

RCAF Station Comox

TOTEM TIMES

Vol. 1

R.C.A.F. Station, Comox B.C., Thursday, September 1, 1960

No. 12

Station Guard of Honour Greets A.O.C.



A/V/M W. R. MacBrien inspects the guard of honour upon his arrival at Station Comox. The AOC commented that this was one of the smartest honour guards he had seen. Photo by Pierson

AVM MacBrien Gives Brief On Physical Fitness Program

A/V/M W. R. MacBrien, O.B.E., C.D., A.O.C. Air Defence Command, paid his annual inspection visit to Station Comox on Thursday, 25 August. He was accompanied by his E.A., S/L W. J. Marsh.

The AOC and his party arrived from Calgary at 1430 hrs and were met by A/C GG Truscott, in his capacity of Commander 5 Air Division, G/C Miller and W/C McCarthy. After inspecting the Guard of Honour, the group retired to the Conference room for a briefing by the Commanding Officer. The A/V/M then conferred with the Deputy CO 2455 AC&W Unit, F/L MacLean, and discussed the future role of Reserve AC&W units.

After visiting the Hobby Shop and witnessing the building of a fibre-glass boat, the party toured the new Sports Field and the Recreation Centre. These were of special interest to the AOC since the recent inauguration of his program of Physical Fitness for all personnel of his command. That evening a cocktail party and dance were held in his honour at the Officers' Mess.

The next morning, A/V/M MacBrien left by Canoe to tour Station Holberg. Returning later that afternoon, he boarded an aircraft and departed for Vancouver.

RCAF Comox completes the A.O.C.'s Tour of the West Coast Units in Air Defence Command.

Visiting Firemen Tour Station

Sergeants' Salmon Derby Highlights Fishing Season

The B.C. Fire Chiefs' Association which held its 29th Annual Convention at Campbell River last week descended en masse on RCAF Station Comox 26 August to gain information on RCAF crash and rescue fire fighting techniques.

After a lecture and film on this subject the chiefs were taken on a hangar line tour of Comox aircraft. Special care and attention was given to emergency escape routes in Neptune and CF100 aircraft.

Following the hangar line tour the chiefs witnessed an impressive demonstration of Air Force fire fighting. 150 gallons of gasoline produced a spectacular flame which was quickly extinguished by a well drilled team using the RCAF's G23 foam fire truck.

Air Force personnel at Comox were gratified at the interest shown by the men who might be first at the scene of a crash in or near a B.C. community.

Approximately 104 Salmon Derby tickets were bought by enthusiastic members of the Sergeants' Mess as they prepared to capture prizes in the annual Sergeants' Mess Fishing Derby which lasted from 13 August to the following Saturday night.

First prize of a tent and camping equipment went to Ed Andrews who brought in the largest salmon weighing 32 lb 8 oz. which he hooked in the famous Tyee pool, Comox Bay.

Second prize for the second largest salmon went to F/S "Duke" Schiller who snared a 15 lb 10 oz coho. Duke walked away with fishing gear and a cash prize.

Third prize was won by Sgt. Jack Stites who won the total weight prize amounting to 35 lb 12 oz which earned him fishing gear including a salmon trolling rod complete with Penn 65 reel.

Sgt. Moorcroft won the 4th prize by being within two oz of the hidden weight which was 3 lb 9 oz.

The ladies' largest salmon prize, a half-gallon picnic thermos jug and a cash prize, was swept away by Mrs. G. Fillman who landed an 8 oz. salmon.

FLASH

Approximately 100 RCAF personnel from Station Greenwood are engaged in fighting fires in the area of that station.

Temperatures continue in the high nineties and at present there is no sign of cooling off.

The week of fishing was terminated by a dance to the orchestra of Ken Reeves in the mess, where the foregoing prizes were presented.

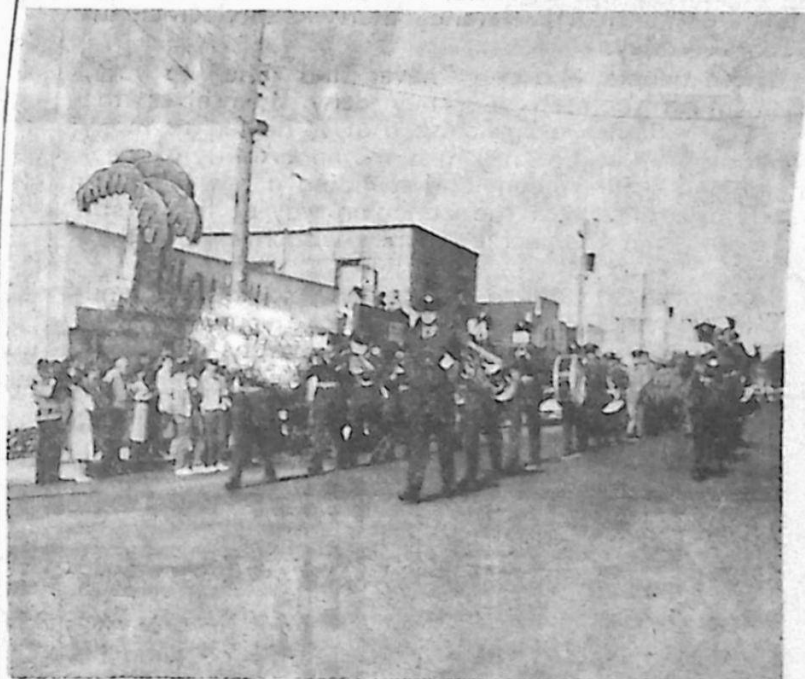
Aside from the prizes purchased by the sergeants' mess, prizes were also donated by a number of local merchants whose assistance and participation was enjoyed by all.

HMCS Quadra Pulls Anchor

The Sergeants' Mess played host to the Commanding Officer of HMCS Quadra, Lieutenant Commander Tye, and his staff on the occasion of their departure due to termination of Sea Cadet training on the Comox Spit.

Approximately 37 officers and men annually run two-week courses from June to September in Comox Bay. Young cadets from Ontario westward graduate in a colorful parade after two of the most rugged, and most enjoyable, weeks available to any Canadian boy. Only two such establishments for summer training exist in Canada, the other being in Sydney, Nova Scotia.

Lieutenant Commander Tye and his staff have been welcome additions to the messes and institutes of Station Comox in this past, and many past seasons, and as they return to their many ships and units across Canada the best wishes of this unit goes with them until their return next year.



Joint Program for Comox Day

Saturday, August 20th, 1960 will go down in the historical records of Comox and district as the number one in what we hope will be a long series of annual repetitions of the newly instituted "Comox Day".

At 9:30 a.m. the RCAF Band and a drill team headed a large float parade which marked the beginning of the day's festivities. After the parade, special opening ceremonies were held to solemnize the occasion and G/C Miller joined with local officials in offering praise to the efforts of all concerned.

The day continued with games and sporting events from children's races to a tug-of-war (which the airmen, who were the heavier team, lost to a powerful group of Kinsmen).

In the afternoon, Naval cadets from HMCS Quadra held a regatta and greased pole and log burling competitions thrilled spectators until 3:15 p.m., when a novel fishing contest was introduced. In this contest the "fish" were skin divers from RCAF Comox and the

contestants vied with one another in their ability to boat a hefty swimmer with a salmon rod and tackle. It was an idea which gave a new twist to the day's activities, as well as a lot of fun to the people with the rods.

The final sporting event of the day, a rowing race, was won by an Airforce team who scooted to victory ahead of their Naval competition.

The only misfortune that befell the festivities was a rain shower which dampened the dance held in the Elk Hotel tennis courts. Luckily, however, the dance was transferred to the Legion Hall with few casualties.

In total, it was an affair worth remembering and a fine example of the spirit, morale and close harmony of the community in general.

Complete Two Mercy Flights

Two RCAF aircraft landed at Shearwater naval base within 15 minutes of each other Thursday morning carrying civilian patients from New Brunswick and Prince Edward Island to emergency hospital treatment. Alfred Gordon, 58, of Summerside, P.E.I., believed to be suffering from lung cancer, was flown in on a Dakota from RCAF Greenwood's 103 Rescue Unit at 11 a.m. Then a Chatham-based RCAF Expeditor brought in the two-and-a-half-year-old son of an airman stationed at Chatham, to be treated for a brain tumor.



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Editorials

You, the Voter...

You will help to decide the result of the forthcoming Provincial Election on September 12. You as a serviceman; as a member of your community; as a citizen of Canada; as a responsible individual will be given the opportunity to cast your vote and so play a most important role in the safekeeping of democracy and our personal freedoms.

There is no valid reason why service personnel should be reluctant to vote because they are not permanent residents here, and that their "home" town is in some other city or province. The question is a matter of being a good citizen, not locality, for no constituent in any other riding in Canada has a greater or lesser share of liberty, privileges or political preference than we servicemen in the Comox Valley.

Those people who can "never find time" to vote, are cheating themselves. They deny themselves the chance to exercise a franchise that is denied to many people of the world. They miss the opportunity of stepping into a polling booth and spending a few moments in self assurance that the Canadian way of life is still in the hands of the people, in their wisdom and in their choice.

We urge all eligible servicemen and their dependents to vote on September 12. Exercise your right, perform your duty as a citizen of the community.

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LETTERS TO THE EDITOR

Thank You

Editor, Totem Times, Sir:
LAC Terry Chappell wishes to thank everyone who helped him during the past two and a half months—in particular, the PADO, F/L Robinson and staff at the Headquarters Building; Dr. Garrity and hospital staff; and all his personal friends. He expressed the fact that if anyone ever has to be admitted to HMCS Naden to have no fear, for you will receive excellent care and the TLC.

For the first two weeks there he had continuous special nurses, followed by continuous help and attention from everybody. Now, when he is told about things which happened during that time, he can laugh with great amusement.

Terry was transferred to Stn. Downsview 17 August where he will meet his wife and see his new son (for the first time), Terry Dorin, born 7 July in St. Catherine's, Ontario. He said that no matter where he is stationed or where he goes he will always remember with deep appreciation and gratitude all that was done for him at Naden and Stn. Comox.

Watch That Dog

Have you ever been close to a dog fight? If so, you'll most likely remember the shock of seeing Sandy, your normally placid old Collie, transformed into a vicious, snarling combatant completely unaware of your commands. You could never forget the curled-up lips and bared teeth, nor the growls and yips as the dogs went for each other's throat. And when it does happen in your neighborhood, you'll surely never forget seeing the terrified mothers clutching their youngsters to prevent them from running over and smacking the nasty dog who is biting their pooch. Little does a child know that these dogs aren't playing, and have lost every sense of domestication and training. Nor could the child know that at this time his pooch is likely to turn on him in its uncontrollable rage and terror.

The usual reason and provocation of dog fights which terrify a particular group of residents is only too well known. A female dog is in its mating season. In the dog's season, which normally lasts 21 days, the gathering dogs from all over need little prompting to start a ferocious pack war. It is up to the owners to prevent it.

There is only one solution to this problem. Veterinarians strongly urge the owners to either have the dog "spayed" beforehand or have it confined to a regular kennel until the season is over.

See Watch That Dog Continued on page 6



PROTESTANT CHAPEL

F/L W. C. HEWITT

Holy Communion - Every Sunday at 0800 hrs. 1st Sunday in month 1100 hrs.
Morning Service of Worship - Each Sunday at 1100 hrs.
Baptisms - By arrangement with the Chaplain.

"A GOD BIG ENOUGH"

"I'm quite sure a lot of people today have got, in the back of their minds maybe, a strange idea of God.

I suggest that we bring our ideas of God to the surface, and have a good critical look at them, and see if they are anything like 'big enough' for the living God of today. Some of the ideas that people have are quaint and simple, but some of them are tragic caricatures. How can you love God, if in your heart of hearts, you think He's a sportsman, or a Tyrant, or a super policeman? Yet I know some well meaning people who are trying hard to love a God who is just completely unlovable and is supposed to do things that we should despise if a human being did them. Then there are people who try to confine God within a box of their own making. They need to think very hard—that God is not Anglican or Baptist or Methodist or Lutheran. Or even the God of this world alone. Once you see the bigness of God, and see the attempt to confine Him to one particular group of Christians or one particular race, you don't know whether to laugh or cry. You're probably wise to do both.

I sometimes think the pictures in our religious books instead of being reproductions of religious works or art, should be, for instance, a picture of the Milky Way, to remind us of the vastness of God's creation; a picture of a bowl of flowers, to remind us

Chapel Chimes

CATHOLIC CHAPEL

F/L J. F. BOURQUE

New hours for Sundays Masses for the summer: 0830 and 1030 hours.
Monday to Friday—1640 hours.
Saturday—0830 hours.

The combined Catholic Parish Picnic was held August 7 at Kin Beach Park. Many people from the surrounding district attended and joined in the fun and games.

Many events were staged, mostly for the children, but the highlight of the day was the tug-of-war between the Knights of Columbus and the "OTHERS". The "others" won the first pull and then, unable to withstand the tremendous force, the rope broke.

The organizers of this very enjoyable picnic are to be congratulated for their good work.

of His love of beauty: even a picture of the structure of the human eye—to remind us of His meticulous accuracy as Designer. We can never have too big an idea of God." (J. B. Phillips).

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RCAF Gets Fast New Transport

The first of ten CC-109 (Cosmopolitan) aircraft, a medium range transport which can readily be used for transfer of troops in groups of up to 45, made its inaugural flight recently. It flew from RCAF Station Uplands to Goose Bay, Labrador, a distance of 900 miles. Planned primarily for use in Canada, it nonetheless has trans-Atlantic capabilities and conceivably could be placed at the use of the United Nations if requested. Both these uses are, however, within the realm of speculation at present.

Manufactured by Canadair Ltd., the CC-109 is powered by two turbo-prop engines giving it a speed of about 325 miles per hour. It can carry 15,000 pounds of freight.

A/C A. S. Carpenter, AOC Air Transport Command explained that this aircraft is currently looked upon as an efficient addition to the flexibility of his Command. It could help bolster ATC, which holds an impressive record for its role in connection with UN operations in Korea, the Middle East, and now the Congo.

STATION PHARMACY

F/C E. M. KENASCHUK

How familiar are service personnel with their station pharmacy? Working as assistant pharmacist at RCAF Station Comox for the past two summers, I realized that there were many questions to be answered and that the majority of our station personnel were not completely aware of what pharmaceuticals they and their dependents were entitled to and under what policies and regulations the pharmacy operates. I believe that a general rundown of these policies and regulations would be of some help.

In the first place, and realized by most, is the fact that any prescription filled at the station pharmacy is completely paid for by the government.

Pharmacy issues are of two types: those given out by prescription only, and free issue better known as Dependent Supplies.

At the present all pharmaceutical supplies are purchased from the government and only in emergency are we allowed to purchase them from local pharmacies. All the pharmacy supplies that we are allowed to purchase are listed in a catalogue and it is this scale of issue that can be used to fill prescriptions for both service personnel and their dependents. If the use of a particular drug not listed as part of the scale of issue can be justified, it can be ordered through the government but it is only available to service personnel and not their dependents.

There is one fact that I believe people do not always keep in mind. Our station pharmacy and every other service pharmacy must not only abide by federal and provincial regulations but also by regulations set down by the services themselves. I have often heard people comment, "but we can get it down town without a prescription." It might be well for these people to keep in mind that if their request is within regulations, they will receive it. Many people request drugs beyond this entitlement and become annoyed at the pharmacist when he is unable to grant it.

Another problem which frequently arises, is that of prescription repeats. The policy on this station is that no prescription filled for service personnel shall be repeated until they first see the Station MO. Of course there are a few

standing prescriptions that are an exception but these are negligible. The case however differs in regard to repeats on dependent prescriptions. The policy on these are controlled by federal drug regulations. The federal government has set up a schedule listing all drugs that cannot be repeated without a prescription unless stated as 'repeat' on the original prescription. These regulations must be strictly adhered to by the pharmacist and this is what he is governed by when he must refuse repeats on some of the dependent prescriptions. In such cases the dependent must go back to his civilian doctor and receive another prescription. It is not our policy to telephone local doctors asking them whether particular repeats can be made by the pharmacist in making the necessary phone calls, if it were.

My last consideration is in regard to non-prescription dependent issues. The services have selected a list of twenty supplies that may be obtained by dependents by merely signing for them. The following is a list of supplies offered at the present time:

COD LIVER OIL, EPHE-DRINE, NOSEDROPS, EXTRACT OF MALT with COD LIVER OIL, MOUTHWASH, TINCTURE OF IODINE, CAL-MINE LOTION, MILK OF MAGNESIA, MINERAL OIL, VASELINE, FOOT POWDER, GLYCERIN SUPPOSITORY, FRIAR'S BALM, ZINC OXIDE OINTMENT, ASPIRINS, MILK OF MAGNESIA TABLETS, VEGETABLE LAXATIVE TABLETS, BANDAGE GAUZE, ABSORBENT COTTON, PLASTER ADHESIVE, BAND-AIDS

On this station there is no specified limit to the number of these items obtained at one time, but it is hoped that they are being received as a requirement and not as a mere abuse of a privilege.

The policy on this station is to fill dependent prescriptions in the afternoon, in this way it does not conflict with the daily sick parade issues. Naturally under certain circumstances they will also be filled in the morning hours.

The pharmacy is not open to dependents on weekends, however in emergencies a Nursing Sister or Med. A will be available to fill such prescriptions.

front of this site was a small island approximately twenty-five feet from the shoreline, and being very sparsely covered with stumps or trees, made a very adequate recreation and assembly area.

Early next morning recreation leader David Wieler aroused the camp and conducted a series of exercises (which were suspiciously like 5BX) plus a run around the island and a plunge into the lake. After breakfast the camp was officially opened when patrol leader David Hunter broke the flag and camp chief scout Hunter spoke a few words and wished all the scouts a good camp.

The first day at camp was devoted to improvement of the campsites and general tidying up of the area. The ranks of the leaders was increased on the first day by the arrival of scouts Horton and Davis. At the evening campfire we found that we had some musical talent in our midst and a harmonica and accordion were conjured from somebody's pack and these were ably made to perform by scout Hunter and scout Danny Robson respectively. Somehow a sing-song seems to be more lively with a musical instrument!

A general routine was set up for the day's activities. In the morning there would be exercises and scrub down in the lake, after breakfast flag break and assembly and scout craft. In the afternoons swimming and fishing were participated in by those wishing to do so and in the evening there was a campfire and court of honor.

On Sunday, apart from the general routine, there was a scouts own service and the Roman Catholic scouts were taken to Campbell River for Mass. Previous to the scouts own service Lloyd Aikenhead was invested as a scout. In the afternoon we had a visit from the district commissioner, who reported that everything appeared to be in good order.

Monday was a day of hard work! A foot-bridge was completed to the island and all day scouts were either instructed for, or examined on, their second class tests. Before campfire a game of stick lacrosse was played as the day came to an end.

On Tuesday work was commenced on the tripods for the monkey bridge which was to be built across the creek. In the afternoon three leaders made a trip to Campbell River for the next few days' meat.

After flag break on Wednesday morning all physically fit scouts were taken on a hike by four not so physically fit leaders, this trail being four miles through the bush at the rear of the campsite. The trail was rugged and made travelling very slow and arduous. Sandwiches were eaten for meals and on return to the campsite all were very tired and ready for a good night's rest.

Thursday afternoon was taken

Airmen at Olympics

ST. HUBERT, P.Q.—A 22-year old corporal from the RCAF's Air Defence Command Headquarters at St. Hubert near Montreal is presently representing Canada on the weightlifting team at the 1960 Olympics in Italy.

He is Corporal William Swaluk, son of Mr. and Mrs. Wesley Swaluk, of 359 East Amelia Street, Fort William, Ont., who is the 1960 weightlifting champion in the Quebec and Ontario provincial competitions. Cpl. Swaluk, who has been weightlifting for the past eight years, enlisted in the RCAF in 1956 as a fighter control operator. He is presently employed in the Combat Operations Center at Air Defence Command Headquarters.

The three men were chosen to represent Canada at the recent Canadian Championship where Cpl. Swaluk set a new Canadian record of 381 pounds in the "clean and jerk" class.

ATTENTION, ALL WIVES!!

Watch for the announcement of the opening meeting of the Protestant Ladies' Guild. You are cordially invited to become a member, to come to our first meeting and to share in the planning of our fall and winter program. The Guild will be selling Christmas cards again this year and a wonderful variety of samples will be soon made available to you for personal and order.

ken up by swimmers badge tests which were held under the watchful eyes of examiner scout Horton and three life guards, whose efficiency was tested on two occasions. These tests were continued on Friday and also on this day we were visited by interested parents from RCAF Station, Comox. Final flag down, official closing and last campfire were held on this evening so that they wouldn't interfere with Saturday's plans for departure. All campfires were ably conducted by scout Toft, who can rival anybody with the vociferousness of his renditions of popular songs.

Saturday morning the return transportation system again went off smoothly and the return journey to Comox was made without incident.

All arrived at the scout hall in a very happy, dirty condition but nevertheless very thankful for the opportunity afforded us in being able to attend the camp. The scouts join in thanking scout Horton and Mr. Albrecht for their kindness in providing water transportation, and to the leaders a heartfelt thanks for their preparation and execution of a well run camp and an oh! so very important menu.

Scouter Wieler reports that during the camp 34 second-class tests, six first-class tests and five swimmers badges were passed.

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NEWS IN Sports

Recreation Ramblings

The weather! The weather! It appears that the monsoon season has arrived a little early this year. This, as most of you have realized, has thrown a monkey wrench into the works.

We are still struggling to finish the ball schedule so that the play-offs can get started. 'B' League is all wrapped up with 407 Air Crew in first place, followed by Systems, I & E, and Tel 'B' in that order. They will be going into play-offs very shortly (weather permitting) with 407 AC vs I & E and Systems vs Tel 'B' in a couple of 2 out of 3 series. Then the winners will go into another 2 out of 3 series for the 'B' League championship and the right to go against the winners of 'A' for the Stn Championship. We only wish 'A' League was half as simple. At present, one replay to go, due to a tie game between 409 and HQ. Tel 'A' and 407 Tel are tied for first place and there is a possible 3-way tie for second place between HQ, 409 Hawks and Cpls Club. As soon as we get this straightened out, and the rain stops, the play-offs will be concluded.

The 5 Air Division Softball Play-offs were cancelled last weekend due to lack of transportation. It is now hoped that we can complete our own play-

offs by the 16th Sept, the scheduled date for the 5 ADRA. The Soccer players, under Jack Brown, have been practising the last few weeks and all sorts of talent is turning up. If all goes well, the Station will have a fairly strong entry in the local league.

The August Golf Tournament is still struggling along with the finals left to be played—'A' event has Groundwater and Donald in the finals and Burgess and Gregory are finalists in the 'B' event. As soon as these two games are over we will be starting the Station Championship Tournament. Come on you golfers! let's get your name into the Rec Centre by 10 Sept.

The Basketball players are starting to get into shape. Sgt. Bob Davidson, 407 OR, is coaching the team this year, and he has hopes of getting a number of exhibition games lined up with other Canadian and US bases in this area as well as entering the local league. The first practice is Thurs, 8 Sept at 1830 hrs, and will be on Tuesdays and Thursdays from then on.

Check Your Weight Ladies

All the women in this locale have for sometime been listening to their husbands moan as the new weight charts have been published. Well girls — before you laugh at your poor overweight husbands — look below and find out whether he is going to laugh at you because you are more overweight than he is.

WOMEN'S CHART
Canadian Average Weights for Height and Age
(In ordinary indoor clothing, without shoes)

Hght.	15-16	17-18	19-20	21-24	25-29	30-34	35-44	45-54	55-64	65 & over
4' 8"	96	105	100	106	110	115	126	130	134	120
4' 9"	99	107	103	108	112	117	127	132	137	124
4' 10"	101	109	105	110	114	119	128	133	138	126
4' 11"	104	112	107	112	116	121	130	135	140	128
5' 0"	107	115	110	115	119	124	133	138	143	131
5' 1"	109	117	112	117	121	126	135	140	145	133
5' 2"	112	120	114	119	123	128	137	142	147	136
5' 3"	115	123	117	122	126	131	140	145	150	139
5' 4"	117	125	119	124	128	133	142	147	152	141
5' 5"	120	128	122	127	131	136	145	150	155	144
5' 6"	123	130	124	129	133	138	147	152	157	147
5' 7"	126	133	127	132	136	141	150	155	160	150
5' 8"	128	135	129	134	138	143	152	157	162	153
5' 9"	131	137	131	136	140	145	154	159	164	156
5' 10"	134	140	134	139	143	148	157	162	167	159
5' 11"	136	142	136	141	145	150	159	164	169	161

LISTEN TO THE AIRFORCE SHOW

with
Airman Al Burden
on CFCP - Dial 1440

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Station Soccer Team Practices

The Station Soccer team under the watchful eye of Jack Brown, has been practising every Monday and Wednesday evening at the Sports Field. The team has been entered in the Upper Island Soccer League. In preparation for the coming league action, the team will play two exhibition games. The first will be against the Courtenay Riverside team on Sunday, September 11 at 2 p.m. at the RCAF Sports Field. The second, also to be held at the RCAF Sports Field, will be against the BC United team on Sunday, September 18 at 2 p.m.

On the Shelf

by BOB WILSON

War and the Soviet Union

H. S. Dinerstein

This is an important book for every thoughtful reader who is concerned with the problem of Western security.

How to Use Tact and Skill in Handling People

Dr. Paul P. Parker

In this informative book the fundamental principles governing the handling of all kinds of human relations in their many applications are covered by the author.

Children of Divorce

J. Louise Despert, M.D.

From the many files of divorce cases Dr. Despert relates her findings concerning the emotional disturbances of the true victims of divorce, the children. Her findings, as you shall see in this book, were contrary to her own and common beliefs.

Watch That Dog

Continued from page 2

RCAF families are perhaps in a more unfortunate position than their civilian counterpart. Due to the concentrated housing areas such as PMQ's and Tyee Park the number of children, and dogs, confined to relatively small areas makes this problem all the more critical and the responsibility higher. Remember, safety begins at home and this includes your pooch with the split personality.

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Free Diving

by CAL SMITH

When the neophyte diver has secured his basic equipment, he is on his way to adventure and romance undreamed of by the landlocked and the surface-bound. But, danger also awaits him. A hostile sea animal, an attack of the bends, or dangerous currents. The greatest of dangers, however, is not as romantic as these. It may even place the diver in a ridiculous light. This enemy is lack of training and unfamiliarity with the equipment.

One diver that I heard of, had just acquired a new "dry" suit, and without letting the entrapped air escape, dove head-first into the water. The air, forced upwards, made balloons out of the suit legs and the tanks kept his head down. Inverted in this manner, his struggles to right himself were of no avail and kept bystanders amused until someone realized that he was in trouble, and hauled him to safety. Lack of a basic understanding of the suit had turned him into an amusing clown.

A similar experience brought me choking and struggling to the surface when, ignoring the rules, I dove into the water with my mask on my face, to impress friends. The impact tore the mask and snorkel off and left me gagging and embarrassed. My friends were impressed!

Anyone can wear a mask. It is simply placed on the face, covering the eyes and nose, and adjusted so that it is watertight and comfortable. Should the glass become foggy, it is a simple matter to rub it with saliva or kelp and rinse.

But, if the mask is pulled off the face underwater by currents or obstructions, or if the glass breaks, the untrained diver would be in serious difficulties. To prepare for this eventuality, it is advisable to practice breathing with the snorkel, while face down in the water, and without the mask. Tearing off the mask while in the water is a good rehearsal for the similar accident.

While attempting to dive

deep, a wedging sensation will be noticed. This feeling of increased pressure becomes greater as the depth is increased, due to the water forcing the mask against the face. Blowing into the mask through the nose will equalize the pressure inside the mask and alleviate the squeeze.

During these summer months it is a common sight to see a person wearing mask and fins, searching through the water and lifting his head for air. The procedure is to lay with the face in the water, lifting the head periodically to breathe and then place the face in the water. Even at best this is a tiring process, but spearfishing or other like activity would be unsuccessful for when the head is lifted for air, the watched object may be lost.

The very simple and inexpensive snorkel eliminates this problem, by allowing the user to remain face-downward in the water even while breathing. Many people, using one without instruction, have been disappointed or even frightened by it. A small amount of practice, though, after competent instruction, should make anyone an expert in its use, and instead of frightened, fascinated by it.

When submerging, water fills the tube, necessitating "clearing" upon surfacing. Accomplished by blowing a sharp blast of air through the tube, clearing is simple enough, but the tip must be out of the water. When breathing afterward, water can be felt and heard in the tube. The bend acts as a water trap and no amount of blowing will expel it. A sharp intake of breath may, however, pull the water into the lungs. For this reason, long, shallow breaths must be taken. Even after a long submergence.

Practice by standing shoulder deep in the water and bending forward until the water enters the tube, then clear. When proficient at this, dive into the water, emerge and clear. With these exercises mastered, you should feel confident and secure, using your snorkel. Always breathe slow, long breaths.

Swim fins should fit the feet snugly, but should not be too tight, as they may cause the feet to cramp. The flutter kick used in swimming is the kick most commonly used with fins but no effort should be made to keep the legs straight. Instead, a sort of cycling motion should be used. Speed is of no importance when diving and energy should be preserved at all times, to meet any emergency which might arise.

When the basic equipment is mastered, the enjoyment of diving will be yours, and you will thrill to the underwater world.



Trail Treasures

with "ILES"

AN APOLOGY

I must begin with an apology. That portion of my column headed "Spinning" which appeared in the last edition was double talk if I have ever heard it. I swear it made sense when it was written, but a series of unfortunate incidents which happened between drafting and final printing resulted in a garbled mess.

The pressure of publishing a newspaper in the absence of the managing editor is quite a nerve-racking chore so perhaps just this once you will bear with us.

If anyone is interested in learning more about how to choose the proper spinning gear I would refer them to a handy little booklet entitled "Spin Fishing with Dupont Stren", published by E. I. DuPont De Nemours and Co., Inc. Polychemicals Department, Wilmington 98, Delaware. This booklet is free of charge on request.

HUNTING

I have just received my 1960-61 copy of the British Columbia game regulations. It contains an important notice regarding a change in the present system of licensing commencing July 1, 1961. A copy of these regulations may be obtained by writing the British Columbia Department of Recreation and Conservation.

DOGFISH NOW VALUABLE?
Take heart all you salmon fishermen who are plagued with dogfish, for the lovely dogfish may finally come into its own again.

Apparently many necessary vitamins can be provided by the addition of fish meal as an ingredient in the making of bread. Experiments are being conducted on the Pacific coast to determine if the cost of processing dogfish for this purpose would be financially practical. Taste tests have revealed that the bread is delicious.

HOW UNLUCKY CAN ONE GET

Mrs. McDonald related a heartbreaker recently. It seems she was fishing the tyee pool when she hooked a lovely tyee (well over 30 lbs she claims), fought it for half an hour on light line before she managed to coax it near the boat. Her husband, Cpl McDonald, scooped it into a net and as he was about to heave it over the gun-whale, the net handle broke. Away went the fish, lure and all.

Mrs. McDonald was using a lure of her own design. Actually it was a Lucky Louie neat-

ly covered with tinfoil. In this instance, she successfully demonstrated that canteen lures are effective. Silver colored Lucky Louies are for sale in the canteen. Although expensive, Mrs. McDonald swears, they're the answer.

SPINNING FOR COHO

To some, trolling incessantly hour after hour in the hope of catching a salmon is boring. Some fishermen would prefer to stay at home. These people like action.

I must admit that I also lack the patience for this type of fishing. If I get no action within a reasonable length of time I would rather pull in my line, head for a distant shore, and do a bit of exploring. When I go fishing, catching fish is my prime objective. However, if there is no sea life visible on the surface of the water, I don't waste time. I enjoy a delightful cruise or a short visit to one of the many small villages and towns on the nearby islands.

A few weeks ago, WO Nutt and I enjoyed a pleasant visit to Blubber Bay, a small manufacturing town on the NE tip of Texada. While there, a touring Vancouverite spread his marine chart on the dock and advised us to fish Limekiln Bay which is on the NW tip of Texada Island.

We cruised leisurely around the point of the island and drifted across Limekiln Bay while we ate lunch and admired the scenery. We were in no hurry to disturb the serenity of this peaceful bay by casting into what appeared to be unproductive waters. We had just finished our smoke and had decided to move on when suddenly the surface of the water began to churn with needle-fish and coho.

We picked up our rods which we had readied earlier and cast light spinning lures into the centre of this mass; we brought in three lovely coho and had many more strikes. This activity lasted approximately an hour and then ceased as sud-

denly as it had begun. In spite of repeated casts in the immediate area, nothing more was felt. We realized that we may have struck a stray if we had persisted, but our patience gave out shortly before our arms did.

We cruised around and, scanning the Strait with binoculars, we spotted a flock of seagulls diving excitedly into the water about two miles to the northwest. When we arrived we found the seagulls madly battling the coho for their share of needle fish. The water was a mass of swirls. We nailed two more in this spot.

Why all this palaver? Just to prove a point. You must fish where the fish are. The fish are where the feed is, and the location of the feed is generally indicated by a flock of seagulls.

Believe me, it's a much pleasanter way to fish than to frustrate yourself trolling hour after hour where there is no sign of sea life.

Besides, I like cruising and exploring, and most of all I like fighting a salmon on light tackle. It's much more fun fishing this way.

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In the Heart of the Comox Valley

Holiday in the Winter Arctic

by F/O R. V. SUTCLIFFE



This story begins as a C-119 "Boxcar" takes off from Station Nanaimo and heads north for what promises to be a challenge to the young adventurer, and a pain in the neck to the more veteran traveller. The thirty-one people listed on the manifest are members of Course 236, weary after completing ten days in the bush and now enroute for ten days in the Arctic.



After a respite of one and a half days in Edmonton, in which the past ten-day survival was reviewed and the arctic phase introduced, the course was whisked away for an ironic rest period within the Arctic Circle.

The thirty-one members of the course included six Flight Lieutenants, from wherever they are normally found, several USAF personnel from a Survival School in Nevada, the balance being Flying Officers ranging from brand new pilot graduates to veteran squadron types like the author.

Six hours flying time brought us to Cambridge Bay, where after refueling we continued on to Resolute, another three hours away. At Resolute, we stepped out of the aircraft into a chilling twenty-five degree below temperature with a 15-knot breeze. A "Bombardier" carried us to the main "H" shaped building. The conveyance is somewhat like a closed-in jeep, with steerable skis in front in place of wheels.

The main building contains the majority of facilities, so exposure to the inmates is reduced to a minimum. The snow stands high around the building but not against it, thus making an obstacle course of getting in and out of the place. Our first three nights were spent inside this building. Our quarters were bare, but adequate.

During the first day the course was checked out on the use of the primus and the

pressure cooker. These articles were then issued to us, along with a snow saw and a snow knife. The second day included a demonstration of snow block building by our Eskimo instructors. It is somewhat like the accepted juvenile pastime; however, its usefulness is emphasized by the need for shelter in these bleak surroundings. The completed shelter is an igloo, the only practical type of cover for downed airmen in these barren wastes.

As the igloo was taking shape, one of the Eskimo instructors ran over and took out his expensive 35 mm. camera. He took a light reading and snapped away at the half-made project. In the words of the General Electric commercial, "Progress is our most important product,"—here was a personified example.

Friday witnessed our mass move to the survival area, three and a half miles out from the base. To prevent inactivity—a curse in the below zero temperatures—we made house in the ready-made four-man igloos at our disposal. No course is of value without its practical side, so work began on building our own two-man igloos immediately. To begin with, a supply of snow blocks are cut vertically out of a self-made ditch. The quality of snow for this purpose has to be selected with care—it cannot be too hard or too soft.

After a long time, one accrues a number of useful unbroken

blocks; however, at this juncture, it was felt by the author that the energy expended was out of proportion to the net result. The result being nine snow blocks, a base circle and a determination to do better next day.

Supper, or any other meal for that matter, was always a lengthy affair. The primus always seemed to need coaxing to produce a clean hot flame, and the process of melting snow for water requires much attention. The preparation of supper was generally heralded with various menu suggestions to avoid duplication of previous meals. We normally followed the laid-out menu enclosed in our sealed combat ration. The time it took to prepare and eat was around two hours, but this is an asset to a slow-moving existence which can easily degenerate into sheer boredom.

With good sense precluding any further activities our quartet decided to turn in for the night. Igloo living has many sound advantages in the Arctic. It is easy to build, solid in construction and fares well in the high winds of the Arctic and accompanying snowdrifts. It is more suited to the congenial inhabitants of the north rather than "banana-belt" people. I feel that I should note here that our three likeable Eskimo instructors took up resident in a tent rather than one of their own creations.

The interior of an igloo contains a sleeping bench two-thirds of the total area. It is raised above the level of the entrance tunnel so that the warmer air, trapped in the dome, may be used to advantage. The air, warmed by body temperature, fat-lamps and candles, ranges from 32-40 deg. above, close to the bench, to 50 above at the top of the dome. The other one-third was the cooking-pit and entrance where the temperature was near that of outside. Naturally, the cook always had warm hands and cold feet.

The first night passed in cold snatches of sleep of about one hour's duration. This successful routine was maintained by keeping on one's clothes within the sleeping bag. Our insulation between the bare snow and our sleeping bags consisted of two layers of cotton matting and a buffalo hide.

Next day, after a lengthy breakfast, work continued on our building project. To call the three Eskimo instructors



F/O Barney Hagen is seen standing in front of his completed igloo.

is a misnomer. They could speak only a few words of English and only gave practical demonstrations of their snow art. Our own igloo was completed this day by their generous help. Talking to them in English seemed to hold their avid interest so they would stay close and help with construction while the one-sided conversation continued. Needless to say my patter lasted until the last block was put in place. The topics ranged from the weather to the current "top sixty."

A fishing trip was arranged for those people who managed to complete their igloos. They returned after four hours with one small trout which was hardly reward enough for the hole they had to cut, through seven feet of ice.

Bob, my fellow dweller and co-worker, suggested that he and I remain in the large igloo as the interior of our new house was as yet incomplete.

Our third day consisted of "Restriction to Igloo in the best traditions of the military. The temperature lowered considerably and a storm threatened the area, so we played crib most of the afternoon. Before settling down for the evening, a few chores had to be completed. Fresh blocked snow had to be collected for our water supply and in addition two large snow blocks were required. The first was called the "kovik" which serves the purpose for arctic indoor plumbing while the other block sealed off the gaping entrance tunnel.

Temperature is critical in the igloo. What is satisfactory for the occupants is hardly beneficial to the snow house. If it is too hot, relatively speaking, the snow starts to melt and drip, which requires a large reduction in temperature with a resultant glaze of ice. Itself a poor insulator, so one really never gets ahead of it. The warmth of the abode was maintained by two 12-hour candles strategically placed, and our homemade fat lamps

called "Koodlicks." On this particular evening the temperature lowered to near 50 below. The temperature change through the eight-inch thickness of snow is fantastic and at this time would have been about 80 degrees Fahrenheit.

A big enemy of igloo occupants is dampness. Each particle of snow must be cleaned off one's clothes before one takes to the sleeping bench. Jest body heat should thaw it and ruin the sleeping bag.

Keeping bankers hours, we arose at 10 o'clock the next morning to begin construction on a further project. This little dandy was called a one-man snow trench. It is easy to build and is used as an interim measure until the occupant has time to construct something more adventurous. It consists of snow blocks propped against one another like a church steeple over the new-formed trench; another gem of practical nonsense.

The final day and night in the field was spent building and living in a para-tent cum teepee cum snow house creation. The basic area was laid by a tent erection with a parachute laid over it. The chute was pulled taut over the frame work by securing it under snow blocks placed on an encircling snow fence three feet high. Its construction sounds fantastically difficult—and it is.

This final night was by far the most miserable. Despite full output by the two primuses (primi?) and what was left of our candles and lamps, the temperature on the ground could not be increased. Daylight at 6 o'clock was the most welcome sight of the course. In the words of our survival instructors, "one has to resign oneself to being cold all the time." That little lulu of information could have been dispensed with, I feel.

On the final Wednesday morning the bustle of activity contrasted with the silent

Continued on Page 10
See HOLIDAY

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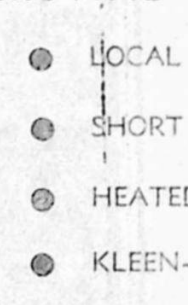
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Holiday

Continued from Page 8

white surroundings. In our little "Valley of Decision" all was organized panic as everyone wished to be away from the area in the least possible time. Our camp was demolished in rapid time and the equipment stowed in the waiting "Bombardiers." After a short drive, we arrived back to the welcome of the base. Suffice to say that a hot shower followed by a hot meal were the first requirements on the list; after that a place to rest our heads was our only concern.

Now most people, including yourself, dear reader, would feel that rest, or a comparative relaxation, e.g., beer, should be the right, and the due, expected by the weary souls on their return, but fate has its twists and quirks for the unwary. The course was covered into writing an exam on Arctic living that very afternoon. How unwary can you get?

At ten o'clock on Thursday morning, our boxcar (and I'm not bragging), despite everybody's prediction, came airborne after five bounces and

Golden Hawks Visit Hospital

"Here are the Golden Hawks." At these words, the crack RCAF aerobatic team swept in—not at 600 miles an hour high over the heads of everyone, but at a walking pace as a pretty nurse ushered them Wednesday into a solarium at the children's Red Cross ward of General Hospital.

For a long moment, both the Golden Hawks and the children stared shyly at one another. "Hi," said a little girl. "Hello," said a little boy. As the awe-struck 12 boys and eight girls stared up, the six Golden Hawk pilots began circulating around the room and talking with the children. The airmen, wearing red jackets with the words 'Golden Hawks' emblazoned on their sleeves, began distributing brochures about themselves. "They're quiet now because they are very shy, but if these fellows came back tomorrow there would be an uproar here," said one nurse. "The children may be quiet now, but they will be talking about it for days," remarked another nurse.—Regina Leader Post.

Corporals Corner

Continued from Page 5

chips, subsidized." Also Cpls., don't forget every Friday night weeping hour is held from 1630 hours until the beer runs out.

Our last column advertised the Club's Fish Derby and Golf Tournament. Unfortunately, yours truly was unable to obtain all the winners' names, however, managed to get the 1st prize winners of both events. Congratulations are extended to Cpl "Stan" Mosley who took first prize in the fishing derby and to Mrs. Sonya Malloy who took first prize in the golf tournament. To all others who participated

two miles to realize the conclusion of our sojourn in the Far North.

in the derby and tournament, thanks for making it a huge success and may your luck be better next year.

Cpl. "Dinger" Bell, coach of the club's softball team reports the club has had no challengers to date so again the team boasts they are the uncrowned champions of the four messes on the station.

The softball season here on the station has come to a close for another season and all that remains is the playoffs. The club, as far as they know, are in fourth place; however, a couple of undecided games between a couple of other teams could change this. However, by next edition this matter of league standing should be cleared up and the playoffs will be under way or over, so yours truly will bring you up

to date on the club's standing. Congratulations are extended from the club to the following five top hitters on the Cpls Club team for the season:

	AB	Hits	Avg
Dixie Walker	35	18	514
Hughie Culter	34	15	441
"Cal" Cahill	30	11	366
"Stu" Stewart	29	11	333
Ron Bierns	32	8	250

Plans are well under way in the club for the coming future move. Yes, we are moving! As soon as the new Mess for the Sgts is completed and they move out the Cpls are taking over their old mess. A few renovations have been planned by the Cpls in their new club; however, these few changes shouldn't delay the move, but more about the move next edition.

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