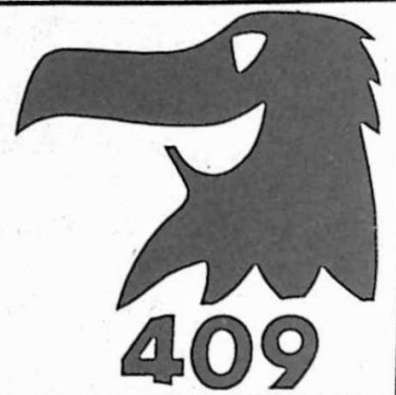


WHAT EVERY SURVIVOR hopes to see is this merry mushroom formation from 442 Squadron thundering toward him, as he hangs 200 feet up in his fir tree wondering how to use the tree lowering device that he doesn't have. The Alberts, Daks and Labradors are a familiar and welcome sight along the B.C. coast and elsewhere as they drone (or whop-whop) along on their errands of mercy. The Dak is also used by Kamikazi Airlines to get freight and people to rustic backwaters such as Vancouver. — (A MacPhoto)

Night Hawk's Nest



Armed Forces Day has come and gone, and once again the Nighthawks managed to dazzle the multitude with a neat bit of four-plane. Unerringly, they found the airport on each pass, and made enough noise to ensure the prosperity of ear specialists for some time to come. Despite what you might read in the Demons Doin' column, the commentary was found to be quite fair and unbiased.

Transfers and their associated mug parties are a large part of the gala Nighthawk social whirl these days. Monsieur Leonardo DeDodd received his mug at a small gathering recently, and to the stunned incredulity of everyone present, he refrained from hurling any insults whatever, which shows that the age of miracles is not as dormant as the church would have us believe. At the same gathering, Swede Larsen also received a mug, and he too refrained from hurling any insults, but that isn't even a minor miracle, as he doesn't take over as command FSO until he gets to YB, and is not expected to hurl insults until then.

This Friday will see five more Nighthawks leave the nest. Fred Brittain is going to some amazing collection of initials in CFHQ, and Bill Mason is trading in his Voodoo for an F-4 and going to southeast Asia. Both of them will be severely missed.

Les Putland is heartbroken that he will have to give up his cushy job in ops and go to Lahr, but, manfully, he is going anyway. It is not expected that he will hurl any insults at his mug party, because, being a pilot he is not expected to know how to talk.

The Beagle somehow manoeuvred out of his transfer to Maritime Command, and is going instead to Belgium, which has him all broken up. It was with difficulty that he was restrained from leaving the day that the message came in. Bob Sherratt is also leaving but he won't be going overseas, unless North Bay can be called overseas. Bob will be keeping tabs on ADC personnel from there.

The squadron celebrated last Saturday by holding a family day at Air Force beach. All the crews, their wives, and approximately four million children attended, and who was it said that ping-pong was the most popular indoor sport on the squadron. It was fun affair indeed, and the organizers are to be commended for thinking it up.

After the bash, one prominent anchor-clanker was seen sedately driving his squareback sedan into the QRA, but he managed to go hard astern, or however it is they run their boats, and beat to windward before the gunrunners could get to him. That's what comes of inviting a navy type to an air force beach.

There was great consternation on the squadron the other day when someone had an emergency, and it wasn't Don Elphick. Lately, he has been known as the one pilot on the squadron who could walk out to a line of airplanes, and unerringly pick the only u/s one to go flying in.

Several new bods have reported in lately and are already combat ready, which shows just how far behind this column is. Doug Stewart, who made the jump from back seat to front seat, and his wife . . . arrived about a month or so ago, and Doug Monroe along with wife . . . arrived for his second tour as a Nighthawk. Tats and Pat Sakamoto have also arrived to further complicate the housing market. A warm welcome to all of them, and we hope that you enjoy your tour on the squadron.



NO, NO LASSIE, it's no new unified uniform and I'm not in the Scottish Wrennets, it's just a cool way to see the wee air show. — L McCaffrey photo)

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New toys for nautics

WASHINGTON (CFP) — The U.S. Navy is producing a multi-purpose amphibious warfare ship as big as an Essex class aircraft carrier.

First increment of a billion dollar contract for the LHA has been awarded Ingalls Shipbuilding Division of Littons Systems. Nine ships are to be delivered from 1973 into 1975. They'll be faster and more versatile than amphib ships now in the U.S. fleet. Their mission will embrace what now must be done by four types. These are the amphibious assault ship, the amphibious transport dock, the amphibious cargo ship and the dock landing ship.

Canucks Command Kippers

LONDON (CFP) — The British defence ministry has announced that B.C. born Lt. Gen Sir John Mogg, 56, will be adjutant-general of the British army in June 1970.

Another Canadian, Toronto-born Lt. Gen. Sir Mervyn Butler, 55, will replace him as general officer commanding the British army's strategic command in April, 1970.



NO, NO LASSIE, it's no new unified uniform and I'm not in the Scottish Wrennets, it's just a cool way to see the wee air show. — L McCaffrey photo)

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Tailor made

Sainthill-Levine Uniforms of Canada Ltd., the nation's largest manufacturers of men's clothing and uniforms for business and industry, has been selected by the Canadian Armed Forces Exchange System (CANEX) to supply made-to-measure Unified Forces uniforms.

The arrangement will provide personnel with a tailoring service that provides not only uniforms but caps, shirts, neckties and topcoats.

The company, through CANEX, in May began supplying 200 uniforms a week.

The arrangement provides the personnel with a made-to-measure kit with fit, tailoring and quality of the uniform fully guaranteed to government standards by Sainthill-Levine.

The provision of the uniforms was organized by CANEX as a non-profit service to all ranks. The arrangement is primarily intended for officers who will not receive a free issue of the uniform.

In purchasing the new kit at CANEX, many personnel will enjoy a substantial time saving especially in those areas where the regular issue will be late in the schedule.

CANEX uniforms, tailored by Sainthill-Levine, meet service standards and feature made-to-measure guarantee and permanent press quality. Cost of the initial issue of basic items for a captain will be \$132.95.

Cost of some of the individual units are slightly higher than those for regular issue; since each garment is individually measured and tailored in comparison to "off-the-rack" regular issue.

The basic captain price includes the light weight jacket with rank insignia and Canada badges included; trousers, cap without cap badge; shirt, tie; fabric rain coat, and shoulder rank slip-ons.

The uniform is tailored from fabric made to Department of National Defence specifications and is 65 per cent wool and 35 per cent fortrel. The combination makes the fabric light in weight, durable and suitable for

either summer or winter wear. It is also sanitized and a Perma-Neat (permanent press) finish.

Sainthill-Levine, the company tailoring the garments for CANEX was selected by the Department of Supply and Services and the Armed Forces to produce the original first run and test field samples of the new Canadian Forces uniform.

It has five manufacturing plants, warehouses and sales offices from coast-to-coast in Canada.

Later in the year, Sainthill-Levine representatives will visit Armed Forces bases in Europe to measure officers overseas who wish to order the new uniform kit.

The new uniforms may be ordered through local base and station "EX" changes where arrangements will be made for measuring. Twelve weeks is being allowed for delivery.

Further information of how to order new uniforms is available from local "EX" change officers.

Make five bid routine speed

TRENTON, Ont. (CFP) — If you send your request for priority five space in the air movements here by priority message, it just won't work.

Canforgen 009 dated May 23 emphasizes that the precedence for five messages is "routine," exactly the way it's set out in annex B to CFAO 20-20. Priority messages are rejected.

Reason for holding such message traffic down to routine precedence ensures every applicant gets the same chance at the few five seats available on transport command skeds.



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Still going strong

MALTA (CFP) — In its skies during the second world war, the late Canadian fighter ace, F/L G. F. (Buzz) Beurling gained everlasting fame.

The plucky Mediterranean island, which was awarded the George Cross in that war, has come to the fore as a major NATO air base in the Middle East, mounting Shackleton and Canberra ASW patrols over the Med.

But the RAF News claims the air base has never really closed in its nearly 30 years.

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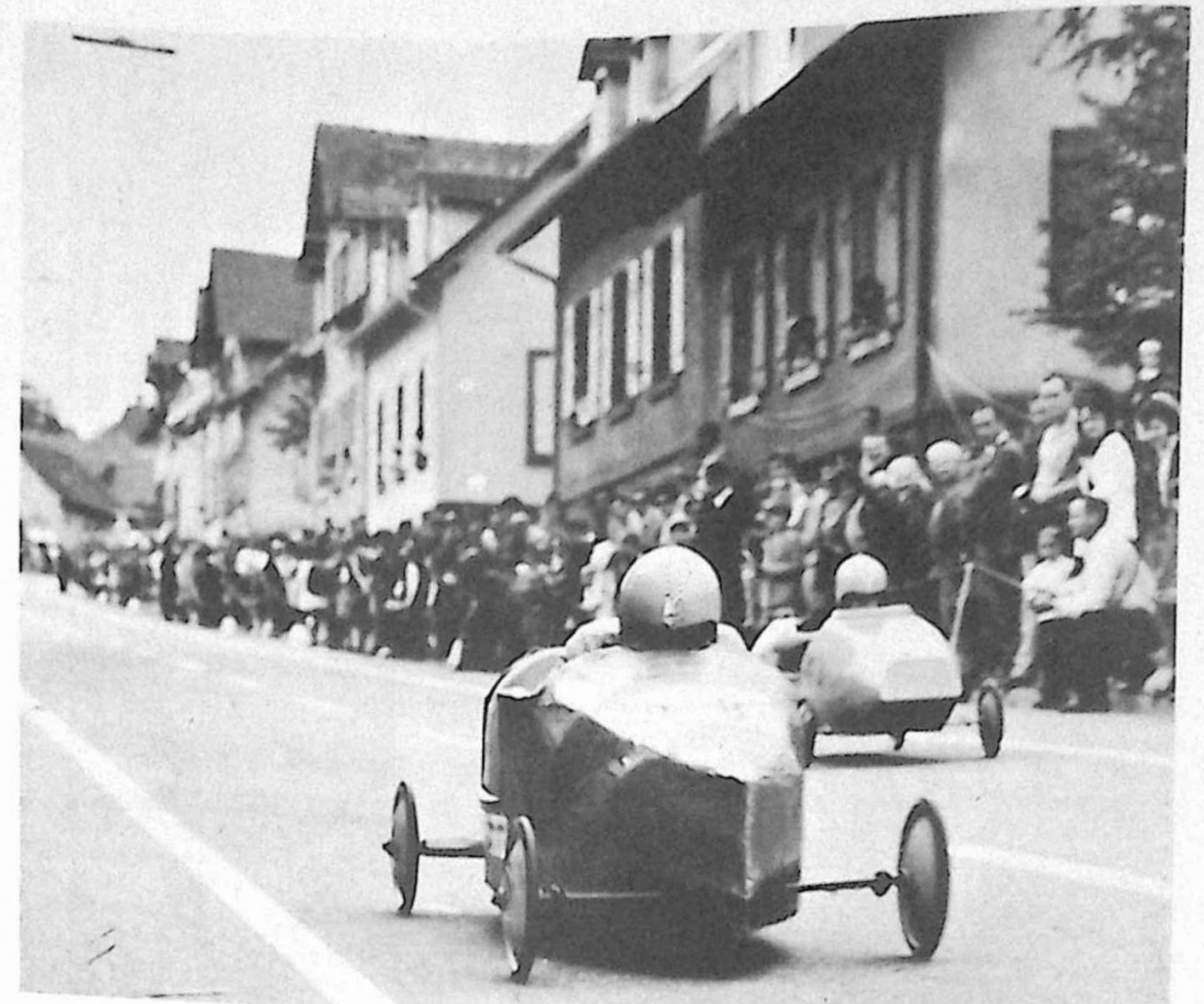
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ARMY TESTS SCOUT CAR: The streamlined Sooper Swoosh Scout Car is seen undergoing trials to determine its suitability for operation with the land element of the armed forces. Powered by the radical new gravity principle, it can run for miles and miles if the miles are pointed in the right direction, and its economy of operation is said to have wrung a smile from even the most obdurate heart in the Treasury Board. There is however, one snag. Said one spokesman: "It may be a bit too complex for the average army officer to operate."

— Canadian Forces photo

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is pleased to announce the addition of John Henderson to their Sales Staff. Mr. Henderson received all his schooling in Vancouver and served with the RCAF from 1939 to 1945 and again from 1956 to 1969. He has been stationed in the Comox Valley for the past three years. John is active in golf, fishing, curling and bowling. The Sales Staff and Management of the Courtenay office congratulate John on successfully completing the real estate course and join with all his friends in wishing him every success in his new profession.

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Dance ends Fungus Sports Carnival

A gala dance held in the Totem Inn annex put the finishing touches on the Merry Mushroom Sports Carnival. Organized a scant four weeks ago the carnival featured a car rally, fishing derby, golf tournament, two searches, four incidents, three mercy flights and a dance.

The fishing derby was organized by Cpl. Brown and Lt. Pocattello and spanned the three week period of the carnival and also spanned a record breaking three week period of the loudest fishing in the history of the Georgia Straits. In all, 13 fish were weighed in. Never before in the history of human endeavor have so few been caught by so many. First prize for the biggest fish went to Cpl. (Twisted) Livingston who brought in a whopper that topped the scales at four pounds, six ounces. Second largest was taken by Captain Munroe with four pounds five ounces and the third largest was four pounds four ounces. The smallest fish was twopounds six ounces (is that legal?) caught by Chief Warntosser Ostrander.

The first, and we hope not the last, Fungus car rally was held on Sunday the 15th of June. Only ten cars were entered. The low attendance was attributed to the novelty of Car Rallies to the squadron and the lack of sufficient warning time. (The sports carnival was announced a scant week ahead).

After a short briefing and registration the first car rolled out at 2 p.m. sharp. The course was a comparatively easy one for experienced rallyists, but the organizers felt that the first one should encourage the participants. The route was exact-

ly 44.2 miles long and took us through the by ways to Merville and then up and down various side roads to Courtenay and then back to the base. A difficult questionnaire had to be answered along with seven items to be procured for a scavenger hunt. Fortunately all cars returned safely and the chopper was not needed to search for any stray rallyists.

The squadron is indeed fortunate to have Cpl. Bill Munden for this kind of jazz as Bill is the president of the Upper Island Sports Car Club. We hope we will be able to coax him into organizing another rally soon. Final scores for the rally were: Lt. and Mrs. Ruggie first with no penalties. Cpl. and Mrs. McCaffrey, second with only one penalty and third to Cpl. and Mrs. Brenton with only two penalty points. The highest number of penalty points were taken by MWO and Mrs. Gale. MWO Gale claims he wasn't competing but was only out for a drive so he shouldn't have been nailed with 31 penalty points. The team first was taken by the team of Lt. Ruggie, Major Keir, Cpl. Brenton and their wives who had a total of only 28 points.

The rally was great fun but was only possible by the efforts of Cpl. and Mrs. Bill Munden, Lt. Phillips, Lt. Wickens, Cpl. Connolly and Pte. Legault. Thanks people, let's have another one real soon eh?

The golf tournament was held at the Sunnydale golf club (which really is a subsidiary of 442 squadron anyway) under the capable guidance of the world's two leading golfers, Cpl. Trenholm and Sgt. Archie McCulloch. Captain Johnson took the first place,

UNISKINS by mac



DEMON DOINS

Cpl. McLean the second and Archie McCulloch casually copped the third just to keep his hand in the game. Sgt. Phil Trofimuk (who spends all of his time practicing) took the low gross and Cpl. Smith took the low net with a 69.

The whole carnival ended with a gala party held in the Totem Inn annex last Friday night. The Merry Mushroom was there himself and dispensed inane chatter as he went through Seemore's ol' kitbag, helped give away some of the trophies, poked fun at the squadron's commanding officer and probably committed career suicide.

Captain VO Stevenson and Warntosser Senf were installed in the order of the Golden Mushroom, presented with scrolls and a statue of Harry Fungus in honor of their retirements. Farewells were also said to Captain Pridmore, Sgt. Plewes and Mousseau and Pte. Fisher who also were lucky enough to get statues of Harry Fungus.

With the results of the last competition held on the dance floor the scores of the challenge between the Plumbers and the Drivers was tabulated. Plumbers Continued on page 6

Listen to the rumble, listen to the roar, old Demon 711 is out giving the local populace a few thrills. On Saturday, June 14, the base opened the gates to the public for Armed Forces day. The Demon squadron presented all sorts of entertaining ground displays and a large part of the flying show. The crowd, estimated at 10,000 watched with wide eyes and plugged ears as Maj. Cy Dunbar put Argus 20711 through various manoeuvres over the field. From the moment of the takeoff role until the aircraft was back on the ground the crowd was held spellbound. The conditions were perfect for the short field takeoff right in front of the audience. The unbiased commentator from the other squadron proved to be quite humorous. However his remark on serviceability did not go unnoticed. Maj. Dove had to be forcibly restrained from tossing a can of prop wash at the speakers stand. The final event of the airshow was a father and son flypast done by Capt. Ken Norman in a Demon Argus and his son Lt. Barry Norman in a 414 (EW) SQUADRON CF-100.

The Demons have acquired another pair of Majors with the release of the last promotion list. Congratulations are in store for George McIntosh, the pride of ASCAC and Bob Rivers of Demon armament. Their promotions will be effective on July 1 and July 20 respectively. George has been with the squadron since April of 1963. During that period he has embedded himself in the standards organization. With his pending promotion comes a transfer to the other coast. The only comment on that is that it is better than the DEW sites. Bob Rivers has had a relatively short stay in Comox. He came to the Demon squadron in 1966 from AFHQ. He will also be on a transfer to the east coast. It seems that they need someone down there to organize the fishing in Bedford Basin. The mug party for these two gentlemen will be held in the mess on Thursday night. Gerry Regher's crew 2 have initiated their training program for the forthcoming ASW exercise. This week we find them down in the Greenwood trainer perfecting the strategy they hope to employ. When they win the event it is unfortunate that they will not be able to take advantage of the trip to Copenhagen. Prior squadron commitments will delay that bit of jam until later this year. Crew 6, with a delegation from base food and medical services, returned from a loop to Hawaii this past week. It seems that the Demon guests thoroughly analyzed all aspects of the trips flown in ASW. At all times they were able to carry out direct conversations with the RO's

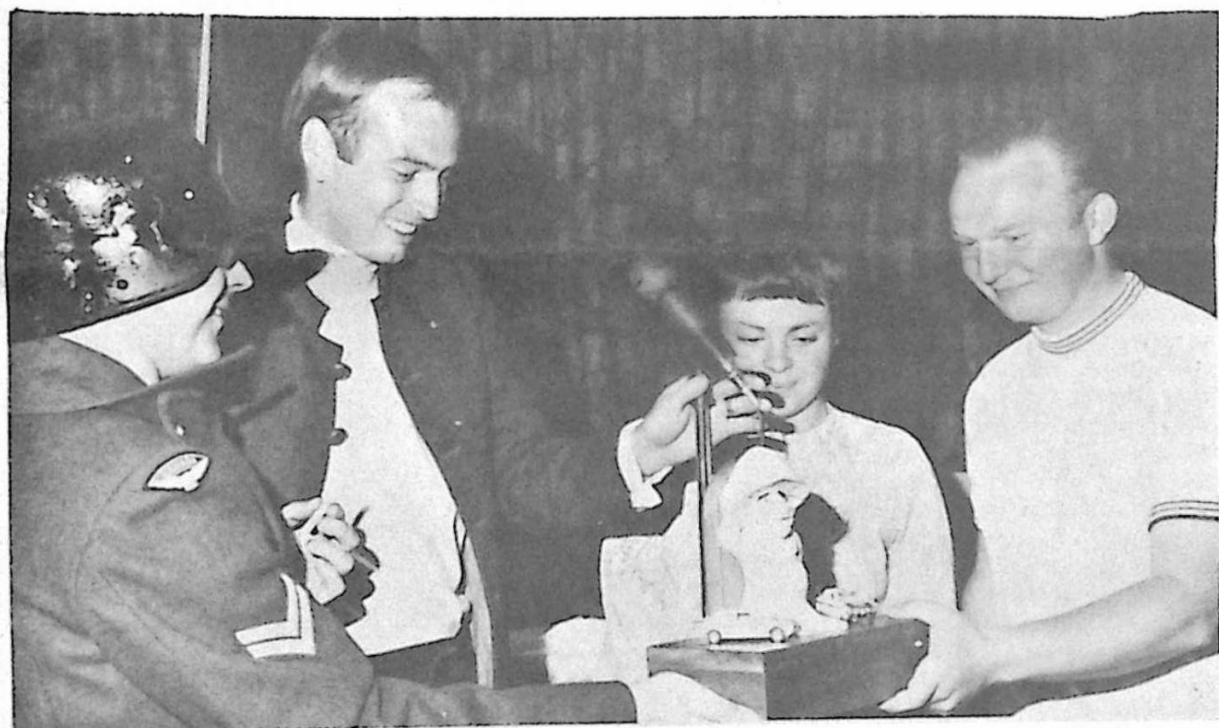
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RALLY WINNERS



LT. AND MRS. RUGGY, winners of the first Fungus car rally receive the Squadron Trophy from the verrry interesting gentlemen. The Ruggies took no penalties during the course. — L. McCaffrey photo



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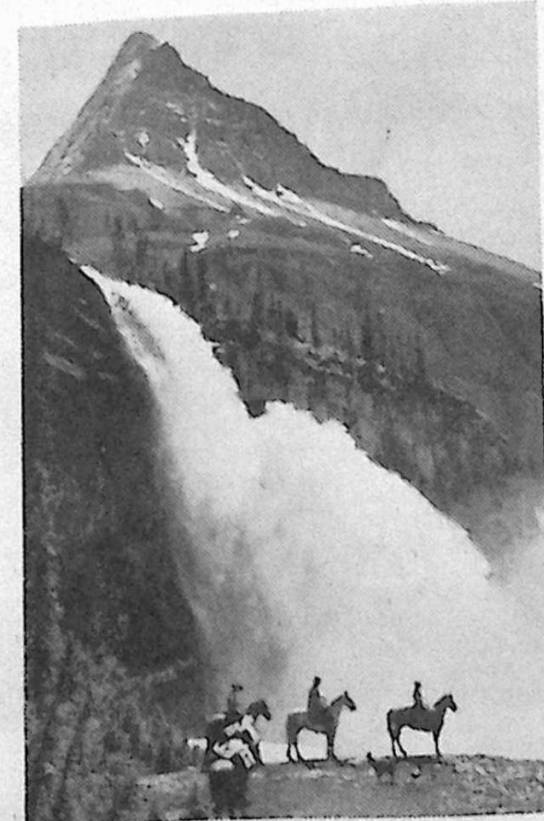
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From up in my perch

By Seemore



This week I went through my kit bag, not looking for anything in particular but making sure that everything was present and in good order. There was my belt hooks, each two, shined and needed in any new uniform designs. My beloved buttonstick, handed down from father to son in the Seemore clan ever since the famous court-martial of Cpl. Figaro Seemore just after the battle of Balaclava. It seems that great ancestor Figaro Seemore had had his issue button stick stolen by a Turkish peasant. Haunted by the thought of this deficiency in his kit, ancestor Figaro made his preparations for the forthcoming battle. He just had to get another button stick. He made a dash to the nearby American PX, which was holding a \$1.49 day, to buy one. Unfortunately, in the hubbub of the busy shoppers he did not hear the Earl of Cardigan give his famous cry of "Charge", and missed the whole show.

The court-martial decided that anyone who was conscientious enough not to want to go into battle without a complete kit couldn't be all bad, and dropped the charge of desertion. However, it nailed him with three days confined to camp and the cost of a button stick. Ever since then no Seemore has been without a Button stick.

I gave the ol' button stick an affectionate pat and continued my inventory check. Everything seemed to be in order, but the last item, the new sgts. stripes, I had picked up this set of brand new hooks many years ago and kept them in my hope chest. After they had been in there for so long that even the moths were passing them up I took them out of the hope chest and put them into my kit bag which I nicknamed the despair bag.

Satisfied, I tied the bag and put it into its place in the corner. Nervously I checked my dress in

the full length mirror, it was time to go, Papa Seemore would be arriving on the plane in fifteen minutes.

Every year about this time my father comes for a visit. And every year I look forward to sitting, talking, and fishing with him more and more. By the time I had left home it was almost impossible for me to carry on an intelligent conversation with him. Now I find him to be a most interesting chap. Its amazing how much he's smartened up since I left home.

At long last the plane rolls up to the terminal, the airstairs unravel painfully slow, then out steps the head of the clan. We shake hands, tell each other how glad we are to see each other, then, he turns my arm, looks at the worn hooks on my sleeve and says "Still a Corporal eh?" It hurts a little as I hear him mutter to himself. "Eighteen years in the outfit and he's only a bloody corporal, there must be something wrong with that boy."

Oh well, on with the war stories and beer. If you think I'm going to sit and drive this typewriter anymore when I can be fishing with my daddy... ..

Aussie arms exceed Canada's soon?

CANBERRA, Australia (CFP) — This country has given Malaysia 10 Sabre jet fighters, including spares, ground support equipment, a Sabre simulator and 90 RAAF personnel to train the Malaysian air force people who will fly them.

GOLDEN MUSHROOMS



L/COL DM PAYNE installs Warrent Officer Bob Senft in the order of the Golden Mushroom. — L McCaffrey photo)



L/COL DM PAYNE installs Captain OV Stevenson in the order of the Golden Mushroom. — L McCaffrey photo)

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FUNGUS FEATURES

by mac

BEST 442 FISHERMAN



WINNER OF THE FISHING DERBY, Cpl "Twisted" Livingston (left) takes the squadron fishing trophy from 442's answer to Laugh-In Cpl Bob Besdick, as one of the derby organizers Vern Brown looks on. — L McCaffrey photo)

Australian armed forces totalled \$1,672 at the end of 1968. This is 3,500 more than at the end of 1967.

Details were published in the RAAF News which also said that

One of the big problems at the Vancouver Public Aquarium is octopus, for they frequently try to crawl out of their tanks to take up residence in a nearby one, to try and feed on the occupants.

"NO PLACE LIKE HOME," SAYS BURGLAR BILL

If you took the advice of Burglar Bill, you'd keep all your valuables at home. Under the mattress, maybe. Or in that old teapot that lost its spout.

But Bill's advice isn't entirely objective. He figures if you leave your valuables at home — even in a "safe" hiding place — he stands a better chance of getting his hands on them.

Much better advice comes from Art Mellin, manager of the Courtenay branch of the Bank of Montreal. "Keep your valuables really safe in a B of M safety deposit box," says Art Mellin. "Your personal strong box, exclusively yours, costs about two cents a day, and it pays for itself over and over again in peace of mind alone," he adds.

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Forget what Burglar Bill says, Art Mellin advises, "Clean out those closets, drawers — and teapots. Bring your valuables into the bank instead."

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A COUPLE OF YEARS AGO, Maj KS Pulham (left) was the mayor of Wallace Gardens. In a cunning move, he off-loaded the job to Capt. Pat Clarke (right), who counted the hoops and accepted it. However, in a brilliant counter-play, Pat deftly had himself transferred to Colorado Springs, and nominated as his successor, none other than Major Pulham, who is seen here counting the hoops as he accepts the chain of office from Col Lett. The best wishes of all PMQ residents go with Pat and Lynne Clark and their family as they leave Comox.

— Canadian Forces photo

Protestants & RC's picnic together

The Third Annual Sunday Picnic combining the congregation of the RC and Protestant Chapel is now another event in history, having been held last Sunday afternoon on the spacious grounds of nearby Kin Beach. From the crack of the starting gun signalling the beginning of the first race until the last peanut which fell from the sky was gathered by eager hands, the afternoon was a great success.

The rain which fell for a short time around noon did little to dampen the ardour of the crowd which was estimated at close to 1,000 children and adults. There were races for everyone, with those participated in by the 3-year-olds being the most interesting to watch, particularly if you were a parent of a 3-year-old. A break for ice cream and pop separated the running races from the sack and three legged races. Even the women participated in a special three-legged race, and then gathered to urge the men on in their tug-of-war.

This last event, which broke a rope last year, was captained as usual by the two Base Chaplains. To ensure complete impartiality Father Farrell was in charge of the Protestant team, with Padre Archer urging on the RC men. The heavyweights were on the RC side, and within a minute they had pulled the opposition over the finish line.

The afternoon's excitement reached its climax when a flying club aircraft made four passes over the picnic area, dumping 25 pounds of peanuts on each pass. Like busy squirrels preparing for winter, the children (and many parents) quickly filled every available pocket.

A special word of thanks for their fine work goes to the coordinators of the picnic: WO F. Coffey, Cpl. R. Cummings, Cpl. E. Richard and Cpl. P. Guindon; Clay Arnell of the Comox Flying Club who flew the aircraft and the Comox Shopping Centre who supplied the peanuts, dispensed by Cpl. Bob Cummings.



Peanuts from Heaven — L. McCaffrey photo

Dance Ends

Continued from page 3

19 Drivers 8, which gives Plumbers an overwhelming victory but gives the Drivers a chance to issue a rechallenge at any time. The new trophies will have the winners' names mounted on them, and kept in the squadron. The first place winners will all receive a miniature "keeper" mushroom type trophy as soon as our wonderful manufacturer can fill the back orders.

The announcements being over the squadron's resident hippy, Cpl. Doug Holcombe led his band of would-be musicians in what has become known as modern dance music and the whole affair

degenerated into a dance. The merry mushroom then went home.

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Chapel Chimes

Comments from the Chaplain

By PADRE ARCHER
Chaplains very often hear half-curious, half-snide questions such as "What do you do with all your collections?" or "What good does the church do anyhow?" So allow me to take the defensive position for a moment.

Almost all of our Sunday offerings goes directly into missionary enterprises. Did you know that a gift of \$5.00 can provide: - milk for 69 Korean children for a month

or - Treatment for a leper for one year

or - \$5 will also buy you another cigarette lighter.

Your gift of \$10 can provide: - medicine and food for a TB patient for 20 days

or - food for one boy or girl for one school year, in a mission board-

ing school in Africa or - the maintenance of an orphan in Korea or Japan for one month or - \$10 will also buy you two LP records or a pair of cuff links. Your gift of \$25 can provide: - a tuition scholarship for one year for a student in High school in India

or - the average cost of two operations for cataracts in an overseas hospital

or - entire cost of training a nurse, including clothing, food instruction and supervision in India

or - \$25 will buy you a transistor radio.

Where can you possibly find a better charitable investment? I dare you to come to Chapel on Sunday morning, and share in this investment.

Armed Forces Sunday School

Young people who attend Sunday church schools at Armed Forces bases in Canada and throughout the world gave their 1968 offerings to the program for the blind maintained by the Lutheran World Federation in Jerusalem. A cheque for \$5,500 was presented personally in Geneva, at LWF headquarters, to the LWF Department of World Service. The annual Sunday church school offering each year goes to a special church-related program of a designated denomination.

Protestant Chapel

Worship services will continue at the regular time of 11 a.m. throughout the summer months. Bring your children with you to church each Sunday until Sunday School commences again in the fall.

There are nursery services available at the Chapel each Sunday for babies and small children. Save the hour from 11 to 12 each Sunday as "family time" and attend church together. In this day of mounting divorce rates, the say is more true than ever before, that "The Family That Prays Together Stays Together."

School band sponsors German guest

LAHR, West Germany (CFP) - Gerd Kohler, an 18 year old student in Lahr, Germany, will have a whole new world of experiences beginning next September.

Gerd, who is in his final year of high school, will be spending the next school year in Canada as a guest of Canadian students and their parents.

The young man will be well looked after since the idea of having a German student come to Canada originated with the 100-piece band of Laurentian high school in Ottawa.

Gerd will fly to Canada in late August on a Canadian military aeroplane. He'll be given a year's education, room and board and a Canadian winter wardrobe. In addition, spending money for Gerd will be provided by the 100 Canadian boys and girls of the school band. This money will be raised by selling tickets to band concerts which the Canadian students will put on during their visit to Europe this summer.

ABOUT TIME

WASHINGTON (CFP) - Six prominent civilian experts on penal matters form a committee to study the U.S. Army's stockade system.

They'll provide an independent and professional evaluation of army confinement facilities and practices. Chairman is Austin H. McCormick, board member of the National Council on Crime and Delinquency and the American Correctional Association.



"SUNDAY SCHOOL WAS never like this," says this unidentified little charmer, as she whizzes down the slide without spilling so much as a drop of her fizzy cola. It was a marvellous day for a picnic, and the children had a ball.

— A MacPhoto

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CYRIL WHITE Chairman
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I believe every man should have an equal opportunity for employment. He should be given the chance to show his ability to do the job whether he is disabled or not. I believe this is an employer's responsibility. Every year in B.C., more than 1,000 men and women sustain permanent, partial disabilities in industrial accidents. Many have been rehabilitated by the Workmen's Compensation Board with the co-operation of employers and return to their regular employment. They are still a valuable human resource. When given the opportunity, they can more than compensate for their disabilities by doing a better job

for their employers by concentrating their energies on the work they can do. It is good business to offer disabled persons the chance of employment. Labour, management and the Workmen's Compensation Board have been working together to reduce the toll of industrial accidents for many years—but there is still much room for improvement. Hazardous work can usually be made less dangerous by complying with strict safety regulations prescribed by the

Board. The Workmen's Compensation Board is embarking on an important campaign to educate and remind workers of the need to take every safety precaution in the course of their jobs. The combined efforts of labour, management and the Workmen's Compensation Board are needed to help reduce the more than 90,000 industrial injuries incurred every year in B.C. and to return disabled workers to productive employment.

Employers having job openings for disabled persons should contact the Board's vocational rehabilitation department.



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Air Div's top guns

AIR DIV'S TOP GUNS — Canada's contribution to 4th Allied Tactical Air Force's tactical weapons team. They came within an ace of winning the strike competition at this year's tactical air weapons meet, June 1-13, at Noervehich air base, Germany. They are from the left, Captains W. N. Willis, 422 Tomahawk squadron; T. F. Terry, 427 Lions squadron; K. J. (Ken) Chatfield, 430 Silver Falcon squadron; Maj. C. J. (CarD) Matson, 422 squadron and Capt. R. G. (Garth) Parks, 421 Red Indian squadron. Only 25 points separated them from the 2nd ATAF team. The Canadian-U.S.-German team (4 ATAF) lost the overall meet by 82 points. (CFP)

FORCES ROUND UP



— Canadian Forces photo

USAF commander presents medals

Captain Seth H. Stephens Jr., Commander, Det 5, 425 Munitions Maintenance Squadron (ADC), (Centre), presented Air Force Commendation Medals to MSgt. James S. Moore (left) and SSgt. Jack T. Smith (right), on May 29, 1969. MSgt. Moore's award was for meritorious service while assigned to Headquarters, Aerospace Defense Command, Colorado Springs, Colorado, from March 12, 1966 to January 15, 1969. SSgt. Smith's award was also for meritorious service while assigned to Det 1, 75 Fighter Interceptor Squadron (ADC), Phelps Collins Airport, Michigan from October 28, 1966 to June 27, 1969.

CINC NORAD in OW

General R. J. Reeves, retiring commander-in-chief of North American Air Defence Command, paid a visit to Ottawa June 22 and 23.

While in Ottawa, he called on the Chief of the Defence Staff and senior government officials.

General Reeves recently visited Canadian Forces Bases Edmonton and North Bay on his farewell tour.

Summer job no problem for these students

This will be a busy summer for one segment of Canadian college undergraduates. They are the 2,004 students who have selected the Canadian Armed Forces' Regular Officer Training Plan as a means to a university education and subsequent military career.

quent military career.

This year for the first time, collective training has been introduced for first year cadets and practical pilot and navigational instruction for second and third-year students pursuing a flying career.

The students are from every university in Canada although the majority attend the three military colleges — Royal Roads in Victoria, Royal Military College, Kingston, and College Militaire Royal in St. Jean, Que.

First year students are taking a common basic military skills course at the Canadian Forces Officer Candidate School, Chilliwack, B.C.

Second-year students start specialization in their respective fields: 120 land force cadets attending corps schools at Canadian Forces Bases Kingston, Borden, Shilo, and Chilliwack; 64 naval cadets are aboard Maritime Command's west coast ships, and 76 aircrew students are receiving familiarization flying training at CFB Greenwood, N.S., and CFB Trenton, Ontario.

Another 10 aircrew cadets are at 1 Air Division, Germany, and two are with the Aerospace Engineering Test Establishment, CFB Uplands, Ont., this summer.

Twenty second-year non-flying cadets are studying supply and logistics, accounts, mobility support equipment, security and administration at CFB Borden, Ont., and another 81 students in the technical field are dealing with such subjects as aeronautical engineering, armament, telecommunications and construction engineering.

Third-year students specialize further: 55 naval cadets are in training aboard ships of Maritime Command; 89 potential army officers are attending corps schools across the country and 11 airforce cadets are at CFB Chilliwack's School of Military Engineering for practical field engineering courses.

At the same time 54 third year students are taking primary flying instruction at CFB Borden and eight others are involved with primary navigation instruction in Winnipeg.

Subsized medical and dental students are not idle, either. In the Dental Officer Training Plan, 10 second-year and 35 third-year officer cadets are apprenticing at military establishments in Canada, while 55 first-year and 32 second-year medical students are getting practical experience at the Canadian Forces Medical Training Centre, CFB Borden.

All courses of instruction range from six weeks to two months' duration.

Avant to North Atlantic Council

Colonel A. F. Avant, 46, of Hughton, Sask., will be military adviser to the Canadian delegation to the North Atlantic Council in Brussels, Belgium, beginning July 14.

Now deputy chief of staff for operations and training at Mobile Command headquarters, CFB St. Hubert, Que., he succeeds Colonel L. L. Nault, 49, Maniwaki, Que., who is retiring.



GOBLIN HUNTERS OFF SAN JUAN

San Juan, Puerto Rico (CFP)—Better late praise than never!

Following is an account from the public affairs people of the U.S. 10th naval district here. It says we're good at our job in maritime command.

Here's the story: During the cold, snowy months that winter imposes on the people of eastern Canada, one large and important group of Canadians was absent from home because of commitments to the south.

Each year from January through March, the United States holds operation springboard, which this year was under the overall direction of Rear Admiral A. R. Matter, commander Caribbean sea frontier. It is a series of continuous naval exercises in the warm, clear, calm waters off Puerto Rico.

While the North Atlantic rages and the local training areas up and down the coast of North America are socked in with high seas, ice and wind swept fog, here the winds blow fair and the sun shines brilliantly on what many believe to be the most perfect training conditions that exist anywhere in the world.

This area is the waters off the old fortified city of San Juan.

NO 'JOLLY'

Springboard is no vacation, although there is time to visit ports in Puerto Rico and the Virgin Islands. Rather, the training schedule is serious and rigorous, and the fleet units from all nations find that their ships and men must participate to the fullest extent to meet their springboard commitments which cover all types of naval manoeuvres, air and surface gunnery, and continuous drills.

One of the countries which has participated longest, and one of the most skilled and enthusiastic members of the springboard operation is Canada.

Under the command of Commodore Harry A. Porter, the Canadian naval task group 301.0 composed of the light aircraft carrier Bonaventure, nine destroyers, a replenishment ship, submarines, air squadrons and other support units spent over two months in training exercises that stressed anti-submarine warfare operations.

Known to the Canadians as "Maplespring 1969", these

Springboard manoeuvres lasted days on end, requiring men and machines to function at the peak of their performance.

DESERVED

Such training insures that the unified Canadian Armed Forces are able to maintain their deserved reputation as one of the finest anti-submarine powers in the world today. As well, joint manoeuvres with the United States and Brazil increased the joint awareness of the need for teamwork and understanding among the nations of this hemisphere.

The experience of this teamwork during springboard represents the backbone of national and international defence for the participating countries. Returning to their east coast ports, the ships and men have resumed their normal defence posture, but by sharpening their skills in the warm Caribbean waters, they are keener, stronger and more able to carry out their appointed task because of their sojourn to the south.

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- 14 — Armed Forces Day — Cocktails 1630 hrs., BBQ Steak 1900-2100 hrs. Dancing 2100-0100 hrs.
- 15 — Fathers' Day, Candlelight Dinner 1900-2030 hrs.
- 19 — COBOC Dining in nite.
- 20 — BBQ Chicken
- 21 — BBQ Steak & Dance, casual dress
- 27 — TGIF Fish & Chips
- 28 — BBQ Steak, No Band

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An application form for your Old Age Security pension is available at your local Post Office, or you can write to the Regional Director of Old Age Security in your Provincial capital. Along with your application

form you will receive a pamphlet giving you full information about the Old Age Security pension program.

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As soon as your Old Age Security pension is approved, we'll send you information about the Guaranteed Income Supplement and an application form. You may be entitled to a supplement which, together with your Old Age Security pension, will guarantee you a monthly income of at least \$109.20.

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TUES									Adults Only
WED									
THURS									
FRI									
SAT				1400 to 1600 CAS UAL SWIM					CAS UAL SWIM
SUN									

INTERSECTION SOFTBALL

Teams	P	W	L
409 Main	6	5	1
Supply	6	2	4
USAF	6	1	5
A.F.P.	7	3	4
407	7	5	2
409 Officers	6	3	3

Games for Next two weeks:
June 25 - AFP vs Supply
407 vs 409 Officers
409 Main vs USAF.
JUNE 26 - Games cancelled.
July 2 - USAF vs A.F.P.
Supply vs 407.
409 Officers vs 409 Main.

INTERSECTION SOCCER

Teams	P	W	L	T	Pts
407 Arm	9	6	1	2	4
407 Officers	9	4	4	1	
442	9	1	5	3	5
CE and ME	9	3	4	2	8

GAMES COMING UP:
Tuesday - June 24 - 1330 hrs -
407 Officers vs CE and ME.
1430 hrs - 407 Arm vs
442 Sqn.
Thursday - June 26 - 1330 hrs -
CE and ME vs 442 Sqn.
1430 hrs - 407 Arm vs
407 Officers.
Thursday - July 3 - 1330 hrs -
442 Sqn. vs 407 Officers.
1430 hrs - 407 Arm vs
CE and ME.

CBC NITE BASEBALL

CBC-TV sports will carry major league baseball games live and in color in prime time one night a week for nine consecutive weeks beginning Wednesday, June 25, when the defending National League champion St. Louis Cardinals play the Montreal Expos. All games will begin at 5 p.m. PDT and eight of the nine games will involve the Montreal Expos Canada's sole entry in the major leagues. The other game is the 1969 All-Star Game at Washington, D.C. Stadium Tuesday, July 22, matching the stars of the National and American Leagues. This is the first All-Star Game to be scheduled at night.

After the Cardinals visit Jarry Park, Montreal on June 25 to launch CBC's prime time coverage, the pennant-bound Chicago Cubs will play the Expos, July 2 on CBC-TV.

Wednesday, July 9, the Expos-Pirates game from Pittsburgh's Forbes Field will be telecast on the CBC network and the following Wednesday, the same two teams will be seen, from Jarry Park.

Following the All-Star Game, fans will see the Montreal-Cincinnati game from Crosley Field, Cincinnati on July 30 and on August 6 the Atlanta Braves will provide the opposition in Montreal.

The last two night telecasts on CBC will both be from Montreal - August 13 with Cincinnati and August 20 when San Diego Padres play the Expos.

Hal Kelly will describe the play-by-play of all the Expo telecasts and former National League pitcher Jim Hearn will provide additional commentary.

Claude Baile of CBC-TV Sports Toronto is the English network producer for CBC, and all games originate with the CBC network except the All-Star game.

In addition to this prime time coverage, CBC television will carry seven Saturday afternoon Major league baseball games between June 28 and August 30. All seven games will originate with NBC.

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DO YOU INSURE YOUR BOAT?

The water-wise skipper knows his boat, what performance he can expect from it and the waterways he sails or cruises. He should also know what protection he should carry against loss or injury while operating his craft.

Today there is a broad range of boat insurance available. It's designed to fit the needs of any boat; be it sail or power, skiff or cruiser.

Basically, boat insurance can be divided into physical damage insurance and personal liability coverage. Physical damage policies come in two forms. The "named perils" policy provides basic protection against theft, fire and damages sustained under certain conditions. The "all risk" form, available at slightly higher costs, provides a more complete damage coverage as its name suggests. For example, if your motor falls off your boat or your motor hits a rock, you're covered under the broader scheme. Because boating coverage depends on many personal preferences and practices, the two different forms should be discussed in detail with an insurance representative.

As in most types of insurance, boat insurance varies from company to company and new coverages are constantly being developed. If you have a large or expensive boat, you would be wise to shop carefully to find the type of policy and service which is best for you.

Physical damage policies differ in other ways, too. For instance, some companies have a deductible clause that requires the owner to pay the first \$10 to \$25 of any claim. Others have no deductibles.

In addition, some companies offer policies on an actual "cash value" basis - cost price of boat less depreciation. Others offer a "valued" form of insurance. This type of coverage provides for recovery at a previously agreed value of the boat, naturally at a higher premium. For example, total loss of a five year old boat would result

in a settlement at the price agreed upon with the company when the policy was taken out. For every boat owner, liability insurance is a must. It protects the owner against financial loss he may cause to others either through damaging their property or injuring them. Take the case of a small runabout colliding with a large cruiser. The small boat could easily hole the other, resulting in a damage claim for repairs of several hundred dollars, perhaps thousands. Because of the collision, someone on the cruiser may be injured. Injury claims can also run into the hundreds or thousands of dollars.

Some insurance companies provide liability insurance in a basic boat policy. In such cases, protection is usually limited to \$500 and applies to property damage only; not personal injury.

If the boat owner has personal liability coverage under his home owners' policy, his boat usually can be added at no extra cost if he is operating an outboard motor up to 16 horsepower. Above this level, liability costs generally go up according to the horsepower. The reason for higher charges for greater horsepower, and not size of the boat, is that a more powerful motor is usually fitted to a larger and heavier boat.

Furthermore, if a 16 foot boat fitted with a 60 h.p. motor hits something at full speed, it is going to cause a great deal more damage than the same boat powered with 15 h.p.

While fatalities, and even serious injuries, are not common in boating circles, it's still the wise skipper who protects himself through liability insurance. Especially is this true with the increasing number of boats, swimmers, water skiers and skin divers on our waterways. Every skipper should be attentive and safety conscious; but accidents will always occur. There is little you can do after an accident, there is a lot you can do to protect yourself beforehand.



SAFE BOATING — Gen Jean Victor Allard, shown receiving RCN Sailing Association burgee from Capt TW Maxwell in the army officers' mess in Ottawa, lends his weight, both as CDS and as a noted boating enthusiast, to National Safe Boating Week June 29 to July 5. (The RCNSA is destined soon to become a forces-wide sailing association. — Canadian Forces photo)

CDS endorses safe boating

OTTAWA (CFP)—General Jean V. Allard, for many years a boating enthusiast of no small stature, personally endorses National Safe Boating Week, June 29-July 5.

"We have many in the pleasure boating fraternity throughout all arms of the forces," said the chief of defence department, but how many of these good people realize that the majority of accidents are caused by thoughtlessness on the part of seasoned skippers?"

"Certainly our Search and Rescue people do, but by this time a tragedy is already in the making. A program of prevention throughout the forces will keep the 'pleasure' intact in our pleasure boating," says Gen. Allard.

The new Canada Safety Council has launched the June 29-July 5 safe boating week out of concern for the ever larger numbers of Canadians.

Canadian Forces Headquarters is a member of the Canada Safety Council. Gen Allard is on its board of directors and director of safety David L. Darling is DND's representative to the Council.

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July 7, 8 and 9
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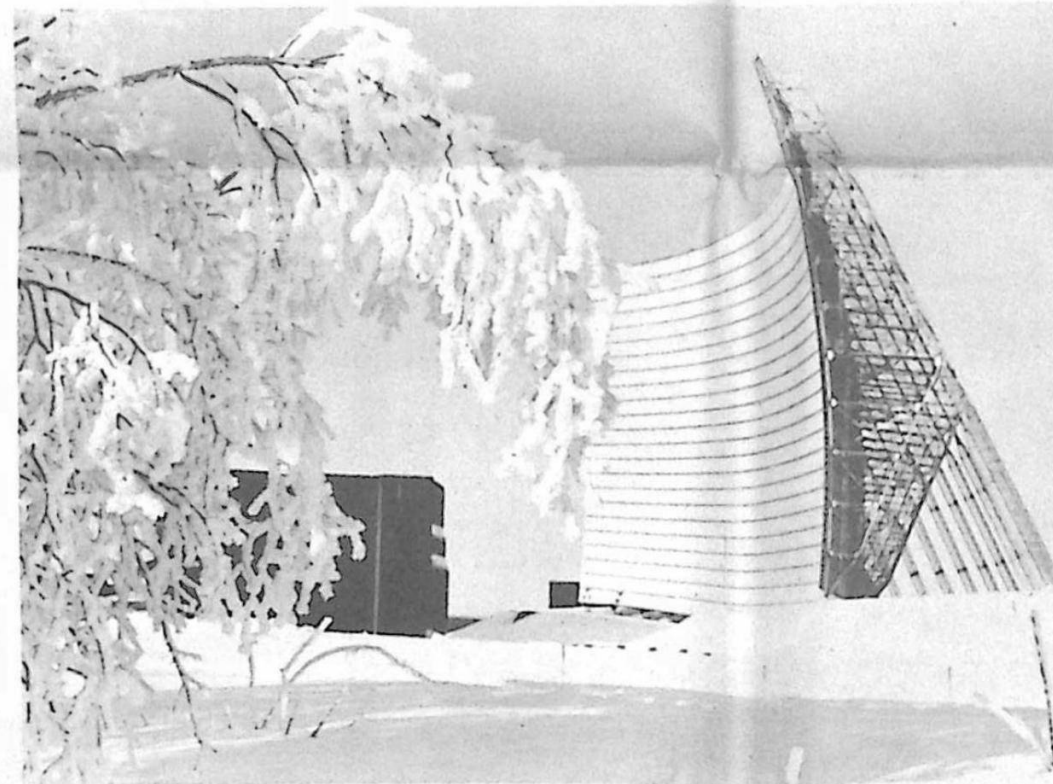
Millions of boats

OTTAWA (CFP) — The number of pleasure boats in Canada has passed the million mark, resulting in growing traffic congestion -- the condition so prevalent on highways -- on lakes, rivers and coastal waters.

The sharp increase in pleasure boating has generated the need for a much greater emphasis on safer boating practices.

The Canada Safety Council in cooperation with the department of transport is sponsoring and promoting a new campaign this year to help fill this need.

Safe Boating Week, from June 29 - July 5, which is fully endorsed by Canada's major associations and organizations concerned with boating including the Canadian forces, stressed boating hazards, accident prevention methods and safety regulations.



SNEAK VIEW of Abominable State Baseball backstop — renown Snowmen practice during summer months for annual do between Sasquatch University and Abominable State. — Spy photo



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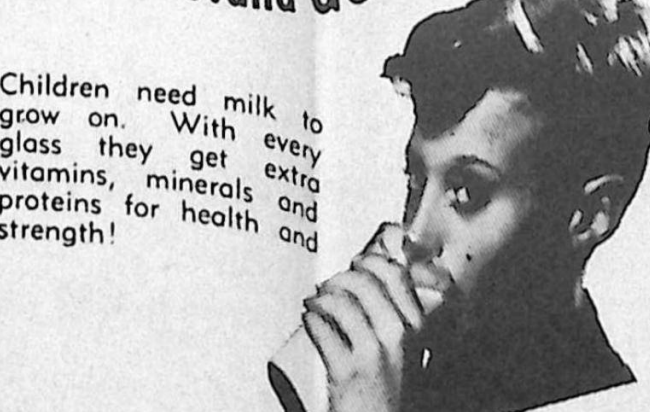
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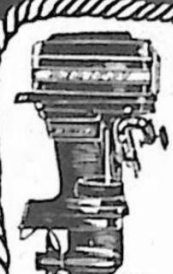
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Camping Comments

by TENT PEGS

When you go camping, or for that matter, just decide to outfit yourself, the tent is the most important single item. Like everything else these days there is a right price range and size to fit any family or their pocket-book.

The umbrella, or "tourist" tent is the most popular today, for it takes up no more room than a spare tire, weighs about 60 lbs. and costs about \$40-\$60 to sleep four people, and takes a mere ten minutes for one man to set it up. The Baker tent is another popular style. Shaped like a wall tent cut in half lengthwise. An awning protects the open front and can be dropped to make the tent snug and waterproof. A 9' x 7' sleeps four people, weighs about 30 lbs. and costs about \$50. Standard models have no floors, the previously mentioned cost includes a sewn-in floor.

The Explorer tent is by far the best of all, however the cost ranges from \$80-\$150. It weighs only 9-20 pounds. A nine foot width by seven foot depth by seven feet in height gives ample room for four persons. The guy ropes, ridge poles and other accessories are all outside giving the maximum amount of room in the minimal space.

For additional but necessary equipment consider items such as coal oil lanterns, or gas lanterns, eg. a Coleman type. Always carry a spare mantle and when you pour the leadless or white gas into the tank always filter it for good clean burning. Do not use candles; they are inefficient and dangerous. Battery operated lamps are not too good either for they do not diffuse light very well. However it is recommended that you have at least one if not two pocket flashlights available.

A simple first aid kit should be a must; include in it aspirins, a laxative, bicarbonate of soda, plus other items necessary for you to take in your normal life.

A travel schedule will either make a success or failure of your trip. Rise early, eat breakfast, pack and be on the road by 7 a.m., for you can usually accomplish the best amount of travelling before noon. Try and reach your campground by about 5 p.m. Ten hours on the road is plenty and stopping at this time gives you a chance for a swim, a walk, or even some fishing before dinner.

A key point, and one which

10,000 People

Continued from page 1

minutes while the Albert maneuvered into position to hurl out some para-rescue bobs, which it did with efficiency and dispatch.

The jumpers landed, packed up their chutes, and then gave a demonstration of hoisting a survivor aboard a chopper, which had tired of frolicking by this time and was ready to settle down to business. The jumpers for this occasion were Cpls Dutch Franks, Jerry McNutt, Fitz Fitzgerald, and Sergeant Gerry Lemieux, and they gave a convincing demonstration of landing on a pre-selected spot.

As the chopper with its cargo of survivors whop-whopped out of sight, a Tutor, flown by Lieutenant Bob Swanson appeared over the field and put on a fine demonstration of the nimble characteristics that have made it such a valuable trainer for the Canadian Forces.

After the Tutor and its Electrolux motor had gone off stage, the sun was blotted out by a formation of Argi, the lead one being flown by Major Dunbar and his crew, the number 2 over-

cast being flown by Capt. Norm Mackeracher and his crew. The commentator said how nice it was to see two Argi out of the hangar, and the 407 StechO said something that would probably get this paper banned if it printed it.

The Argi disappeared to be replaced by a navy tracker which also put on a convincing demonstration of how to catch a submarine. As he returned to Victoria, a most unusual formation approached the airfield. It consisted of one Argus, flown by Captain Ken Norman, of 407 Squadron, and one CF-100, flown by his son, Barry, of 414 (EW) Squadron, Uplands. This was the final note of the airshow.

As the sound of aircraft engines died away, the crowds returned to the displays, stopping only long enough to pick up the approximately 1,000,000 children who managed to get lost during the day.

Then it was all over. The crowds left, and the planners sat down to think up an even better Armed Forces Day for next year. With, of course, a smaller budget and fewer people.

CAMPGROUNDS AND FACILITIES

PARK NAME	No. of Sites	Trailer Sites	Rich Tables	Change Poles	Flush Toilets	Showering	Fishing	Boating	Playground	Other
Buttle Lake	28	x	x				x	x	x	n
Ralph River	28	x					x	x	x	n
Prior Centennial	10	x	x	x						
Goldstream	152	x	x	x	x	x	x	x		
Bamberton	50	x	x	x	x	x	x	x		
Ivy Green	51	x	x	x	x	x	x	x		
Englishman R.	100	x	x	x	x	x	x	x		
Lt Qual Falls	100	x	x	x	x		x	x	x	
Stamp Falls	20	x	x	x	x	x	x	x		
Miracle Beach	182	x	x	x	x		x	x	x	
Wick'ish Beh	89	x	x	x	x		x	x	x	
Mouat Park	15	x	x	x			x	x		n
Sidney Spit	6	x	x	x			x	x	x	
Montague Har.	31	x	x	x			x	x	x	
Rebecca Spit	50	x	x	x			x	x	x	
Elk Falls	34	x	x	x			x	x	x	n
Morton Lake	23	x	x	x			x	x	x	
Plumper Cove	10	x	x	x			x	x	x	
Newcastle River	18	x	x				x	x	x	x
Saltery Bay Pk.	50	x	x	x			x	x	x	n

Equipment Checklist

Tent and tent stakes, poles, canvas or ground cloth, axe or hatchet, shovel and small wood saw, air mattress and pump (or cots), sleeping bags (or blankets), flashlights, lantern and fuel, gasoline can and funnel, charcoal, matches, jack-knife, aluminum table, folding chairs or stools, rope, clothesline and clothespins, first aid and snake bite kits, insect repellent, portable toilet, liners, tissue, plastic washing bowl, plastic water bucket.

Vacuum bottles or water containers, portable ice box, camp stove and fuel, pans, plates, cups (nested), coffee pot, knives, forks, spoons, can opener, spatula, peeler, plastic juice container, pressure cooker, aluminum griddle, compass, field glasses, books and games, camera and film, old newspapers, laundry bag.

Dehydrated and canned soups, dehydrated potatoes, stews, can-

ned stew, hash, chili, canned tuna, salmon, sardines, baked beans, macaroni, spaghetti, canned chicken (whole or pieces), canned roast beef or ham (small). Mayonnaise and salad oils, cereals, bread, breakfast rolls, crackers, canned brown bread, cookies, marshmallows, candy, canned milk, coffee, tea, cocoa, dried milk, sugar, salt, pepper, spices, mustard, ketchup, pickles, olives.

Biscuit and pancake flour, syrup, cooking oil, peanut butter, jelly, paper towels and napkins, soap (bar or liquid), dish cloth and towel, pot holders and tongs, pot scrubber, aluminum foil, plastic bags, food storage containers, table covering (plastic). Fruit juices (frozen, canned), fruits (fresh, dried, canned), vegetables (fresh, frozen, canned), salad materials, meats (fresh or frozen), eggs and bacon, fresh milk, margarine or butter,

cheese and cheese spreads, wieners.

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1968 Volkswagen 1600 Station Wagon
1965 Comet Station Wagon
1964 Beaumont Sedan
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BEFORE YOU BUY GIVE MAJOR A TRY

CANADIAN FORCES BASE COMOX

Base Theatre Schedule

June 1969

Friday, June 27

FLIPPERS NEW ADVENTURE

LUKE HALPIN — HELEN CHERRY

Family Movie

NOTE: There will be two showings of this movie. First showing will be at 1800 hours, the second showing will be at 2100hours.

Saturday, June 28 and Sunday, June 29

HELGA

An educational film. Mothers, you should bring your daughter to see this film.

Note: Children must be accompanied by a parent to see this show.

the totem inn lounge
ENTERTAINMENT



Sat. 23 June
Ellen
Hogg!

Sat 5 July
Food
Spaghetti
& meatballs

MOVIES ON TUES BINGOS ON WEDS.

CFB COMOX TOTEM TIMES — Thurs., June 26, 1969 9

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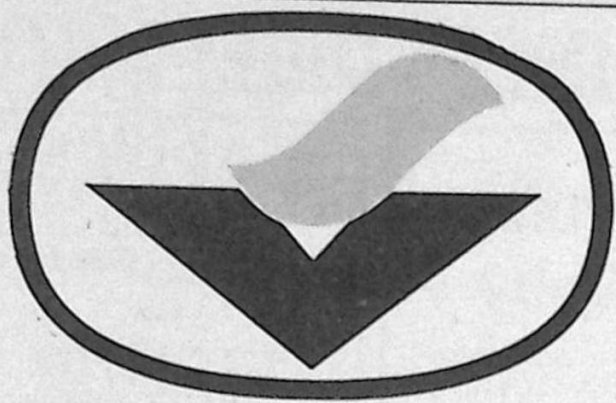
5th St., Courtenay

334-4532

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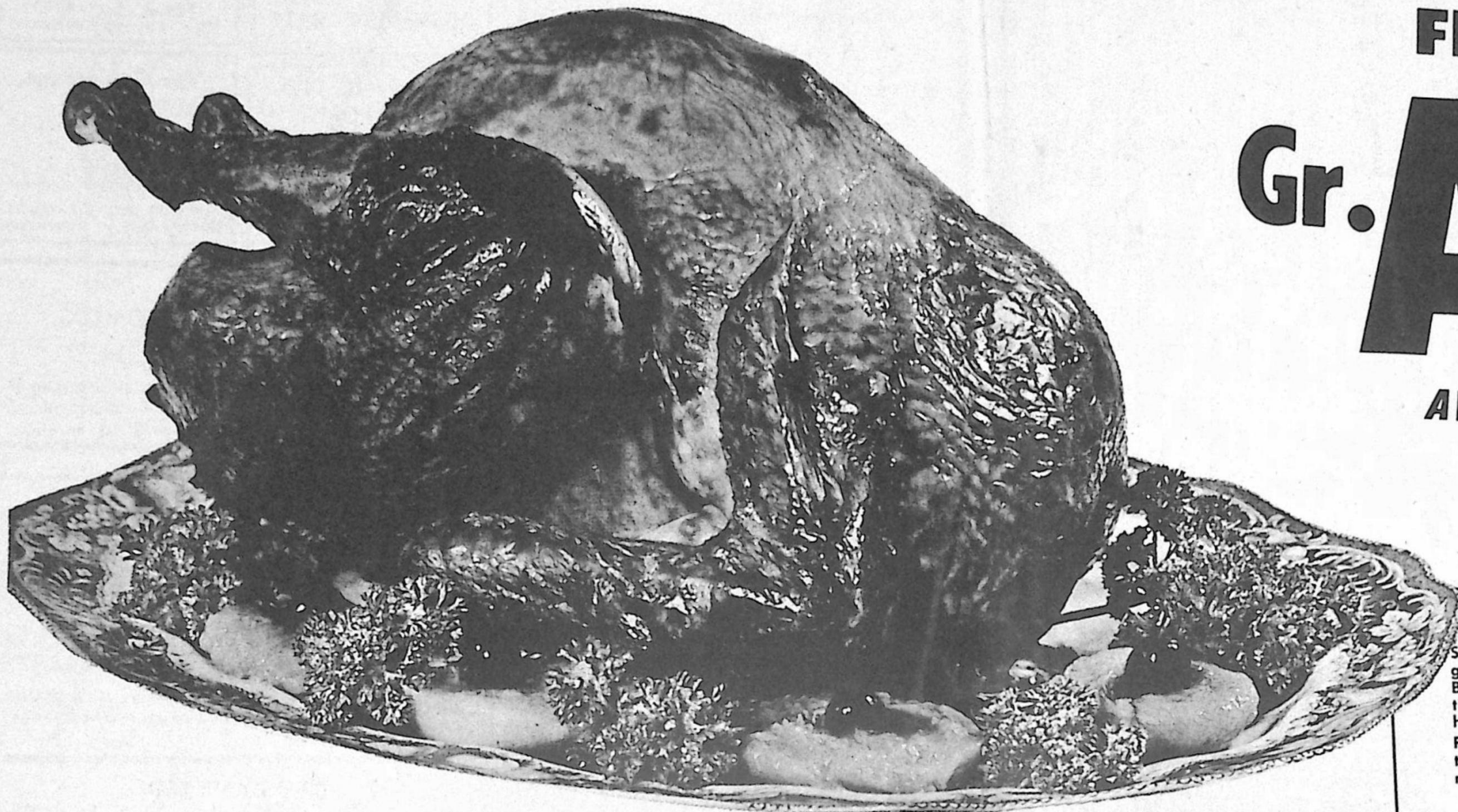
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FRESH FROZEN
Gr. A LB. 49¢

**AVERAGE WEIGHT 5 - 9 LBS.
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BLADE OR SHORT RIB

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1-lb.
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69¢ 2-lb. Pkg. 1.37

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