

**RAF  
Halton  
Closes**

...pages 4 & 5

**Terry Fox  
Run**

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# TOTEM TIMES



*Canadian Forces Base Comox B.C.*

VOL 34 NO 20

22 OCTOBER 1992

COST: PRICELESS

## Alpine Venom



Photo courtesy Doug McQueen

A Swiss Air Force de Havilland Venom makes a final pass over an alpine ridge. Switzerland is retiring its Venoms and Hawker Hunters, possibly in favour of F-18s.



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# National Affairs

Defence Policy 1992 - Part 4

## The Canadian Forces - Air

Minister of National Defence



The Hon. Marcel Masse, M.P.

### The Present

The major air force formations under Air Command are the five air groups based in Canada and the air element in Europe. They are supported by a Reserve structure and by bases, stations, schools and other facilities.

In Canada, Air Command provides combat-ready forces for surveillance and control of Canadian airspace, and for the collective air defence of North America. It also provides air support to the maritime and land forces.

Air Command elements are organized into fighter, transport, maritime, tactical and Reserve groups. Air Command Headquarters in Winnipeg commands all air forces. The forces of Maritime Air Group and 10 Tactical Air Group, along with associated Air Reserve units, are respectively under the operational control of Maritime and Mobile Commands, for assigned missions.

The Canadian Forces commitment to Europe, which included the two fighter squadrons of 1 Canadian Air Division, based at Baden-Soellingen, has been reduced to one squadron of 24 aircraft in 1992. Operations in Europe will cease by 1993.

The Air Reserve comprises one group headquarters, two tactical aviation wings, three air reserve squadrons, and 20 augmentation flights. As the name indicates, the latter provide personnel to augment bases and units.

### The Future

Although the geostrategic context has changed dramatically over the past few years, the air forces must maintain their skills in warning, attack assessment and defence against air attack. It would not be prudent to assume that there will never again be an air threat to North America. Moreover, we must still maintain our capability for surveillance and control of our national territory for the most elementary considerations of sovereignty. We need a capacity to monitor our airspace as currently provided by radar and aircraft. We also need to be able to challenge, and if necessary control, intruders. These are basic national requirements independent of any particular threat. In light of Canadian geography, we also require these capabilities over the

widest possible area of Canadian jurisdiction, including the North.

Air Reservists will be employed across the full spectrum of operational and support activities. The Air Reserve augmentation flights will be expanded to assist in the operation, administration, maintenance and logistic support of the air force.

Multipurpose tactical and strategic airlift is essential if the Canadian Forces are to be able to respond to the diverse tasks expected of them. It will remain a high priority because of the flexibility it provides in deploying other resources. The air forces will need airlift and air-to-air refuelling sufficient to support the forward deployment of fighters in the North and for international contingency operations. The land forces will need airlift for the continuing Allied Command Europe Mobile Force (Land) commitment, for operations in Canada, for contingency operations abroad and for peacekeeping. We will also have to consider what our requirements might be for expanded disaster and humanitarian assistance, both at home and abroad.

In designing the air forces of the future, we have sought to:

- maintain aerospace surveillance and defence forces in Canada;
- develop a Total Force air force by the increased integration of Reserve personnel into air units;
- maintain maritime patrol and increase coastal patrol and enforcement capability;
- increase air-to-air refuelling capability;
- maintain adequate global and domestic airlift;
- increase capability to support other government departments;
- improve the capability for search and rescue;
- maintain capability to deploy up to two CF-18 squadrons for contingency operations anywhere in the world, that would also be available to NATO; and
- improve the capability for arms control verification.

The personnel targets for the air forces will be approximately 18,500 Regulars, 3,000 Primary Reservists and 3,000 Supplementary Reservists.

CF-18 attrition will be mitigated by blending into the Canada-based fleet the aircraft that will be available following our departure from Europe. Four fighter squadrons will be assigned the air defence role in North America, two each at Cold Lake, Alberta and Bagotville, Quebec. In addition, the squadrons will maintain a limited air-to-surface capability to provide support to maritime operations, as well as support to land operations, in defence of Canada. As outlined above, two of these CF-18 squadrons will also be available for contingency opera-

tions anywhere in the world. In addition, there will be one operational training unit with 20 CF-18s and one fighter lead-in training unit with 25 CF-5s. The remaining CF-18s and CF-5s will help maintain the authorized unit establishment for these squadrons throughout the planning period.

There will be three composite squadrons at Comox, British Columbia and Shearwater, Nova Scotia for combat support, electronic warfare training and coastal patrol.

Although the geostrategic context has changed dramatically over the past few years, the air forces must maintain their skills in warning, attack assessment and defence against air attack. It would not be prudent to assume that there will never again be an air threat to North America.

The air forces will provide support to the maritime forces for anti-submarine warfare, surveillance, search and rescue, and other national tasks. Three maritime patrol squadrons, as well as a training unit, will be equipped with long-range patrol aircraft and Arctic and Maritime Surveillance aircraft. Two maritime helicopter squadrons and a training squadron will be equipped with shipborne helicopters.

The air forces will provide general purpose support to the land forces with three tactical aviation squadrons located in Edmonton, Petawawa, and Valcartier; a training squadron in

Gagetown; one multi-role squadron in Ottawa; and two reserve aviation wings in Toronto and Montreal. Three squadrons will operate utility tactical transport helicopters.

There will be additional general purpose support to maritime, land and national tasks. One strategic transport, VIP and refuelling squadron will be located in Trenton. Three tactical transport squadrons will be located in Edmonton and Trenton with Hercules aircraft. One transport squadron will operate out of Ottawa. Finally, four search and rescue squadrons and a rescue unit will fly from Comox; Edmonton; Trenton; Greenwood, Nova Scotia and Gander, Newfoundland with search and rescue helicopters and Hercules aircraft.

Over the planning period, the major portion of the capital budget devoted to air forces will be spent on the following:

- the North American Air Defence Modernization program;
- coastal patrol aircraft;
- combat-support aircraft;
- shipborne helicopters;
- SAR helicopters;
- utility tactical transport helicopters;
- upgrades to sensor and avionics systems, including a CF-18 mid-life update;
- a precision-guided weapons capability;
- improved crew-training technologies;
- space-based surveillance systems; and
- consideration of a replacement for the CF-18.

### Gulf & Kuwait Award



Cpl Warnar, BHosp., received her Gulf & Kuwait medal at the Battle of Britain parade.



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# On & Off the Base

## THE NEW CONSTITUTIONAL AGREEMENT

# THE HIGHLIGHTS

Over the past two years, federal, provincial, territorial and Aboriginal leaders have consulted with thousands of Canadians and concerned groups from coast to coast. These consultations included Royal Commissions, participatory conferences, parliamentary hearings, and hearings in the provinces and territories held by provincial and territorial legislatures. Federal, provincial, territorial and Aboriginal leaders have agreed unanimously on August 28, 1992 in Charlottetown on a package of constitutional proposals that recognizes the equality of all Canadians and represents all of our interests. The agreement is now before Canadians.

The agreement proposes that the new Constitution would contain a statement of key economic and social objectives shared by all of the governments in the federation. The objectives include comprehensive, universal, portable, accessible and publicly administered health care, adequate social services and benefits, high quality primary and secondary education and reasonable access to post-secondary education, collective bargaining rights and a commitment to protecting the environment. The economic policy objectives to be entrenched would be aimed at strengthening the Canadian economic union; the free movement of persons, goods, services, and capital; ensuring full employment and a reasonable standard of living for all Canadians; ensuring sustainable and equitable development.

EXCLUSIVE PROVINCIAL JURISDICTIONS WOULD BE RECOGNIZED IN THE AREAS OF forestry, mining, tourism, housing, recreation, municipal affairs, cultural matters within the province, and labour market development and training. In addition, to ensure the two levels of government work in harmony, the government of Canada commits to negotiating agreements with the provinces in areas such as immigration, regional development and telecommunications. Federal-provincial agreements on any subject could be protected by the Constitution from unilateral change.

The new Canadian Constitution would recognize the distinct nature of Quebec, based on its French language, unique culture and civil law tradition.

In the reformed Parliament, the Senate would reflect the equality of the provinces while the House of Commons would be based more on the principle of representation by population. As well, various provinces would be assured a minimum amount of seats in the House of Commons.

The proposed Senate would be made up of six elected senators from each province and one from each territory. Additional seats would provide representation for Aboriginal peoples. The reformed Senate's powers should significantly increase the role of the elected Senators in the policy process.

The proposals recognize that Aboriginal peoples have an inherent right to self-government and that the Constitution should enable them to develop self-government arrangements and to take their place in the Canadian federation. The proposals recognize Aboriginal governments as one of the three constitutionally recognized orders of government in Canada. In addition, the proposals provide for a negotiation process between Aboriginal leaders and provincial and federal governments to put this right into effect. The recognition of the inherent right would not create any new rights to land, nor dilute existing treaty rights.

Now that Canada's federal, provincial, territorial and Aboriginal leaders have reached a consensus, it is the right of all Canadians to understand the new proposals. Call the toll-free number below to receive an easy-to-read booklet on the new constitutional agreement or a complete text.

It's your right to know what the constitutional proposals say, before voting on October 26.

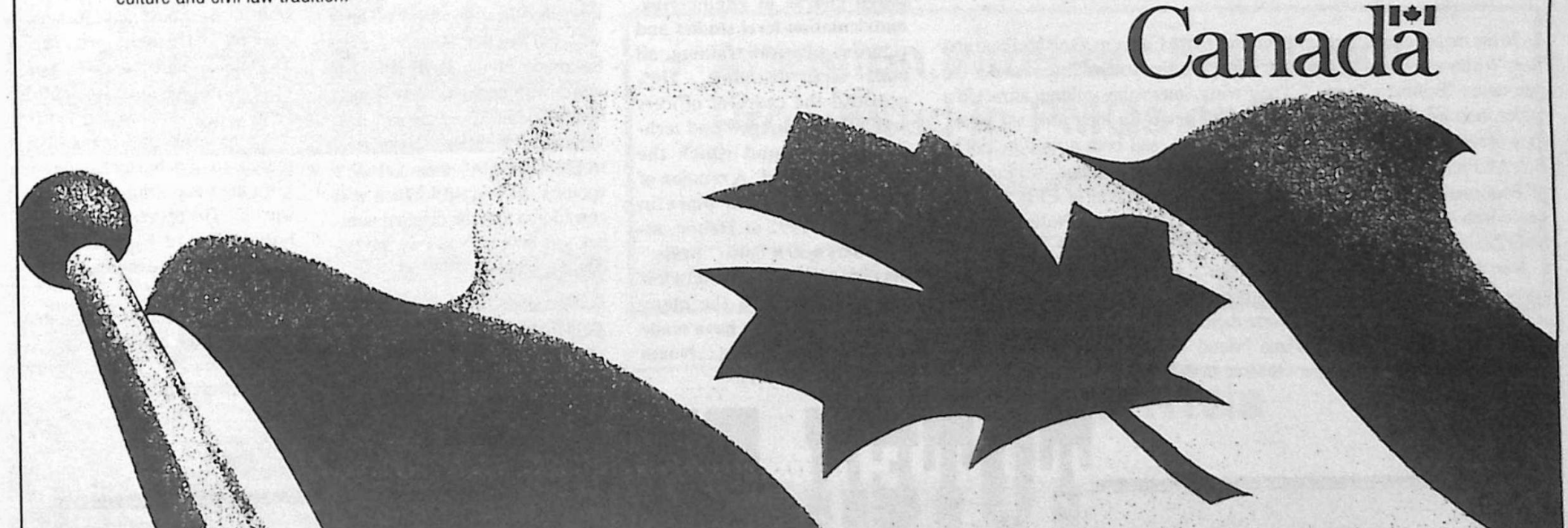
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### Aboriginal Self- Government

### Avoiding Overlap and Duplication

### Distinct Society



### On Hallowe'en Night:



Do you know where  
your children are?



### Los Desperados Exposed



So many people identified the three young men (not as young now) above, we didn't have enough space to print their names. The three are now L-R: WO Ken Rodgers, Capt Paul Weed and MWO Barry Ryan. All three are members of the MP Section.

# Editorial

Guest Editorial  
By Capt Bob Sealby  
Assistant Editor, Totem Times



## Yes/Oui - No/Non!!

Next Monday the voting population of Canada will be asked to choose a response in what has been termed the "Charlottetown Accord." Over the past month or so we have been inundated with the viewpoints of the "Yes" and "No" camps. Exponents of the "Yes" vote have expressed their approval of the constitutional package based on the unity yet diversity of Canada, social and economic union, political equality, etc. In the "No" arena, the Accord has been termed everything from a sell-out to Quebec to a document full of holes which will still require years of further debate. Representatives from each side of the argument have been granted the freedom to express their opinions without prejudice. The news media have carried the debates, discussions, points-of-view and commentaries of people from all walks of life and from "sea to sea to sea."

No matter to which one of the two factions you belong, you have a free and democratic right to vote. Providing you have been enumerated, you can go to your local voting station, select the option with which you feel strongest and mark your ballot. After a set period of time the polls will close, the votes will be counted, and the result announced over the regulated but free airwaves.

The key word in all of this is "freedom." We live in a country blessed with a political system that allows our residents certain freedoms. We have freedom of religion, speech, the press, travel, etc. Predominantly, these freedoms originated from the British Parliamentary system; however, there are still aspects of our political lineage that are truly Canadian. We have learned from our past to adapt our political, social and economic undertakings to the changing convictions of the Canadian people. Our political and natural ancestors strove to bring us to the point of the 26 October 1992 vote. Regardless of the outcome, the freedom of the voting people has been exercised. With the result of the vote, our duly elected representatives should be willing to democratically go on to modify and, hopefully, stabilize our country's constitutional predicament. If not? We still have our freedom to choose and vote another day.

## Captain Bob McPhail

In the mid-eighties, two up-from-the-ranks Captains, Bob McPhail and Bob Williams, were regular contributors to the Totem Times, under the pen-name "Bobbey Twins." Their witty, interesting column attracted a wider than usual readership for BAMS0 news. In their time at Comox they served under the BTSO in various jobs, and both retired in 1987. Bob McPhail joined the Emergency Response organization, working out of Esquimalt/Victoria in co-ordination with the team at CFB Comox, while Bob Williams opted for a missionary career in the Philippines and New Zealand, where he now resides.

Bob McPhail passed away on October 2, after a year's illness. He had many friends in the Comox Valley, among them, past and present members of the Totem Times staff. It is fitting therefore that we pay tribute to Bob McPhail - Officer, Gentleman and Friend - on this page, and offer our condolences to Norma and her children in their loss.

## Peacekeeping Monument Unveiled

The Peacekeeping Monument was unveiled on 8 October in Ottawa on Confederation Boulevard in front of the National Gallery of Canada.

The United Nations' peacekeepers were honoured in 1988 with the award of the prestigious Nobel Peace Prize. This great tribute inspired a national monument in Ottawa to honour our Canadian Armed Forces contribution to peacekeeping.

To this end, the Department of National Defence and the National Capital Commission undertook a joint project to hold a design competition, to build and to dedicate a new monument to peacekeeping in the nation's capital. An independent jury received eight excellent submissions. The winning design, entitled "The Reconciliation," was announced in the fall of 1990.

The winning entry was submitted by sculptor Jack Harman, urban designer Richard Henriquez, and landscape architect Comelia Oberlander-Hahn. The team also includes Gabriel Design, lighting design, and J.L. Richards & Associates, engineering services.

The monument, now almost completed, consists of two converging limestone walls - representative of opposing factions. The debris of war lies between these walls. Three cast bronze figures (each three metres in height), representing the peacekeepers, will stand at the meeting place of the two walls of destruction. They will symbolically oversee the reconciliation of those in conflict.

Just beyond the walls is a grove of 12 oak trees - reminder that our peacekeepers come from the ten provinces and the two territories. The grove also serves as

a symbol of the future and of our hope for peace.

Almost 90,000 Canadian military personnel have served in peacekeeping missions over the past 45 years. This record is unsurpassed by any nation. Today, more than 2,300 Canadian Armed Forces personnel are serving the cause of peace in 14 locations around the world. An additional 1,200 peacekeepers are preparing for duty in Yugoslavia and 750 troops have been committed for Somalia.

His Excellency, the Right Honourable Ramon John Hnatyshyn, Governor General of Canada and Commander-in-Chief of the Canadian Armed Forces, presided over the unveiling ceremony. Up to 3,000 Canadians who have served in peacekeeping missions since 1947 took part in the parade.

## No. 1 S of TT Halton

## Historic RAF School Closes

By Bert Linder  
(37th Entry)

### Editor's Introduction:

The RAF No. 1 School of Technical Training - home of the "Halton Brats" - will soon close its doors, after 70 years in operation. It was founded by Air Chief Marshal Lord Trenchard after World War I, to meet the future technical needs of the Royal Air Force. The "Brats" provided the key technicians for the Battle of Britain and decades afterward. Joining at age 15, the apprentices served for three years on a tough course of engineering, matriculation-level studies and rigorous physical training, all under strict discipline. They provided the cadre of officers and NCOs - aircrew and technicians - around which the RAF was formed. A reunion of ex-apprentices took place in September 1992 at Halton, attended by nearly 8,000 "Brats." Bert Linder of Comox and a few others represented the many ex-apprentices who have made Canada their home....Norm Blondel (63rd Entry)

### RAF Halton, Buckinghamshire, England:

It was the most beautiful day that England had had all summer, clear and sunny; the gathering was blessed.

They came from all over the world, the majority from the U.K. All the different Entries from 1922 - 1992 were represented.

I met men who had worked on the Bristol fighters and some who are still working and operating the Concorde; their ages ranged from the 90s to the 20s. When it was said that the "Brats" were the backbone of the RAF, no truer word was spoken. My Entry, #37, who joined in January 1938, vened at the Moat House Hotel in St. Albans; 43 men and their spouses showed up. When it is considered that the original number was 800, it shows we are becoming sparse.

We all registered on the airfield in the Hangars, Entries 9 - 43 in #3 Hangar and 44 onwards in #2 Hangar, and for four hours old

comrades met and rehearsed the wars and the aircraft industry's advancement over the years. Suitable refreshments and lunch were available.

All Entries had their pipe bands. Ex-bandsmen formed a massed band and performed for the assembly, and as they ended, a Spitfire came snarling overhead in several low passes, a fitting finale.

The assembly then moved to the Workshop area where they viewed the modern air force in training and could make the comparison with their own days. Towards evening those who were able, approximately 5,000, formed up in eights and, led by the pipe band, did a nostalgic march to the barracks parade ground where they formed a square. The apprentice guard of honour stood by whilst the general salute and the flag lowering took place.

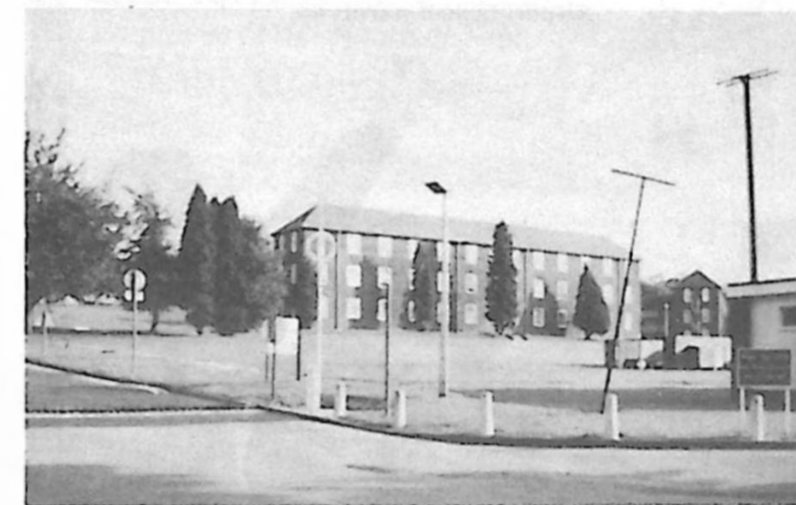
After this, many sincere farewells were made and the old boys made their way home....Bert Linder

# CF News

## Halton Pictures



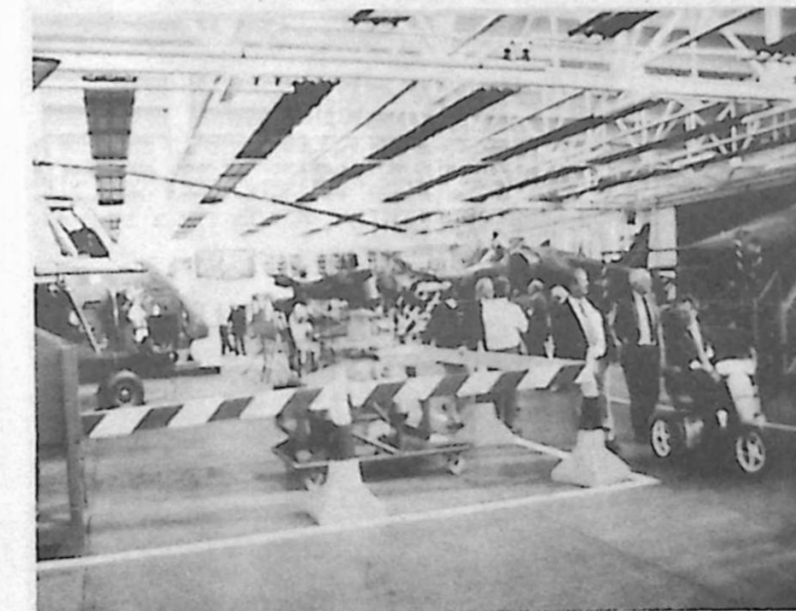
Bert Linder (37th Entry) and Mrs Linder represented Canada.



One of the barrack blocks in 4 Wing. At its busiest, Halton had five training wings.



The Main Guardroom ("I spent time in there! ... just visiting though, something about mucky boots.") ... Editor (63rd Entry)



Part of the vast, multi-use training area

## About Trivia

### "Tin Goose"

by John Novak

During WWII the Ford Motor Company became a major player in the production of combat aircraft. Converting many of its car assembly lines, it built aircraft under license for other companies such as Consolidated. However, Ford did carry out a sole independent venture into the aviation field at an earlier age. This enterprise was to result in the development of the Ford Trimotor, which appeared on the scene in 1928. Nicknamed the "Tin Goose" and the "Tin Lizzie" due to its metal skin, the Trimotor was a star performer of its era.

It became a familiar sight at U.S. airports and eventually in Canada. It in fact held the distinction of being the first large modern commercial airliner to go into regular service in Canada. This service was a scheduled

flight between Vancouver and Seattle, operated by B.C. Airways, and commenced on 1 August 1928. Unfortunately, this operation was a shortlived one, as disaster struck on 25 August when Trimotor G-CATX crashed into Puget Sound. It had taken off in poor visual weather conditions, influencing the pilot to fly at low altitude over water. There were no survivors.

In June 1929, the RCAF purchased a Trimotor which was operated on both skis and pontoons, in addition to its normal wheeled undercarriage configuration. Its designation was WZ, and a photo of this aircraft was the subject of the latest "Trivia." It was flown extensively by the RCAF until 1937, when it was sold to Grant McConachie's Yukon Southern

Air Transport Company. Re-designated civilian CF-BEP, it was operated by Yukon Southern until March 1939, when it was wrecked in an accident involving an RCAF Mk1 Hurricane. CF-BEP was parked on the tarmac at the Vancouver airport at the time of this incident. A pilot of #1 Sqn, in Hurricane serial #312, lost control during take-off and collided with the Trimotor.

Apparently there are a few Trimotors still in service in the USA and in Latin America. Some old birds go on forever!

Ford Trimotor specs:  
Wingspan - 77 ft 10 in  
Length - 49 ft 10 in  
Weight - 13,250 lbs.  
Power - 3 x 420 hp Pratt & Whitney engines  
Speed - 150 mph

## Ford Trimotor

### Editor

Re: Trivia

The aircraft is a Ford (as in Henry) tri-engine which was acquired by the RCAF in 1930(?) It is pictured outside the one and only hangar existing at Rockcliffe at the time and which was too small to accommodate an aircraft of its dimensions.

It was flown extensively for dusting against the spruce bud worm, having been fitted with a huge hopper in the fuselage. It was on floats at this time. It is pictured on wheels but it was also ski-equipped during the winter months.

Later, it was flown so seldom

that a robin built its nest in the starboard engine crank opening in the engine nacelle. When the engines were run up, the nest was removed and placed on an adjacent hangar window ledge and replaced when the engine was completed. Now believe this or not - the robin accepted this disturbance and successfully raised her brood.

This aircraft was eventually sold to a commercial organization and was used by them out of Sea Island. At this time #1 Fighter Squadron was stationed at Sea Island flying Hurricanes. One day,

a "Hurry" pilot (a friend of mine) lost control of his aircraft on take-off and "smashed" into it, damaging it so severely that it was a write-off.

I flew this aircraft on a number of occasions while stationed at Rockcliffe in 1932-33.

So much for the last of the Trivia.

Your truly,  
WC Harry Bryant, Ret'd.  
Editor's Note: Fortunately, our good friend Harry Holmes came through with a good selection of Trivia, so we're OK for a few more editions. But don't leave it all to Harry, folks!

## Attention Parents: Fireworks Prohibited in PMQs or On Base

Extract from Base Standing Order 6-10

No fireworks or pyrotechnic displays shall be ignited within CFB Comox or adjacent property, without prior permission of the Base Commander.

## Air Force Trivia



### Trivia Answer

Ford Trimotor. See letters by Harry and John.

# TOTEM TIMES

EDITOR - BUSINESS MANAGER.....Norm Blondel  
ASSISTANT EDITOR.....Bob Sealby  
DEPUTY ASSISTANT EDITOR.....Denise O'Brien  
OFFICE-MANAGER/TYPESSETTER.....Bonnie Cochrane  
WRITERS.....Jim Kirk, John Novak, Gerry Gerow, Bob Orrick,  
Barbara Vermette, Rose McCleish,  
Duke Warren, Norm Whitley, Tet Walston  
PRODUCTION STAFF.....Julie Blondel, Ron Fisher  
COMPUTER CONSULTANT.....Gerry Peppard  
CIRCULATION.....Julie Blondel - 338-0259  
PHONE NOs: 339-2541 (Office) 338-0259 (Res.) FAX 339-8673  
Address correspondence to: Subscription rate \$20.00 per year.  
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# 2 NOV 92

# On & Off the Base




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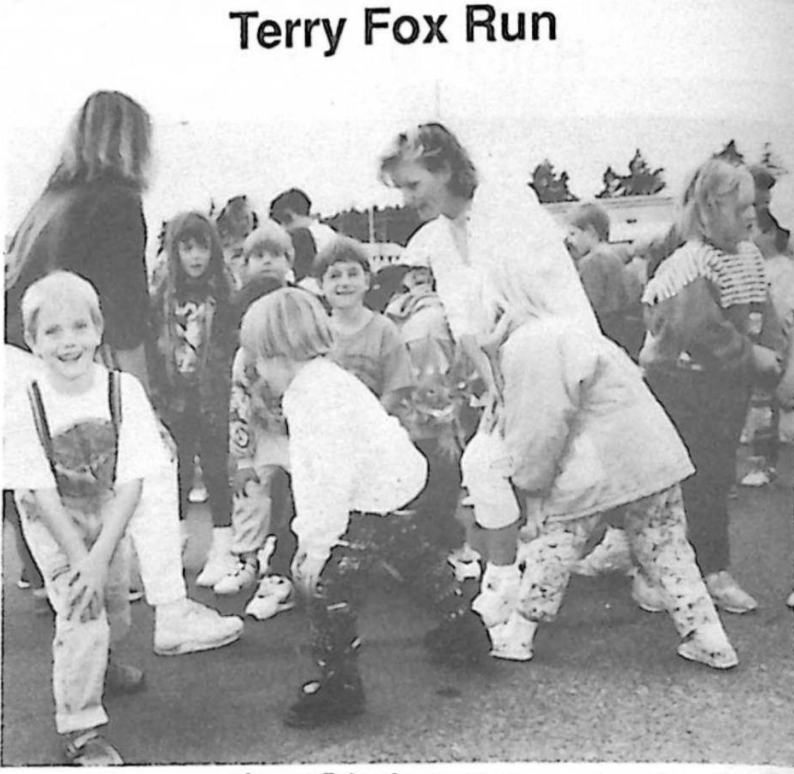
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**Terry Fox Run**



Base Commander Col Terry Rogers starts the 1992 Terry Fox Run.



The BEME Terry Fox Team



Terry volunteers. L-R standing: Darrell Eckhard, Gerry Wiesner, Glenda Grenier, Annette Hurtubise. L-R kneeling: Al Doole, Al Arsenault, Nanette Grondin.

**NEXT DEADLINE**  
**2 NOVEMBER**

# Section News



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**Gulf & Kuwait Award**

Cpl Albright, MP section, received the Gulf & Kuwait medal from BComd Col T.B. Rogers at the Battle of Britain parade.

## Remembering Your Training Days

My name is Spencer Dunmore and I am the co-author of *Reap the Whirlwind*, a history of 6 Group RCAF, and the author of several fictional works. Now my publisher, McClelland & Stewart, has commissioned me to write a new history of the Commonwealth Air Training Plan. My intention is to take a personal view of the subject, examining it through the recollections of those who learned their Air Force trades in the BCATP. I hope you will participate in this project. Please complete the following questionnaire, using additional pages as necessary. Photographs and other documents of your training days will be most welcome - and will be returned to you in good condition. Thank you and I hope to hear from you soon.

- Name: .....
  - Address: .....
  - Date of entering the Air Force: .....
  - Why did you join the Air Force instead of any of the other services? .....
  - Where did you undergo your training? .....
  - What was your opinion of the BCATP and the way it was run? .....
  - Did you find your training tougher than you anticipated? If so, in what subjects? .....
  - Do you recall any particularly good (or bad) instructors? If so, provide details. ....
  - Did you witness any of the several hundred serious training accidents that occurred? If so, please provide details. ....
  - What was your opinion of the aircraft in use by the BCATP? .....
  - Describe any amusing or otherwise noteworthy incidents from your training days. ....
  - Do you recall any friction between airmen and civilians living near BCATP fields? If so, please describe. ....
  - Do you recall any friction between trainee airmen, particularly those of different nationalities? .....
  - In the BCATP's early days, conditions at many fields and depots were poor. Did you experience any such conditions? ....
  - Do you feel your training prepared you adequately for your subsequent service? Was any part of your training particularly valuable - or inadequate? .....
  - Please outline your service career, describing any noteworthy events, close calls, etc. Provide details of ranks and decorations. ....
- Please return completed questionnaire to: Spencer Dunmore, 2063 Country Club Drive, Burlington, Ontario, Canada L7M 3Z2 (Telephone 416-335-0864)  
...And thanks for your participation!

**Junior Ranks Mess**

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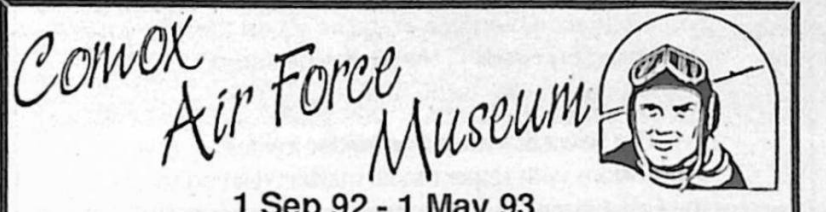
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*Museum	*Tourist Info Centre
*AFIS	*Block Brothers
*Jr Ranks' Mess	*Westerly Hotel
*Senior NCOs Mess	*Courtenay Town Hall
*Rec Centre	*Coast Country Realty
*Headquarters	*Holland & Associates Realty
*AMU	*Pacific Coach Lines
*442 Sqn	*North Island College
*Clothing Stores	*Courtenay Legion
*MSE	*BC Access Centre
*Base Accomodations	*7-11 - Ryan Rd
*Building 82 Supply	*Robin's Donuts
*CE	*Tim Horton's
*Fire Hall	*Kal Tire
*7 Hangar	<b>COMOX:</b>
*Officers' Mess	*St. Joseph's Hospital
*Language Training Centre	*Comox Mall News Rack
*Base Hospital	*Comox Legion
*EX Service Station	*Comox Town Hall
*MPs	*REMAX
*Glacier Greens Golf Course	*7-11 Comox
*PMQs	*Jolly Giant
*Canex Expressmart	*Port Augusta Hotel
*Lazo Post Office	*Comox Recreation Commission



**Comox Branch 160 Royal Canadian Legion**

**1993 "Early Bird" Campaign**

Commences 1 September 1992 Terminates 30 November 1992  
If you wish to be an "Early Bird," 1993 membership dues must be paid during the above time period. To remain a member in good standing, membership dues must be paid not later than 31 January 1993.

**Membership Fees**

Ordinary and Associate Members	- \$30.00
As above - 65 years of age and over	- \$20.00
Fraternal Affiliates (All)	- \$40.00

New members always welcome. If you wish to become a Legion member, please come and join us.

**NEXT DEADLINE**  
**2 NOVEMBER**

## Foster Parents Help Build Better Communities

OCTOBER IS FOSTER FAMILY MONTH...  
THANK YOU BRITISH COLUMBIA FOSTER FAMILIES  
FOR CARING ABOUT THE CHILDREN IN YOUR COMMUNITY.

Communities are built on teamwork, and foster parents are valuable players. Foster parents provide stable, loving homes for children whose families are experiencing difficulties. In declaring October "Foster Family Month", we are pleased to acknowledge the contribution that foster families make to this province. We are grateful for your special skills and dedication and we look forward to continuing to work with you.

On behalf of all British Columbians, Thank You!

*Jean Smallwood*  
Honourable Jean Smallwood  
Minister of Social Services



Ministry of Social Services  
B.C. Federation of Foster Parent Associations

If you are interested in becoming a foster parent, telephone toll-free 1-800-663-9999

# Section News



## BAMSO News

**MSO/Refinishing Section**  
This summer we had the pleasure and honour of welcoming two Refinishers. Cpl John Ferguson joins us from CFB Trenton and Cpl Daniel Goulet from BFC Bagotville. Recently, MCpl Mel Carmichael and our reservist Sgt Nicholson went to Vancouver for a three day RM colourmetric course. They returned with a tremendous amount of information on new paint and painting techniques. At the same time, MCpl Arcand was in Trenton for the long awaited Plastic Media Blasting course. Upon their return both MCpl Carmichael and MCpl Arcand were very busy teaching and attending the CP-140 Corrosion Control course held here in Comox. Cpl Wilf Hannas is in his last ATAT phase at 442 Sqn Servicing. He just wrote the QL 5 exam and is patiently waiting for the results. Our shop is presently experiencing some growing pains. With the significant increase of the T-33 population and simultaneous CP-140, CC-115 and CH-133 inspections, our shop was at some point full with aircraft parts. However, with constant efforts, buckets of sweat, grunts and a few choice words, the pile of work is down to an almost bearable level and the pace has slowed down to a light jog. 'Til next time, we salute you all.

**Base Photo**  
Greetings from the Base Photo Section! As the newest member of the section, I have the dubious honour of writing this article. Ever since budget restraints have become a way of life in the CF, we are all, and Base Photo is no exception, trying to do as much, or more, with less. Over the summer, Cpl Kelley and Sgt Corbin have been moved to 407

Sqn Photo Processing. Only one person has been posted in, from Cold Lake, to replace them: yours truly, MCpl Cuerrier, SWF. The other members of the section are as follows: Sgt Fraser (dedicated golfer and Old Timers Hockey player), MCpl Cando (longest surviving member of the section), Cpl Brace (resident Newfoundlander), Cpl Lafrance (SWM), and MCpl Trombley (our token ARAF reservist).

We are quite busy but we always do our best to accommodate all legitimate and reasonable requests. We get assignments from every section on the Base as well as from all the Squadrons and lodger units. Our duties are varied: from operational requests to public relations work, and everything in between. On any given day, one of us can be flying an air to air photo mission and another taking photos for a police investigation, while the other two are swamped with processing and printing jobs and the Sgt handles the rest. And that's on a quiet day!

Our reservist, who comes in only 6 to 8 days a month, helps us to catch up because there is video editing and negative filing and framing and dozens of other related tasks which need to be done. We are a good natured bunch and enjoy working with people. We are never too busy to greet our customers with a friendly smile. So whenever you need photos done, give us a few days' notice and we will be glad to take care of it for you.

P.S. Only EMERGENCIES are handled with prior notification.

**AMSE**  
Hello again. The world of AMSE has had a major facelift since we last talked. First of all,

we wish a fond farewell to Sgt Al "wanna hear a true story" Kruger, who will be retiring soon. Al has been sent to ATAT to slowly adjust to the solitary confinement often associated with retirement. A meet and greet/retirement party was held at Air Force Beach on 25 September. The Beerbash/Comboil/Beerbash seemed to be a huge success (at least that is the rumour that we have heard). In place of Al, we welcome Sgt Mike Jura from Cold Lake. Unfortunately Mike misses the snow and all summer long has been asking about the winter migration of the snow from Mt. Washington. We have assured him that it has snowed in Comox on several occasions over the years to put him at ease.

We saw Cpl Pete Smith slide down the line to 442 Sqn (lucky dog) and Cpl Wayne Tokarz off to the fighter world of Cold Lake. Good luck to our recently departed at their new units. For new arrivals, we welcome Cpl Frank Gagnon from Portage, Cpl Bob Chipil from Baden, and Cpl Dave Legault from Borden. Luckily for Dave, he has been selected to attend an AMSE course taught in beautiful downtown Borden so he will not be homesick much longer.

Congratulations to Cpl Rob "Ironman" Dumonceau who recently competed in the Victoria Marathon and finished in a time of 3 hours and 42 minutes.


In the near future we will be trading our Vehicle Tech for a new "Token Green Guy," so to Cpl Brad "B Bike O" Goatcher, thanks for all the good work and fun times.

That is all the news that is fit to print for now from your friendly neighbourhood AMSE.

### A CD for Moff



Sgt D.R. Mofford (DIAC Maint.) received his CD from BComd Col T.B. Rogers at the Battle of Britain parade.



**Tri-City Boot Repair & Sales**  
**We've Moved!**  
Next to Subway  
Cliffe Ave & 8th St., Courtenay  
Tuesday to Saturday - 9:00-5:30  
**TOP QUALITY**  
SHOE AND LEATHER REPAIRS

### LEGISLATIVE ASSEMBLY OF BRITISH COLUMBIA

## First Citizens' Fund Loan Program

### CALL FOR SUBMISSIONS

The Select Standing Committee on Aboriginal Affairs has been authorized by the Legislative Assembly of British Columbia to examine, inquire into, and make recommendations with respect to all matters related to the First Citizens' Fund Loan Program established through the First Citizens' Fund under the Special Accounts Appropriation and Control Act, and in particular, to consider:

- the effectiveness of the current program design, delivery mechanism and benefit to the client;
- the appropriateness of the current program to address the barriers to small business development experienced by aboriginal people;
- recommendations concerning the design and delivery of the loan program to ensure the established mandate of the fund and the changing needs of the aboriginal business community are being met.

The Select Standing Committee invites submissions with respect to all matters relating to the First Citizens' Fund Loan Program. Submissions will be accepted in all formats and mediums, including written and oral, until November 30, 1992.



Mr. Jim Beattie, MLA  
Chairperson  
Ms. Margaret Lord, MLA  
Deputy Chairperson

Please submit to:  
Ms. Joan L. Molsberry  
Committee Clerk  
Room 224  
Parliament Buildings  
Victoria, British Columbia  
V8V 1X4  
Telephone: (604) 356-6318  
(call collect)  
Facsimile: (604) 356-8172

CANADIAN FORCES **SISIP RARM** FORCES CANADIENNES

**FULL-TIME SISIP REPRESENTATIVES**  
**REPRÉSENTANTS À PLEIN TEMPS DU RARM**

We have now completed the last phase of the implementation of full-time SISIP representatives from coast to coast. They are available to discuss your insurance needs on an individual basis or in a group setting at your convenience.

We take great pleasure in announcing the appointment of the following representatives:

Percy Roseberry	Ottawa	(613) 995-8741	Yvon Boivert	Bord., Tor., Lon	(705) 725-1924
Roger Dahl	Quebec	(514) 359-7555	Gary Lind	Manitoba, Sask.	(204) 697-0507
Billes Lemay	NB, PEI	(506) 457-4172	Gilles Boivin	Alberta	(403) 475-2566
Ted Treboutat	Petawawa,	(613) 687-1402	Mick Phillips	British Columbia	(604) 658-0222
	Kingston,		Roger Poulin	NS, NF, Lab	(902) 435-7700
	North Bay,				
	Trenton				

You may contact your area representative at the number indicated or by calling us toll-free at **1-800-267-6681**

La dernière phase consistant à l'implantation de représentants du RARM à plein temps d'un océan à l'autre est maintenant terminée. Ils sont disponibles pour discuter de vos besoins en assurance sur une base individuelle ou collective selon votre disponibilité.

C'est donc avec grand plaisir que nous vous annonçons la nomination des représentants suivants:

Vous pouvez rejoindre votre représentant au numéro indiqué en nous appelant sans frais au **1-800-267-6681**

# Section News



Did you miss us?

## Supply Signals



## 442 Squadron

We have had a busy summer, what with sports day on the beach and baseball games where the Jr Ranks whopped the Snr NCOs and Officers for the second year in a row... "no surprise there" (even with ringers like Bill Pipe Jr.). Then in September we had great weather for OUR golf day which was won by Wally Berger and his three caddies, and the most honest golfing award went to (believe it or not) Jay MacDonald's team. The longest drive was won by Capt McKay for the gentlemen and by Maria Pickering for the ladies. Gee, and they said they had never golfed before.

On the other shoe, the regional golf tournament was held here during the worst conditions ever recorded for an outdoor event and we had two hardy souls (?) who braved the elements to represent us. Judy Brown and John Leask, we sure hope your shoes don't shrink, if they ever dry out. In the other glove, both our guys and girls did us proud by their efforts at the Softball Nationals held in St-Jean this year. Congrats to Judith Arsenault, Maria Pickering, Judy Ireland, Barry Hewer

and Bob (DH) McMahon.

Base Supply also had an adventure training this fall, up to Cape Scott for three glorious days, but that's another article. Congratulations are in order for Pte Pete Morneau, Pte Paul Kavanagh, Pte Holly Parsons and MS Darryl Strong on their promotions. We sure are thirsty out here. Hint, hint. You could probably give us our complimentary libations at Sgt Art Saretsky's retirement luncheon on 16 October. Good luck, Art, and hopefully we'll see you around the area before you move on to bigger and better sports card shops. Good luck and best wishes to Allison Douma and Glenda Grenier on all their future endeavours; you will be missed.

There are some new faces out and about in Supply. We have MCpl Martin Trekofski in from Portage la Prairie now working in Stocktaking/MIS, MCpl Dean Battersby in General Stores, and MS John McCluskey, Bruce Lovelace and Kevin Lane in Clothing. Pte Rachel Desruisseaux in MPO and Cpl Nanette Grondin in General Stores. Glad

you could join us and hope you like Comox. (If we missed anybody, don't worry, you're not posted. We'll just catch you next time.) We also have some welcome back's to do. Brian (my tan sure went quickly) Giraud is back from the Golan and Vickie Smith, just returned from her R&R/Maternity leave, is back in Customer Services (same job, different MACRs). We are all glad to see Marilyn Reid back, all fit and fine and raring to go; and Jean Vandermark, we sure hope your foot is better soon as we understand the Base Supply hockey team is looking for a few more good players. This is the first year that Supply is entering a team in the intersection league (a definite threat). Or if hockey is not your cup of tea, then how about broomball? The Base guys and girls teams are practicing now.

So 'til next time, we will leave you all with these words of wisdom - "The trouble with trouble is that it starts out as fun." - so don't anyone have any fun out there 'til we get back.

The Crystal Ball Team

Yes! It has been a long time since you have heard from the Buffalo side of 442 Squadron but I can assure you we're alive and kicking. Buff Flight has been busy for the past couple of months due to several false ELT searches, a missing person off a freighter near Tofino, and several airplane crashes of which the most recent infamous one was the crash near Campbell River. The aircraft, a Cessna 206 on floats with four Americans on board, was found, unfortunately with no survivors. A CBC crew was aboard filming the whole incident for an upcoming TV special on SAR in Canada. I'm sure this event was an eye-opener and gave them a great insight on what our job really is.

Our newest aircraft commander, Capt Steve Andrec, headed our 1992 SAREX (Search and Rescue Exercise) team for the National SAR competition in Greenwood, Nova Scotia. The remainder of the aircrew team consisted of Capt Cannon, Capt Pruneau, Cpl Truesdell, Sgt Langevin, MCpl Andrews and Cpl Banke. To keep the Buffalo flying, they had the help of our SAREX maintenance team which

included Sgt Stephens, MCpl Rowlands, Cpl Devries, Cpl Thordarson, Cpl Grant and Pte Pearson. Overall, our team placed second and deserve a pat on the back for a job well done.

A couple of first's have happened for 442 Squadron in Buff Flight. This includes an additional Buffalo, for a total of six, from the closing out of Buffalo aircraft from 424 Squadron in Trenton. This makes us the only squadron in the Canadian Forces flying the Buffalo.

The other first is the starting up of the Buffalo OTU (Operational Training Unit) on 14 September. Our illustrious instructors are Capt Martin Turpin and Sgt Don Monk, who, between the two of them, should make going through the OTU a pleasurable event for our newest guinea pigs. They are Capt Adebear, Lt Cooper and Lt Foley.

Other new faces this summer are Maj Paul, our new Buff Flight commander; Maj Reyenga, who'll head the OTF/NAV shop; Capt Mabee; Capt Sippola; Lt Siemens; WO Cashman, our new Flight Engineer leader; MCpl Smith and MCpl Harvey. Welcome aboard to all!

Until the next issue, fly safe.

### A CD for Supply CO



Maj W.F. Pipe receives a second clasp to his CD.

### WO & Sgt's Mess

#### October 1992 Calendar

Thurs 29 Oct.....Men's Darts, 1930 hrs  
Fri 30 Oct.....Hallowe'en Hosted by Jr Ranks Mess

#### Upcoming Events

Thurs 05 Nov.....Men's Darts, 1900 hrs

#### Reminder

Tickets for the PMC's Christmas Bingo/Draw, 19 Dec 92 at 1800 hrs, are on sale at the Bar

**NEXT DEADLINE**  
**2 NOVEMBER**



40 STORES TO SERVE YOU

**IMAGINATION**  
**MARKET**

the  
**2nd**  
Annual

## 'TRASH MASK' WORKSHOP

# FREE

creative workshop for everyone to enjoy

Sat., October 31 - 11 a.m. - 3 p.m. Creative Workshop for everyone to enjoy!

Imagination Market and Driftwood Mall present the 2nd Annual "Trash Mask" creative re-use workshop just in time for Hallowe'en.

When the workshop theme is "Trash Masks" ...look out! Everything and anything will happen.

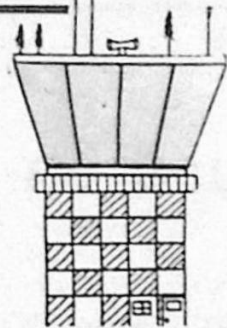
Kids of all ages can have some hands-on fun by mixing Imagination Market's fantastic array of decorative reclaimed materials and a dash of creativity.

Come down and create your own "Trash Mask" and take part in creative recycling from Imagination Market.

**2751 Cliffe Ave., Courtenay**

Mon-Wed & Sat  
9:30 to 6:00  
Thurs & Fri 9:30 to 9:00  
Sundays 12 noon to 5:00

# Section News



## As the Beacon Turns

Bonjour, Beacon Barons, and welcome back to "As the Beacon Turns." Hey, how 'bout them Blue Jays! Yes sir, this is indeed a great month for the sports nut. Along with the baseball Fall Classic (Toronto in 7), you've got your NFL, CFL, NHL, PGA, WWF, NHRA, and ... "L.S.H.L.?" Yup, another season of intersection hockey is here once again and the Base Ops "Mighty Ducks" are ready for action. Those Fowls of Frostbite played their first game (and lost) last week with the weather being a big factor. It was "12 players SCT M1 goalie stick BKN 1/8 pucks!" After the ice fog had cleared, the score clock read 10-1 for the other guys (BArnt). Oh well, you can't win them all, right guys? Jim Houston said he'd coach this year (door opener) but he wasn't at our season opener. I found out later that a hat-trick of his own was being "cooked up" the night before at his place with "three" women making him supper! Hmmm, must be nice.

Meanwhile, back at the ranch, the tower vehicle (Ops 10) made the news. To make an interesting story short and sweet (you'll have to ask around for details, folks), let's just say if MSE was to offer a "get one place setting for every litre" deal, our steel tree-fort could set the table for '98! Staying with the Tower for awhile, if you were at the of gravel pit last Friday, you enjoyed free (very cold) beverages thanks to Cpls Dorval and Best and 2Lts Gagnon and Weyers' DAC checkout. The IFRCC had their "buyers" too. Newly promoted Capt Godden,

Lt Clement and Cpl Fernandez slapped some drachmas on the bar along with recently PAR qualified Dan Borne and Pat Leonard. Thanks again, guys 'n' gals, and congrats!

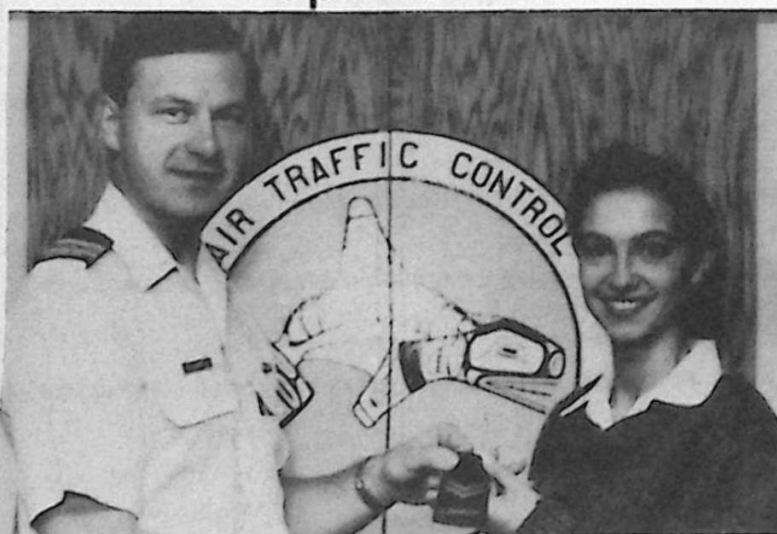
A section 4x4 rally was held awhile back and apparently the lead "navigator" could have used "The Force." While zigging instead of zagging, this nameless nav boldly took our convoy of "off-roaders" to a place no one has gone before. This newly discovered area (near Home Lake) is now affectionately known as "Wool Ridge." (Gee, I wonder who the nav was. Hee, hee, hee!)

And speaking of 4x4's, construction continues behind the Tower, modifying our beloved IFRCC on a daily basis. The most recent "mod" involves our ladies washroom. It's a subtle one - the east wall is gone!! I mean, I've heard of putting things out in the open but this is ridiculous. Yuk, yuk. And finally, in the Upcoming Events side of the "House", curling tops the list with our biannual ATC curling bonspiel in Trenton, 5 - 7 Nov. Comox will be sending a fine foursome consisting of Lead Tom "Schveep" Schrader, Second Dave "Hack" Tack, Third Eric "Hog-Line" Howk and skipped by none other than Dave "Bonspiel" Bews. Our flight departs on the 3rd at 6:15 a.m. for those who wish to see us off. (We know at least four of you will. Term, Data, TWR, TWR B)

Well, Beacon Browsers, that does it for another version of A.T.B.T. Until next time, go with the "flow" and don't take any wooden altimeter settings!



Cpl Annie



Cpl Annie Dorval with her new hooks, presented by BATCO Maj L.K. Hopp. Congratulations!

## MSE Safety



### The Real Story About Brakes

Which is the fastest way to stop a car?

- (a) Slam on the brakes
- (b) Squeeze the brakes hard
- (c) Pump the brakes
- (d) Hit something solid

While choice (d) can be effective, it can also have some nasty side-effects. Most experts agree that choices (a) Slam on the brakes, and (b) Squeeze the brakes hard, are just about equally effective in getting stopped. But they also agree that (b) is better for one important reason: you maintain control of the car.

When you slam on the brakes and lock up all four wheels, your tires dragging along the pavement create friction, and friction is what stops the car. But when your tires are dragging (as opposed to rolling), you can't steer: you can turn the wheel, but nothing happens. To steer, the tires need to be rolling.

There's another problem with slamming on the brakes: if you don't succeed in getting all four wheels locked up, the consequences can be even worse. With different wheels dragging at different rates of friction, a wild spin can be the result.

Instead, choose (b). Squeezing the brake hard is called "threshold braking," and it provides maximum stopping power while still giving you steering and control. Here's how it works:

The objective is to apply just enough pressure to the brake pedal so the wheels are just about to stop rolling - the "threshold" of locking up. To get this kind of delicate control, plant your heel firmly on the floor and do not lift it. We want you to use the strong but sensitive muscles in your foot on the brakes, and not the big, imprecise muscles of your leg!

When you lift your heel, you are using your whole leg to apply the brakes, and that means those big leg muscles could easily press too hard and lock the wheels! Keep your heel planted on the floor. You should be able to pivot your foot back and forth between the brake and gas pedals.

When you start braking, begin squeezing hard right away. Hard initial braking is important. If you are squeezing too hard and you lock the wheels, you can always release pressure to get them rolling again without taking your foot off the brake. (Hint: your steering wheel will tell you if you have locked up the front wheels. The little vibrations you feel in

the wheel when the tires are rolling will disappear and the wheel will feel "dead" when you have locked the front brakes.)

Threshold braking is one of the hardest driving techniques to master, but one that is worth learning. Each car will have a different threshold, and the threshold on wet or slippery surfaces will be different from dry pavement. Learning threshold braking takes practice.

You may have learned that choice (c) Pump the brakes, is best. It's not. Back when cars had drum brakes at every wheel, pumping the brakes, or "cadence braking," was a good idea. Not today. Modern disc brakes are up to the job of hard, constant application. And for each instant you aren't applying the brakes - during the "off" part of the pumping cycle - you are hurtling head-long towards the reason you were trying to stop in the first place! Logic tells us this isn't a good idea.

You may have heard of "anti-lock" brakes, commonly called ABS brakes. ABS is an electronically-controlled system that can sense the braking at each individual wheel, and moderate pressure to that wheel. The result is an extremely fast version of pumping the brakes - 15 times per second or more, to each individual wheel. Even though they may lock for a tiny fraction of a second, the wheels also unlock just as often. And when they are rolling again, the car will usually respond to the steering. It's a sophisticated system that uses technology to do what a skilled driver can do: get maximum braking while still keeping the wheels rolling so you can steer.

Some day, all cars will probably come with the ABS braking system. Even then, choice (b) is still the best method.

**Myths vs. Facts**  
**Myth:** The majority of crashes occur during bad weather conditions.  
**Fact:** According to the latest Canadian accident statistical report, more than 72% of accidents involving an injury occurred when weather conditions were clear.

Logic tells us this isn't a good idea.

Logic tells us this isn't a good idea.

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Logic tells us this isn't a good idea.

## Buy POWER SMART and Win

\$1000 worth of Energy Efficient products  
Look for details at participating retailers and

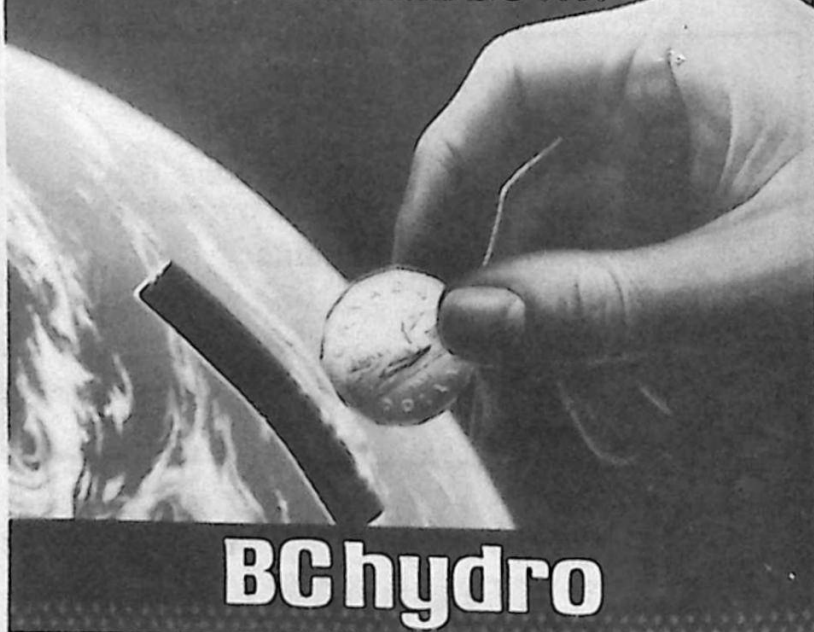
Enter to Win!

Contest closes Oct. 31, 1992

For the store nearest you call

1-800-663-0431

Lower mainland 293-7777



BChydro



# 407 Squadron

As I pulled into the 7 Hangar parking lot this fine rainy morning, my thoughts turned to the busy flying schedule this week. Deep in thought (and my morning coffee) I started walking towards the hangar. I looked up, and promptly spewed a mouthful of perfectly good "Folgers." No! It can't be! This must be a cruel joke played by Ed Goski - an Argus on the ramp? Is this the extra aircraft Greenwood has allotted us? Sure hope I'm not flying this piece of (junk) nostalgia this week! I think I will take the initiative and call the recycling depot. (This paragraph written by Capt Ed Goski.)

Now, on to less sensitive topics. Once upon a time, 407 Sqn had a CO who bought a house, the existing PMQ being too small to hold all his wares. Being thoughtful and thrifty, the CO and his wife Chris had a yard sale, the likes of which has not been seen in this little valley. The neighbours saw that this was good.

And so, the squadron "movers" were summoned to task on a dreary Friday afternoon at 5 p.m. (Writer's note: this is 1.5 hours after TGIF commencement.) The squadron movers (22 in all, comprised mostly of people due to be posted next year!) thought the task would be effortless, due to the sheer volume of goods sold at the yard sale, and they saw that this was good. (They were to be proven wrong.) The moving began with much fanfare and trumpeting ("There's too many damn chiefs and not enough Indians!"), and lasted a full 3 hours! A quick mental calculation - figuring 10 transporting vehicles, plus a large truck with hydraulic lift, will give you a rough volume of stuff. They had a lot of stuff.

And so, the Kendell's surveyed their possessions, all in their rightful place, and saw that this was good. The "movers" surveyed their stacks of perogies, and tubs of beer, and saw that this was good (especially Ross Potts).

Next issue: the report on the "hot tub" party given by the Kendell's.

More news: what do Blackcomb Mountain and 407 Sqn have in common? They both have a high speed quad. Until recently, that is. Capt Todd Lipschak no longer sports the latest in heavy duty turtles.

This just in - in response to the last Demon Doings, Capt Ray "Luke Perry" Demoor has trimmed his sideburns back to a respectable length. Ray insists he is not a slave to fashion - he just changed his mind. (Note: let's hope he doesn't change again, those things are ugly.)

Last issue's report that Eric (Mr. Virility) Romans and Leslie are expecting triplets is false. The writer has been sacked. (After the smart "Argus" comments in this issue, don't expect to hear from this writer again.)

And so, we bid you a pleasant (rainy and blustery) fall. Until next time ...



Capt Ed Goski on field manoeuvres in basic training for the holy wars.



WO David Green, FE, received the second clasp to his CD from BComd Col T.B. Rogers at the Battle of Britain Parade.



MCpl Jean Bisson of Quebec City receives his promotion from 407 Sqn CO, Col Kendell.



This photo retrieved from the 407 scrapbook shows a young Ed Goski in his basic training garb, date unknown.



Cpl Strutz, 3 Crew Sevic, received the Gulf & Kuwait Award at the Battle of Britain parade.

# Section News



## Joan's Circle; Suzanne's 99.9

Joan Armatrading's latest release *Squaring The Circle* (A&M) once again brings the multi-talented singer into the spotlight and begs the question why hasn't she ever reached the superstar status that she so richly deserves. With about 15 albums to her credit, including *Me Myself I* and *Walk Under Ladders* the chanter has reached platinum on many occasions but her name is not the household word that it should be.

A singer who is able to lay bare emotional statements and with a voice that hits the mark every time out, Joan offers her observances of life through such original tracks as *Weak Woman*, *True Love*, *Cradled In Your Love* and the title track *The Circle*. Her somewhat bluesy and often dramatic renderings have taken her to stages around the globe. Next time you're in a music store check out Joan Armatrading: I think you'll be pleasantly surprised by just how good she is.

### SUZANNE VEGA

Rising from the New York folk music scene Suzanne Vega rocketed into the top-10 when *Luka* took the music world by storm, ultimately winning an MTV award for Best Female Pop Video and garnering a trio of Grammy and half-dozen NY Music Awards.

In her 99.9 F (A&M) Ms Vega offers a diverse collection of material that she wrote, or co-wrote, and delivers to perfection. From the ethereal *Rock In This Pocket* through the raucous *Blood Makes Noise*, to the insightful *Bad Wisdom* and the questioning *Song of Sand*, Suzanne has assembled another compelling album. An obvious choice for singles release is *Fat Man & Dancing Girl*. You may remember that Vega had a solid hit with *Tom's Diner* and then *DNA* remixed the track and turned it into a platinum monster.

### FAST FACTS

Joe South was one of the driving forces in the Atlanta music invasion of the late 60s. Along with turning his own *Games People Play* into a classic pop tune, he also wrote *Down In The Boondocks* for Billy Joe Royal and *Rose Garden* for country singer Lynn Anderson. That's the Fast Facts on Joe South.



Joan Armatrading

# On the Base

## A Voodoo for Surrey

By Jerry Vernon

Reprinted from the Museum Newsletter No. 40, Fall 1992, courtesy of the Canadian Museum of Flight and Transportation.

After 4 or 5 years of negotiating and waiting, Voodoo 101052 finally arrived at the Canadian Museum of Flight and Transportation in early January, 1992, somewhat the worse for wear since we first examined her in 1987.

The McDonnell F-101 Voodoo was developed in the early 1950's, as an outgrowth of the earlier XF-88 Voodoo penetration fighter of 1948. The penetration fighter concept was intended to provide long-range escort for the Boeing B-47 jet bombers, in much the same way as the Mustang acted as a "little friend" to the World War II bombers. Contracts were awarded by Strategic Air Command in mid-1946 for the development of two prototypes each of the McDonnell XF-88 and the Lockheed XF-90 heavy long range fighters.

The XF-88 first flew on 29 Oct 1948, powered by a pair of 3,000-lb thrust Westinghouse J-34 engines. Although the original 1946 design had called for a straight wing, the revised version that appeared flew with a 35-degree swept wing. Less than 2 months after the first flight, production orders for 239 F-88's were cancelled, and funds were diverted to the F-86D all weather interceptor. However, following early action in the Korean War, where the unescorted B-29's were badly mauled by the MiG's, the program was hastily reinstated in late 1950. The second prototype flew as the XF-88A, with some additional power provided by short afterburners.

After a competition with the XF-90 and also the North American XF-93 (basically an oversized Sabre), the McDonnell design was declared the winner... but no production order resulted. A second competition, with additional competitors, resulted in another win by the XF-88A, but still there was no money available for production orders until at least late 1951.

By now it was realized that the F-88A was severely overweight and underpowered, and that it would be obsolete before it was produced. McDonnell Aircraft re-designed the F-88A into the F-101, increasing the power to a pair of 14,500-lb thrust Pratt & Whitney J-57's, which also upped the speed from a disappointing 641 mph to Mach 1.5. Also, the gross weight increased by nearly 30,000 lbs., to over 52,000 lbs. Several years of refinement and negotiation resulted in a contract in May of 1953 for the first 29 pre-production F-101A's. Production of the various Voodoo models eventually totalled 807 aircraft, of three basic types - single seat Strategic Fighter (F-101A and F-101C), single seat Photo Reconnaissance (RF-

101Aa and RF-101C) and the two-seat Interceptor (F-101B and F-101F).

In 1957, and F-101A set an absolute world speed record of 1,207 mph. McDonnell delivered 480 F-101B's to the USAF, which were used to form 17 home-based interceptor squadrons in 1959 and 1960.

The RCAF and Canadian Armed Forces flew only the two-seater Voodoo, in the interceptor role, including a handful of dual control CF-101F models. The Voodoos were delivered in two batches of 66 aircraft each, plus the unique "Electric Voodoo" high speed electronic counter-measures aircraft leased from the USAF for 414 Sqn at the end of the Voodoo years. CMFT's 101052 is one of the dual control CF-101F's, with an original USAF designation of TF-101B.

The initial batch of Voodoos was obtained by the RCAF in late 1961, as replacements for the CF-100, following the cancellation by the government of the Avro CF-105 Arrow interceptor.

Initially, Ottawa had felt that Canada could be defended by two squadrons of Boeing Bomarc ground-to-air missiles, sited at fixed locations at North Bay, Ontario and La Macaza, Quebec. (How about the West, fellows??) After it was too late, it was realized that there was still a role in air defence for the manned interceptor. Enter the Voodoo.

The initial 66 Voodoos, consisting of 56 CF-101B's and 10 duals, were provided in late 1961 by the USAF at no cost, in exchange for Canada's financing 16 Pine Tree Radar Line sites. This deal was carried out as "Operation Queen's Row." They were equipped to carry two MB-1 Genie missiles, plus a pair of AIM-4 Falcons. These initial 66 aircraft were "slightly used," although from the final Voodoo production batch of 93 aircraft, and included the very last Voodoo built (RCAF 17483).

Besides the missile armament, the first batch of aircraft was equipped with the Hughes MG-11 fire control system, hooked in by Data Link to NORAD via the SAGE (Semi-Automated Ground Environment).

These 66 aircraft served with five RCAF squadrons - 409 (Comox), 410 (Uplands and Bagotville), 414 (North Bay), 416 (Uplands, Bagotville and Chatham) and 425 (Bagotville). Ten aircraft were lost in Canadian service, and the remainder were "traded in" to the USAF in 1971. Some of the high time ex-CAF Voodoos were scrapped or cannibalized in Arizona, some were re-issued to various Air National Guard units, 22 were converted to RF-101B's for low level photo reconnaissance (Nevada Air Na-



CF-101 Voodoo - 1977 version

tional Guard), while 5 have ended up on display across the U.S.

The deal on the 66 "new" Voodoos was that they were actually older aircraft, but had lower airframe time than the ones that had been flogged around Canadian skies for ten years. They had been in long-term desert storage in Arizona, and were ferried to Bristol Aerospace, at Winnipeg, for conversion to Canadian standards. This exercise was named "Operation Peace Wings." At Winnipeg, Canadian engines, after-burners, ejection seats, navigation and radio equipment, etc. were swapped between the old and new aircraft, on a one-for-one basis, and the old ones were then flown back to the U.S., where the upgraded Hughes MG-13 fire control system was installed, along with a new autopilot and the infra-red detector ball, located on the upper nose, in place of the air-to-air refuelling probe.

As before, there were 56 new CF-101B interceptors and 10 new CF-101F duals. By 1971, there were only 3 Voodoo bases left - Comox (409 Sqn), Chatham (416 Sqn) and Bagotville (410 and 425 Sqn). Prior to the operational retirement of the type in 1985, about 18 to 20 were written off in crashes, hangar fires, etc., while a further 9 high-time airframes had been ferried to Mountain View for cannibalization to provide spares. These 9 Voodoos, plus several others sent to Trenton, were intended for Aircraft Battle Damage Repair Training, a fate that also awaited most of the other aircraft after their final flights were made.

Eventually, only the "Electric Voodoo" plus 101006, a dual for pilot training, remained in service, while virtually every major flying base across the country gained a pair of Voodoos for the Aircraft Battle Damage Repair Training program. Engines, afterburner cans and other critical items were stripped from the grounded Voodoos, and stockpiled at North Bay for the final pair. And then there were none... the last official Voodoo flight took place in April of 1987, and the all-black ECM Voodoo was returned to the USAF, where it has gone on display, in its Canadian markings, at the Minnesota Air National Guard Museum.

After 1985, three Voodoos remained at CFB Comox. CAF 101057 had been painted as the second "Hawk One" in 1984, for the RCAF's 60th Anniversary, and it was retained in this scheme for the Comox Air Force Museum's static display park. In the spring of 1992, it was repainted and hoisted onto a pedestal at the CFB Comox main gate. CAF 101030 and 101052 languished out on a remote part of the airfield, awaiting the depredations of the Aircraft Battle Damage Repair Training. ABDR Training consisted of using explosive charges to knock holes in obsolete aircraft, and then training the troops how to make field repairs to "keep 'em flying." Fortunately for the remains of the Voodoo fleet, this program ground to a halt before too much damage had been done to the airframes. CAF 101030 eventually made its last flight, from Comox to Royal Roads Military College, slung underneath a 442 Sqn Labrador helicopter. This left only '052 for disposal, and it was slated for scrapping in 1991.

Voodoo 101052 was built in 1960, as USAF s/n 57-400, the 724th Voodoo built. At this time, its USAF history is unknown. As noted earlier, it was one of the 10 dual control aircraft from the second Canadian batch. However, externally, there is little other than the serial number to differentiate the duals from the regular interceptors, as they were retro-fitted after production with minimal back seat flying controls, and still maintained their full operational mission capability by way of fire control systems and missiles.

Following USAF service, it had been stored at Davis-Monthan AFB, in the Arizona desert. In 1970 or 1971, it was removed from storage, test flown and ferried to Winnipeg, where the Canadian-owned vital components were swapped out of one of the initial Canadian batch. It was then ferried to Long-Temco Vought, at Greenville, North Carolina, for installation of a new radar system, upgraded autopilot, and painting in CAF markings.

101052 was the last of the duals delivered to Canada, and is known to have served with 416(F) Sqn, Chatham, New Brunswick, prior to flying out its remaining days at Comox with

the 409 Sqn "Night Hawks." A published illustration of '052 shows that it carried out at least one mission of mercy while with 416 Sqn, when it acted as a transport for that old Air Force tradition of a station lobster feast. This role was commemorated by a large lobster painted on the dive brakes.

101052's last flight with 409 Sqn ended up with a bang - the starboard main gear collapsed, and some minor damage was done to the gear doors, wingtip and rear fuselage. '052 was then retired from service, as repairs were not warranted when the Voodoo fleet was nearing the final shutdown. No doubt '052 became the Comox Hangar Queen, starting a downhill process which has resulted in the fairly empty hulk that now lies at CMFT's site.

When this writer first inspected '052 at Comox in 1987, the aircraft was still assembled, standing on its gear, and in fairly intact shape. Some ABDR Training was then done, but this resulted in only minor external cosmetic skin damage. Later, the aircraft was offered to the Abbotsford Air Show Society, but rejected as being "too far gone" for restoration. By late 1991, the rear fuselage and wings had been hacked off, the weapons bay door and numerous small panels had disappeared, and the aircraft was lying on the ground. Ottawa decided that this useless hulk should be sold by Crown Assets Disposal as scrap metal and removed from Comox ASAP.

Fortunately, CMFT were able to make the successful bid in late 1991, at minimal scrap metal value, and became the proud owner of several tons of aluminum, titanium, steel and fibreglass. The Voodoo was scrapped up, loaded and transported by truck and ferry to Surrey, where it now awaits the next step. Hopefully, before too long, the four major pieces will be re-assembled, so that it will stand on its own gear again, while the hunt goes on for the missing pieces. In case you know of any sources at the right price, we are in particular looking for a weapons bay rotary door, canopy, ejection seats, afterburner cans, engines, engine cowls, leading edges and just about everything imaginable that goes inside a CF-101B.

# On the Base

A speech at Claresholm, Alta.

## Canada from 35,000 Feet

We are indebted to Doug McQueen, retired 442 Sqn pilot, member of 888 Wing RCAFA, who while attending the second reunion of 3 FTS Claresholm (Alta) on 23 June 1990, witnessed this speech by Jack Desmarais, former RCAF pilot, now flying with Air Canada. As we approach referendum day on 26 October, it is important we all think about Canada, our nation, and how we want it to be. Mr Desmarais provides an important perspective. His speech is presented in edited form. ...Editor

How ironic to be in the same place where my life changed so dramatically and permanently through the discovery of flight, where my spirit was expanded and boundaries started to melt away, and where events occurred which made Canada's internal boundaries more ominously visible.

Flight, for me, has never lost its magic. Although computers and automatic flight control systems have taken over the physical operation of the airplane, I still marvel at being lifted into the endless blue, no less grateful even though my flight must rigidly adhere to an exact route. Freedom is not the ability to go where you

want and do what you want; rather it is closer to nothingness. It is just being, undisturbed, and flowing into the oneness of the universe. It is what sages have sought throughout the ages and what a few rare individuals, usually Asian, have attained. It is what all of us seek: total relief from suffering, the state of just being, in undisturbed harmony and purity.

You can fly in that state of repose. A great instructor passed it on to me. He called it relaxed alertness; for you must be able to snap back to the reality of human imperfection and thus abnormalities.

I am a long haul pilot and I sit for hours looking down at the ground. I am in that state of repose and keenness of mind. At 35,000 feet I see none of the divisions men erect between themselves. I only see green pine forests and blue ponds, golden rectangles of prairie wheat traversed by sinewy creeks, majestic snow-capped mountains and great big lakes; nowhere is a border discernible.

I feel a gentle sadness for the human divisions. How silly politics looks from this vantage point. At 35,000 feet and Mach .84 we cross parishes in 20 seconds, counties in five minutes.

You can be on the other side of the world in a matter of hours. That's how unimportant boundaries are.

Television opened up the world and turned the planet into a global village, as Marshall McLuhan so aptly put it. But we have erected new boundaries where technology swallowed up old ones. Is the village too big for us? Are we afraid of it? Are our minds and hearts not ready to embrace the breadth of humanity?

Toronto, where my wife and I live part of the time, and which likes to call itself a world class city, is the most cosmopolitan city in the world by United Nations definition. Yet it is as if people can't handle this spicy, polyglot human meeting place. They have created all kinds of villages within the big village. Districts set themselves apart from others with banners, and street signs now include not only the street name but the name of the sub-village, "Parkdale," "Bloor West Village," "Cabbagetown," "The Kingsway."

It doesn't take long for prejudices to set in. If you live in The Kingsway, you're OK. If you live in Parkdale, you're not. If you're white, OK; if you're black, not. If Christian, OK; if Buddhist, not.

That's what we do. We define ourselves by boundaries. God didn't make those boundaries, men did. And usually men lesser than ourselves. Lawyers, for instance. Or the boundaries are the legacies of wars. What a negative way to set the course of human affairs. Failed events, set in motion by the machinations of past egomaniacs, are what set those boundaries. Don't accept them. Does acid rain respect them?

We must lift our minds and hearts above that. We can't make borders disappear yet; we have to be realistic. The Warsaw Pact may have collapsed but we're a long way from a world federation. So we must smile upon those boundaries. After all, governments have to have finite areas so they know from whom to extract a quarter to half their earnings.

Now world trading blocks are being formed. International airlines are planning mergers into giant, global carriers. Walls are coming down everywhere and here we don't even have free trade between provinces. I can buy Moosehead beer in San Diego, California and I can't buy it in Ontario. I am a Canadian and I can't buy land in certain parts of Canada, yet I own land in California. No other country in the world does things like that. This

provincialism serves narrow interests, serves them temporarily and hurts most of us most of the time. Our apathy has allowed it. Where U.S. law forbids anything that gets in the way of interstate commerce, we have laws that prevent interprovincial commerce.

Let us look beyond the provincial boundary at the very least because we will very soon need to look beyond the national boundaries, whether we like it or not. Even Switzerland, the most successful insular nation, sees the necessity of looking outwards and joining trading blocks. Swisair has signed an agreement to join Delta and Singapore Airlines, a formidable, quite possibly unbeatable, carrier.

And the greenhouse effect caused by the cutting down and burning of forests in Brazil, for instance, affects you right here in Claresholm.

In 1952, I arrived here, an 18-year-old French-Canadian away from the East for the first time, barely able to speak English. I discovered the beauty of Western Canada and its people. What a wonderful opportunity we had in this country, I thought. The chance to meld together the fruit of two great civilizations, which

continued on page 14



### Totem Lounge

CFB Comox Jr. Ranks Mess

# HALLOWE'EN PARTY

October 30th

Doors Open 1900 hrs  
Pumpkin Carving 2000 hrs

Bring Shelled Out Pumpkin (No Pre-Designs)  
Utensils Will Be Supplied

## MUCH MUSIC

### Open to JR & Sgt/WO's

\$5.00 Members  
\$7.00 Non-Members  
Advance Tickets Available at Both Messes  
Accittance or Cash

### CASH PRIZES

Best Couple  
Best Costume  
Most Original  
Most Repulsive  
Pumpkin Carving

Food Served at 2130 hrs





# Leisure

Country Kitchen

## Cake Decorating

BARBARA VERMETTE

So, it's birthday time at your house? I have a treasure of information for decorated cakes - a little cook book I developed for the Airport School Grade Six class a few years back. These decorating tips are all easy to do and the results are quite impressive.

Try this icing: it's delicious! It'll be a hit with children and adults alike.

### Whipped Cream Icing

- 1 cup milk
- 5 T. flour
- 1 cup butter (Important)
- 1 cup icing sugar
- 1 tsp. vanilla

Mix milk and flour thoroughly. Cook over low-medium heat until it forms a paste. Remove from heat and cool completely in fridge.

Cream butter and icing sugar, add vanilla, and mix until smooth. Add cooled milk and flour mixture a teaspoon at a time until icing is light and fluffy.

Frost your favourite cake, any cake mix, or for a delicious, quick and easy white cake, try the following recipe.

### Lightning Cake

Set the oven at 375° F. Grease and flour an 8" x 8" pan. Beat until thick:

- 2 eggs
- 1 tsp. vanilla
- Beat in a little at a time:
- 1 cup sugar
- Sift together and stir in:
- 1 cup all purpose flour
- 1 tsp. baking powder
- 1/4 tsp. salt
- Heat until the butter melts:
- 1/2 cup milk
- 1 T. butter

Stir into the first mixture and beat one minute. Pour into pan and bake about 25 minutes.

### Coconut Tricks

Coloured coconut gives a brighter coloured cake than just frosting it. Put coconut over frosting.

### Colouring Coconut

In a jar filled no more than halfway with coconut, sprinkle with 1/2 tsp. water mixed with a few drops of food colouring. Cover jar and shake until evenly coloured.

### Brown Coconut

Brown in the oven at 350° F. for 7 - 12 minutes on a shallow baking pan. Stir to toast evenly.

### Chocolate Coconut

Partially melt two squares unsweetened chocolate over hot water. Remove and stir rapidly to melt. Add 1-1/3 cups coconut and mix well. Spread on a baking sheet, separate with a fork, and chill.

### Hints for Decorated Cakes

Place foil in the bottom of the baking pan; it makes the cake easier to remove.

Cool cake completely before cutting up.

Mark the cake with toothpicks, then cut.

If you haven't a large serving tray, cover cardboard with foil.

Tuck strips of waxed paper under the edge of cake pieces before frosting. Then slide strips away when done, leaving the tray clean.

When frosting the cake, frost the pieces together, then do the cut edges, then the tops and uncut edges.

When moving the cake, carry in a shallow cardboard box. Take the candies separately and add just before serving.

### Artistic Ideas

**Cherry Flowers** - Snip maraschino cherries into 4 or 6 sections, cutting 3/4 of the way down. Spread sections to resemble petals.

**Chocolate Leaves** - Wash and dry fresh leaves. Melt semi-sweet chocolate. Paint chocolate on the back of leaves about 1/8 inch thick and just to edges. Chill until firm. Peel off leaves.

### Chocolate Curls

Slice across a bar of sweet milk chocolate with a vegetable peeler.

**Gumdrop Roses** - For each rose, roll out 3 or 4 large gumdrops on well sugared board to ovals about 1/8" thick. Sprinkle sugar over gumdrops to stop rolling pin from sticking. Cut oval in half crosswise for petals. Roll one half oval tightly for centre. Place half-ovals around the centre, overlapping slightly; press together at base and trim. Cut leaves from rolled green gumdrops.

### Theme Cakes

**Easter Basket**  
Frost a layer cake with pale yellow. Make a basket weave on sides of cake by drawing inch-long horizontal and vertical lines with fork tines. Make a basket handle from pipe cleaners or coat hanger. Wrap with foil, then with yellow ribbon. Tie a purple bow on the handle. Press handle into cake top. Cover top with green tinted coconut and candy eggs.

**Train**  
Bake cake in 4-1/2" x 2-3/4" x 1-1/4" loaf pans or if using larger pan, cut into 4" x 2-1/4" pieces. Place on tray like a train. Frost sides and top of each piece with chocolate frosting. Decorate wheels with lifesavers, and use 1" red gumdrop for smokestack. Put candles on engine and first car. Top each car with candy or peanuts.

**Zoo Cake**  
Bake a 9" x 13" cake. Space animal crackers in the frosting around the edges. Place candies between the animals.

**Drum**  
Frost a layer cake in white. Press peppermint candy sticks or red-striped straws at angles on all sides. Set maraschino cherries at the ends of sticks. Two crossed sticks on the top resemble drumsticks.

continued from page 13

## More Canada

ought to result in something greater than the sum of its parts. I envisaged French and English Canadians criss-crossing each other's lives, inviting each other on their television shows and who cares how each murders the other's language. I envisaged interracial intercourse up to and including marriage. Did it myself a couple of times.

I can't predict the future. Hopefully we have crossed a threshold and on the other side, government by edict, as in the old days of kingly privilege, is over. When we take our affairs in hand and we, our best minds, rather than politicians, amend and improve our constitution, we will have something closer to the Canadian reality. And that is the basic, decent people you run into when you drive your car through Alberta or Newfoundland or Quebec or any part of Canada. Or

the people I have talked to here in the last two days.

We can learn from the East and the East can learn from the West. And I'm not talking just about Canada but about the world. We must not only respect differences but even learn from them. And one of the things we'll learn is that we're all pretty much the same. This is the only way this country will survive in the competitive global village of tomorrow.

In our travels throughout the world, even with all our differences my wife and I found the majority of people to be decent and we, our best minds, rather than politicians, amend and improve our constitution, we will have something closer to the Canadian reality. And that is the basic, decent people you run into when you drive your car through Alberta or Newfoundland or Quebec or any part of Canada. Or

Instead, let us be inspired by John Gillespie Magee, author of High Flight. Let us, too, break the

surly bonds of human boundaries and prejudices and soar with an open spirit to embrace mankind and perhaps, as in High Flight, touch the face of God.

### Jack (J.R.) Desmarais

Jack Desmarais was born and educated in Quebec, and joined the RCAF in 1951, receiving pilot training at RCAF 3 FTS, Claresholm (Alta) in 1952. He joined Air Canada in 1957 and still flies out of Toronto on Boeing 767's. He resides in San Diego, Cal., U.S.A., and writes of U.S. and Canadian air magazines under the pen-name "Ace McCool." RCAF Station Claresholm opened in 1942 as 15 SFTS, under the British Commonwealth Air Training Plan, later becoming 3 FTS, performing pilot training for NATO.

WALLACE GARDENS  
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BAZAAR  
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8-12:30 PM MON-FRI  
AFTER HOURS  
PHONE 339-7645  
(ALL ARE WELCOME)

**CFB COMOX OFFICERS' MESS**

**OCTOBER 1992 CALENDAR**

Wednesdays Oct 28, Nov 4 - 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 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

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)

24 OCT 92  
(6-8 PM)

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

# Recreation

## United Way



Glacier Green Golf News

### Mixed 4-Ball

### Closing

By Rose McClesh

The annual "Mixed 4-Ball Closing" golf tournament ended a very successful scheduled golf season at Glacier Greens Golf Club.

The format was team play with nine teams entered. Fair weather added to the enjoyment of the day. The team consisting of John Courtemanche, Dick Nex, Len Doyle, Lorraine Courtemanche and Pat Belanger were the 1st place winners.

Second place winners were Roy Downey, Ray Cossette, Lori Cameron and Leslie Mann.

Third place winners were Bob Pridmore, Dan Verfaillie, Ray Belanger and Dave Frost.

Fourth place winners were Arnie Mathus, Doug Mann, Jim Hume and Trudy Lamothe.

The team made up of Lori Ross, Larry Blais, Chuck Perry and Don Middleton were the K.P. winners on #7.

K.P. winners on #13 was the Roy Downey team.

Many thanks to the Trophy Den for their continued support and sponsorship of this tournament.

Make it a great day; call 339-6515 for a tee time.



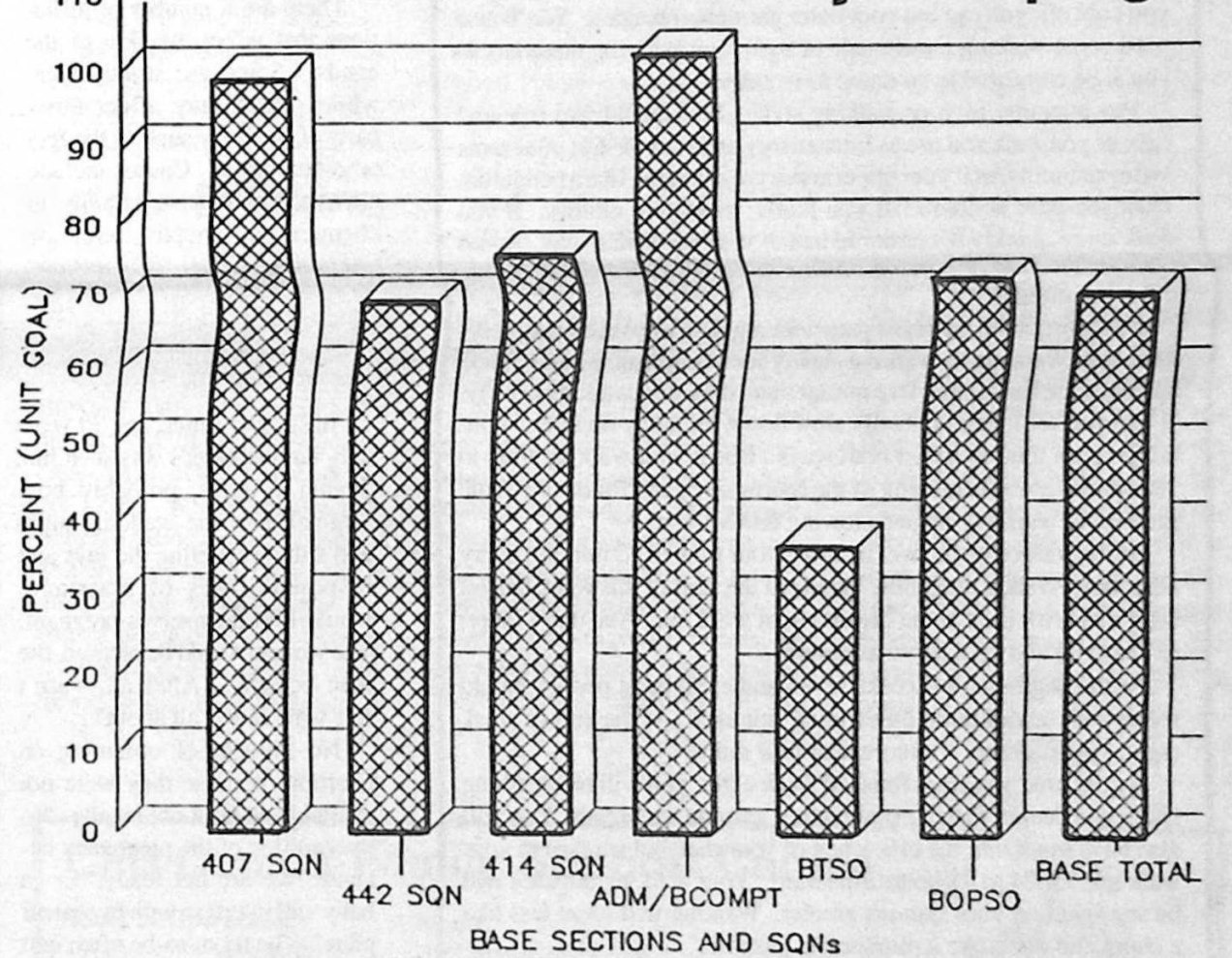
The 1992 CFB Comox United Way Campaign is half way through, and the campaign is going very well. Some sections are completed and the results have been most successful. Our campaign will run until 31 Oct, but if anyone has been missed or wishes to contribute after that, please contact one of the United Way reps.

Our combined Base goal is \$30,000, and we are approximately 60% there. So we have a way to go yet! The various unit/section reps will continue to canvass all individuals. The following are your respective representatives:

- 442 Sqn - Capt Roddick, local 8116
- 414 Sqn - Pte Ford, local 8579
- BOR, BWO, Chaps, Accom, BCPO, BPSO, BGSO - Cpl Stavenjord, local 8217
- BPERO - WO Piper, local 8314
- LTC/ABATS - WO Turcotte, local 8545
- Dental - Cpl Kelly, local 8230
- Hospital - Capt Graves, local 8767
- BFoods - MCpl Aubut, local 8356
- Messes/Canex - Sgt Perfitt, local 8324
- BCompt - Cpl Norlander, local 8837
- BAMSO - Sgt Julien, local 8287
- BSupO - MCpl Marsh, local 8269
- BCEO - Cpl Smith, local 8696 or MCpl Richard, local 8371
- BTnO - Cpl Dryden, local 8278
- BTelO - Cpl Moyles, local 8565
- BEME - Cpl MacLeod, local 8720
- ATC, BSecurO, DIAC, BOps, BNDO - WO Rogers, local 8247
- Met - Cpl Porter, local 8226
- 740 Comm Det - Cpl Cowles, local 8296
- AFIS - MCpl Anderson, local 8434

as of 21 Oct 1992

## CFB Comox United Way Campaign



TOGETHER WE CAN ACCOMPLISH OUR GOAL

The United Way will receive the benefits of a planned Cut-A-Thon at the Driftwood Mall on Sunday 25 Oct 1992, from 1200 - 1600 hrs. So come on down and get a haircut before the boss tells you to.

WALLACE GARDENS  
COMMUNITY COUNCIL  
ANNUAL CHRISTMAS  
BAZAAR  
AIRPORT SCHOOL  
CFB COMOX  
NOV 14, 92  
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8-12:30 PM MON-FRI  
AFTER HOURS  
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338-0136

**MERLE NORMAN**  
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437-5th Street, Downtown Courtenay 338-1362

# Health & Fitness

## To Your Health

Health information from the Registered Nurses Association of British Columbia

### A Step in the Right Direction

Why not walk into winter feeling fit and rejuvenated? Now's the time to start a regular walking schedule, while the days are cool and crisp and fall colours are at their best.

Nurses recommend walking for exercise. It's virtually risk free and you can become fit without risking injury. Best of all, you'll enjoy all the physical, emotional and mental benefits of a regular exercise program.

Only eight weeks of regular walking will establish a foundation of fitness. The key word is regular. But if you can already walk continuously for ten minutes, you're ready to go with a regular plan. A good walking plan is strenuous, though. So, if you are over 60 or have a medical condition, it might be wise to check with your doctor.

During the first week begin walking for ten minutes every other day. In the second week, increase your time to 15 minutes every other day. Walk continuously while you're out. Don't stop for conversations or shopping!

As you walk, pay attention to the "feel" of your shoes. Are they comfortable? A good walking shoe should have a flexible "bouncy" type of sole with good arch support. There should also be one-half to three-quarters of an inch of free space between the longest toe and the front of the shoe, a padded heel lining and breathable uppers.

You should also wear comfortable clothes, "layered" so you can dress up or down. Start with a light blouse or T-shirt, covered by a light sweater or a water-resistant windbreaker. You can remove the sweater or windbreaker if your exercise makes you too hot. When you cool off, you can put your outer garments on again. You'll also need some walking pants made of light, quick-drying materials so you'll be comfortable on damp to wet days.

Pay attention to your walking style. You should feel free and easy as you walk and use as little energy as possible. Let your arms swing naturally, as if your upper arm were swinging like a pendulum from shoulder to elbow. If you prefer, bend your elbows. If you walk more quickly it's easier to match your stride that way. Avoid bouncing stride or coming down heavily on your heel as it first strikes the ground.

In the third week, increase your walking time to 20 minutes every other day. Warm up by walking slowly for a couple of minutes, pick up your pace for another five minutes and then start walking briskly. When you are done, gradually slow down for a few minutes. Your body needs time to adjust both ways. Boost your walking time to 30 minutes at the beginning of the fourth week and follow the same routine for warming up and slowing down.

At the start of week five, increase your time to 45 minutes every other day. Walk a little more slowly at the start of this week but get back to a brisk pace at the beginning of week six. And don't forget to warm up and cool down as before.

At the beginning of weeks seven and eight most people should try to walk about three miles in 45 minutes. At the end of week eight, you might try for more than four miles.

By the time you have finished week eight, you will be breathing faster and deeper than normal but not gasping for breath. You will also have improved the efficiency of your metabolism during your walk and for 24 to 48 hours afterward. Your walking muscles will be stronger and your stamina greater. Walking will seem less like a chore and more like a pleasurable pastime.

From Base Hospital

### Don't Drink Your Troubles Away

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

Sometimes people find themselves depending increasingly on alcohol as part of their daily lives. It happens to men and women from all walks of life. The question arises, "How much can I safely drink before I would be considered to have a drinking problem?"

From a health point of view, one way to approach the question is to think of alcohol in terms of units. One unit equals one small bottle or can of beer, one glass of table wine, one small shot of spirits, or one small glass of sherry. Each of these contains an equivalent amount of alcohol.

It is generally considered that more than four units every day for

a man and more than three units every day for a woman will, in time, lead to serious health problems.

You can do a test on yourself. Can you limit your alcohol consumption to three drinks - that's three units - or less, on any day, for six weeks straight? Don't take six today and none tomorrow - that's cheating. If you fail at all in this test, your ability to control your drinking is suspect.

However, counting drinks is not necessarily the best way of telling whether you are an alcoholic or a problem drinker. Another gauge is to count the problems your drinking causes.

As a guide, here are some

signs that might lead you to think seriously about the amount you drink:

- Have you lost a job because of drinking?
- Is your marriage in trouble because of drinking?
- Have you been in hospital as a direct consequence of drinking?
- Are you using alcohol as your preferred way to unwind and relax?
- Do you have difficulty coping without a drink?
- Is drinking leading you into financial problems?
- Do you organize your social life around the availability of alcohol?
- Does drinking cause argu-

## info health

Dr. Bob Young



### Dishpan Hands

It has been called dishpan hands - or dishwashers' eczema, also known as detergent dermatitis. Whatever the name, red, itchy, inflamed, scaly, oozing, and crusting rashes on the hands are common, and certainly not confined to the family homemaker.

Most of us escape or at worst have an occasional skin problem with our hands. Others may be plagued for a lifetime by the symptoms listed above, waxing and waning perhaps, but either there or not far away.

There are a number of afflictions that affect the skin of the hands. Some are strictly local while others may affect other parts of the body such as the feet or genital areas. Causes include allergic reactions, sensitivity to chemicals or metals, infection (including fungi), infestations

(scabies), and the old favourite, idiopathic, which means nobody knows.

Combinations are common. A rash due to irritation may be complicated by infection of the damaged skin, or a cream used to relieve the itch of scabies may irritate nearby normal skin.

In most cases diagnosis is not particularly difficult, especially if the rash is examined before scratching, ointments, of infection have altered its original appearance. An accurate diagnosis, or at least a well-educated guess, is necessary before rational treatment can be provided. Given the above, most dermatoses (rashes), including those on the hands, will respond to treatment. Some will clear completely, never to return, while others will keep coming back.

Recurrences may be due to

stopping treatment too soon. The hands may look and feel normal before the skin has fully recovered, which may take months. It may break down again easily, especially if the exposure to whatever caused the rash is repeated.

Some people must be constantly "skin conscious" in order to protect their hands. Heat, cold, dampness, and dryness all may be damaging; detergents and other irritants are all around us. Gloves (usually cotton, covered with rubber or vinyl ones for wet work) should become a habit. Keep skin moisturizers or lubricants nearby and use them frequently.

Seek treatment for recurrences promptly. Hand dermatitis is uncomfortable, often embarrassing, and sometimes disabling enough to keep people from working.

### It's a Choice!

In simpler times, say 30 years ago, having babies was such fun. Young couples, probably both virginal until the wedding night and still discovering the joys and responsibilities of marriage, would find themselves pregnant. The woman would be pleased, the man boastful. After all, wasn't this what it was all about?

No thought of obtaining an abortion, because they were not available, at least not legally. No interruption of the pregnancy because "we are not ready," or "a baby will interfere with my career plan." The mom-to-be often quit her job early, for the baby's sake, and shared time with her friends - most of whom also seemed to be pregnant.

The sex of the unborn babe was a matter for conjecture in earlier "a girl for me, a boy for you" eras. A comfortable pregnancy

with a successful outcome was more important. And the new mom would look forward to the mandatory seven to ten day rest in hospital after the delivery, particularly if she already had two or three kids at home.

But part of the anticipation was the boy or girl bit. Between the parents for the first-born; shared, "you have a little sister or brother coming, Jarrod," with already existing toddlers for subsequent ones.

Now a high-tech cream separator is available that will divide a man's sperm into specific-gender producing components. Artificial insemination with the chosen sperm, a simple procedure in a healthy woman, will guarantee (with about 95 per cent certainty) a baby of the desired sex.

Do we need this? Will we end

up with a surplus of males, or will all the young children be female, as in the day of Herod the king? Or will parental choice result in a mix similar to what we have now?

Is pre-conception choice of gender a medical, ethical, cultural, governmental or parental concern - or all of the above? The only medical indication I can think of is when a known significant genetic defect in a parent is transmitted to sons only, or to daughters only. Here pre-selection could make sense.

But I preferred the days before gender selection, ultrasound and amniocentesis, the days when I would grasp the still-slippery wailing newborn by the ankles, show it to the mom, and shout congratulations with "It's a boy!" or "It's a girl!" The surprise somehow added to the joy.

If you have answered yes to any of these questions, there is a strong possibility that you have a problem with alcohol.

If you are interested in what to do next, you should contact your doctor, the Base Alcohol Counsellor, or a local alcoholism assistance organization such as Alcoholics Anonymous.

I recently wrote an article on women and smoking. Some alcohol-related health hazards, however, are unique to women.

Among women, heavy drinking can contribute to osteoporosis because alcohol inhibits the body's ability to absorb dietary calcium. Several recent studies, continued on page 17

# On & Off the Base



## LEGION LOG

BRANCH 17 COURTENAY  
334-4322

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

Fri 23 Oct.....Music by Wild River  
Fri 30 Oct.....Hallow'en Dance, Music by Westwind Prizes for Best Costumes

### \*\*\*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\*\*\*

Saturday 24 Oct.....Ladies Auxiliary Bazaar  
11:00 a.m. - 2 p.m. Baking/Crafts  
Light Lunch Served

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

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

"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\*\*\*

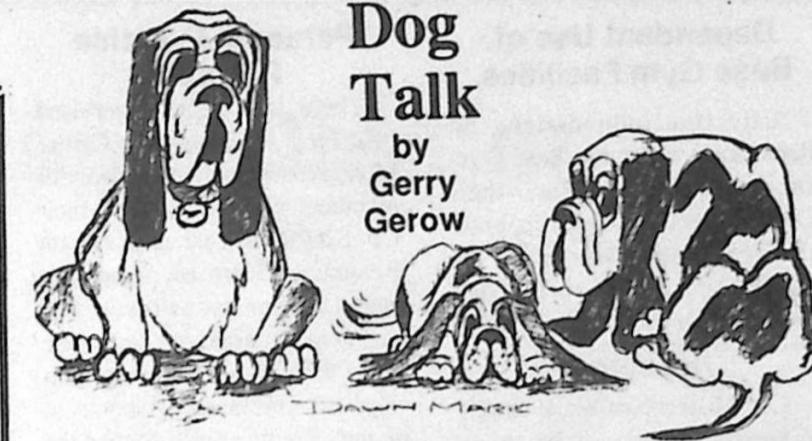
Fri 23 Oct.....Music by Westwind  
Fri 30 Oct.....T.B.A.

### \*\*\*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.



Dog Talk  
by  
Gerry Gerow

## Guide Dogs

A book this week that is quite different. *Practical Genetics for Dog Breeders*, by Malcolm B. Willis, Howell Book House, New York, and Maxwell Macmillan Canada, Don Mills, Ont. \$38.95.

This book is only of interest to serious dog breeders. But for them, it has a wealth of information. I personally learned a lot. Dr. Willis is a veterinarian who has bred, shown and judged dogs all over the world. One of his principal interests is genetics, and he has done a lot of painstaking research, leading up to this and other books he has written. How many people are aware that the dog has more chromosomes than most other commonly known animals, including man? Dog breeding is a complex undertaking, and this book helps to explain some of the problems, and make the breeder aware of what to look

for when contemplating a breeding. I would say that anyone breeding dogs for the first time should read this book.

Sorry I missed the last couple of issues. Mostly connected with the way I earn my daily bread these days, including a convention in Toronto. While there I had the opportunity to meet an acquaintance from the Okanagan who is blind and uses a guide dog.

I found myself quietly watching as the dog led his mistress around the Sheraton Centre. It is truly amazing what these dogs can do. If I bred the breed of dog that is acceptable for this work, I can think of nothing I'd like more than to have one of my animals accepted for guide dog training. Unfortunately, my German Shorthaired Pointers would probably run away with the white cane.

Usually guide dog puppies are placed in pet homes, under supervision for the first year to 18 months of their life. After this period, if the dog shows the proper attitudes, they begin serious training for their role as guide dogs. When the training is completed, the dog is matched up with his/her new owner to be. The two of them spend a month at the training institute learning how to work together. After all this, the blind person takes their dog home.

The two most successful breeds in this type of work are Labrador Retrievers and German Shepherd dogs. Golden Retrievers and Border Collies have also been used with some success.

To my knowledge the only guide dog training centres in Canada are in the East. An ambition I intend to realize one of these days is to visit one of these schools and spend some time observing the training process.

continued from page 16

### More Drinking

moreover, have demonstrated a relationship between alcohol abuse and breast cancer.

One such study, conducted at Harvard University, concluded that the risk of breast cancer increases with as few as three drinks per week. While recommendations regarding alcohol abuse and an associated risk of breast cancer are pending, women already at risk of developing breast cancer should exercise caution. Risk factors include a family history of

breast cancer, early beginning of menstrual function, late menopause, and first pregnancy after age 30.

Fetal alcohol syndrome can occur in newborns whose mothers consumed alcohol during pregnancy. The greater the amount of alcohol consumed, the higher the chances of giving birth to a child with facial defects, stunted growth, heart defects, or mental retardation. Later in life, furthermore, children of al-

coholics are more likely to abuse alcohol than are children of non-abusers.

Today, an increasing number of young working women are developing drinking problems because of job-related stress. Yet statistics show that untreated alcoholism can take 15 years off a woman's life, reinforcing the concern that alcohol abuse among women is a serious problem. So please, don't drink your troubles away!

## CFB Comox Family Support Centre

Hours of Operation: 7:30 - 4:30, Mon to Fri  
Address: 119 Little River Road  
Mailing Address: Family Support Centre, CFB Comox, Lazo, BC V0R 2K0  
All Services are Confidential

Services available:  
Volunteer information services  
Practical problem solving  
Financial counselling referrals  
Babysitter list -- adults and trained teenagers  
Cleaner list  
Welcome package

Ongoing programs:  
Teen program  
Tuesday morning discussion group with childcare provided  
Confidential short-term counselling services  
Parenting information  
Emergency shelter



Drop in anytime or call 339-8654 or 339-8655

## Family Support Centre

Recreation Program For Teens  
Wednesdays 6:30 - 7:30 p.m.  
Weight Training in Base gym with qualified instructors.  
Wednesdays 7:30 - 8:30 p.m.  
Games in the gym.  
Thursdays 6:30 - 9:00 p.m.  
Video Night at Family Support Centre  
Fridays 6:30 - 11:30 Dance at Community Centre next to

Canex; DJ most Fridays.  
Saturdays 10:30 - 11:00 a.m.  
Swimming - all Red Cross levels, life saving instruction plus games and free swim.  
For more information re teen activities call Jennifer at 339-8654.  
Parenting For Young Military Families  
Six Tuesdays 7:00 - 9:00 p.m.

at the Protestant Chapel Annex. Call 339-8654 for more info.  
Babysitting Course  
Saturday 31 October 8:30 a.m. - 4:00 p.m. at FSC. Call 339-8654 to register. Must be 12 years old within the next 6 months.  
Sexual Harassment Info Session with Lt Linda McNally, 9 November 7:00 - 9:00 p.m. at Family Support Centre

# 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.

## 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.

## 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.

## 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.

## 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.

## Ladies Broomball

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

## Base Library Hours

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

## 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



# NEXT DEADLINE 2 NOV 92 NOON

BCYCNA  
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.

## Lady Bowlers

Wednesday afternoons from 1:00 to 3:00 p.m. all interested ladies wishing to bowl at CFB Comox lanes are encouraged to contact Pat Verchere at 339-5829.

**ATTENTION!**  
**ALL FORMER**  
**HORNETS**

**443 SQUADRON**  
**50TH ANNIVERSARY**  
**21 - 24 MAY 1993**

For further information & registration contact  
Major K. Whitehead - Avn 255-2000 Loc 6663  
or (604) 363-6683 or write:  
50TH ANNIVERSARY  
HS 443 ESQUIMAULT  
FMO VICTORIA, BC  
V0S 1B9

**Sport Officials**

In order to update regional files it is requested that all personnel who are officials in any sport contact the BPERO at local 8315 prior to 15 Nov 92.

**Canoe Club**

Anyone interested in forming a Comox Valley Canoe Club to promote canoeing as a safe enjoyable recreational activity please contact Allan Gear at 339-0252 or Dan Mallette at 339-7352.

**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 BCYCNA AT (604) 669-9222.

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

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Self furling on jib AND main. Unique rig! Your 8 year old can sail it! Contact Adrian Van Kirk, Thunderbird Yacht Sales (604) 656-5832.</p> <p><b>BUILDING SUPPLIES</b></p> <p>DOORS! WINDOWS! Interior and exterior wood, metal and French doors, wood windows, skylights. MORE! Call collect to WALKER DOOR and WINDOW in Vancouver at (604) 266-1101.</p> <p><b>BUSINESS OPPORTUNITIES</b></p> <p>Importer of automotive, electrical accessories, and decorative hardware, looking for distributors or agents throughout Canada. Calling on jobbers. Protected territories. Fax info (604) 599-8833 General Manager.</p>	<p><b>BUSINESS OPPORTUNITIES</b></p> <p>Existing or new bicycle dealers wanted for the new legacy 2 B2 mountain bikes. Selected rural territories are available. Call Gregg at Advance Performance Sports 1-727-9460.</p> <p>Voicecall Success System Ground Floor easy turn-key operation. Residual income. Instant cashflow. Financing available. Packages starting from \$6,000. 1-800-291-2259 Ext. 9867. Greater Vancouver call 291-2259 Ext. 9867.</p> <p><b>DRUG RAID SEIZURES!</b> Buy dirt cheap: Cars, Homes, Boats, Computers... Direct from U.S./Canadian government. FREE ILLUSTRATED REPORT: Seizures, Dept. 606, #150-1857 West 4th Vancouver, B.C. B6J 1M4.</p> <p><b>NEED BUSINESS FINANCING?</b> We prepare Professional Business and Financing Plans, Bank Proposals, Financial Projections and Cash Flows. We have funding sources for Development, Expansion and Acquisition Capital. Carlton Capital Corporation, Bank of Canada Building, Vancouver, B.C. (604) 685-2223.</p> <p>"Ecowater" Since 1925 is expanding throughout B.C. Sales Managers, salesmen and service people required. Training provided. Fax Resume to 761-1508 or phone 765-4401.</p> <p><b>ADVANCE OPPORTUNITY.</b> Revolutionary digital 80-channel mini-dish satellite home entertainment system will rapidly expand home entertainment and communications industry. Network Marketing. No inventory. No investment. Call (604) 746-5861, 8-6.</p> <p><b>MAKE A FORTUNE</b> making others happy. The ultimate fundraising tool is creating hundreds of new opportunities with incredibly high incomes. Protected territories. Distributors needed 1-800-263-1900.</p>	<p><b>BUSINESS OPPORTUNITIES</b></p> <p><b>IMPRESSIVE SILKS.</b> Need Extra Money? Work for yourself selling silk plants through house parties. No money/experience needed. Excellent commission. Information: Jeanne 1-800-667-0355, 1-594-3250, 1-594-3255.</p> <p><b>BUSINESS PERSONALS</b></p> <p><b>ADD A LITTLE SPICE!</b> B.C. College Roommates - Karen, Wendy and Lisa have exciting Personal Photos of themselves for sale. For discreet write to: Spice, Box 670-GB, Kelowna, B.C. V1Y 7P4. Adults only please.</p> <p><b>EDUCATION</b></p> <p>Train to be a "CRM" - Certified Apartment Manager. Many jobs available. Over 2,000 graduates now working. Government licensed home-study course. R.M.T.I. 681-5456 or 1-800-665-8339.</p> <p><b>WESTERN CANADIAN SCHOOL</b> of Auctioneering, next course Nov. 30-Dec. 12/92. For a free brochure call (403) 250-1281 or write to: #5-2003 McKnight Blvd., N.E., Calgary, AB T2E 6L2.</p> <p><b>HOW TO PLAY POPULAR PIANO.</b> New home study course. Fast, easy method. Guaranteed! FREE information. Write: Popular Music Studio (6B), 103-1054 Ellis, Kelowna, B.C. Y1Y 1Z1 1-800-667-0050 Extension 770.</p> <p><b>CHEF TRAINING PROGRAM.</b> In just 17 weeks make your future financially secure. Join Canada's #1 industry. Cooking is a recession-proof career. Short, intense training. Financial assistance. Gov't funding. Student loans. Continuous enrollment. Accommodation arranged. DUBRULLE FRENCH CULINARY SCHOOL, 1522 W. 8th Ave., Vancouver, B.C. 738-3155 or Toll-free 1-800-667-7288.</p>	<p><b>EMPLOYMENT OPPS.</b></p> <p><b>EXPERIENCE FARM LIFE!</b> in Europe and Australia. All arrangements made for you. Contact the International Agricultural Exchange Association, 1501-17 Ave. S.W., Calgary, AB T2T 0E2.</p> <p><b>FOR SALE MISC.</b></p> <p><b>NEW!</b> Catalogue loaded with uncommon products of British Columbia - many handcrafted. Gifts, gourmet foods, books, games, jewellery, leisure &amp; craft products, toys, art prints, Christmas &amp; greeting cards, art &amp; toy kits, soaps &amp; personal care, designer candles, sculptures, unique household items, stoneware, novelties, much more! Merchandise unconditionally guaranteed. Get your copy now! Only \$3 (your 1st order gets \$5 discount). Sargeant's Mercantile, PO Box 2188, Vancouver, B.C. V6B 3B7.</p> <p><b>WHOLESALE PRICED</b> craft supplies: Baskets, silk flowers, lace, craft kits, ribbon, wicker, glitz. Send \$2, 48 page catalogue: Crybabl Crafts, R.R.#3, High River, AB, T1V 1N3.</p> <p><b>SEPTIC TANKS! WATER TANKS!</b> High strength polyethylene tanks for low producing wells/rain water. 110-1300 imp. gal. Lowest prices, warranty. Premier Plastics, Delta. Collect (604) 540-9090.</p> <p><b>GARDENING</b></p> <p><b>ONE STOP GREENHOUSE SHOP.</b> B.C. Greenhouse Builders Ltd., 7425 Hedley Ave., Burnaby, B.C. V5E 2R1. FREE BROCHURE: Aluminum/Glass Aluminum/Acrylic/SDP, Double-walled Greenhouses, Solariums and complete line of Greenhouse Accessories. Telephone (604) 433-4220, Fax 433-1285.</p> <p><b>HELP WANTED</b></p> <p>W.T. Rawleigh Homecare Products Dealers needed. Part or Full-time. New plan, excellent opportunity. Call COLLECT (604) 795-5591 for details.</p>	<p><b>HELP WANTED</b></p> <p><b>FASHION FORTUNE!</b> Are you plugged into MA CHERIE'S electricity of excitement? Earn 45% profit selling QUALITY LINGERIE. Call MA CHERIE 1-800-661-3305.</p> <p><b>LIVESTOCK</b></p> <p>Horse &amp; Livestock Trailers. Steel or Aluminum, New or Used. Featherlite, Circle J Trailwest - We Deliver - Sunrise Trailer Sales, Langley, B.C. 530-5129, 1-800-363-9993.</p> <p><b>MOBILE HOMES</b></p> <p><b>BUY FACTORY DIRECT.</b> Save thousands on dealer mark-up. We'll custom build mobile homes to suit your needs. Doubles, singles, modulars. Phone for details: Noble Homes, Edmonton (403) 447-3414/447-2333.</p> <p><b>REAL ESTATE</b></p> <p><b>PROPERTIES TO BE SOLD</b> for unpaid taxes. Crown Land availability. For information on both write: Properties, Dept. CN, Box 5380, Stn. F, Ottawa, K2C 3J1.</p> <p><b>WE PAY CASH</b> for income producing properties, any size, condition, area or location. Contact: Mr. Ash (604) 582-0130, Max (604) 535-6844 or Fax details to: (604) 582-7616.</p> <p><b>INVESTORS or FAMILY OPERATION.</b> B.C. MOTEL SHOPPING CENTRE, R.V. PARK and room to expand. Leases show \$225,000 Net with a potential of \$307,000 net in 2 years. LISTED at \$1,775,000 - TERMS - Contact: Henry Desnoyer, TRADELAND REALTY LTD., Vernon, B.C. (604) 545-5325, Evenings 542-8712, Fax: 545-4873 or Pager 1-977-0754.</p> <p><b>SERVICES</b></p> <p>Major ICBC and Injury claims. Joel A. Wener trial lawyer for 24 years. Call collect: (604) 736-5500. Contingency fees available. Injured in B.C. only.</p>
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# On the Base

## Chapel Chatter



I am very grateful to Padre Bob Baker for giving me the chance to write this week's column. I am president of the St Michael & All Angels Protestant Chapel Guild, which will be hosting the 1993 Pacific Regional Conference of Chapel Guilds next spring.

I would like to tell you a little about the Guild. For this purpose I can find no better words than those of the Guild Handbook, compiled from ideas and submissions by Guild members all across the country by the Kingston Guild and edited by Donna Davidson.

"A Guild is more than just a club. It is a Christian organization within the church where women can work, grow and learn together.

"Being military chapels, we are in a unique situation as our members come from across Canada, the United States and Europe. Our chapels encompass

a number of Christian denominations. These factors all need to be considered when planning the direction the Guild will take. Flexibility and open-mindedness are necessary if we are going to meet the many and varied needs of women in the chapel. Not only must we take into account the needs of the members at a particular time, but we must be willing to change as transfers decrease or increase our numbers. Our multi-denominational aspects must also be a consideration.

"All of our activity and involvement stands for little if we lost sight of our central focus, which is fellowship and support of one another in Christ. To most of us, Guild means "never needing to feel alone." If we moved to a new base tomorrow, upon arriving at chapel we would check to see if there was a Guild. We see Guild as serving and meeting important needs for women in our changing

military lifestyle, a familiar haven in our world of constant change.

"There is nothing perfect about Guilds. How could there be? They are made up of women like you and like me. We have all experienced in our Guilds the laughter and the tears, the hurt feelings, the words of anger and the healing power of forgiveness, the never-ending commitments and the shared moments of quiet meditation. Most of all, we have all at some time shared the treasures of lasting friendships.

"Guilds survive and grow because there are always women who are willing to work, to strive and to persevere because they believe there is much to be done, and we have so much to learn of the saving power of Jesus Christ.

"We view our Guild as the working arm of the church. Walk into chapel on a Sunday morning, smell coffee brewing, see

children being cared for in the nursery, notice plants and flowers beautifying the surroundings. These are just a few of the personal touches provided by the Chapel Committee and Guild, the outward signs of an active Guild within the church, but there is so much more that we wish to fulfill. How exciting and rewarding for all if we could involve more of the entire congregation in these activities. We feel strongly about the importance of Guild and congregation growing and working together. Hopefully the more we open the lines of communication, the more women will want to become a part of the Guild."

Our commitments vary from Guild to Guild as each assesses the needs and uses the talents and resources within their own community. Nationally, all Guilds support the Christian teaching

## Bonnie Cochrane

hospitals at Vellore and Ludhiana in India. Here at Comox, we find that at this time the need and our talents and resources best coincide through our sponsorship of a Parents and Tots group that meets every Friday morning at the Community Centre. We also support such local causes as the Food Bank, the Comox Valley Toy Shoppe, and the Christmas hamper fund, and we hold craft classes one morning and one evening per week for anyone who wants to learn fun new skills.

Above all, we are there for each other, sharing the work and the fun, in both good times and bad, trying to show the love of Christ by loving and caring for one another in His name. I believe our motto truly sums up what we are about - "Faith, Fellowship, Service."

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# On & Off the Base

## Coping With Growing Older



When Sam retired, the company gave him the traditional gold watch. The boys from the office slapped him on the back. Retirement really wasn't the end of the world, they told him. He shouldn't think that. He should drop in whenever he felt like it. They'd always be happy to take a few minutes off to chat.

Sam thanked them all. "One thing, though," he said, with a twinkle in his eye. "Don't sit around waiting for me to drop by. I'm going to be much too busy having fun to bother checking up on you fellows."

### Retirement: a beginning

The popular myth is that the gold watch brings with it rapid physical and mental decline. Research indicates exactly the opposite is true: that physical and emotional health tend to improve after retirement.

Contrary to the conventional wisdom, for most of us retirement is not a particularly stressful event.

The exception to the rule is the one person in ten whose whole life has been bound up with their work. Then retirement can cause great difficulty.

The task of finding new interests, making new friends and re-establishing contact with a long-neglected circle of family and friends, becomes monumental.

And, when self-image has been linked for such a length of time to professional accomplishments, there may be significant problems with identity and feelings of self-worth once work ceases to be a part of our everyday life.

Don't count on a few evening courses to plan for a successful retirement. By and large, our lifelong pattern of activities, friendships and social contacts will continue after we retire. If you were a sociable person - or a loner - at 30 and 40, you'll likely be that way at 70.

It is important to look positively at retirement. We need to find new activities to replace those we outgrow, or are forced by physical changes to give up. There is great potential for challenge, and a great need to stretch ourselves constantly, both physically and mentally.

Mid-life upheavals can help us prepare

The death of a parent can often cause problems for us in our 40's and 50's. It is a reminder of our own mortality which comes at a time when we are just coming to terms with our own inevitable aging.

Other factors which contribute to "late-mid-life crisis" are: middle-age overload (career in high gear, too much to do and not enough time); learning how to live without our children, and learning to live as a couple again; and changing attitudes toward work and success.

A reassessment and re-order-

ing of our lives at this stage can lead to unexpected contentment and acceptance, later on, of the changes of growing old.

### The body's warning signals

A healthy lifestyle - proper diet, exercise and rest - can help you stay in good trim. But a gradual physical decline is inevitable with age. Accept it. Maintain a good relationship with your family physician; follow medical advice.

Prompt attention should be paid to minor disabilities. Many older people put up with vision and hearing problems which could easily be treated. Not all health problems are the inescapable by-products of age. And emotional and physical well-being are closely interconnected at any age.

It can be difficult for older people to maintain self-confidence, stay active and involved, and feel useful and needed. Especially with the physical limitations age can impose. But the better you feel about yourself, the more likely it is that you'll be able to cope with the minor health problems of aging.

Most of us worry about growing older. We forget that, until recently, most people died in childhood or during their working years. Aging is a gift of the twentieth century.

What we need are more people like Sam who can welcome change and cope with new challenges as they grow older.

It is true that we are required to cope with more stresses in later years. Each stage of life brings its typical crises. But during later life, changes and stresses seem to pile up. We face mid-life upheavals, bereavement, retirement, loneliness, and related physical and emotional difficulties.

The way we have faced up to life, and the way we have reacted to day-to-day events throughout our lifetime, will influence our success at coping with the stresses of the aging process.

Time and loneliness march together

As one grows older, it's inevitable that friends and family will dwindle. Older people may face the stress of many bereavements in succession. And, after that, there is the possibility of loneliness. The average woman can expect eleven years of widowhood.

Everyone needs solitude sometimes. But human beings usually like company. It is very different when people are isolated against their will. It can be harmful; without stimulation we may wither away emotionally.

The loss of friends and family, combined with the reduced mobility which often comes with age, can make older people very vulnerable to loneliness and, as a result, to depression.

Depression is a common condition among the elderly. The

symptoms? - loss of appetite, fitful sleep, early morning awakening, weight loss, loss of energy and motivation - sometimes even thoughts of suicide. Some of these factors are normal by-products of the aging process. But a combination of all may be serious. See a doctor right away if you have doubts. Depression must be treated.

There are many programs to be found in our communities which attempt to replace the supports that were formerly provided by family and lifelong friends. They offer older people social opportunities, a chance to try new activities and make new friends.

### The myth of senility

Most of us fear that, as we get older, our memory will decline, that we will face loss of intelligence. Not true.

### The facts:

Age brings no automatic change in memory; there is no significant loss of learning ability either (apart from that which may be caused by depression); senility is a clinical condition which affects only 10% of the over-65 population; "crystalline intelligence" (problem-solving ability) actually increases with age.

Growing older can be a time to relax, to develop new interests, to see and explore new territory.

The key ingredients in coping with growing older are your outlook, your lifelong lifestyle, and your ability to anticipate and plan for change.

If you need help to cope with the stresses of growing older there are many community organizations, like the Canadian Mental Health Association, which can help you find the right kind of assistance for your needs.

It is important to remember that, while there are no easy solutions to the problems of growing older, there is always a personal choice open to you.

There is always something we can do to help ourselves, even if that "something" takes time and effort to find.

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**Obituary**



McPHAIL, Robert Marshall - passed away on 2 October 1992 at his home after a year's illness. Bob served with the RCAF and CF from 1950 to 1987. He was in the AERE trade at various Bases and was a photography enthusiast. His tours included 3(F) Wing, Zweibrucken, Clinton, Trenton, Borden, Comox, 4(F) Wing Baden, Ottawa (Uplands and Rockcliffe), North Bay and back to Comox.

He is survived by his mother Margaret, wife Norma, daughters Karen and Vikki, sons Keith (Mary Jane) and Kevin (Shawna), and a brother Don (Bernice) and several nieces and nephews.

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**BASE CHAPLAIN (RC)** - Maj J.G.A. Veilleux  
**CHAPEL** - Our Lady of the Sacred Heart (on Base)  
**OFFICE** - Headquarters, Bldg 45, Rm 48, Local 8274  
**MASS SCHEDULE:**  
Saturday.....1700 hrs  
Sunday.....1000 hrs  
Daily Masses.....As announced in the Bulletin, usually at 0900 hrs, except during Lent and Advent at 1900 hrs.

**RECONCILIATION** - Confessions will be heard before each Mass or upon request. Penitential Celebrations are held during the Advent and Lenten Seasons.

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

**CATHOLIC WOMEN'S LEAGUE** - Second Thursday of the month in the Parish hall, preceded by Mass in the Chapel at 7:00 p.m. President: Mrs. Diane Plamondon, phone 339-0807.

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

**ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL**

**BASE CHAPLAIN (P)** - Maj R.E. Baker  
**CHAPEL** - St. Michael & All Angels, Wallace Gardens, Bldg 88  
**OFFICE** - Headquarters, Bldg 45, Room 48, Telephone 8273.  
**SUNDAY WORSHIP** - Each Sunday at 1100 hrs.  
**HOLY COMMUNION** - First Sunday of the month.  
**SUNDAY SCHOOL** - In conjunction with 11 a.m. Service.  
**NURSERY SCHOOL** - Each Sunday at 1100 hrs.  
**CHOIR** - Practices 1900 hrs, Thursday at Chapel.  
**CHAPEL GUILD** - Meets the first Thursday of each month at the Chapel 7:30 p.m. President Bonnie Cochrane 339-4988.

**NEXT DEADLINE 2 NOV**

# Off the Base



# GRAND SALE

**Inglis**

**X044100 SUPERB LARGE CAPACITY WASHER**  
 • Large Capacity - 6 cycles  
 • 4 wash/rinse temperature settings  
 • 4 water levels  
 • Bleach dispenser  
 • Double action agitator  
 • Lint filter "Self Clean"  
 • Available in white and almond



**\$569**  
WITH REBATE



**X085500 DRYER**  
 • Large capacity  
 • 3 cycles  
 • Temperature setting  
 • Non-adjustable End of cycle signal  
 • Fluffing rack  
 • Available in white or almond

**\$379**  
WITH REBATE

**BUY THE PAIR AND PAY ONLY \$938\***  
\*including manufacturer's rebate

**POWER SMART**

**IXC20500 19.9 CU. FT. SIDE-BY-SIDE FROST-FREE REFRIGERATOR**  
 • MAGNET SEAL doors  
 • Spacious vegetable crisper  
 • Temperature-controlled meat storage  
 • 4 fixed door shelves  
 • White epoxy-coated canister shelving  
 • Optional automatic ice maker



**\$1199**

**IBE36000**  
 • Electronic delay-cook and AUTO-STOP time settings  
 • Easy clean oven  
 • ACCU-SIMMER coil element  
 • TILT/TOP upswept cooktop  
 • SUPERBROIL element



**\$749**

**IBP36500**  
 • SELF-CLEAN  
 • Electronic time and temperature settings  
 • SUPERBROIL element  
 • Automatic oven light  
 • ACCU-SIMMER coil element  
 • TILT/TOP upswept cooktop



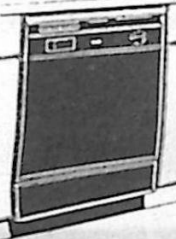
**\$949**



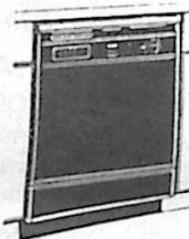
**IBT86000 REFRIGERATOR**  
 • Tempered-glass meat pan and crisp covers  
 • 4 Split-canister shelves  
 • Full-width freezer shelves  
 • Full-width freezer shelf  
 • 4 Adjustable, button-mount refrigerator door bins  
 • Reversible door swing  
 • Available in white or almond

**\$899**

**IBU3000 SUPERB**  
 • 3 Controls: Electronic EASY TOUCH  
 • Back Flush Console  
 • 4 cycles  
 • 2 options: Air Dry/Heat Dry, Hi-temp washing  
 • Door Panels: White/Black and almond



**\$449**



**IBU3700**  
 • Easy touch controls  
 • Silent wash system sound insulation  
 • Scour Master cleaning system  
 • In the door cutlery baskets  
 • 5 wash cycles with 3 options for full washing flexibility

**\$549**

**IBT66000 REFRIGERATOR**  
 • 4 split, adjustable wire shelves  
 • Tempered-glass meat pan and crisp cover  
 • 2 Ice cube trays and bucket  
 • Reversible door swing

**\$849**

**INGLIS WARRANTY**  
ALL INGLIS Home Appliances are fully warranted to be free of defects in material or workmanship for one year from date of purchase. Any defective parts will be repaired or replaced free of charge - parts and labour included. The SCOUR MASTER cleaning system is further covered for parts only during the second and third years. The DUAL-FAST tub and door inner parts are covered through the 12th year after purchase. The complete warranty is printed on the warranty card.

## CSBs

The Finance Minister recently announced that the 1992 Series (S47) of Canada Savings Bonds (CSBs) will provide investors 6.00 per cent for the first year. The rate of return for each of the next 11 years to maturity will be set each year when details of a new series are announced.

"This rate is fair to investors while maintaining CSBs as a cost-efficient part of the government's debt program," the Minister said. "CSBs continue to be an attractive investment because of their competitive yield and other features, such as cashability."

The Minister also announced that the individual purchase limit for bonds of the new series will be increased to \$100,000. "This limit, however, will not restrict holders of maturing Series 40 bonds from converting the full principal amount of their certificates coming due 1 November," he said. "The maturing amount can be in addition to the \$100,000 limit."

The new bonds went on sale Monday 19 October, and Monday 2 November will be the last day the bonds may be purchased at face value. Investors purchasing bonds during this period will be able to date their payments 2 November, the first business day of the month.

As with past series of CSBs, the Minister reserves the right to terminate sales at any time at his discretion. Applications already arranged with payments dated 2 November will be honoured even if the bonds are withdrawn from sale before 2 November. The deadline for establishments offering the Payroll Savings Plan to submit bulk employee applications to an authorized issuing agent will be Monday 16 November, even though cash sales may be terminated earlier.

**Rates on Outstanding Issues**  
 The Minister also announced that the yield for each of the last six series of Canada Savings Bonds, issued from 1986 to 1991 (Series 41 to 46 inclusive), has been set at 6.00 per cent for the year beginning 1 November 1992. This is the same rate of return as set for the new series. **The 1985 Series (S40) Matures 1 November**

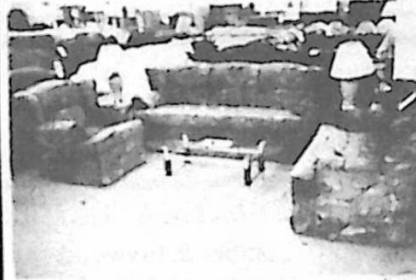
The Minister again reminded holders of the 1985 Series (S40) that these bonds mature on 1 November 1992 and will not earn interest after that date.

He said that special arrangements have been made with the financial institutions to allow holders of maturing CSBs to reinvest the redemption proceeds of their bonds in the new series from the first day the new bonds went on sale. This means that as of 19 October 1992, holders of maturing Series 40 bonds are able to go to their bank or other CSB sales agent and complete all the paperwork required to reinvest proceeds from their maturing bonds, with settlement dated 2 November, the first business day of the month.

### Admiral Built-in DISHWASHER

- Pots & pans
- Mini load
- Medium wash
- Light wash
- Rinse & hold
- Air dry
- Heat dry

**Blow Out Price**  
**\$379<sup>99</sup>**



### Colonial SOFA, LOVE & ROCKER

Lifetime guarantee on spring and frame. 40 fabrics to choose from

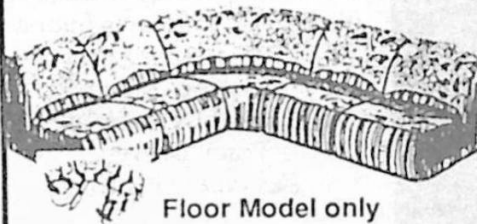
**\$849<sup>99</sup>**

### Ambassador 5 Piece DINETTE

- 4 chairs & table
- chairs with castors and adjustable full tilt
- available in white, grey, black, almond. Brass & chrome extra.

**Cash & Carry**  
**\$799<sup>99</sup>**  
 Reg. \$1199.99

### SECTIONAL with 2 RECLINERS



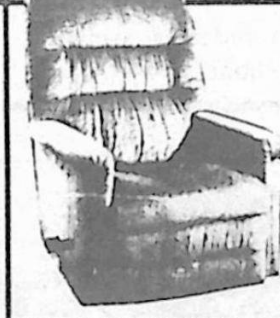
**Benchcraft 2 Piece**

**\$699<sup>99</sup>**

### DINING ROOM SUITE Ashley 6 Piece



• 4 chairs  
 • Table  
 • Buffet  
 • Hutch  
 Reg. \$2599.99  
**SAVE \$100.00 on complete set**  
**SALE \$1699<sup>99</sup>**

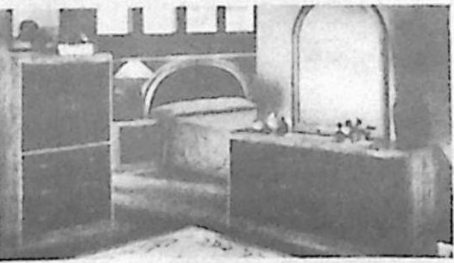


### La-Z-Boy RECLINERS

**Special Priced From**

**\$449<sup>99</sup>**

### BEDROOM SUITE Wild Rose 6 Piece



• Mirror  
 • 2 night tables  
 • Door chest  
 • Triple chest  
 • Headboard  
 Reg. \$1189.99  
**SALE \$629<sup>99</sup>**

### BEDROOM SUITE



### Ashley 6 Piece

• Headboard  
 • Night Tables  
 • Door Chest  
 • Mirror  
 Reg. \$1999.99  
**SALE \$1199<sup>99</sup>**

\*SOME ITEMS LIMITED QUANTITY • APPLIANCE TRADE-INS WELCOME • All Floor Model Items As Is C & C (Cash & Carry) • All Items Priced Below \$499 (C & C Only)

\*SOME ITEMS NOT EXACTLY AS ILLUSTRATED • Ask about FURNITURE WAREHOUSE MEET OR BEAT Competitors Price Policy • NO INTEREST PLAN (O.A.C.) • LAY-A-WAY PLAN AVAILABLE C & C (CASH & CARRY)



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(Assistant Manager)



**BETTY-ANNE**  
Sales