establishing and participating in good faith in a joint process to clarify or implement treaty rights, or to rectify terms of treaties when agreed to by the parties. The governments of the provinces should also be committed, to the extent that they have jurisdiction, to participation in the above treaty process when invited by the government of Canada and the Aboriginal peoples concerned or where specified in a treaty;

- participants in this process should have regard, among other things and where appropriate, to the spirit and intent of the treaties as understood by Aboriginal peoples. It should be confirmed that all Aboriginal peoples possessing treaty rights shall have equitable access to this treaty process;
- it should be provided that these treaty amendments shall not extend the authority of any government or legislature, or affect the rights of Aboriginal peoples not party to the treaty concerned.

#### C. Issues Related to The Exercise of The Right

##### 49. Equity of Access to Section 35 Rights

The Constitution should provide that all of the Aboriginal peoples of Canada have access to those Aboriginal and treaty rights recognized and affirmed in Section 35 of the Constitution Act, 1982, that pertain to them.

##### 50. Financing

Matters relating to the financing of governments of Aboriginal peoples should be dealt with in a political accord. The accord would commit the governments of Aboriginal peoples to:

- promoting equal opportunities for the well-being of all Aboriginal peoples;
- furthering economic, social and cultural development and employment opportunities among Aboriginal peoples and

between Aboriginal peoples and other Canadians; and,

- providing essential public services at levels reasonably comparable to those available to other Canadians in the vicinity.

It would also commit federal and provincial governments to the principle of providing the governments of Aboriginal peoples with fiscal or other resources, such as land, to assist those governments to govern their own affairs and to meet the commitments listed above, taking into account the levels of services provided to other Canadians in the vicinity and the fiscal capacity of governments of Aboriginal peoples to raise revenues from their own resources.

The issues of financing and its possible inclusion in the Constitution should be on the agenda of the First Ministers' Conference on Aboriginal constitutional matters referred to in Item 53.\*

##### 51. Affirmative Action Programs

The Constitution should include a provision which authorizes governments of Aboriginal peoples to undertake affirmative action programs for socially and economically disadvantaged individuals or groups and programs for the advancement of Aboriginal languages and cultures.

##### 52. Gender Equality

Section 35(4) of the Constitution Act, 1982, which guarantees existing Aboriginal and treaty rights equally to male and female persons, should be retained. The issue of gender equality should be

on the agenda of the First Ministers' Conference on Aboriginal constitutional matters referred to under Item 53.\*

##### 53. Future Aboriginal Constitutional Process

The Constitution should be amended to provide for four future First Ministers' Conferences on Aboriginal constitutional matters beginning no later than 1996, and following every two years thereafter. These conferences would be in addition to any other First Ministers' Conferences required by the Constitution. The agendas of these conferences would include items identified in this report and items requested by Aboriginal peoples.

##### 54. Section 91(24)

For greater certainty, a new provision should be added to the Constitution Act, 1867, to ensure that Section 91(24) applies to all Aboriginal peoples.

The new provision would not result in a reduction of existing expenditures by governments on Indians and Inuit or alter the fiduciary and treaty obligations of the federal government for Aboriginal peoples. This would be reflected in a political accord.\*

##### 55. Metis in Alberta/Section 91(24)

The Constitution should be amended to safeguard the legislative authority of the Government of Alberta for Metis and Metis Settlements lands. There was agreement to a proposed amendment to the Alberta Act that would constitutionally protect the status of the land held in fee simple by the Metis Settlements General Council under letters patent from Alberta.

##### 56. Metis Nation Accord\*

The federal government, the provinces of Ontario, Manitoba, Saskatchewan, Alberta, British Columbia and the Metis National Council have agreed to enter into a legally binding, justiciable and enforceable accord on Metis Nation issues. Technical drafting of the accord is being completed. The accord sets out the obligations of the federal and provincial governments and the Metis Nation.

The accord commits governments to negotiate: self-government agreements; lands and resources; the transfer of the portion of Aboriginal programs and services available to Metis; and cost-sharing arrangements relating to Metis institutions, programs and services. Provinces and the federal government agree not to reduce existing expenditures on Metis and other Aboriginal people as a result of the accord or as a result of an amendment to Section 91(24). The accord defines the Metis for the purposes of the Metis Nation Accord and commits governments to enumerate and register the Metis Nation.

#### AMENDING FORMULA

*Note: All of the following changes to the amending formula require the unanimous agreement of Parliament and the provincial legislatures.*

##### 57. Changes to National Institutions

Amendments to provisions of the Constitution related to the Senate should require unanimous agreement of Parliament and the provincial legislatures, once the current set of amendments related to Senate reform has come into effect. Future amendments affecting the House of Commons, including Quebec's guarantee of at least 25 per cent of the seats in the House of Commons, and amendments which can now be made under Section 42 should also require unanimity.

Sections 41 and 42 of the Constitution Act, 1982, should be amended so that the nomination and appointment process of Supreme Court judges would remain subject to the general (7/50) amending procedure. All other matters related to the Supreme Court, including its entrenchment, its role as the general court of appeal and its composition, would be matters requiring unanimity.

##### 58. Establishment of New Provinces

The current provisions of the amending formula governing the creation of new provinces should be rescinded. They should be replaced by the pre-1982 provisions allowing the creation of new provinces through an Act of Parliament, following consultation with all of the existing provinces at a First Ministers' Conference. New provinces should not have a role in the amending formula without the unanimous consent of all of the provinces and the federal government, with the exception of purely bilateral or unilateral matters described in Sections 38(3), 40, 43, 45 and 46 as it relates to 43, of the Constitution Act, 1982. Any increase in the representation for new provinces in the Senate should also require the unanimous consent of all provinces and the federal government. Territories that become provinces could not lose Senators or members of the House of Commons.

The provision now contained in Section 42(1)(e) of the Constitution Act, 1982, with respect to the extension of provincial boundaries into the Territories should be repealed and replaced by the Constitution Act, 1871, modified in order to require the consent of the Territories.

##### 59. Compensation for Amendments that Transfer Jurisdiction

Where an amendment is made under the general amending for-

mula that transfers legislative powers from provincial legislatures to Parliament, Canada should provide reasonable compensation to any province that opts out of the amendment.

##### 60. Aboriginal Consent

There should be Aboriginal consent to future constitutional amendments that directly refer to the Aboriginal peoples. Discussions are continuing on the mechanism by which this consent would be expressed with a view to agreeing on a mechanism prior to the introduction in Parliament of formal resolutions amending the Constitution.

#### OTHER ISSUES

Other constitutional issues were discussed during the multi-lateral meetings.

The consensus was not to pursue the following issues:

- Personal bankruptcy and insolvency
- Intellectual property
- Interjurisdictional immunity
- Inland fisheries
- Marriage and divorce
- Residual power
- Legislative interdelegation
- Changes to the notwithstanding clause

• Section 96 (appointment of judges)

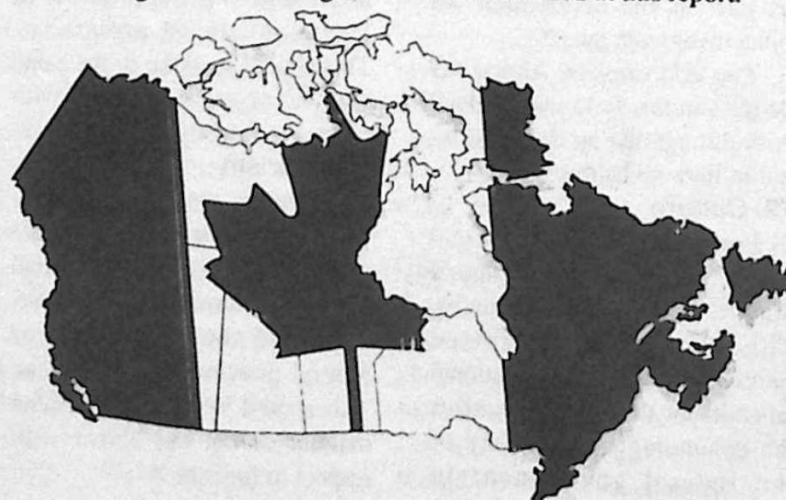
• Section 125 (taxation of federal and provincial governments)

• Section 92A (export of natural resources)

- Requiring notice for changes to federal legislation respecting equalization payments
- Property rights
- Implementation of international treaties

Other issues were discussed but were not finally resolved, among which were:

- Requiring notice for changes to federal legislation respecting Established Programs Financing
- Establishing in a political accord a formal federal-provincial consultation process with regard to the negotiation of international treaties and agreements
- Aboriginal participation in intergovernmental agreements respecting the division of powers
- Establishing a framework for compensation issues with respect to labour market development and training
- Consequential amendments related to Senate reform, including by-elections
- Any other consequential amendments required by changes recommended in this report.



## On the Base

## More Battle

the Germans had anticipated. On September 17, the Fuehrer decided to postpone Operation Sea Lion indefinitely.

How much sleep had Londoners had the night before - a night of particularly heavy raids? Of those interviewed, only 15 per cent had managed more than six hours' sleep; 22 per cent, four to six hours; 32 per cent, less than four hours; and 31 per cent had no sleep at all. Remarkably, except for those whose homes had just

been destroyed or whose relatives had been killed, most working people turned up at their offices or factories the following morning. Indeed, absenteeism was at a record low. The constant sense of shared danger seemed to stimulate people and make them more friendly. Foreigners in the capital remarked that they had never before found the reserved British so neighbourly and communicative.

## More MSE

It's easy if you think about it. When the rear of your car skates away on you, it tends to turn the car more sharply into the corner. But that's not where you want to go, so steer the car where you do want to go.

The key is where you look. Your hands on the wheel follow your eyes, and if you look left, you'll steer left. Look right and you'll steer right. That simple. So if you look where you want to go, you'll steer there. And because the front wheels still have their grip - you haven't touched

Continued from page 11

the brakes - they will steer you where you want to go.

Steering smoothly is important. If you yank the steering wheel abruptly in one direction, the car will react abruptly and that tends to make the problem worse.

#### Myths vs Facts

**Myth:** Front wheel drive vehicles are much harder to control in a skid.

**Fact:** Wrong. Front wheel drive cars are no more difficult to control in an emergency than rear wheel drive cars.

## High Flight - Plus

by Tet Walston

At the reception following the Battle of Britain parade, I met one of the guests who, like myself, had flown from Middle East bases in WWII. As we chatted, he referred to the special high altitude interceptor pilots from RAF Aboukir. Since I had known two of them quite well, it was especially gratifying to find another chap who remembered their exploits.

In May 1942, a pressurized version of a Ju86 was flying photo reconnaissance over British positions in Egypt. The crew of this twin-engine plane enjoyed comparative comfort at altitudes of 45,000 feet and above. No Hurricane or Spitfire could reach these heights, but the test pilots and ground crew at RAF Aboukir were set to remedy this shortcoming.

Taking a new Spitfire Mk. VC, all efforts were made to strip the aircraft of excess weight. The top set of rudder pedals were cut off, all protruding bolts cut back, the armour plate removed and guns reduced to one in each wing. A four-bladed Rotol prop was fitted, and after initial fuel airlock problems were solved the aircraft was ready - unpressurized and

barely heated. (Sea level air pressure is 14.7 lbs. per square inch, at 45,000 feet pressure is 2.4 lbs., air temperature, -67 degrees C.)

F/O Reynolds was the first to score against the Ju86P-2. On 24 Aug 1942 he managed to struggle to 42,000 feet despite blacking out from lack of oxygen. He fired from 150 feet, hitting the starboard engine, which caused the destruction of the Ju86. He then lost control due to fatigue and his plane fell 10,000 feet. He managed to recover, and landed with only five gallons of fuel left. Reynolds was 39 years old!

Later, he would shoot down another Ju86. Flying an even more modified Spitfire VC - BP 985, he destroyed the intruder by climbing to 50,000 feet, shooting from 300 feet away. His cockpit was a cold -62 degrees C., he was in pain, half paralyzed and nearly blind. He managed to return to Aboukir after landing in a Nile Delta airfield to refuel. For this exploit he was awarded the DFC.

A later technique was developed. One Spit, called the "striker," was stripped more drastically. The usual battery weighed 86 lbs. and this was replaced with an 8 lb. battery with

just enough power to illuminate the reflector gunsight. The pilot would not wear a "Mae West" or dinghy pack.

The other Spitfire, called the "marker," was more normal and carried a radio. The two aircraft would fly together to 25,000 feet and the "marker" would be directed to the Ju86. When visual contact had been made, the "striker" climbed to intercept.

F/Sgt Genders was directed by P/O Gold, and he flew up to meet the enemy. He attacked it at 47,000 feet and forced it lower, where Gold destroyed it. Genders had followed the Ju86 out over the Mediterranean, and was now out of fuel. He started to glide back from 45,000 feet and tried desperately to get the Spitfire to land and thus save it. He was finally forced to bail out forty miles from land, and struggled ashore some 21 hours later, his clothing rotted. (Remember - he had no "Mae West" or dinghy!)

This was the last time the Ju86P-2s ever came. F/Sgt Genders was awarded the DFM and was later commissioned. P/O Gold was awarded the Air Force Cross.

## JR. Ranks Mess

Totem Lounge

## Octoberfest

16 October 1992 Starting at 1900 hrs

performing

## BRAVE WAVES

And Our

Jr. Ranks Mess D.J.

Cost

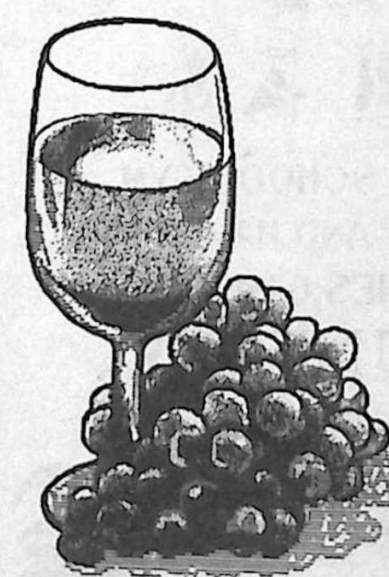
Advance Tickets at Mess Office by Acquittance Roll or Cash for \$10.00 (members only)

(available until noon Friday 16 Oct 92)

At the Door  
Members \$13.00  
Non-Members \$15.00

Food Will Be Served

Come Out Let's Party





# Leisure

Country Kitchen

## Pumpkins, Not Just in Pies!

Fall is definitely in the air, and the market garden fields are bright with autumn colours, as the green dies away to reveal the bountiful harvest of pumpkins just waiting to be taken into someone's home. Once there, its fate is inevitable, the Halloween Jack-o-lantern. But, if you are feeling adventurous, give some of the following recipes a try. The first recipe was given to me by the previous Totem Times food columnist, Karen Holm. She too, likes to give home-made goodies as hostess gifts, and we both agree this would be a good one.

### Pumpkin Cake In a Jar

2/3 cup shortening  
2-2/3 cups sugar  
4 eggs  
2 cups fresh pureed (or canned) pumpkin  
2/3 cup water  
3-1/3 cups flour  
1/2 tsp baking powder  
1-1/2 tsp salt  
1 tsp ground cloves  
1/2 tsp allspice  
1 tsp cinnamon  
2 tsp baking soda  
1 cup chopped walnuts  
8 pint sized wide mouth canning jars with lids and rings, sterilized  
waxed paper - cut eight circles to fit inside jars

Cream shortening and sugar slowly. Beat in eggs, pumpkin and water. Set aside. Sift flour, baking powder, salt, cloves, allspice, cinnamon and baking soda and add to pumpkin mixture and stir well. Stir in nuts.

Grease the inside of the jars and pour batter into them, filling half full. Place jars on cookie sheet. Bake upright in preheated oven (325 degrees F) for about 45 minutes. Cake will rise and pull away from sides of jar. When done, remove one jar at a time from oven. While still warm, place wax paper circle on the top of the cake. Wipe the sealing edge, place lid and ring on jar, and close tightly. Turn jar upside down (cake will loosen at this time), and repeat with other seven jars. Leave upside down until the lids seal themselves. (They will be concave and silent when pressed.) To serve, loosen cake with a knife to remove from jar. Warm in oven if desired, slice and serve with whipped cream. Enjoy.

### Pumpkin Pancakes

2 cups all purpose flour  
2 T. firmly packed brown sugar  
1 T. baking powder  
1 tsp salt  
1 tsp cinnamon  
1/4 tsp nutmeg  
1/4 tsp ginger  
1-1/2 cups milk  
1/2 cup canned pumpkin  
1 large egg  
2 T. vegetable oil  
Heat griddle to 375 degrees F. or until a drop of water bounces. Combine dry ingredients in a large bowl. In small bowl, com-

bine milk, pumpkin, egg and oil. Stir into the dry ingredients (batter will be thick). Using 1/4 cup, pour batter onto the griddle, and spread into a circle with a spatula. Cook until surface seems dry, turn and cook another two minutes. Serve with butter, maple syrup and whipped cream.

Following are two different pumpkin muffin recipes. Both are good. Try them and decide which is your favorite.

### Spicy Pumpkin Muffins

1-1/2 cups all purpose flour  
6 T. sugar  
1 T. baking powder  
1/2 tsp salt  
1/2 tsp cinnamon  
1/2 tsp nutmeg  
1 egg  
1/2 cup milk  
1 cup pumpkin puree  
1/4 cup melted butter  
1/2 cup golden raisins

Grease or paper-line muffin tins (recipe makes about 12). Combine dry ingredients and blend well. Beat egg, milk, pumpkin and butter together and stir into dry ingredients. Stir in raisins. Bake in a 400-degree F. oven 15 - 20 minutes until lightly browned.

### Pumpkin Muffins

3/4 cup butter at room temperature  
1 cup sugar  
3 large eggs  
1-1/2 cups pumpkin puree  
3 cups pastry flour  
1 T. baking powder  
1/2 tsp salt  
1/2 tsp nutmeg  
2-1/2 tsp cinnamon  
1/2 tsp ginger  
1/2 cup golden raisins  
1/2 cup chopped walnuts  
3/4 cup sunflower seeds  
3/4 cup miniature chocolate chips

Cream butter and sugar. Add eggs one at a time and beat well. Add pumpkin. combine dry ingredients and slowly add to pumpkin mixture. Fold in the raisins, walnuts, sunflower seeds and chocolate chips.

Pour into greased or paper-lined muffin cups and bake at 375 degrees F. about 20 minutes or until a toothpick comes out clean. If you want a BIG muffin, fill the cups almost full.

### Pumpkin Loaf

3 cups flour  
2 tsp baking powder  
1/2 tsp allspice  
2 tsp baking soda  
1-1/4 cups salad oil  
2 cups pumpkin puree  
1/2 tsp nutmeg  
1 tsp cinnamon  
1 tsp salt  
2 cups white sugar  
4 beaten eggs  
1 cup chopped nuts  
Combine dry ingredients, combine oil, eggs and pumpkin and add to dry ingredients. Add nuts. Fold into two greased and floured loaf tins. Bake one hour at 350 degrees F. or until toothpick comes out clean.

Now, are you in the mood to be really adventurous? You'll raise a few eyebrows if you try the following recipe, but why not? At least you won't be accused of being boring in the kitchen.

### Pumpkin Stew

1-1/2 lbs. round steak, cubed  
1 T. butter  
1 onion, chopped in large pieces  
2 stalks celery, cut in large pieces  
5 cups water  
1/2 tsp salt  
1/2 tsp thyme leaves, crushed  
1/4 tsp pepper  
1 - 5 lb. pumpkin  
1/4 cup flour  
1 cup frozen green peas

In large pot, brown the beef in butter. Add onions and celery, and sauté until browned. Stir in the water, salt, thyme and pepper. Heat to boiling, then reduce heat and cook covered for one hour. Meanwhile, cut two inches off the top of pumpkin and scoop out seeds. Turn pumpkin upside down and trim the rim to form points on the bottom (this is to raise the pumpkin off the baking dish), keeping all trimmings. Peel the top and the trimmings and cut into one inch cubes. Add to beef after it has cooked one hour. Heat oven to 350 degrees F. and bake pumpkin shell for 20 minutes. Add the flour to one cup of water, shake well and add to stew with the frozen peas. Cook, stirring until thickened. Remove pumpkin shell from oven, place on serving dish and spoon stew into pumpkin. Use as a centerpiece for a fall buffet supper. Very impressive!!

### Pumpkin-Vegetable Soup

1 large onion, chopped  
2 T. butter or margarine  
3 cups chicken broth  
1 large potato, peeled and diced  
1 cup frozen lima beans (optional)  
1 cup frozen corn kernels  
2 carrots, peeled and diced  
1 stalk celery, diced  
1 can garbanzos or white kidney beans, drained  
1 can pumpkin (16 oz.) or two cups fresh puree  
1/2 tsp salt  
1/4 tsp nutmeg  
1/8 tsp pepper  
1 cup heavy cream

In large pot, over medium heat, sauté onion in butter for five minutes. Add chicken broth, and heat to boiling. Add potato, limas, corn, carrots, celery and beans and cover. Reduce heat and cook about 15 minutes or until vegetables are tender. Add pumpkin and spices, and heat to boiling. Cover, reduce heat and cook an additional five minutes. Stir in cream and heat through. Serve in a pumpkin that has been cleaned or from the pot. Your choice.

### Pumpkin Jelly Roll

3 eggs

3/4 cup white sugar  
2/3 cup cooked pumpkin  
3/4 cup flour  
1 tsp baking powder  
1 tsp cinnamon  
1/2 tsp salt  
1/2 tsp ginger  
1/2 tsp nutmeg  
Filling:  
8 oz cream cheese  
1 cup icing sugar  
1/4 cup butter  
1/2 tsp vanilla

Grease 10" x 15" jelly roll pan. Line with waxed paper. Beat eggs until frothy, add sugar and beat until thick. Slowly beat in pumpkin. Sift together the dry ingredients and fold into the pumpkin mixture carefully. Pour into the pan and bake at 375 degrees F. for 15 minutes or until

BARBARA VERMETTE

a toothpick comes out clean.

Sprinkle a clean tea towel with sugar and turn hot cake out onto it. Roll up with towel from the short side and tuck towel over cake end to cool. Prepare the filling, mixing well, and spread over the unrolled cake, then re-roll. Slice and enjoy.

As Thanksgiving approaches and we're all getting ready for our traditional dinner (which of course will include pumpkin pie), what about trying a variation this year and placing pecans over the top of the pumpkin. It looks great and tastes better!! Happy Thanksgiving! Oh and by the way, this year I give thanks for all my wonderful friends (you know who you are) and my family. Until next time. Bye.

## CFB COMOX OFFICERS' MESS OCTOBER 1992 CALENDAR

Wednesdays Oct 14, 21, 28 -

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

Fridays Oct 9, 16, 23, 30 -

TGIF. Food as indicated 1700-1800 hrs. Spouses and guests welcome after 1700 hrs. Please purchase meal ticket for non-Mess members.

Wednesday Oct 28 -

OLC BRIDGE CLUB

Saturday Oct 10 -

OKTOBERFEST

Wednesday Oct 21 -

OMLC

Friday Oct 30 -

BLACK & WHITE PARTY

UPCOMING EVENTS FOR NOVEMBER  
14 - Comedy Night  
28 - Decorating Party

PMQ ASSN  
HALLOWEEN  
PARTY

TOP PMQ ASSN MBRS CHILDREN 0-12 YRS)

2-4 OCT 9-2  
(6-8 PM)

AIRPORT SCHOOL GYM  
COME OUT AND HAVE FUN  
GOODIES, GAMES  
HAUNTED  
HOUSE  
COSTUME  
CONTEST

# Recreation

## Top Student



Pte Denise Littlewood-Grant of the ARAF Orderly Room recently completed her Admin Clerk QL3 course at CFB Borden. She is shown here being presented with the Top Student Award for her course by the OC Admin Company, Maj Lapierre at CFSAL Borden. "Way to go, Denise!"

## Harvest Valley Foods Ltd.

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ALL 100% UNCONDITIONALLY GUARANTEED!  
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## Looking for Work?

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specializes in Career Development and Job Search Skills

call 338-6722 for information about

\* Job Finding workshops (sponsored by CEC)  
\* Private consultations for Force Reduction personnel

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COMMUNITY COUNCIL  
ANNUAL CHRISTMAS  
BAZAAR  
AIRPORT SCHOOL  
CFB COMOX  
NOV 14, 92  
BOOK YOUR TABLES NOW!  
PHONE-339-8571  
8-12:30 PM MON-FRI  
AFTER HOURS  
PHONE-339-7645  
ASK FOR LINDA

Glacier Green Golf News

## Golf Season Winds Down

By Rose McClesh

Although the scheduled golf season is slowly winding down, the seniors at Glacier Greens were geared up when they played their annual closing tournament on 16 Sept 92. Seventy-five members participated in the event.

Fred Williams was declared the Low Net trophy winner.

The Low Gross winner of the day with a 72 was Roy Downey.

Longest Drive: Brian Hot-senpillar

Season Match Play: John Ferguson

G.G.G.C. senior member applications are now being accepted for 1993. Members must have reached the age of 55 during the 1993 calendar year. Applications may be deposited in the box located in the Base Social Centre.

The annual Lefty/Righty tournament was held at G.G.G.C. on Sunday 3 Oct 92. Tournament Director, Mr. Don Middleton, declared the tournament a huge

success. As usual, Don and his assistant Mr. Chuck Perry did a fine job of organizing this popular tournament.

Lady members were pleased with the tournament director's invitation to participate in this "club members only" Lefty/Righty event.

Despite the sudden drop in temperature accompanied by wind and rain, some very good scores were recorded.

The Field Low Gross winner on a count back was Arnie Mathus with a 73. (A repeat winner from 1991 with the same score.) The Field Low Net winner with a 65 was Ray Cossette.

1st Low Gross for the Rightys was Doug McArthur with a 73. 1st Low Net, who also played on the side of the Rightys, was Nick Stolarchuk with a 66.

1st Low Gross on the side of the Leftys was Gilles Dutrisac shooting a 76. 1st Low Net for the Leftys was Derrick Ross with a 70.

2nd L.G. - Rod Cobham, 78  
2nd L.N. - Bernie Johnston, 67  
3rd L.G. - Bing Shearer, 78  
3rd L.N. - Wayne Mabec, 67  
4th L.G. - Wally Berger, 80  
4th L.N. - Dan Finney, 68  
5th L.G. - John Webber, 80  
5th L.N. - Rick Salmon, 69  
Ladies Low Net with a 69 on a count back was Judy Brown.  
Hidden Hole: Crosby Cole K.P. on #7 - Arnie Mathus K.P. on #13 - Gilles Dutrisac  
Congratulations to all the winners and to Pat Copeland for the fine shot that he made when he chipped in from the bunker for a birdie on #4.

### Upcoming Events

Mixed 4-Ball Closing, G.G.G.C. Members Only, Sunday 11 Oct 92, Shot gun start  
G.G.G.C. General Meeting, Place: Base Social Centre, Date: Thursday 22 Oct 92, Time: 6:00 p.m.  
All members are urged to attend.

## Moms-to-be Invited to Shower!!

Good news for expectant parents! Welcome Wagon is hosting a huge Baby Shower on Wednesday, 28 October, at the Coast Westerly Hotel. The expectant parents will have the opportunity to obtain lots of excellent information on babies, child care, and products for the baby and family. Many community and support groups will have information and handouts for the parents, such as: LaLeche League, the Canada Employment Centre, the Public Health Nurse, Fire Department, North Island College Red Cross Programmes, Joan Whiteley - Nutritionist, the Comox Valley Sports Centre, I.C.B.C., and the Vancouver Island Regional Library.

There will be local business sponsors present such as "Sweet Cheeks" diapers and accessories, Shaklee Home Cleaning Products, Harvest Valley Meats, Canadian Scholarships, Little Wonders Children's Store, Investors Group, Watkins Spices and Extracts, Sunlife Insurance, Sooter's Portrait Studio, Dairyland, and many others.

There will be door prizes donated by the businesses and various support and information groups. Refreshments will also be served. It will be a worthwhile evening of information and entertainment. Space is limited, so an invitation is required by calling either 339-7536 or 334-2288. Mothers-to-be can bring one guest, but please call to reserve your spot!!

## October is Power Smart Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 Days. 31 Ways to Save.				1 Clean or change furnace filters regularly.	2 Keep damper tightly closed when fireplace is not in use.	3 Clean lint filter in clothes dryer after every load.
4 Lower thermostat when away or asleep.	5 Caulk and weatherstrip around doors and windows.	6 Install dimmer switches on incandescent lighting systems.	7 Wash clothes in cold water. Do full loads.	8 Use low wattage bulbs where possible.	9 Add insulation to your attic.	10 Fix leaking faucets and toilets.
11 Keep thermostats at 20 degrees Celsius or lower.	12 Install compact fluorescent lamps where appropriate.	13 Buy Power Smart appliances.	14 Install aerators on all sinks.	15 Keep refrigerator coils clean.	16 Install a programmable or high-efficiency thermostat.	17 Install double glazed or Low-E windows.
18 Close drapes at night to keep heat in.	19 Use the energy-saver cycle on dishwasher.	20 Ensure heat registers are not blocked.	21 Power Smart Night: Turn off all unnecessary lights at 8 pm sharp.	22 Check seals on refrigerator and oven doors.	23 Set hot water tank no higher than 60 degrees Celsius.	24 Put car block heater on a timer.
25 Insulate electric water tanks and 1 metre of the hot and cold water pipes.	26 Install insulating doors.	27 Use electrical appliances wisely.	28 Put outside lights on a timer or photocell motion detector.	29 Turn off lights, fans and heaters when not needed.	30 Install a water-saving shower head.	31 Be Power Smart every day of the year.

Visit your local participating retailer during October and enter the "Buy Power Smart and Win" contest. Win \$1,000 worth of energy-efficient products. 5 PRIZES TO BE WON.

**POWER  
SMART  
SAVES**



# Health & Fitness

## To Your Health

Health information from the Registered Nurses Association of British Columbia

### Do I Need a Flu Shot?

It happens every fall. As soon as children return to school after Labour Day, your chance of catching an illness from a virus goes up and continues high throughout the fall. But you can take precautions to protect yourself.

Viruses spread easily from child to child and are brought home to families. Families in turn pass viruses on to friends and co-workers. Sometimes the worst virus people catch is a common cold, with its usual miserable symptoms - but no serious threat to health. For people who catch the flu, however, there are serious dangers.

Classic flu symptoms include a bad cough, fever, chills, achiness, weakness, and loss of appetite. The flu may keep you in bed for anywhere from five to ten days. That's bad enough. Worse - it's estimated that more than five thousand Canadians die every year because of serious medical problems that develop after they catch the flu. The odds of this happening depend on your age and health. That's why every year nurses recommend flu shots for most people who might be in danger.

Who is at risk? For starters, anyone over the age of 65. Although older people are actually less likely to catch the flu, they have a much greater chance of ending up with an even more serious illness - like pneumonia - if they do catch it. A flu vaccine can protect older people not only against the flu, but also the possibility of developing more serious medical problems.

For the same reason, it is just as important for people with chronic illnesses to have a flu shot. These are people with diabetes or other metabolic diseases, cancer, immune deficiency disorders such as HIV, kidney disease, some blood disorders, and those with chronic heart or lung conditions. Protection is also advised for those who take aspirin regularly for long periods of time.

In some cases, nurses also advise that contacts of the people mentioned above also be vaccinated. Residents of care facilities, health professionals and family could all fit into this category.

Although flu shots are safe for most of us, people allergic to eggs should not be vaccinated because egg white is used in the serum. If you're pregnant, flu shots are sometimes not a good idea. There is some concern about the effect of the vaccine on the development of unborn children, especially in the first three months of pregnancy. You should discuss your best options with a nurse or doctor.

Most people have little or no reaction to the vaccine except for a little tenderness at the injection site. A small number of people develop a slight fever and flu-like symptoms for 24-48 hours. But it's impossible to get the flu from the vaccine itself. The virus in it has already been killed.

While the vaccine is safe for all but the two groups mentioned, it isn't 100 per cent flu-proof. The serum offers 80-90 per cent protection against the three flu strains expected to hit this winter. If you're unlucky enough to be exposed to a fourth variety or a cold virus, you're on your own. And the flu shot doesn't protect against even targeted viruses immediately. It takes two weeks for the immunity to build up in your system. So it's best to act soon to protect yourself.

Although not 100 per cent effective, annual vaccination is still the single most important measure against the flu. Flu shots will be available free of charge through health units in your area in October for seniors, those in the high-risk groups mentioned above, and people who are their close contacts. Still not sure what you should do? A community health nurse will be able to answer any questions and help you decide.

### From Base Hospital

### Heartburn

by Lt(N) G.S. Raymond, MD

Heartburn, or esophageal reflux, is a condition in which stomach acid and digestive juices splash upward into the esophagus. The lining of the esophagus is not designed to tolerate these fluids, so it becomes inflamed and irritated. When this happens, you experience a burning or "sour" feeling in the throat or chest that is relieved by drinking water or taking an antacid.

The cause of heartburn is most often a weak or malfunctioning muscle valve at the lower end of

the esophagus, which allows stomach acid to back up into the esophagus.

Certain foods, as well as caffeine, nicotine, and alcohol, and some medicines, aggravate heartburn by stimulating acid production, or by weakening the muscle valve at the lower end of the esophagus. Lying down increases the chance of gastric juices flowing backward, since gravity no longer aids flow in the proper direction. Obesity causes increased abdominal pressure, forcing the juices upward.

Diagnosis of heartburn can usually be made on the basis of the history. Sometimes an x-ray film or a direct look at the esophagus through a flexible gastroscope is necessary.

Often, certain lifestyle changes are sufficient to control heartburn. Among these are:

- become a non-smoker;
- avoid coffee and other caffeine - containing foods and beverages, alcoholic beverages, and fatty, spicy and acidic foods;
- if you are overweight, trim down;

### Diet and Health

and sometimes it seems that almost everything is bad for you.

There is good evidence that some of the food advice of the past few years is useful. Large studies involving many people over significant periods of time allow this statement to be made.

Most impressive, perhaps, is the reduction in the incidence of heart attacks and strokes since we became fat and cholesterol conscious. People who have switched to, or started with, low fat, low cholesterol meals and concentrated on grains, fruits and vegetables, limited meat and other protein, are at lower risk for these diseases.

Roughage, in the form of grains and vegetable fibre, appears to genuinely reduce the likelihood of getting large bowel cancer. Reduced dietary fat also acts as a preventative.

Green and yellow vegetables contain beta-carotene, a form of vitamin A. Carotene is being



## info health

Dr. Bob Young

### Ear Wax

My very first patient had ear wax. She was at an afternoon bridge party around the corner, couldn't hear the bidding, and was sent to the "new Doc" (who wouldn't be busy) to get it removed.

I've cleaned out ears a million times, it seems, since. Often as an added service (for which we don't get paid) for a patient being seen for something else.

"Cleaning out" is probably not the right term. Ear wax is not, in spite of what your mother told you, dirt. It is a normal secretion, called cerumen, that is mildly antiseptic and protects the ear canal. Some people are prone to wax buildup, apparently for no particular reason, and may suffer from pain, itching, or, like my patient, temporary hearing loss.

Occasionally the cause is a tortuous or narrow ear canal. Sometimes symptoms are caused as the

result of trying to clean the ear - a lump of wax has been pushed against the eardrum while using a twist of tissue or (very frequently) a Q-Tip to remove the wax.

There is something to be said for the old adage that the only thing you should put into your ear is your elbow!

Removal is usually simple. The preferred method uses a light-containing cone-shaped instrument called an otoscope to see the wax, which is then removed with a small curette. This works well if the wax is firm, but not rock hard.

Syringing using water at body temperature is effective if the wax is soft or fragmented. Often the water is directed behind the lump of wax, forcing it out of the ear or at least to a point where it can be easily reached with forceps.

If the wax is like concrete, putting a little olive oil in the ear for

two or three nights will soften it, making removal easier and more comfortable. Some doctors prefer weak hydrogen peroxide for this purpose. Over-the-counter cerumen solvents are not recommended since they may damage the canal or cause allergic reactions.

Irrigation can be dangerous if the ear canal is inflamed or the patient has a perforated eardrum. Let your doctor know if you are aware of a hole in your drum.

Some ear specialists have fiberoptic otoscopes containing a TV camera. They remove the wax with curette and forceps while watching a greatly magnified image on the monitor screen.

I could have really impressed my first patient if I'd had one of those!

- eat smaller meals and avoid bedtime snacks; and
- elevate the head of the bed 4 to 8 inches.

Medications are available that reduce the formation of stomach acid and tighten the lower end of the esophagus and cause scarring, narrowing and eventually an esophageal ulcer. Discomfort related to exertion, or not promptly relieved by antacid, could be heart pain, not heartburn. In this case, seek medical attention without delay.

Medicine in History - Major

# On & Off the Base

## The New Base Chief

Chief Warrant Officer Sarty was born in Halifax, Nova Scotia, and attended St. Patrick's High School prior to enrolling in the RCAF in October 1958.

Following basic training at Saint Jean, Québec, he attended the School of Meteorology at RCAF Station Trenton, and on graduation in 1959 he was transferred to RCAF Station Greenwood. This was followed with a transfer to HMCS Stadacona in 1960 and a period of service with the RCN. From 1963 to 1969 he served at RCAF Station Gimli, Manitoba. In 1969 he returned to Halifax and served at sea with HMCS Ottawa and HMCS St Laurent. Throughout this period he attended advanced courses in Meteorology and Oceanography and was promoted to Warrant Officer in 1973.

In 1973 he was posted to 1 Canadian Air Group Baden-Soellingen and served there until 1977. This was followed by a short posting to CFB Trenton. In 1978 Master Warrant Officer Sarty was posted to Maritime Command Headquarters Esquimalt and served as the Port Meteorological Inspector and as a member of Sea Training Staff, Pacific.

He was promoted to Chief Warrant Officer in 1983 and was posted to National Defence Headquarters Ottawa as the Career Manager for the Met Tech 121 and Air T Con 161 occupations.



Chief Warrant Officer P.J. Sarty, CD, MMM

In 1987 Chief Warrant Officer Sarty was selected for his second tour in Baden-Soellingen, this time as the Base Chief Warrant Officer. On 5 September 1989 Chief Warrant Officer Sarty was appointed Air Command Chief Warrant Officer and posted to

Winnipeg. He received the MMM in November 1989.

Chief Warrant Officer Sarty is married to the former Simone Chaperon of Sherbrooke, Québec, and they have four children.

### First Cheque



Lt Pitcher accepts the first United Way donation for the CFB Comox Campaign from BComd Col Rogers.

### Baden Soellingen Ceremonies

CFB Baden-Soellingen, after almost 40 years in Germany, will soon close its doors. In conjunction with the closure, 439 Tiger Squadron will celebrate its 50th Anniversary. The ceremonies will take place during 20 - 23 November 1992. All former personnel of CFB Baden-Soellingen and 439 Tiger Squadron are invited to attend the ceremonies.

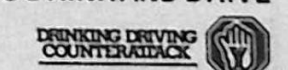
For further details on closure activities and 439 Squadron's Anniversary, accommodation and air transportation to and from Germany, please write to:

Flugplatz Soellingen Closure Ceremonies Committee  
CFB Baden-Soellingen  
CFPO 5056  
Belleville, Ontario  
K0K 3R0  
FAX: 011-49-7229-67-8707  
TEL: 011-49-7229-67-8263

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IF YOU DRINK AND DRIVE



## LEGION LOG

### BRANCH 17 COURTENAY 334-4322

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

Fri 09 Oct.....Music by Westwind  
Fri 16 Oct.....Music by Rawhide & Lace  
Fri 23 Oct.....Music by Wild River

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

BINGOS.....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

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

Sunday 25 Oct.....Fun Crib Tournament Upper Hall  
Registration 12 - 1 p.m. Open to Everyone

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

"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)

### BRANCH 160 COMOX 339- 2022

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

Fri 09 Oct.....Music by Rawhide & Lace  
Fri 16 Oct.....Music by Highway 19  
Fri 23 Oct.....Music by Westwind  
Fri 30 Oct.....T.B.A.

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

SUNDAYS.....Lounge 11 AM to 6 PM  
MONDAYS.....Men's Dart League, 7:30 PM  
L.A. Drop-In Bingo. Upper Hall. Doors open 6:30. 7:00 PM  
TUESDAYS.....Ladies Crib League, 8:00 PM  
Mixed Dart League, 7:30 PM  
WEDNESDAYS.....Navy League Drop-In Bingo  
Upper Hall. 7:00 PM  
C.V. Men's Crib (Home & Away) 8:00 PM 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.....Dance. Lounge. (Unless advised)

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

Saturday 24 Oct.....Annual Veterans Dinner  
In the Upper Hall Admission is free  
No Host Bar 6:30 p.m. Dinner 7:00 p.m.  
Please register your name at the bar or call 339-2112.

### Catholic Women's League

The first general meeting of the 92-93 season was held on Thursday, 17 September. Following a special Mass in the Chapel, we had a lovely pot luck supper in the Parish Hall. The food was delicious - calorie free, as usual! We even witnessed a miracle where Father Jerry turned the water into wine. There were a few new faces mixed with the familiar ones and a pleasant evening was enjoyed by all.

Even though we didn't meet in the summer, there were a few fund-raising events that kept the members busy. The next general meeting will be held on Thursday, 15 October, in the Parish Hall following Mass in the Chapel at 7 p.m. We will have a guest speaker and all the ladies of the Parish are welcome to join us. We have many interesting events planned for the coming year.

For more information please contact our President, Diane Plamondon at 339-0807 or Claudette Leblanc at 339-3004.



# Public Announcements

## CF Photo Contest

The CF National Photography Contest will be held in Ottawa 29-30 Oct 92. Entries may be submitted by:

- members of the Regular Force of the CF;
- members of the Reserve Force of the CF;
- members of other nations who are attached to or on exchange duty with the CF, but excluding those personnel of other nations who are under formal training;
- dependants of those members listed above;
- civilians employed by DND;
- members of the Sea Cadets, Army Cadets and Air Cadets.

Each entrant shall be assessed an entrance fee of \$0.50 for each photograph or slide entered in the competition.

For more info, contact the PERI staff at Local 8315.

## L'Association francophone de la Vallée de Comox

Vous invite Samedi, le 17 Octobre à 18h30 pour un buffet froid suivi d'un dîner Chinois. Cette soirée aura lieu au local de l'association, (centre communautaire à côté du Canex) et les prix sont de \$5.00 pour les membres et de \$7.00 pour les non-membres. Pour participer à cette soirée, vous devez réserver en appelant au 339-3990 ou au 339-6957 d'ici le 15 Octobre. Pour l'encan chinois, apportez un objet d'une valeur de \$3.00 ou moins, emballé et venez vous joindre à nous vous amuser! N.B. Apportez vos boissons.

L'Association francophone de la Vallée de Comox invite you to a Cold Buffet followed by a Chinese Auction on Saturday, 17 October at 1830 hrs at the Community Center on Little River Rd. (next to the Canex). The tickets are \$5.00 for members and \$7.00 for non-members. If you would like to join us please call 339-3990 or 339-6957 before 15 October. For the Chinese Auction, wrap a \$3.00 object (or less) and come to enjoy an evening of fun! (Please bring your own drinks.)

## Intersection Bowling League

Open to all Sections. Teams can consist of all ladies, all men, or a combination. The League will operate on Thursday nights at 1845 hrs. Get a team together in your own Section and challenge other Sections to do the same. Then come out and compete with each other. Have fun and enjoy the exercise and friendship. For more information call Ron McRae at 339-3424 or Base Bowling Lanes at Loc. 8351.

## Base Bowling Lanes

Now open for Casual Bowling Sundays 1 - 4 p.m. & Fridays 6 - 9 p.m.

## Leagues:

Youth Bowling Council - Saturdays at 10 a.m.  
Mixed - Mondays, 6:45 - 9 p.m. & Wednesdays 6:30 - 9 p.m.  
Ladies - Tuesdays, 6:45 - 9 p.m. & Wednesdays 1 - 3:30 p.m.  
Intersection - Thursdays, 6:30 - 9:00 p.m.

For more information call Base Bowling Lanes at Loc. 8351 or contact the Rec Centre.

## Dependant Use of Base Gym Facilities

Effective immediately, all dependants using the Base Gym facilities must produce their Dependants Pass in order to enter the gym. Dependants under the age of 12 must remain in the company of their guardian.

## Aerobics

Co-Ed Aerobics are available at the Base Gym aerobic room Mon thru Fri 1130 - 1215 hrs. For further info contact Karen at Loc 8442 or Brenda at Loc 8295.

## TOPS Meeting

TOPS #BC3454, Lazo, meets every Wed. night at the Base Rec Centre at 6:30 p.m. For more information call Elaine 339-3213

## WO & Sgt's Mess

### October 1992 Calendar

Monday 12 Oct.....Wives' Club Meeting, 1900 hrs  
Wednesday 14 Oct.....Crib League Night  
Saturday 17 Oct.....Octoberfest, 1830 hrs German Food  
2000 hrs DJ Dance  
Thursday 29 Oct.....Men's Darts, 1930 hrs  
Friday 30 Oct.....Hallowe'en Hosted by Jr Ranks Mess

BCYCN  
BRITISH  
COLUMBIA  
AND YUKON  
COMMUNITY  
NEWSPAPERS  
ASSOCIATION

## Personal Exercise Program

There is a PERI supervised PEP Program at the Rec Centre Mon to Fri from 0730 - 0830. All members who have failed their CF EXPRES Test and are on Remedial PT are encouraged to attend. Members will have half the gym to work out in. Also those who wish to improve their physical fitness are welcome to attend. For more info contact the Rec Centre, Loc 8315.

## Arena Parking

Arena staff and facility users are reminded to respect Chapel parking areas Sundays from 1000 hrs to 1200 hrs. Please refrain from using reserved parking spots during this time. Offenders will be ticketed.

## C.V. Amateur Radio Club

The Comox Valley Amateur Radio Club holds monthly meetings the fourth Thursday of every month at the AFIS Theatre, next to the CFB Comox Air Force Museum. All amateurs and prospective amateurs are welcome. For more info contact Dave Grimshire, Local 8523 or the club repeater VE7 RCV, 147.91/31

## Rifle & Pistol Club

The CFB Comox Rifle & Pistol Club will hold a General Meeting on 20 Oct 92 at 1430 hrs in the BCom Conference Room, Base Headquarters Building. New members welcome. Come one, come all!

## Comox Glacier Wanderers

The Comox Glacier Wanderers are sponsoring a 10K Oktoberfest Volkswalk on Sunday, 18 Oct 92. The walk will start at the Cumberland Hotel from 9 a.m. to 12 noon. Following the Volkswalk there will be German food available in the Pub. Come and enjoy! For information call 339-4145.

## Motion Commotion Aerobics

Welcome Military, Dependents & Friends

Mon, Wed, Fri - 9:30 a.m.  
Tues & Thurs - 6:45 p.m.  
1 hr. combo/low impact aerobics  
Have Fun! Get Fit! Join Us!  
For more info please call Wendy at 339-5620.

## Base Library Hours

Mondays, Tuesdays & Thursdays  
6 - 9 p.m.  
Saturdays & Sundays  
1 - 3 p.m.

## PAC Region Running Championships

The Pacific Region Running Championships will be held 17-18 Oct 92 in CFB Esquimalt. All interested runners are to contact, Sgt Jake Plante at Loc. 8542 by 13 Oct 92.

## Open Casual Swim

Commencing 10 Oct 92  
Saturdays 1300 - 1500 hrs and  
Sundays 1300 - 1500 hrs.

## Ladies Broomball

Contacts for the 1992-93 season are K. Knight-Adams, Loc. 8233 and J. Arseneault, Loc. 8253.

## NEXT DEADLINE 19 OCT

## 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

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## Chapel Chatter

by Padre Bob

As I was coming to the Base and just rounding the curve past Knight Road, I was stopped by a doe on the road. A little fawn, about 18-20 inches, followed her.

Before they had cleared the road, another adult deer followed with two fawns and crossed also. There they were, all ready for Parents and Tots and it was only Thursday. What's all the excitement about Parents and Tots? I will allow Mrs. Gail Purcell, our Hostess, to tell you of all the exciting things planned.

"The Parents and Tots Group was begun in early 1991 as an outreach program of St. Michael and All Angels Chapel Guild, to give support to families with young children in our community during the stress and crisis of the Gulf War. Within three weeks it had become so popular that it had

to be moved from the Chapel Annex to the Community Centre. "We are open to everyone in the community - you don't have to belong to the Chapel congregation to join us, nor are we a "religious" group. The Guild is simply our sponsor. We have our own program and set our own goals.

"We have had a very busy summer, meeting new people just posted in and looking to meet some of their neighbours and find playmates for their children. I am glad that so many of you thought of us. We will be continuing to meet every Friday morning with a break at Christmas time.

"We kicked off the fall season with a guest speaker from Comox Valley Family Life, Gillian Normandin, who joins us occasionally to discuss child or family

related topics. She will be joining us again on 9 October. We have also invited Nancy Lyons to bring in some of her Christmas crafts on 23 October, and we will provide enough supplies for everyone to make one of the crafts that she will be demonstrating. As well as these confirmed dates, we are hoping to have the military police join us to discuss child safety, Block Parenting and Neighbourhood Watch programs sometime in the next few months.

"I want to remind everyone that we are a Parents and Tots group, and that Dads are every bit as welcome as Moms. I'm pleased to say that we have had fathers bringing their children, and we would like to see more.

"We meet at the Wallace Gardens Community Centre every Friday from 10:00 - 11:30 a.m."

## Block Parent Programme for PMQs

Hello, and welcome to all the new families who have arrived over the past few months to the Comox Valley. This is usually a quiet base and a good place to raise a family. Unfortunately, once in a while something happens concerning our children, whether it be a disagreement between children or a child that just lost their way. That is where the Block Parents Program takes effect. Block Parents is an organization implemented by parents to make that "big world out there" a little more comfortable and safer for our children, thus giving parents a little peace of mind. Block Parents is not a time-consuming volunteer project, but it is a very important one. Being a Block Parent requires you to complete an application form, allowing the Military Police to conduct a background history check. Upon completion, successful applicants will be issued a Block Parent sign which provides information on the use of the sign and assistance required by you in reporting incidents to the proper authorities. When you are home, all you have to do is display your sign in a window. If you leave, all that is required is to take the sign down. Should a child come to your residence simply call the phone number on the back of your Block Parent sign - that's it! No commitment of time at all.

Three Block Parents per street are required; that way chances are one out of the three would be available to provide assistance, should the need arise. Times are changing quickly and unfortunately we have to watch our children more closely than ever.

If you are interested in becoming a Block Parent, or wish to have more information about the program, feel free to contact the Military Police, Community Relations representative at 339-8449.



## Argus Revival Project

The days of the flaming night starts and drone of 18-cylinder Wright R-3350 Cyclone engines are gone. At the present there are only two restorable Argus airframes, one here in Comox. If a thorough preservation is not implemented soon, it will be forever lost.

The aim of the Comox Heritage Aircraft Committee is to preserve our aviation history and Comox's Argus 712 is a part of that history.

All personnel, military and civilian, interested in helping with this goal are invited to attend a meeting on 18 Oct, 1900 hrs. at the RCAFA 888 Wing, located beside the Comox Airpark.

If you are unable to attend but are interested, please contact Sgt Karl Smith 339-8417 or 339-7950.

Come out and help save the Argus!

# On the Base

## Officers Ladies

Welcome back, everyone! September has been and gone and with it our Wine & Cheese evening which was a great success!

Leading a brief business meeting, our president, Dianne Turpin, explained a little about the club, introduced this year's executive and convenors and then handed things over to our Welcoming person, Barb Vermette, who along with our Honorary President, Mrs. Heather Rogers, had the pleasure of greeting each newcomer to the Mess with a course and a welcome package. We're so happy to have you with us! Thanks to everyone who took the time to fill out and return the questionnaire that was handed out by Karen Holme (Entertainment). The answers help a great deal when planning for upcoming events. We appreciate your ideas, suggestions and even extra hands whenever and wherever possible, so don't be shy! Dianne concluded the meeting and we got up

to stretch our legs and get acquainted. While mingling and enjoying the lovely array of wines and cheeses set out for us, some found that it really is a small world after all! Congratulations to the winner of the elegant cheese tray - it'll look great in any setting!

October is here and the planning is set for our next get-together - Wednesday, 21 October, 7:00 for 7:30. We have decorating in mind! Susan Hargrave of the Decorating Den will be with us to share her expertise. She will discuss and demonstrate decorating ideas, problems and solutions. It promises to be a most enlightening evening. Susan also has some great raffle prizes for us, so see you there!

(P.S. Regular OMLC meetings are held the third Wednesday of each month - watch for ads.)

For information about the next event please call Dianne Turpin at work, 339-2788.

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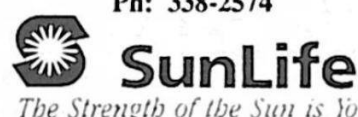
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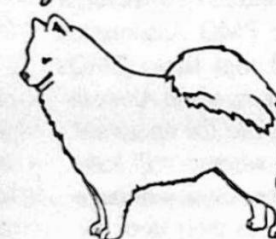


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## On & Off the Base

### Korean Korner

### Korea Has a Constitution

Bob Orrick CD

Later this month Canadians will have an opportunity to vote either Yes or No for the Charlottetown Accord. This constitutional question is the result of agreement reached by First Ministers, territorial and Aboriginal leaders, 28 August, in PEI. Proponents on each side of the issue are gathering momentum as they race to the 26 October vote.

This must be somewhat amusing to the citizens of the Republic of Korea, a relatively young country having reached its liberation from Japan in 1945 and the subsequent formation of the country along democratic lines in 1948. Since then ROK has amended its 1948 constitution five times: 1952, 1954, 1960, 1972 and in 1980.

The Republic of Korea's legislative power is vested in the National Assembly, a unicameral body unlike Canada's bicameral system. The Assembly consists of 270 members elected by popular vote for a four-year term.

Members elected by popular vote comprise two-thirds of the membership with the remaining seats distributed proportionately among parties winning five seats, or more, in the direct election.

Candidates for the National Assembly must be at least 25 years of age. Two candidates win

Assembly seats through a plurality vote in each electoral district. This practice was in vogue in British Columbia in certain ridings until the government of William Vander Zalm amended the province's Constitution Act doing away with dual ridings.

In South Korea, two types of legislative sessions are provided for: regular and special. A regular session convenes once every year in accordance with the provisions of law and special sessions convene upon the request of the President or one-third or more of the membership of the Assembly. The period of a regular session is limited to 90 days and special sessions to 30 days.

Interestingly, the National Assembly cannot convene for more than 150 days annually, including regular and special sessions. Special sessions convened at the request of the President are not included in this count.

As with Canada, ROK's judiciary power is vested in the courts, constitutionally an independent branch of the government. And, similar to Canada, the court system functions on three levels: the Supreme Court, appellate courts, and district courts (including branch courts) and the family court.

Over the past four decades

relations between the Republic of Korea and Canada have steadily improved. Starting with the Korean War and Canada's prompt participation, the two nations have steadily fostered a growing trade between them.

Canada, with its population of 27 million is smaller than ROK with 41 million (1985 figure). On the other hand Canada's land mass far exceeds that of South Korea: 3.8 million square miles versus 38,700 square miles. For comparison, Portugal and Iceland are about the same area as South Korea. The entire Korean Peninsula (North and South Korea) covers but 86,000 square miles, measures about 600 miles north to south and is a mere 130 miles across at its narrowest point.

Constitutions. While one country bickers, fights and squabbles among its peoples trying to seek an identity, another, much older but younger as well, and quite possibly wiser, has addressed its constitutional concerns and forges ahead on the international stage at an accelerated pace.

On 27 October the people of one of those countries will awaken to ... what? Happiness and prosperity, or gloom and ugliness, more meetings and more "protecting of turf" ad nauseam.

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Poem submitted by Barb Blackburn, CFB Trenton

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Confidential short-term

Counselling services

Parenting information

Emergency shelter



Drop in anytime  
or call Linda, 339-8655  
or Colleen, 339-8654.

## Family Support Centre

The family Support Centre is happy to announce **Recreation for Teens** at the Base Recreation Centre:

• Wednesdays 6:30-7:15 p.m. - Weight Room sessions. Individual strength training programs with qualified instructor

• Wednesdays 7:15-8:30 p.m. - Sports and Games in the gym.

• Saturday Swim Programs - 10:30-11:00 Swim Instruction:

Phase 1 Stroke Improvement

Phase 2 Red Cross lessons

Phase 3 Royal Lifesaving Lessons

- 11:00-11:15 Organized Games (water polo, relays, under-water hockey, etc.)

- 11:15-12:00 a.m. Open Recreational Swim

Teen Recreation Programs are available free of charge and are open to all teens of military families. Base ID is needed. Parents and teens can arrange for ID by contacting the MPs. Please note the 10 Oct session is cancelled due to a previous pool booking.

Jennifer will be available to meet with teens at the Family Support Centre, Tuesdays and Thursdays, 4:30 - 6:00 p.m.

**Video Night** continues on Thursdays at the Family Support Centre for Teen Club members.

The Teen Club is open to all teens of military parents. New members are welcome. For information on becoming a Teen Club member please call Fran at

339-5716 or Jennifer at 339-8654.

### Parenting Young Children for Military Families

Six sessions, Tuesday evenings from 20 October to 24 November at the Protestant Chapel Annex. Cost is \$10 per couple. Please phone 339-8654 to register.

**Babysitting Course** will be held Saturday 31 Oct from 8:30 a.m. to 4:00 p.m. at the Family Support Centre. Please call 339-8654 to register. Must be 12 years old within 6 months.

**Discussion Group** meets from 10:00 - 11:45 on Tuesday mornings at the Family Support Centre with childcare available at the Community Centre. Babies are of course always welcome to come with their parents. The fall schedule will include monthly speakers, craft sessions and seasonal activities. Come and help us make applesauce Tuesday, 22 Sept.

**Drop In** Parents and kids and newcomers of all ages are invited to drop by the Centre for a cup of coffee and a chat. The FSC keeps a library of information on all sorts of topics from parenting to menopause, as well as a referral service to local services and Base information.

### Volunteer Opportunities

The FSC has a number of interesting and challenging volunteer opportunities for people who are interested in helping their community and using their skills along with a group of other caring

individuals. Training and support will be provided, as well as our heartfelt appreciation.

Volunteers are needed in the following positions:

**Child Care** - playroom and playground assistants

**Front Office** - reception to answer phones, take messages and provide community information, make referrals to community services, etc.

**Public Relations** - to help with community get togethers, make posters and help out with Centre events

**Teen Activities** - parents and others who enjoy being with teens are needed to accompany our young people on outings and to provide back up for Thursday video nights and Friday dances. If you would like to work with an active group of teens who set their own agenda and initiate their own programs please call the FSC Youth Worker, Jennifer Bird at 339-8654.

### Teen Club Involved In Successful Family Fun Day

The Teen Club seized the opportunity to assist in aspects of the running and organizing of the Family Fun Day held at Airport School from 1100 to 1500 hrs on Saturday, 19 Sept. The teens dressed up as clowns, as the A & W Rootbear, and as Smokey the Bear to amuse the children and distribute colourful helium balloons. They also organized and ran games for all children from newborn to 12 years of age. A big thank you to the Teen Club members for a job well done!

## SAVE OVER 50% on Special Portrait Packages

### GOLD PACKAGE

Choice of poses

1 - 16X20 Ready for framing.....	\$95.00
4 - 8X10.....	\$120.00
6 - 5X7.....	\$102.00
50 - Portrait Greeting Cards with envelopes.....	\$79.95
BONUS! All Previews.....	FREE
TOTAL REGULAR PRICE.....	\$396.95
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**\$194.95**

### SILVER PACKAGE

Choice of poses

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3 - 8X10.....	\$90.00
4 - 5X7.....	\$68.00
50 - Portrait Greeting Cards with envelopes.....	\$79.95
TOTAL REGULAR PRICE.....	\$290.95
YOU SAVE.....	\$146.00

Special Price  
**\$144.95**

### BRONZE PACKAGE

From one pose

2 - 8X10.....	\$60.00
2 - 5X7.....	\$34.00
4 - 3 1/2X5.....	\$40.00
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COMOX FAMILY RESTAURANT

A TIME FOR HARVEST, A TIME FOR GIVING

### Thanksgiving Dinner

Oct. 11 & 12, Sun. & Mon.

★ **ROAST TURKEY**  
& all the trimmings

★ **PRIME RIB**  
& yorkshire pudding

Adults

**\$10.95**

Senior

**\$8.25**

includes soup or salad  
and our homemade  
pumpkin pie and soft ice  
cream

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**Smitty's**  
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**339-3911**



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DIVING  
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CONTACT: PAT DAYMAN 8335

: RON GREENAWAY 8116

: RAY GRENKOW 8335



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Our shop and packing shed open each day!

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- HUGE SELECTION OF DRIED FLOWERS
- FREE DRAW FOR DRIED ARRANGEMENT
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- KIDS COLOURING CONTEST
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**NEW!**

FALL WORKSHOPS  
REGISTRATION NOW

**\* Seniors Day  
10% Discount**

\* Seniors Day is Friday...

Friday Oct. 9th 9:30 - 4:30 \*  
Saturday Oct. 10th 9:30 - 4:30  
Sunday Oct. 11th 12:00 - 4:30  
Monday Oct. 12th 9:30 - 4:30

For Information Call 338-8840

Blooming Barn, 3617 Dove Creek Road, Courtenay, B.C.