VOL. 4

RCAF Station Comox, B.C., Thursday, October 31, 1963

No. 15

LIEUT. GOV. MEETS NEPTUNE CREW



LAST WEEK, during a tour of the operational facilities at RCAF Station Comox, Lieut. Gov. G. R. Pearkes met and talked with 407 Maritime Patrol Squadron Neptune crew members.

Here, F/L Pete Bremner, an aircraft captain, introduces his Honour and F/L Richard Headly, one of the crew radio officers. On the Lieut. Gov.'s left are, F/O Ken Merkley and F/O Jim Slater also radio and radar men on board.

During the evening, the Lieut. Gov. and Mrs. Pearkes attended a dinner in their honour at the unit. The returned to Victoria at the end of their two-day visit to the Comox-Courtenay area.

Sabin Oral Vaccine Program

The Sabin oral vaccine is to be offered to all school children in this area during the week of November 18. In addition pre-school children and adults will be offered this immunization at special clinics held in your Health Centre.

The Sabin vaccine will be available to everyone in the Upper Island area but it is primarily intended as a reinforcing dose for those who have previously had 3 doses of the Salk vaccine. Young babies and previously unvaccinated older adults should preferably have Salk vaccine initially.

Sabin vaccine has been used to combat poliomyelitis extensively in many countries throughout the world and in 1961 was used on a large scale trial basis in Canada. In this province, the first use made of it was in 1962 when a special campaign covering the Interior and Northern areas of the Province resulted in over a quarter of a million persons receiving this oral immunization.

It ils proposed to offer this vaccine to those dependents, who have already had Salk vaccine and this will be available to them in the Wallace Park School during the week of the 18th November. Service personnel who qualify as above will be given this vaccine during the same week.

Dependents who live outside the Wallace Garden area will be accommodated in the Health Centres in Comox and Courtenay. Exact times of distribution will be published in the form of a circular to all PMQs.

Service personnel will be informed of parades through Service channels.

M. AND S.L. HEAKES HOSTED BY NCO'S

local Scottish Regiment, and RFC, to the conversion to the tradition.

For the start of the fall our honorary retired members RCAF and up to 1946, which season, a most enjoyable for- gave the evening much added AVM Heakes was very much mal mess dinner was held at color. The wonderful dinner a part of. Everyone we are the senior NCO's mess. The climaxed with an informative sure can rightly be proud to attendance of four chiefs, U.S after-dinner speech given by have taken part in such a Naval Air Station Whidbey Is- AVM Heakes retired, reminis- memorable Mess Dinner which land; kilted friends from the cing from early days of the is a part of our heritage and



Left to right, CPOs Champion, O'Brien, AVM Heakes, CPOs Brown and Baker, Master Sgt. Haddon.

AVM HEAKES AND SON



Squadron Leader Dave Heakes and AVM Heakes.



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F O E. J. Newman (384) Outdoors Editor

F O R. Burke (235) F/O McGimpsey (409) . F/L L. Caron (409) Circulation Manager . LAC J. A. Billwiller, Box 493, Stn. Comox these two we can safely say HOLY BAPTISM-Sundays by For advertising rates contact the advertising manager. Adver- we have one Scout at least tising and news deadline the Thursday prior to publication date. that's really interested in Senior Choir Practice—2000 Articles may be reproduced without permission if credit is given at all times.

Save the Children Fund Drive

taking place? We hope you have, and that you are encouraging your children to take part.

If you haven't, here is a brief review of what it is all about. The Save the Children Fund is a world-wide organization ing meetings. dedicated to the relief of the suffering of unfortunate children Now from what has just around the world. The efforts of British Columbia groups of been said you would feel that the SCF are concentrated on assistance to the children of Korea. failing—this is not so. On the

Last month, Mr. Ray Dawson, Save the Children Fund ad- weekend of October 19-20 two ministrator for Korea, visited the Comox Valley and explained of our PL's attended the 1st the work in Korea, and illustrated it with slides and films.

We are asking the children of our district to share their good fortune with those in Korea who have so little. Collection cans have been distributed to those children that indicated tending from all over the isa willingness to help. These can may be used in two ways: (1) The children's own efforts—The children may undertake Patrol Leaders here who had money earning projects on their own to help fill their cans; e.g. selling pop bottles, extra chores around the home.

(2) Hallowe'en night collection - Children may collect pennies on Hallowe'en night instead of the usual treats. If the things about running a patrol one. We even learned a few children truly wish to share their good fortune — here is their We have one notice for our opportunity. The unwholesome "treats" they forego will never Scouts on Saturday, Nov. 2nd really be missed, and their pennies can quickly mount up and The Scouts from all of Comox do some real good in Korea (Did you know that one dollar sent Valley District will be at the to Korea can accomplish as much as six dollars can in Scout Christmas tree farm

If your children have SCF collection cans at home encour- hoped that those Scouts of age them to use them, and to think of others. If any children 2nd Comox who are available would still like to obtain a can, they may pick them up from will attend. Mrs. Adamson at PMQ 96.

When the drive is over please ensure that your children take their cans back to school on the afternoon of Friday

Comox Neptunes To San Diago

Last week, several Neptune ainst simulated sea aggressors reconnaisance aircraft and off the B.C. coast. crews from 407 Maritime Pat- Leading the Canadian conrol Squadron at RCAF Station tingent south was Wing Com-Comox, flew south and joined mander L. Croft, CD, the Ofair elements of the United ficer Commanding 407. One of States Navy in San Diego for the aircraft captains accom-

a week long anti-submarine panying the Wing Commander exercise off the coast of south- was Flight Lieutenant Bill western United States. The RCAF aircraft and crews contender in the British Comparticipated from American monwealth maritime bombine soil in an operation similar to competitions for the second one held here at Comox a year running.

Stedman, 45, Station Comox

month ago, when United States | The crews returned to their Navy Neptunes flew from Sta- home base here at Comox last

tion Comox in an exercise ag- weekend.

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SCOUT NEWS

We will open our Scout news column a little differently this time, beginning with part of a poem written by Patrol Leader Larry Manning, entitled: SCOUTS

couts are to teach boys know-

First aid, knots, games, and responsibility. To climb a rope, or walk safely

on a ledge, It's the out of Scout for the activity.

Scouts are for boys to learn To be taught leadership and

manner; To learn to overcome an in-

S. Rec. of Staff To carry his head high with honor.

> There are three other verses to this poem, but from even Scouting.

troop this year came to 14, a number just under half the Ladies Guild—2000 hrs. the number of boys who made up the troop in the previous year. Nonth.

Also from the two able assisnone; one having moved away day. the other with commitments preventing him from attend-

Scouting with 2nd Comox is PL's Conference to be held in the Island region. It was held here at RCAF Station Comox with 124 Patrol Leaders atland. There were even three attended the Jamboree in Greece. From all reports, a great time was had by every-

from 10 a.m. till 3 p.m. It is

Till next time-Good Scout-

Chapel Chimes

PROTESTANT CHAPEL S/L S. M. PARKHOUSE SUNDAY SERVICES

100 hrs-DIVINE WORSHIP 1100 hrs-NURSERY IN THE CHAPEL ANNEX.

0930 hrs-JUNIOR CHURCH CHAPEL.

DAY) SCHOOL IN WALL-THOSE 3 to 8 YRS (INCL.).

HOLY COMMUNION - 1200 hrs the SECOND Sunday of Catechism: Tuesday at 4 p.m. the Month HOLY COMMUNION (ANGLI-

Sunday of the Month. appointment. hrs. every Thursday.

hrs. every Thursday. Month.

day in the Chapel Annex.

THIRD Tuesday of the

ROMAN CATHOLIC CHAPEL

ment

F/L H. THOMAS

SUNDAY MASSES: 9 a.m., 11 a.m., 5 p.m., in the Station Chapel.

WEEKDAY MASSES: Monday, Tuesday, Thursday and Friday-4:35 p.m. Wednesday. FOR THOSE 9 YRS. AND 8 p.m. Saturday, 9:30 p.m. AND OLDER IN THE Confessions: Before all Masses and Saturday, 7 to 8 p.m. 1100 hrs-CHURCH (SUN-Baptism: Sundays by appoint-

ACE GDNS. SCHOOL FOR Nursery in the Parish Hall, Sundays, for 9 a.m. and 11 a.m. Masses.

in the Wallace Gardens School. CAN)-1210 hrs. the FIRST Senior Choir Practice-Tuesday at 8 p.m.

Catechism-Comox and Tyee Park: Saturday, 10 a.m. in the Comox Church Rectory. Total registration for the Junior Choir Practice-1800 Comox Catholic Young Peoples: 7 to 8 p.m. Sunday evenings in the Comox Church Rectory - Catechist: James Milner.

NOTE - This is a catechism group for the teen-agers - all tants of last year, we have Study Group—2030 hrs. Sun- in this age group are welcomed.

The RCAF Protestant Chapel Guild

Xmas Bazaar and Tea

Wed. Nov. 6th - 7 - 9 p.m. Wallace Garden School

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RCAF Rescue Co-ordination Centre Responds To 3 Incidents A Day

VANCOUVER, Oct. 23 — The RCAF's Rescue Co- the quick response of the RCC the most zealous of fishermen. detail by another fishermen. ordination Centre, Pacific Area, in Vancouver, responded to an average of more than three "incidents" a day in September. These included searches and communications of the Air Traffic Control Centre however in this age of plastics and mass production an investment of a few dollars can be the left plane was leasted and the production and the left plane was leasted and th checks for missing and overdue aircraft; marine pleasure the lost plane was located and minimize the dampening efcraft out of fuel and drifting at sea; grounded yachts, air escorted to safety. evacuation of sick and injured persons, and the response to dramatic: "RCAF Motor Ves"May Day" distress calls by ships and planes.

Other incidents are not so maximum of comfort; even in the heaviest of downpours. Vine that Dusty Rhodes of 407

of the Canadian Coast Guard well as civilian aircraft. Total

RCC at 4050 West 4th Ave., the year exceed 1,704.

Marine distress cases totalled 67 in the month and 468
typical. "A local citizen reso far this year. The next
highest figures represent emboat with one person on board
highest figures represent emboat with one person on board
ting in an appearance is a wee
line in an app

other agencies, such as the safe at Nanaimo." RCMP, Vancouver Police, Na- Response to other incidents tional Harbors Board, Dept. of brought comfort and medical Health and Welfare, Canadian assistance to sick and injured States Coast Guard and Civil have saved lives. A mountain co-ordination of facilities and in the Great Basin area of personnel in response to emer- Garibaldi Mountain. An RCAF gency calls includes many helicopter with medical team other government, military para-rescue airman and a

tics, Squadron Leader King to safety. on them.'

area also shows up in the aorta was flown by an RCAF other vessels recorded more ell River.

the year to 1.764.

A total of 92 incidents were search and rescue air hours recorded in September at the for the first nine months of Vancouver. This brought the Communications checks also total number of incidents in bring many incidents to a close

the first nine months of 1963 by locating the missing boat WELCOME MATS or plane before a search be-

cue Group flew into the area tells us there is a limited num-Commenting on the statis- and took the injured climber ber of positions open. So, get

paid tribute to civilian volun- An airman with a heart conteers who are always quick to dition was flown to hospital assist in search and rescue in Victoria from RCAF Station work. "The success of an op- Comox; anti-toxin was deliveration - the saving of a life ered by the RCAF to Sandspit perhaps - very often depends when commercial facilities were delayed, and an Ameri-The scope of search and res- can tourist requiring immedcue activities in the Pacific late surgery for a ruptured

marine craft and aircraft hours Albatross search and rescue logged. RCAF, government and plane to Vancouver from Powthan 153 hours on search and A "May Day" distress mes-

rescue assignments during the sage was received from an month, bringing the total for American aircraft who reported he was lost and in fog More than 275 hours were Through communications and

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sel Mallard dispatched to in- Complete foul weather suits Navigation Section lost an ex-

Marine distress cases total- comes necessary. This one is this month; and we go on re- more fortunate angler, with rises and the odd solid take ergency air evacuations which totalled ten for the month and 48 since the beginning of munications check was communications check was communications. Second, and much older memiting the power-location of the power-location check was communications check was communications. Second, and much older memiting the power-location check was communications check was communications. the year.

The monthly report also revealed close co-operation with man and vessel were reported ber joining our staff is LAC Guy Bourget from Metz, France: formerly of Shawingan nce; formerly of Shawinigan Falls, Quebec.

DRIVING CONTEST

Attention all MSE personnel Coast Guard, and the United persons and in some cases may interested in participating in 1963 Station Roadeo, please Air Patrol. Over the year the climber was injured in a fall contact FS Henderson (363) at

SECTION SPORTS Cpl. Tom Anderson is busy organizing a vollyball team, to and civilian groups and indi-member of the Mountain Res- enter in the station league. He

currently experiencing is enfect and afford the angler a fine contest. Officer Commanding the logged by aircraft on search RCC is Squadron Leader D. and rescue missions in Septable RCR and rescue missions at prices of the RCR and rescue missions in Septable RCR and rescue missions proof as I proved to my own fight, when it took a further satisfaction on Sunday evening when I waded into waisting when I was some wall was a sunday with the way of the deep water while wearing hip lost it unassisted. I have con-

The type of weather we are arc. I watched for ten minutes while the angler made two unough to dampen the ardor of successful attempts to net his

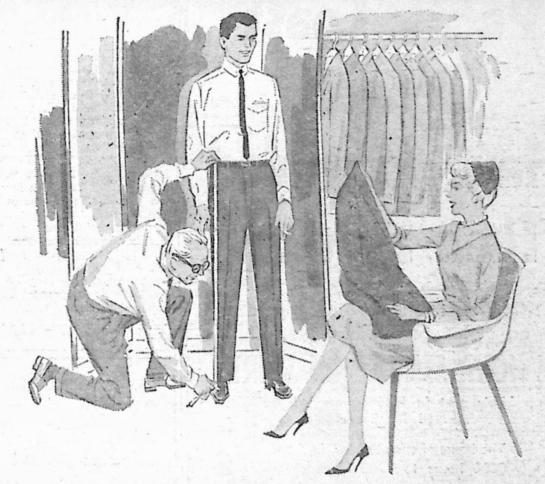
tinued to while away my free While walking through the hours along the river lashing Puntledge Park last Friday away with par-belle type buckevening after a singularly un- tails and hackle flies and still We have two new arrivals successful outing I noticed a experiencing a fair number of

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STATION RECREATE

"Judo" - Boys and girls

PMQ School music room.

sent from their parents.

Rec Council News

Senior Square Dancing for day, November 4. For further information call Cpl. Kelly beginners - every Monday ev- information call Cpl. Kelly ening in the Social Centre, 339-3783. commencing Monday, October Basketball - Saturday, 2:00 Wednesday night in the PMQ 28. For further information p.m. in Recreation Centre. call Sgt. Jackson. 334-2938. | Coaching and practices

dance certificate, dance with tam girls, 14 to 15; girls, 16 PMQ School Gym at 4:15 to the "Cohoe Downers" every to 17. Everyone welcome. We 5:00 p.m. 2nd and 4th Saturday at 8:00 would like to see a good atp.m. in the PMQ School.

Come out every Monday at island league. 7:00 p.m. and Saturday at 2:00 Teen boys team competitions p.m. in the Recreation Hall. -Saturday morning, 9:00 a.m Instructors: Cpl. Anderson in the Recreation Centre.

"Badminton," 7:00 p.m. to Saturday, 10:30 to 12:00. Ages 9:00 p.m. in the Recreation 12 up to 16. Wear jeans and T in the PMQ School Gym. Centre on Tuesday and Thurs- shirts, no buttons, belts, rings day and at 1:00 p.m. to 5:00 or watches.

"Judo for all (adults)" - bowling, Badminton, Volley-Tuesday and Thursday at 7:00 ball, instructions and mixed

"Stamp and Coin Club" is day and see what goes on. open to any age. Time - Wed- "Stamp and Coin Club" is nesday, 6:30 p.m. to 9:30 p.m. open to teenagers every Wed-"Photo Club" - Call LAC "Small Bore Rifle Club." In-

Prouse, R&I, Local 256. Square Dancing for Teens in group meets at the indoor rifle

7:00 p.m. Friday, November 1 or over, and have written con-1963 - School gym. Teen Slimettes in Recreation YOUTH ACTIVITIES Centre, Monday 7:00 p.m. and 12 AND UNDER

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Chess Club - age 8 and up.

PMQ School Library, 7 to 8 p.m., every Monday. First night ACTIVITIES FOR ADULTS | ery Monday, First night Mon- Monday, Nov. 4. For further 339-3783. Stamp and Coin Club meet

School Music Room. Basketball for girls and boys, ages For those with a square midget girls, 12 to 13; ban- 10 and 11 on Tuesday, in the

Junior Drama - Age 5 to 8 tendance as we are entering every Saturday in the PMQ "Slimette" for the ladies, these teams in the district and School Gym at 1:15 p.m. Age 9 to 13 every Saturday in the PMQ School Gym at 12:30

Tumbling for boys, 12 and under. This group will meet at 10:30 a.m. every Saturday Tumbling for girls, 12 and

under. This group will meet p.m. on Sunday afternoon. Sports night for teenagers in at 9:00 a.m. every Saturday in the Recreation Centre: Casual the PMQ School Gym.

Activity hour for boys and p.m. in the Recreation Hall. team competitions. 7:00 p.m. girls, 12 and under. This time is designed for boys and girls buttons belts watches buttons, belts, watches or your teen sports member, Bill under 13 who would like to Steadman or come out on Fri- what they would like to do The time will be divided into two groups so that the child-In the music room of PMQ nesday at 6:30 p.m. in the retation in a second programme and a gym period. Place: PMQ School Gym, Wedstructors Cpl. White, Cpl nesday at 4:15 p.m. Westfall, LAC Lampert. This NOTICE

Activities in the Recreation the PMQ School. Beginners range on Fridays at 6:30 to Centre or School Gym. RUNand advanced. Registration- 8:30 p.m. Members must be 14 NING SHOES ARE A MUST.

Popular Saturday 2:00 p.m. Chess Club — PMQ School Library, 7:00 to 8:00 p.m. evtion: Friday, Nov. 1, Beginners Junior Square Dancing — in PMQ School Gym. Registration: Friday, Nov. 1, Beginners Tours West

Members of Waikiki's famous International Market Place Troupe will treat Canadians to an All-Polynesian dance revue when they tour 20 cities in the western prov-

inces this fall. Eight of Waikiki's top Polynesian showmen will present Hawaiian, Tahitian, Samoan and Maori (New Zealand) dances, music and drumming. Renowned personalities of this group include internationally known Samoan Fire and Knife dancer Isofa Moe, Hawaiian comic emcee Lanakila Brandt and popular island recording vocalist and featured dancer Kaui 'Healani Brandt, as well as five of Polynesian Variety's brightest young stars to take Canadian viewers on an au-The Polynesian Revue will be playing in Nanaimo at The Arena on November 18 at 8:15

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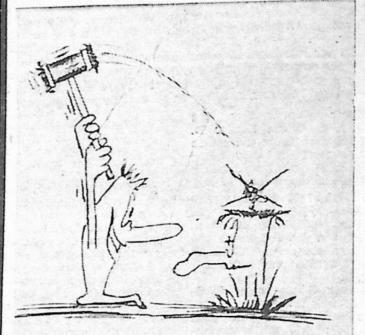
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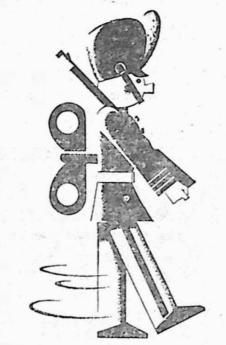


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group rate	1690	60.88	68.81	94.11	146.52
	2200	83.71	94:62	129.41	201.46
-	2500	95.12		147.05	
	Above p	ayments inch	ude principal	and interes	t, and are

W. E. Johnson, Manager 549 England Avenue Telephone 334-2406 COURTENAY

tion for the Sergeants Mess door games night. Final reand the first under the TRI- sults being in favor of our LIGHT heading. After the last guests with total score being issue the PMC's instructions 62-56. Presentations were made were "Get us a suitable head- to the PMC Corporals' Club ing Man!" Suitable? 09 October 1963

Thursday, October 31, 1963

For the start of the fall was the Pogo Stick Contest season, a most enjoyable for- between Jerry Lalonde and Joe mal mess dinner was held at Bolch. Jerry was declared the the Sr. NCO's mess. The at- the mess. tendance of four chiefs US Naval Air Station Whidbey Island; kilted friends from the bers of our fall mess commitlocal Scottish Regt. and our tee, WO Cole, chairman enterhonorary retired members tainment; FS Gidley, entergave the evening much added tainment; and FS Simmonds color. The wonderful dinner secretary. Congratulations. climaxed with an informative A popular bingo went over after dinner speech given by well on Saturday night. The AVM Heakes retired, reminis- winners are still debating whe cing from early days of the ther a "Bon Sante" is exactly RFC, to the conversion to the what they need or a "Mata-RCAF and up to 1946 which dor." This is a lot of bull AVM Heakes was very much a Ole. A dance and delicious part of. Everyone we are sure sweet and sours rounded off can rightly be proud to have an enjoyable evening. taken part in such a memor- Don't forget the Costum able Mess Dinner which is a Dance for Hallowe'en on 2 part of our heritage and tra- Nov. - Prizes, food - Bring

11 October 1963 The mess hosted the Cor- a Really Big Shew.

Cpl Purdy by WO Pethau. The funniest event of the evening winner after pogoing all over Welcome to three new mem-

your own witch - Masks off at midnight - Let's make this

Notice

Officers' Wives Club

All officers' wives are invited to attend the next meeting on Wednesday, November 13, at 8:30 p.m. in the Officers' Mess Lounge. We will be entertaining the NCO's wives at a bingo and sherry party.

Senior NCO's Wives Club

We are happy to welcome six new members to our club. Mrs. Roberts, Mrs. Anderson, Mrs. Craig, Mrs. McLelland, Mrs. MacDonald.

A night of whist was enjoyed by all. The winners were Mrs. Hadden, Mrs. Harris, Mrs. Anderson. The door prize was won by Mrs. Wetmore.

The main topic of the evening was a proposed bus trip to Victoria on December 7. Anyone interested please phone the president, Mrs. O. Yendall, at 339-2510. The next meeting will be on Wednesday, November 13 at 8 o'clock sharp, in the Senior NCO's Lounge. We will proceed from there to the Officer's Wives Club where we are to be the guests for the vening.

Corporals' Wives Club

The Corporal's Wives Club meeting will be held on November 5 at 8:30 p.m. in the Corporal's Club. Enter-tainment will be a "White Elephant" sale, childrens toys included. A luncheon will be served. Please come.

Anyone interested in giving a Tupper-Ware Party, please contact Mrs. S. Bowie, tel. 339-2051.

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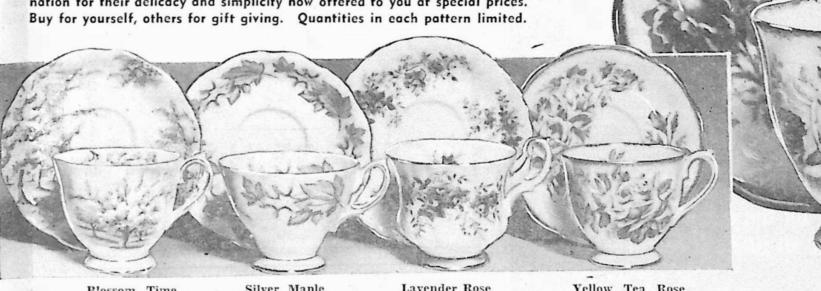
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Group 2. Reg. 2.25 to 2.35. Special, each 1.43

Group 3. Reg. 3.25. Special, each

rooms are open from 1930 hrs directed to those persons or To cut this chatter short, the every Monday evening except

dependents who have always had the urge to do some model railroad building and operatis open to all Service and DND Sgt. A. R. Griffths, 409 Log ing. Service personnel who are personnel as well as their de-new arrivals are particularly pendents 17 years of age and GSE Section.

Sgt. A. R. Griffiths, 409 Log and when you haul out that ing. and when you haul out that ing. If

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The Model Railroad Club is situated in BB22. The club Take Your Camera On The Hunt

old faithful rifle to oil and If you want some really specclean don't forget to take a tacular shots, load your camgood look at your camera and era with a high quality color supply of film. During the film. You'll capture all the hunt you'll find as much to sparkle-the hunter's red cap shoot with a camera as you and plaid shirt, he dog's coat

Some of the pictures you can get in the field include snaps of the description of the fall leaves of the dogs at point, pictures If you want real proof of of other hunters raising a your skill with the rifle and a and-if you're fast on the to show off to family and shutter — pictures of nearby friends, your picture story will

ing lodge; steaming cups of coffee; breakfasts of pancakes and sausage in the frying pan All these are pictures that will be welcomed by enthusiastic hunting companions and ones you'll be proud to bring home you'll be proud to bring home to family, friends and fellow-

Make sure your picture-story has a beginning and an end When you first arrive on the scene take some snaps showing camp being set up. Picture your companions as they organize all their hunting equipment and clothing and head off to the trails. Your ending could consist of a few snaps showing the boys putting things away, tying that buck to the roof of the car and getting ready to head home With in-between shots of the day, your picture-story will be here."

The hunting season is here complete and more interest-

the pheasant's brilliant plum-

glistening gun toward the sky record of your hunting success be all the proof you'll need Other subjects that will give good pictures are scenes around the camp site or hunting lodge; steaming cups of senting lodge; breakfact of the sport for years to come. It's



"The federal mediator for the labor-management meeting is

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DEMON DOINGS

south, the squadron is now For the benefit of those who loyalty, as rumour has it, that In the near future we nope knowledge and understanding buildings, personnel, domestic "faceless" friends the trip in January has been to start running each week tolerance and compassion, are

rich cousins to the south. Ti- interesting in its context and national effort to give every wasn't exactly blackballed as a it is written. We are sure that "few" fellows made their way all who read it will enjoy it. across the border looking for We are at present awaiting some new and different talent. permission of the author to more than just look at the syndicating it as soon as poss- tries, is not a charity but a "sights," as he made the best lible. attempt in years to stir up both sides of the border for another American - Mexican

Actually it appears that the wives are more responsible for these ventures across the border as they are the ones who continually badger our young fellows for these special bargains in leather purses. Without these demands our chaps would probably never even venture like lambs to that city of sin.

Meanwhile back at the ranch this past weekend saw the end of an era as one of the diehard single fellows saw the light and exchanged his meal ticket for a brown bag and a ball and chain. The fellow in discussion is none other than that Comox Lothario, Lloyd Corney. Lloyd and Helen Palmer from the hospital in Comox tied the knot on Saturday with cheers and tears. Lloyd cried quite a bit; it must have been the emotional part of it that got to him. At the reception later the happy couple were toasted by most of the alcoholics on Lloyd's crew and a few others thrown in for good measure As is the case in most weddings the carefully hidden honeymoon vehicle was discovered in the nick of time and appropriately decorated as well as partially dismantled by one guest. After a lengthy wait the couple were on their way. Why were the other guests trying to hang Danny Graham?

This past weekend we had the very capable careers officer in the form of ex-407 Gil Stillar and what he passed on was done behind locked doors and at this printing nothing has been heard that is worth printing. It seems that Maritime HQ is at present under-going a revamping in the form of one A/C Carpenter. And from what we hear the broom that he is sweeping with is quite

Canada Savings Bonds

A team of nine B.C. investment dealers heads out this month to all parts of the province to help organize payroll purchasing plans for the new issue of Canada Savings Bonds

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The "Faceless" Children Need Your Help

back to full strength and the were away in San Diego a very In today's world millions of the lot of the world's children. brunt of the work has been informal formal was held in children are ill-fed, poorly Interested governments must at your door. For them you will taken off those gallant six the Officers' Mess last Wed- clothed and unschooled. We first request UNICEF assis- have ready the traditional crews who stayed behind to nesday and was thoroughly have never seen them; they tance. For each UNICEF dol- treats. But Canadian youngbolster the squadron's flying enjoyed by all who attended. are the "faceless" children. lar from the International sters will feel happier if you

parts of a diary of an LAC who the golden keys to the future As we go to press some was with the Squadron during UNICEF (United Nations Chilstories are gradually filtering the war. Those who have dren's Fund) is one of these back as to the activities of the read this diary will agree that golden keys. Established under "DEMONS" while visiting our it is exceptionally good and United Nations, it is an interjuana as was to be expected more so in the style in which child freedom from disease opportunity to earn a living UNICEF, participated in by One young fellow it seems did use his works and will begin more than a hundred counco-operative effort to improve

activities. Now we hear that The dinner of course was in Canadians as world citizens UNICEF Fund these govern- place in their UNICEF collec-

food and facilities. UNICEF assistance is given on the basis of need regardless of political

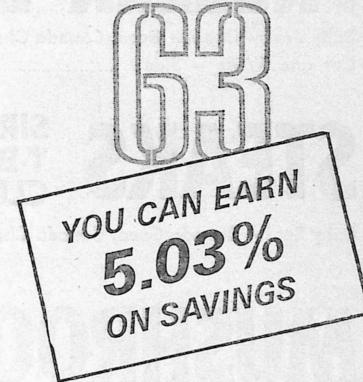
these brave lads are not even honour of Lieut. Gov. Pearkes are increasingly aware that ments spend \$2.50 for local tion boxes pennies for their

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You can buy Canada Savings Bonds for cash or on instalments. Buy them on the Payroll Savings Plan at work-or at banks, authorized investment dealers, stockbrokers, trust or loan companies. They come in denominations of \$50, \$100, \$500, \$1,000 and \$5,000 up to a limit of \$10,000 per person. They fit every pocket book!

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You get interest on Canada Savings Bonds on November 1st each year -41/2% for each of the first 2 years; 5% for each of the next 6 years and 51/2% for each of the remaining 4 years-giving an average return of 5.03% a year when held to maturity. In 12 years with accumulated interest every \$100 Bond will be worth \$161.00.

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SEWING MACHINES to clear at \$17.50 and up. Treadle and portable electric. Rent News brand new machine for only \$2 weekly. See or phone Dave Sawyer at Fletchers. Phone 334-4711.

WHOLESALE prices on Swiss Watches, Diamond Rings, Transistor Radios, brand-name electric appliances and shavers, Better Gift Items. Request free catalogue. Dealers wanted. Delmar Importers, 54 Wellington West, Toronto.

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Thursday, October 31 Saturday, November 2

MY GEISHA

Shirley McLaine Robert Cummings Edward G. Robinson

Matinee

REVOLT AT FORT LARAMIE

Sunday, November 3

HOODLUM PRIEST

AND CARTOON

Don Murray

Cindi Wood

(Adult Entertainment)

Thursday, November 7 Saturday, November 9 Matinee

> STATE FAIR

AND DEPUTY DOG

Pat Boone Anne Margaret Bobby Darin

Sunday, November 10

MERRILS MARAUDERS

AND ROAD RUNNER

Jeff Chandler Ty Hardin Will Hutchings

Thursday, November 14 Saturday, November 16

DAVID AND LISA

Keir Dullea Janet Margolin (Adult Entertainment)

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MISCELLANEOUS

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Names received after that date will not be considered. Get your thinking caps on, names, names, names, needed. COOKING TIPS

To add a delicious flavour to Makes 4 servings. lemon pie, instead of using calories per serving.

corn starch or flour for thickening try grating one potato for each pie. It adds a delicious flavour.

RECIPE For Weight Watcher

There is no time like the present to think seriously of getting your weight down. If you use discretion in selecting your food, it's not too diffi-Use low-calorie pudcult. dings for desserts and gelatin for the salads.

Low-Calorie Moulded Tuna Salad

- 2 envelopes sugar-free lemon jelly powder
- seasp. salt
- 1 teasp. hot water 2 cups hot water
- 2 teasps. vinegar
- 1 cup flaked tuna fish
- 2 tablesps. chopped green pepper
- 2 teasps. chopped onion

Dissolve sugar-free lemon jelly powder and salt in hot water. Add vinegar; chill until slightly thickened. Then add fish, celery, green pepper and onion. Pour into moulds. Chill until firm. Unmould. Unmould. Garnish with crisp greens. About 72

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