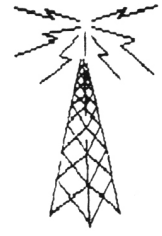


# The Daniel's Headliner



THE NEWSPAPER OF THE CANADIAN FORCES COMMUNITY IN BERMUDA  
JUNE 1992

## BUTTING-OUT - HARD BUT WORTH IT!



**BUTT-OUT Graduates presentation.** (L-R) MS Rick Scally (Butt-Out facilitator), Sgt Don Wordsworth, Sgt Doug Nielson, Maj Gillespie (CO), MCpl Andy Sanscartier, Mrs Lindsay Wordsworth and Sgt Rene Ethier (Butt-Out facilitator/Coord). Absent WO Rick Paquette.

### BUTT-OUT PROGRAM RECAP

First of all, I would like to congratulate the Butt-Out graduates for their perseverance and determination. This odyssey started on 31 March with 14 participants. By the 8 Apr we were down to 9 participants. Only 5 remained after D-Day (18 Apr) and made it to the end (10 Jun).

Quitting smoking is not an easy task. Most people have to try this program more than

once before succeeding. So, for the ones who tried and did not succeed, you should still be proud. At least, you gave it your best shot. Who knows, may be it will work if you try a second time. At least now, you know what to expect and what the program is all about. Did you know that 95% of all people who successfully complete this program do not smoke one year later, which is a very good success rate and consequently makes this program one of the best methods.

By the way, two records were set during

this program. Doug Nielson has discovered all the low calorie junk food available on the market. I lost count after 23. Also, the SLogO has got the record for D-Daysssss. He has one every two or three weeks and I lost count with him too.

I would like to give special thanks to Rick Scally for his assistance and expertise and our station Supply section for the certificate frames.

Now if you are interested in trying the program in the fall, contact Rick Scally (Shift 1) or myself (Shift 4) as soon as possible. We are planning our fall session at this time.

Rene Ethier

### CANADA CUSTOMS TARIFF ITEM 69005-1

Effective 1 Jul 92, the Gift Tariff Item Exemption on personal parcel shipments to Canada is being increased to \$60.00 Cdn vice the current \$40.00 Cdn limit.

Where it is determined that the value of a gift parcel exceeds the duty-free limit of \$60.00, regular duty and taxes may be collected on the excess amount.

Tobacco products and alcoholic beverages are excluded as gifts under Tariff Item 69005-1.

Postie

## FIN FINDS

Well, I'm back from my much deserved vacation from the 11th to the 19th of July. I'm sure that everyone on the station missed me and is glad that I'm back (everyone asked "Were you gone?").

Watching the rest of my foursome at the SRM/JRC Golf Tourney Capt Bigras, PO2 Coish and MCpl Perry, I thought my 153 would definitely earn me the most honest golfer honors but thanks to John Gregory's honesty my reign was relinquished. I picked up some good driving techniques from Capt Bigras and MCpl Perry. Unfortunately it was driving clubs into the bottom of golf bags on missed shots.

The Commemorative Book Trust dance was a great time for all those who attended. The dance would have been even more of a success if more people would have turned up but other functions at the Annex and at Malabar may have attributed to the low attendance. Maybe the next dance will be even better.

The 22nd of July was the Logistics Sports afternoon down at the beach with volleyball and a family BBQ following. The SLogO was heard challenging other branches on the station to try us out on the volleyball court in the future and learn about the virtue of being good losers.

The finance section would like to welcome all those newcomers to the island and if you have any questions concerning the pay section come on down and see us.

Yours until the U.S. Drinks Canada Dry!

Brian James

## SAILING ON THE ST LAWRENCE

For the second year in a row, CFSA Bermuda Sqn entered two teams in the CFSA National Regatta held at Pointe Picarde and hosted by CFSA Montreal Sqn.

This years Regatta was combined with the 1993 CISM selection and competition was excellent. Sylvain Bigras (Skipper) and Roger Himbeault, myself (Skipper) and Doug Nielson had a great time and enjoyed the hospitality of the host Sqn and city of Montreal. We all quickly noticed the difference in water color between Bermuda and the St Lawrence River and vowed we didn't want to capsize during the regatta.

Winds were in the 3-10 kt range. Sailing against a current in those conditions took a bit of getting used to. By the final day both our teams were consistently finishing in the top half of the fleet.

I would like to congratulate Sylvain and Roger for finishing tenth out of eighteen and my crew Doug for helping me finish eleventh overall. Considering the level of competition and local conditions the results were excellent.

Sylvain and Roger also get a congratulation for bringing back the "Good Sportsman" trophy. We are not sure why, but with those two friendly smiles I guess the judges couldn't refuse giving them the award.

A final thanks go out to all supervisors for allowing us the opportunity to go on the TD and Paul Strackholder for

assisting us with the paperwork and express tests.

Brian Ramsey

## LIVING-IN MORALE DINNER

On the 10th of June the single hands enjoyed an excellent dinner

### HAVE YOU DRIVEN A HORSE LATELY...

The JRC is planning a morning hour and a half horseback ride along the south shore beaches starting at 6:45AM followed by continental breakfast  
Date TBA

If interested submit your JRC horseback riding Poll slip in Box 42

For only \$37.50  
you can't go wrong!

Members & Spouses only please

served by the Senior NCO's of the station.

To start the evening we had a melon salad on a bed of lettuce. Our entree consisted of lobster tails and chicken with rice and vegetables. Following dinner we were served a delicious sherbet desert. Steaks were provided for those who prefer "turf" to "surf." A very nice wine complimented the dinner.

The entire meal and service throughout the night was impeccable. The hours that went into this meal and the effort put forth was greatly appreciated by all who attended. We were treated to a totally awesome evening.

From all the single hands on station we would like to pass on our compliments and gratitude especially to Sgt Lindsey and crew who truly outdid themselves.

To all those who were involved in making the evening such a success,  
**Thanks!**

*The Single Hands*

## CFS BERMUDA 1963-1993 COMMEMORATIVE BOOK

We are looking for any pictures, stories or articles pertaining to life in Bermuda for entry into this 30 year Commemorative Book. Submissions can be anything from Station life to your reflections while in Bermuda.

All entries will be considered.

In addition, there will be a Photo Contest... so pull out those cameras and start clicking away. Prizes to be announced at a later date.

For additional info, please contact Denis Laliberte or Meagan McBride.

Mailing Address: CFS Bermuda  
CFPO 5054  
Belleville, Ontario  
Canada  
K0K 3R0

**DON'T FORGET TO PURCHASE YOUR  
50/50 TICKET TODAY!**

# MILDEW MENACE - IT CAN BE CONTROLLED

If you think your home should be renamed Mildew Manor, you're not alone.

Thanks to weeks of unremitting humidity and high temperatures, mildew is rampant throughout the land.

While mildew is inescapable in our climate, there is much which can be done to prevent and control it - once you understand what it is. Mildew is a growth produced by moulds - simple plants belonging to the fungi family which are always in the air. Moulds that cause mildew - a fuzzy, greyish growth - need moisture and certain temperatures to grow. They flourish in damp, warm, poorly aired and lit areas such as clothes closets, clothes hampers, cellars, and on shower curtains, appliances and tiles.

As the moulds grow, they are not only unsightly and unhealthy, but can cause considerable damage, discoloring almost everything and, if left untreated, eating into fabrics so severely that they rot and fall apart.

Mildew can also aggravate or initiate respiratory infections.

Prevention of mildew involves getting rid of dampness and musty odors and keeping things clean.

Here are some guidelines:

## THE HOME - GENERAL

**Dampness** is caused by condensation of warm, moist air on cooler surfaces. Remove the cause by drying the air, heating and adequate ventilation.

› Repair structural problems, such as cracks and leaks. Use waterproofing treatments where necessary. Exhaust vented clothes dryers to the outside to prevent condensation of moisture.

› Dry the air with air conditioners or dehumidifiers, keeping windows and doors closed to make them effective.

**Ventilation:** Air movement is very important in removing excessive moisture. Incidentally, cooking, laundering and bathing may add two or more gallons of water to the house a day unless ventilation is

adequate.

› Air the house as much as possible. Take full advantage of natural breezes by opening shutters and windows when at home. Use electric fans when there's no breeze. Leave windows up and shutters drawn to allow ventilation at night and when away from home.

› Dry up any wet areas quickly (e.g. rain-soaked carpeting or drapes, spills on upholstered furniture and rugs). Blot up excess water with an old towel and use a hair dryer to finish the drying process.

## KITCHEN

› Keep all areas where mildew is likely to grow scrupulously clean. Wipe down countertops and appliances after each use - particularly mixers, blenders, food processors, juicers, can openers. Also walls where splatters may have occurred.

› Use old toothbrush and bleach solution to scrub away mould around taps, sink drainers and cutlery baskets, refrigerator gaskets.

› Thoroughly dry wooden spoons, spatulas, non-stick cookware before putting away.

› Rinse and squeeze dry dish cloths and sponges, hang to dry. Hang wet dish cloths up to dry.

## BATHROOM

› Remove mould from tile grouting and porcelain surfaces with bleach. Wipe rim of toilet bowl and seat with bleach or product containing bleach. Leave bowl cleanser in toilet bowl (bleach will do fine) for some hours (overnight is best).

› Stretch out wet shower curtain after every use. A folded, wet shower curtain promotes mildew growth. Wash or scrub shower curtain regularly in bleach and detergent solution, rinse thoroughly and spread out to dry.

› Hang wet towels, face cloths and bath mats over towel/shower rods immediately after use, or transfer to clothes line to dry. Don't put

any damp or wet items into a clothes hamper.

## BEDROOM

› Air pillows regularly - and mattress if you can manage it - out of doors in hot sunshine to dry out dampness. Beat with a heavy stick or broom to release dust and mould spores.

› Cover pillows with a zippered ticking undercover before putting on top pillow case. For best protection from body moisture and oils, cover the ticking case with an under pillow case and then a top case, changing the latter at least weekly, and the second case intermittently.

› Protect mattress from moisture and body oils by covering top surface with a quilted mattress pad. Mattress pads should be washed regularly and thoroughly dried before being put back on the mattress.

› For best mattress protection, cover first with zippered case (fabric or vinyl) which fits like a large sack over the entire mattress. Then put the mattress pad on top.

› Change both sheets at least weekly.

› Use electric underblanket throughout winter to dry out dampness.

## LAUNDRY

› Don't attempt to dry any form of wet clothing indoors. The process is so slow that the clothes will smell and mildew long before they dry. Hang everything out of doors or put it in a dryer.

Similarly, do not leave wet laundry bundled up to hang up the following day. It will sour very quickly, particularly in summer, and the smell will only go away by washing the clothes all over again.

## CLOTHING, CLOTHES CLOSETS

› Poorly ventilated closets get musty and damp during continued wet weather and high humidity. Ventilate naturally by leaving doors open, or keep doors closed and burn either an electric light

bulb or closet heater continuously. Keep both of these well clear of combustibles.

› Hang clothes loosely so air can circulate around them.

› Don't re-hang dirty, damp or wet clothing in closet. Dirty clothes, particularly ones on which food has been spilled, will soon mildew. Wash and dry clean clothes often, particularly before storing at season's end.

## SHOES AND HANDBAGS

Leather is particularly attractive to mould. Air shoes, sole side up, in warm sunshine and remove mildew with a brush or soft cloth. Air leather handbags and belts, then polish with shoe creme before putting away. During warm, humid weather protect stored items by rubbing with **paradichlorobenzene** or **parformaldehyde**. Do not inhale fumes, and keep **paradichlorobenzene** away from plastic. After treating, allow articles to dry, then wrap and seal before storing. Do not put shoes away damp or wet.

## FOOD/GARBAGE

› Cakes, sweet breads and yeast products go mouldy quickly in summer. Store bread, pastry, rolls, cake in the refrigerator, and cover all food before storing. Throw old food away.

› Regularly wipe necks of condiment, jam, honey bottles.

› Dispose of garbage promptly in biodegradable plastic bags. Regularly wash out interiors of waste baskets and garbage containers with solution of detergent and bleach to kill mould and germs. Dry thoroughly before lining with plastic or paper bag.

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**The Royal Gazette**  
Friday, July 10, 1992  
edition

## SHIFT 4 "BRAINS" NEWS

Well here we are again to let everyone know what is happening on our shift and what has happened on shift since the last article.

For starters we are not losing any "BODIES" off shift this summer but we did gain one - Cpl (Lori) Beamer. Lori will be our token female for the shift and so far seems to be fitting in just fine. We hope you have a nice tour here Lori and try not to get too much sun at one time.

Well, Wire Darts are over for this season and CFS Bermuda came in very respectively at 4th place. Everyone on the Bermuda Wire Dart Team shot well and they are: Kevin Murphy - 19.15%, Ray Hatch - 18.74%, Art Horsley - 17.37%, Jim Hill - 17.20%, Jim McArthur - 16.07%, Tim Love - 15.91%, Al Elliott - 15.80%, Larry Lamb - 14.66%, Maurice Pitcher - 14.52%, Bob McIntosh - 13.92%, Mike

Murray - 13.78%, and last but not least . . . whoops yes she is Debby Taylor - 11.47%.

Two dart tossers shot very well, they were Ray Hatch and Kevin Murphy. Ray Hatch finished 12 overall in the league and Kevin Murphy finished 11th. Murphy who shot 4 games over 1000 points during the season and finished off with a 1241 score, was just fantastic all season. The skill of Murphy's darts could only be compared to people like Jocky Wilson or John Lowe. Eric Bristol was said to have tried to phone Murphy after the season was finished but couldn't because he left his phone change at another pub.

Well that's all for now I guess, till next issue we'll be signing off.

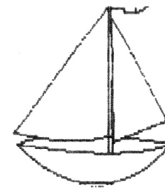
unsigned for no reason  
by Shift 4

Publishers Comment: was this Shift 4 News or Dart League!

## SAILING CLUB NEWS

Summer has officially arrived around this part of the world but we could call it the monsoon season here in Bermuda considering a three month rainfall 130% of normal. The rain hasn't stopped the true sailors though and club usage continues to increase.

On May 23, LCol (Ted) Hewett arrived on his fourth visit to our station to teach a Canadian Yachting Association White Sail III course to eight eager beginners and a Bronze/Silver course to four of the veterans of the club. The weather finally agreed with the course dates and our most successful course to date was accomplished. A special thanks go out to Don, Steve, Wes, and Sylvain for handling the rescue/start boat and performing some of the classic high seas rescues these courses tend to demand. The success of the course can be directly attributed to the individual efforts put forth by all students and after two weeks on the water, we now have an excellent batch of qualified sailors. Congratulations to all who



participated.

As per usual the course ended with a regatta. The difference this time was the winds warranted a small craft warning and by noon there wasn't a dry sailor on the bay. The hazards of rounding the jibe mark in a gust befell even the best out there and at times it was a race to see who could right the boat the fastest and make the finish line! Medals were awarded and lots of "I'll get you next time" were heard at the end.

Now that summer is here, it is hoped to schedule regular local regattas and utilize our facilities for, what looks like our last summer of sailing here in Bermuda. We have all boats in good working condition and Sylvain is looking at running a Wind Surfing course when it can be scheduled. More details on the regatta and course at our upcoming meeting. In the meantime keep sailing and enjoy the summer. Anyone who wishes to become a member of the sailing club can contact myself and we will have you on the water in no time.

Brian Ramsey  
Sailing Club Comdre

## SHIFT 3

It's been a while since we submitted anything to the paper and the first for me to write. Anyway, I think we have something on everyone so off we go . . .

Scott Crouse has been very careful opening his helmet basket. Seems he is growing scooter-toads. Only thing is he forgets they're there and jumps about 5 feet when he discovers them.

Pete (it's okay to be FAT now) VanRoon is sighing a breath of relief over the soon to be new (rumored) BMI program. Really Pete, didn't we see your

brother in the paper a few months ago - he was pregnant too! Pete also takes the shift "CRASH" award for crashing the computer EVERY time he sits down at it.

Wess was only back one day and has made his mark. He may be taking over Pete's position as CRASH! Yes, the very first day he was back and he did it under 3 hours. Not only that he is now the baldest person on shift (to Ian's relief).

Brian Ramsey has been out trying to teach Sylvain (norman new guy) Harvey how to sail. The only problem is that Sylvain has to learn how to stay in the boat long enough to sail it and Brian has to stop

telling Sylvain that he's going to capsiz it. Once that is accomplished I'm sure he will become quite competent.

Brian also gets a second shot by being the perfect replacement for our departed Serge Drouin. We didn't know there was someone else that could write as many memos and spend as many countless hours on a computer as Serge . . . but there is. Congratulations, Brian!

Jim gets the "Shorts of the Month" award. Seems he has a thing about straddling streams to retrieve lost balls (golf). Maybe Jim should check with Pete about this BMI thing or is it your shorts came in two sizes

- LEFT and RIGHT!

As for me, well, it seems I have a problem figuring out this shift work schedule. I was on days for so long I forgot what "days off" were and decided to come to work a day early! But I'm telling my boss that it was just "dedication." Right, he didn't believe it either!

Last but not least is Tim Love our fearless leader. All I can say is Tim will be a good candidate for Prime Minister - neither of them know when Canada Day is!

Till next time . . .

Ian Burdon

# UDEC

Question: I know the legal limit for blood/alcohol is .08 but I would like to know what the effects of any quantity of alcohol ingested are.

For example: is the ability of any person to operate a motorized or non-motorized vehicle affected by the consumption of just one beer or just one ounce of liquor?

Should someone drinking just one beer or just one ounce of liquor wait for an hour before attempting to operate any kind of vehicle?

Finally, is it just as dangerous to the operator as well as others for someone to drink and drive a bicycle or any non-motorized vehicle?

Brian James

As soon as you take any amount of alcohol your body it is affected. The weight and whether you are a male or female will influence the Blood/Alcohol Concentration (BAC). Drinking on an empty stomach or while tired will also give you a higher BAC level then under normal circumstances. The following charts will give your BAC percentage level proportionate to the number of drinks consumed.

A "standard drink" contains the same amount of alcohol, regardless of what it is. The following are all equivalent "standard drinks":

- 12 oz Canadian beer @ 5%
- 6 oz German beer @ 10%
- 5 oz dry white or red wine @ 11%
- 3 oz fortified wine (sherry,

- port)
- 1 1/2 oz any liquor @ 80 proof
- beer in the larger containers or 150 proof alcohol should be taken as two "standard drinks".

To use the charts lets assume you are approximately 165 lb. Select the 150 lbs row (always select the lower weight closer to your own). If you consume 3 standard drinks in 2 1/2 hours and you finish your first drink half hour after you started drinking, you'll have a BAC of .087% minus .030% (2 hours x .015%) = .057% BAC. At this point you are relatively safe to drive.

Let's look at another example. If you have 3 drinks in 1 hour 15 min and finish your first drink 154 min after you started drinking, you'll have a BAC of .087% minus .015 % (1 hour x .015%) = .072% which gets

very close to the legal limit of .08%.

We should not deprive ourselves from the enjoyment of having a drink as long as we don't drive if we exceed the BAC limit. If you have only one drink, your BAC will be at .029% and it will take 2 hours for the body to process all of it. If you choose not to drink at all before driving it is up to you and is a personal choice.

Lastly, a bicycle is considered a vehicle. Yes, it is dangerous to ride a bicycle if you have been drinking. Don't forget that you are not protected on a bike. You might not hurt someone, but you may hurt yourself.

For the next edition, I will try to gather some statistics on Drinking and Driving.

Rene Ethier

tear here

tear here

## BAC CHART - WOMEN

Weight (lbs)	Number of Drinks						
	1	2	3	4	5	6	7
100	.050	.101	.152	.203	.253	.304	.355
125	.040	.080	.120	.162	.202	.244	.282
150	.034	.068	.101	.135	.169	.203	.237
175	.029	.058	.087	.117	.146	.175	.204
200	.026	.050	.076	.101	.126	.152	.177

Note: Subtract .015% per hour from end of first drink.

## BAC CHART - MEN

Weight (lbs)	Number of Drinks						
	1	2	3	4	5	6	7
150	.029	.058	.087	.116	.145	.174	.203
175	.025	.050	.075	.100	.125	.150	.175
200	.022	.043	.065	.087	.108	.130	.152
225	.019	.039	.058	.078	.097	.117	.136
250	.017	.035	.052	.070	.087	.105	.122

Note: Subtract .015% per hour from end of first drink.

Wallet size charts will be available in the near future  
Contact Rene Ether if interested

## *The Ten Bermudian Commandments*

1. *Thou shalt not drive on the right side of the road.*
2. *Thou shalt not run over any frogs.*
3. *Thou shalt not say "UM" more than once in a sentence.*
4. *Thou shalt not park in the middle of the road.*
5. *Thou shalt not commit more than once act of road rash.*
6. *Thou shalt not live in a non-pastel coloured house.*
7. *Thou shalt not complain of "Helmet Head"*
8. *Thou shalt not sunbathe without proper sunscreen.*
9. *Thou shalt not put too much "Sherry Peppers" or "Black Rum" in the fish chowder.*
10. *Thou shalt not keep all the pink sand that may follow you home from the beach.*

Daniel's Headliner is an unofficial publication. Views expressed are those of the contributors and do not necessarily reflect those of the Commanding Officer or the Department of National Defence.

In case of typographical errors, neither the Station Commander, or the Department of National Defence will accept liability whatsoever.

Material for submission should be sent to Station Editor, CFS Bermuda, CFPO 5054, Belleville, Ontario, K0K 3R0.

The Editor reserves the right to edit, condense, or reject any material.

### **Daniel's Headliner Staff**

Editor - Amanda MacPhail

Publisher - Ian Burdon

Reporters - as per articles

## **JRC EVENTS AUGUST**

**PMC'S COFFEE BREAK  
EVERY WEDNESDAY  
10:00**

**Non-Mariners Race  
Aug 1**

**Mixed TGIF  
Aug 7 - 06:00PM**

**BINGO  
Aug 11, Aug 25  
07:30PM**

**Summer Beach Bash  
with FANTASY  
Aug 15, TBA**

**JRC vs SRM  
Golf Challenge  
Princess  
Aug 21, TBA**

**EAST vs WEST  
Beach Volleyball  
Aug 30, TBA**

## **BILINGUAL HISTORY BOOK BFC BAGOTVILLE 50TH ANNIVERSARY**

BFC Bagotville will be celebrating its 50th Anniversary during the period 10 to 14 Jun 92. To commemorate this significant milestone in BFC Bagotville's history, a very good quality book is being produced. This book, 9" x 6", will be in bilingual format with softcover and will be commercially produced with black and white photos. Only 1,00 copies will be printed and delivery is expected by 10 June 1992.

Former members of BFC Bagotville and other interested parties may receive a copy of the book, at an affordable cost of seven dollars each (includes GST) by mailing money order or cheque, payable to BFC Bagotville - 50e Anniversary fund to BFC Bagotville Attn: B Compt. Books will be shipped directly to your branch/units or section administrative support cell. For information and reservations, call Miss Maryse Ouellet or Mrs Gisele Pinet respectively at GP 621-9650 and 621-9770.