



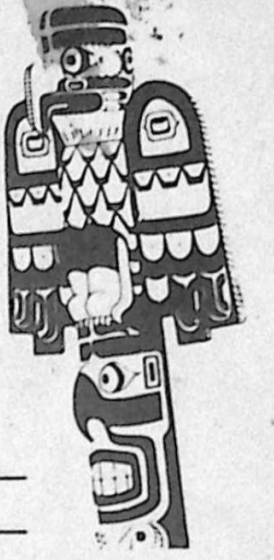
TOTEM TIMES

Fight Inflation — Starve

VOL. 15 — NO. 14

CFB COMOX TOTEM TIMES

THURSDAY, AUGUST 23, 1973



Annual Beer Fest A Rousing (Hic!) Success



"WE HAF VAYS UND MEANS of dealing mit people like y-o-o-u!"

Totem Photo

It Came — It Conquered — It Left Again — For Another Year

The Jr. Ranks' annual German Beerfest was held this past 17th, 18th and 19th of August to almost sellout crowds, if tickets were being sold and a limited number could attend.

But, no, all were invited to attend, and no one was turned away. To those new to this Base within the past year, and have never experienced a Beerfest, I am sure they will cherish the memory of this, their first one, and will be looking forward to next year's with even greater anticipation.

Of course, no German Beerfest would be complete without a German band to provide the proper atmosphere. And, this year, it was the "Tyrolean Mountain Boys" and Co., from Vancouver, who not only provided music, but a Floor Show and laughs as well.

To allow them a rest now and then, they were ably assisted by two local bands — on Friday and Sunday, the group "Middle Earth," and, on Saturday, the group "Leather & Lace". We all thank them for a job well done.

As those who were attending their first Beerfest found out, the Jr. Ranks' German Beerfest would not be complete without the appearance of 'Sgt. Schultz', nee Cpl. Bob Shawcross. He not only provided the laughs, but, also, swung a mean trombone. He, and his brass band of three, were no competition for the "Tyrolean Mountain Boys" but, they scared them a bit, anyway. 'Sgt. Schultz' later promoted to 'General Schultz' by the appreciative "Tyrolean Mountain Boys", did scare the Base Commander, Col. McNichols, though with his fierce face and even fiercer rifle.

For those interested in statistics, 2200 Beer Mugs, a



MEMBERS OF THE "industrious 13", who laboured long and hard for the Junior Ranks German Beerfest, pause for a bit of welcome refreshment during cleanup. Such was the thirst of these "modishly" dressed gentlemen that every drop of leftover beer that could be found soon disappeared.

—Totem Times Photo

Inflation

Recent Statistics Canada revealed that inflation has eroded our buying power by an alarming 34 per cent in the last seven years. Since 1966, the year that the Armed Forces had a major overhaul of pay scales the purchasing power of the dollar has diminished to 77 cents. Any raises since have barely covered the rate of inflation which has been averaging around four to five percent depending on the commodity. Food has averaged a 5.2 per cent rise, to 1972 and has taken a 10 per cent overall jump so far and by the time this year is out may probably double that. Shelter or housing has gone up 40 per cent since 1966.

Any raise that may be forthcoming would only temporarily ease the cost of living so don't start spending if you want to stay even.



NEW CHOPPERS for DND.

—DND Photo

Pongo Choppers

OTTAWA — Defence minister James Richardson announced today that the eight Boeing Vertol Chinook helicopters being procured for the armed forces will be used primarily in support of land operations with Mobile Command.

Roles include transporting of personnel and equipment, as well as casualty evacuation. Secondary roles include search and rescue, recovery operations of large military equipment from difficult areas and, in an emergency, assistance to other government departments.

Delivery of the helicopters will start next summer; four to 450 Transport Helicopter Squadron at CFB Ottawa and four to the Squadron's detachment at CFB Edmonton.

The twin engine, turbine powered Chinook has a cruising speed of 150 knots and is produced by the Boeing Vertol Company of Philadelphia, Pa.

The all-weather Chinook has a ferry range of 1,200 nautical miles and can airlift up to 14 tons of equipment by a hook system. This heavy-lift capability will enable the Chinook to recover all types of Forces' helicopters that might become unserviceable in remote locations. It can also recover disabled aircraft and vehicles — including armoured personnel carriers and artillery pieces.

A Chinook can deliver 44 combat-equipped troops into an operational area or evacuate 24 casualties on stretchers.

In addition to having an amphibious landing capability, the Chinook has a built-in auxiliary power unit which gives it an away-from-base operational capability.

Mr. Richardson said the Chinook's strong lifting capacity and other features will provide the Canadian Forces with greater operational capability.

UN African Foodlift

LAGOS, Nigeria — It's a wonder of Canadian know-how and ingenuity that the overworked Canadian Forces Hercules are able to perform their prodigious feats of flying every day with rotation aircrews in the United Nations African foodlift operation.

To date they have airlifted more than 5,000,000 pounds of grain, milk powder and foodstuffs to the undernourished desert tribesmen of northern Niger, about 1,000 miles north of here.

To do so has meant that ground crewmen like Sgt. L. R. Gallon of Edmonton have to ride along on some flights to make running repairs and fix snags that develop during the trip. And it means scrounging parts from other aircraft operators to replace defective ones, until such time as the needed pieces arrive by air from Canada.

The ground crews have worked round the clock in shifts to keep the aircraft airworthy and the aircrews are putting in 18 and 19 hour flying days to deliver the much needed relief supplies. One crew, under Capt. Jacques Lafontaine, put in a 23-hour day when they were delayed at Arlit, the most northerly airfield to which the Canadians are flying.

A typical aircrew day goes like this: It's 4 a.m. and Capt. J. B. Tobin, aircraft commander; Capt. Ian Umbach, co-pilot and Capt. Mort Lightstone, navigator, all of Trenton, meet at the operations centre at Lagos airport. They get their weather briefing, file their flight plan and bus a mile-and-a-half to the flight line where Sgt. Bill Chevrier, the flight engineer, and Master Corporal Fred Hebb, the loadmaster are already at work,

getting the big bird ready for flight. The aircraft, loaded the night before with its full complement of fuel and 21,000 pounds of sorghum for delivery in Tahoua, is ready for the flight.

They are into the air before 5 a.m. and landing at Tahoua about two hours later. The plane is unloaded and 45 minutes later it's flying again bound for Kano Nigeria. There, about 31,000 pounds of grain are hustled aboard under the direction of a mobile air movements crew, and with a 45 minute turnaround the plane is airborne for Arlit.

Arlit has to be seen to be believed. And seeing it is sometimes impossible. The winds kick up a storm that obscures the landscape and sends clouds of sand swirling thousands of feet into the air. The wind also sends the

(Continued on page 5)



CAPTAIN JOHN PEW is shown receiving a Good Show award from the Base Commander, Colonel D. W. McNichol. It was awarded for his handling of a serious in-flight emergency while flying a T-33 aircraft on a solo flight from Calgary to Comox.

Crash Investigated

Personnel from the Directorate of Flight Safety in Ottawa, headed by Maj. Gary Clay, have been inspecting the wreckage of the CF101 which blew up and crashed during the Abbotsford Air Show.

Crash salvage crews from CFB Comox with assistance by personnel from CFB Chilliwack, gathered the wreckage, which was scattered over a wide area, and

returned it to Comox. Investigating crews started to check every piece with a fine tooth comb.

Souvenir hunters, who picked up pieces of wreckage make the investigation so much harder. Even a small part can be and often is a very vital part of the investigation.

Results of the investigation cannot be released until all

aspects have been thoroughly evaluated.

Members of the investigating team who have been diligently searching for clues as to the cause of the crash are: Capt. Ted Jackson and Capt. A. Belanger of DFS Ottawa, Mr. Roy Clark and Don Laister of Quality Engineering and Testing Establishment (QETE), Ottawa, and Lt. Bill Wasacz from CFB Chatham.

Publication schedules have slipped a bit, according to the magazine staff, but Sentinel hopes that deadlines and delivery dates will be in line again by summer's end.

In the meantime, watch for the new Sentinel. It's an eye-grabber.

Sentinel

New — Colorful?

Sentinel has a new and colorful look.

The Force's magazine has been cut to 32 pages; is printed on matte paper, and now uses color on its front and back covers, and some inside photographs and illustrations.

Although change was dictated by mailing costs, Sentinel staff claim gains from the change. A speed-up in production time, because the magazine now is suited to high speed presses, gets stories quicker to the reader. You will also notice a change in type faces, and tighter writing in the articles and the Keeping Posted department.

So, in effect, it is still the same magazine, but in a slightly smaller and brighter package.

The first issue highlights the navy with stories featuring the early years, war years, the present, and some of the people who were and are the material of the naval reserve in this, their 50th anniversary year.

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New Medal Vietnam

OTTAWA — Returning Canadians from Vietnam's International Commission of Control and Supervision (ICCS) have been authorized to wear a new ribbon.

The award, denoting service with the truce observer body, has been approved by its four member-nations, Canada, Hungary, Indonesia and Poland.

The ICCS ribbon's nine colored stripes, in red, white and green, represent the national colors of the four countries. Qualifying time for the award is 90 days. The Canadian contingent has served just over six months in southeast Asia.

The medal of the award, now being struck, will contain on one side a palm wreath with a three-line legend: "Service, Vietnam, 21.1.1973."

The other will carry the words: "International Commission of Control and Supervision," with the four countries' national emblems.

Dutch Treat

NIJMEGEN, Holland (CFP) — It may have been the leggy blue-eyed blondes that kept a crowded stadium of 40,000 people on their toes during opening night of the Nijmegen Marches, but it was guts and determination that kept most of them on their feet the next four days.

Nine Canadian military teams from units of 4 CMBG marched through the streets of Nijmegen, Holland's oldest city, and dozens of surrounding towns and villages during the internationally famed Nijmegen Marches July 17 - 20.

The four-day event, a 100-mile trek through the town for which it is named, attracts over half a million people annually and is considered by the Dutch as an event second only to Holland's annual tulip festival.

The 144 Canadians included three teams from 3 Mechanized Command and one each from 1 RCHA, 1R22eR, 4 Svc Bn, RCD, 4 Field Sqn and 4 CMBG HQ & Sigs Sqn.

Captain Doug Foreman, 4 Field Sqn, a veteran of last year's march, commanded 4 CMBG marching and support contingent.

The Canadian marchers, in combat dress and carrying the required 22 pounds of kit, including a rifle, walked side by side with their counterparts from 22 nations, as well as civilians of all ages and nationalities.

What To Do

Bee Stings

In the event of being stung by bees, wasps or hornets, the following procedures should be taken:

- a. if possible, CAREFULLY remove the stinger;
 - b. apply an icepack to the affected area to reduce major swelling;
 - c. Antihistamines can reduce discomfort, but should ONLY be used on advice from a doctor.
- Any abnormal swelling or reaction to a sting should be seen to by a doctor as soon as possible.

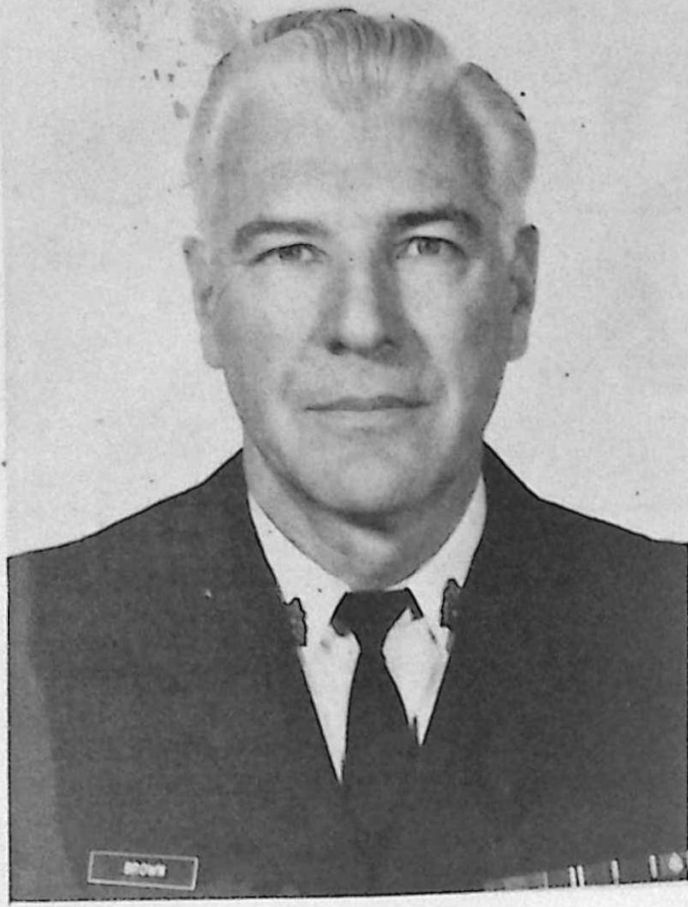
Re-enlist Bonus?

TYNDALL AFB, FLA. — Two sergeants assigned to the 4750th Test Squadron at Tyndall AFB, Fla., SSgt. Barry A. Henwood and SSgt. Stephen P. Davis, are collectively \$18,880 richer after reenlisting in the Air Force.

Sergeant Henwood, who reenlisted for six years, received the highest bonus allowed by law — \$10,000. Sergeant Davis, who signed up for four more years, received an \$8,880 bonus.

Both men are recent cross-trainees and have completed 35 weeks of technical training at Lowry AFB, Colo. They are instrumentation mechanics.

Both men banked their bonus money and stated that they have no immediate plans for it except to watch the interest grow. (ADCPS)



"YES, VIRGINIA, there are CWO's in the Air element!"

Personality Of The Month

Since Chief Warrant Officers in the air element are a rare breed compared to other elements, we thought it might be a good idea to introduce one of our recent arrivals to the BAMEO organization.

CWO Jim Brown our present AMCRO WO has had a varied and outstanding career in the service. Amongst his many accomplishments he won the Queen's Medal for marksmanship, for the Air Force in 1961. He served on various bases throughout Canada and a good deal of that in Command Headquarters such as ADCHQ, AFHQ and TCHQ.

Being so close to where policy is generally formulated he took it as a challenge to know everything that is going on at the top level. One of his favorite hobbies is following Hansard, of which he is an avid reader. Because he was and still is so well informed on policy matters he served and worked on committees that regulate or formulate policies that affect all of us.

CWO Jim Brown is not a dreamer but a doer - if he feels he should say something he doesn't mince words to say it, verbally or in print.

As a way of introducing Jim to Comox we would like to reprint a letter of his to Voxair shortly before his departure for Comox.

The Editor Voxair

This is not only a letter to Voxair Editor and staff but an open one to all its readers.

Those in the position to know have decreed that it's time for me to move on to wetter-ah-uh-er-greener pastures.

Since I arrived in sunny Manitoba (Gimli) in 1965 I have been writing letters, etc. to VOXAIR. The fact that all have been printed speaks well for the intestinal fortitude of its Editors. For this I thank them.

Also during my stay here I have been invited to NDHQ on two occasions to carry out little tasks on your behalf.

On these sojourns I had occasion to meet the mysterious "THOSE GUYS" in NDHQ who are the subject of our unprintable remarks. Particularly when "THEY" make a mistake or don't do things according to our own ideas. I guess I have been one of their most verbose critics.

I am not easily swayed but I found that without exception "THOSE GUYS" are on our side. I was, to say the least, astonished to find how concerned "THEY" are for our various conditions of service life. As far as I can see the ONLY thing standing in the way of giving us the things we feel we deserve is MONEY. Every possible effort is made to attain these, four needs - funds or not.

We have a small staff of two officers at NDHQ, LCOL R. J. Ford, Director of Personnel Benefits and Capt. E. Palmer of his staff. With these types of "THOSE GUYS" working for us - and I mean "working" - there is no way that our conditions of service cannot continue to improve.

I had occasion to peruse their files and those of Personnel Newsletter. I, and the people on my Study Group, were most impressed with the depth of research and level of investigation your correspondence received in order to provide you with fair

and just answers to your gripes and queries.

Letters of gripes and beefs on poor pay raises, etc., they had in quantity. Letters of appreciation on jammy pay raises, etc. were pretty scarce - I couldn't find one.

Anyhow there are many good things in the mill. The CP and his staff win some every day - they lose some too, but I found they didn't really feel that they had lost but that they would try to win the things we want by another approach.

While in NDHQ this last trip I bent "THOSE GUYS" ears on our pensions, MP's pensions, our widows' pensions, pension increases at retirement vice age 60, three year pension averaging, postings, promotions, PERs, payfields, working dress and a host of other areas about which I, and I know you are unhappy. No one threw me out. I found all these areas under active review. They told me that once I'm out they'll probably increase pensions and not make it retroactive. Maybe there is some way that I can make a deal with Lucifer to let me come back to haunt them if it happens.

If it's still around - take another read of Personnel Newsletter, Dec, 1972 issue. The CP's letter and the Editor's comments on "we get letters" are for real. "THOSE GUYS" up there in the head shed really do care for and about us.

The odd letter telling them we LIKED the pay raise, overseas car shipment costs, trailer storage costs, SISIP, severance pay, working days leave, increased moving allowances, realtors' fees, etc. would not be amiss.

Perhaps some other HANSARD fan could carry on my "DEFENCE IN THE HOUSE" column - our Editor would like that.

My wife and I bid you a (Continued on page 6)

Voodoo Nuts, Bolts and Volts

Often during the interim of two weeks between publication we were pressed to find suitable section news. The three week interval on the other hand has had so many activities that the items will have to be condensed somewhat to get as much interesting material in as space will allow.

The BAMEO Annual Salmon Derby and Golf Tournament wind up was held on Friday, August 3 with the Base Commander Col. McNichol as an official guest. His opening remarks brought a unanimous applause of approval!

The participation was exceptionally keen with an excellent turnout for the awarding of the trophies and numerous prizes. Bert MacDonald (I&E) took the biggest spring trophy away from Vic Makowichuk who took 2nd and 3rd prize with the 4th going to Ron McRae.

The biggest Coho trophy and prize went to Moe Legeas who also took the 4th in that class. The 2nd going to Vic Makowichuk and the 3rd to Don Turner.

A Cheap Skate award was given to Bill Onyette who didn't pay an entry fee, went fishing anyway and caught a prize winning fish bigger than MacDonald's. Bill Barber and George Stewart were given an Honest Fishermen's Award. Mrs. Barber and Mrs. Stewart caught fish that could have won but the men refused to take the credit for them (or maybe their wives wouldn't let them).

Sponsors for the Derby included trophies and prizes from Nanaimo Realty, Comox Legion, Bates Beach, Peters Sports Shop, Anchor Garage, Pacific Dry Cleaners, The Lyons Den, Mr. Mike's, Mohawk Garage, Simpsons Sports Shop and Capt. Clay Grant (Retired).

On the Glacier Greens golf course the prizes went to: Frank Prince - 1st Low gross; Jim Nabeta - 1st Low net; Frank Dupreyon - 2nd Low gross; Doug Tucker - 2nd Low net; Graham Faulkner - Most honest golfer; Gord Rennie - fourth highest hole.

Four hidden hole prizes went to Gerry Welch, Rick Salmon, Al Grey, and Chuck Webster. Longest drive was won by Doug Tucker and closest to the pin by Frank Prince.

On the intermess Annual Sports Competition held on the 10th of August, enthusiastic and full participation was encountered with over 70 people crowding

the golf course which the Jr. Ranks won by sheer numbers, (and some better golfers).

The ball game had a good turnout from both Jr. Ranks and the Sgt. The Totems put up a good game but were beaten 1-0. Jack Bowers, PMC of the Jr. Ranks pitched a perfect no hit game.

Indoors at the Sgts. Mess there was close competition in Cribbage, Euchre, darts and shuffleboard with points split just about even.

At 1600 hours everyone headed for the Beach Pavilion where the final competitions were held. Fishing was rather disappointing with many coming in skunked. A total of nine fish were weighed in with an 8 lb. winner going to the Sgts. The last event, a 24 man Tug-o-war was decidedly won by the Sgts. Mess after they put on some extra weight in hamburgers. The Jr. Ranks just couldn't budge the anchor man who will have to remain anonymous.

The sports committees were extremely happy with the turnout and the participation. It is hoped that next year it will be a bigger and better event with the Officers' Mess included. In the meantime the trophy will be cared for in the WOs and Sgts. Mess for the next 12 months.

We welcome the new arrivals to the BAMEO organization and hope their tour here is a memorable one.

ARRIVALS
Capt. Walter Harris here from Cold Lake to AVSO MWO Fred Rathburn AVN Tech from 4 ATAF to SR-WO Cpl. Jake Vandenberg ADM CLK from CFB London to base Tech Library Pte. Danny Hardy IS Tech from Borden to IE Lab.

To the people leaving, good luck at your new base.

DEPARTURES
Cpl. Owen Darling AF Tech from Servicing to CFB Chatham; Cpl. Rod Lambert AF Tech from Research to CFB Bagotville.

With our sagging recruiting program, I noticed an article in the paper the other day that could perhaps boost recruiting and morale.

Terri Ponsetti the first woman in the US Air Force work as a jet mechanic was assigned to an operational base and is now inspecting and installing jet engines. Perhaps an exchange program could be initiated for employment in Snags or JEFM.

Flash! I heard from reliable sources that the BAMEO actually caught an 8 lb. Coho last weekend.

Junior Officer Advisor

HQ ADC - Capt. Dennis R. Walling, commander of the 4608th Support Squadron (ADC), Ent AFB, Colo., has been named Junior Officer Advisor to Lt. Gen. Thomas K. McGehee. He replaces Capt. Albert C. Rock III who has assumed command of the 801st Radar Squadron at Malmstrom AFB, Montana.

Captain Walling will travel extensively throughout the command, visiting units and talking to officers and enlisted alike. As did his predecessor, he will continue as General McGehee's personal representative, keeping him advised on all matters involving the morale and welfare of ADC personnel.

"General McGehee is extremely interested in his people. He has asked me to provide the communications link between himself and them, particularly our young people. The most important part of my job will be to listen and discuss specific problems with the members of our command and return with

recommendations on those problems that cannot be resolved locally.

"I will be working as a team with General McGehee's other advisors, Maj. John A. Jackson, Human Relations, and CMSgt. James L. Henderson, Senior Airman. Collectively, we will continue doing everything possible to keep the Vice Commander apprised of the needs and desires of our military people."



"WE'RE GONNA LOOK like bratwurst by the time this is all over!!"

Hospital Anesthesia

About the only exciting thing that's happened in the past three weeks around the Base Hospital has been the painting of Lt. John Madison's home-away-from-home, the Pharmacy. Do your pills taste kind of funny these days?? Unless you're interested in the passing away of some of our beautiful flowers decorating the window ledges of the hospital halls. Two seconds of silence, please. It's become so quiet in the hospital, the ghosts have given notice that THEY intend to leave! It seems that they are now beginning to be haunted by THEIR spirits.

NEEDLES & JABS
WELCOME... to Sgt. Les Andrews. Actually, he's not JUST Les Andrews - he's probably more Andrews than we've seen before! To be sure, he pulls a lot of weight around the Hospital Orderly Room.

We mentioned in the last edition that Capt. Helen Gerrard was dubbed "Puss 'n Boots". When she read this, she strenuously objected and said she would rather be called ANYTHING but "Puss 'n Boots". So... we hereby promise - we will not call Hotlips "Puss 'n Boots" anymore!!

At this time, we would like to say 'Hello' to Capt. Doran,

another new Nursing Officer. As yet, though, we haven't met her - therefore details to follow.

And, this gives our other Nursing Officer, Capt. Ray Mostowy, a chance to take some well-earned days off. Ray, whose sharp, fertile mind has a lot to do with this column, will have to put up with this edition's version being dull, boring and not-too-interesting reading. Ho-hum, Gang! there's always a next time.

As the picture shows, our girls are talented in more than one way. P. J. Lunney, of the

Dental Clinic, and Theresa Rolheiser, of the Hospital, did their share to help make the Jr. Ranks' Beefest a success. See, girls, I told you I wouldn't say anything funny about you. But, oh boy! the temptation to...

LATE FLASH: FUNNY, TOO!
Bob Reed, daydreaming in the chair belonging to the NCO i-c Hospital Orderly Room, fell over backwards as both he and the chair collapsed. The chair was undamaged, but not so Bob's pride. His exact words when this horrendous deed was performed, were: "Gosh, gee whiz!"

Pool Schedule

AUGUST

SERVICEMAN'S SWIM:

Monday to Friday 1145 - 1245 hours.

OPEN SWIMMING:

Sunday evening 1830-2030 hours.
Tuesday evenings 1830 - 2030 hours.
Thursday evenings 1830-2030 hours.
Saturday and Sunday 1400-1600 hours.

DEPENDANT AFTERNOON SWIM:

Monday thru Friday 1300-1430 hours.
Admission - 25c per swimmer or \$5.00 book value of tickets for \$2.50 at the Canex snack bar.

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Charlotte Willis 338-8962	Dave Paterson 334-4581



CPL. GEORGE DOWNIE SIZES up the very latest model status stick presented to him by the 407 STechO section. George becomes time expired at the end of August and thus will have ample opportunity to evaluate the new addition to his golf bag.

Gliding Club

Four months of regular flying training by the Gliding Club since its official formation has produced definite results. Despite poor weather on too many weekends we have managed to train a good number of new pilots on our hard working Rhonlerche training glider. I would like to report soaring success as well but so far the weather gods and our "sink hole" valley have prevented any challenge to our skills, so we continue with short flying trips as our normal fare. Our daily launch rate has improved with the increasing experience of the members; soon to be again improved when we have the ability to operate 2 two-cars alternately; the result of pilots on solo status moving up to our soaring dual, the Bergfalke, thus increasing openings on the Rhony for additional students.

The club's first day for celebration came when we sent off our first ab-initio solo pilot, Diane Flynn, flying with us every flyable day since she joined on May 20, 1973 earned her very well flown solo on her 36th launch on July 22, 1973. A proud day for the Club and her instructor; again we all offer our congratulations.

In rapid order more solo pilots joined Diane. Our very keen 16 year old member Dale Hogg was off alone soon after, also on the better than average 36th flight. Despite a difficult launch and high winds Dale flew a beautiful circuit. In the same period we also passed Barry Fraser, an ex-power driver who successfully ran our last ground school. Congratulations on finally making pilot, Barry. Also Brian Wight, an ex-German-trained glider pilot who did his first Canadian solo at the same time and is moving along very quickly. The weekend of the 11th and 12th of August was extremely gratifying when 3 ab-initio members went up empty in the back seat. Saturday, our irrepressible Gerry White became number 5 on the list, joined Sunday by Sid Wood and Bob Aubry.

A fun change for the members came on days we had aero-tow made available. A tow to higher altitude by aircraft increases training time, opportunities for finding lift, affords a very panoramic view of our area; as well as increasing the number of members in the air due to better launch rate. This welcome addition to our operations was provided by Clay Arnell - long standing supporter of our club and a flying nut of the highest order. Using the Air Cadet L-19, being prepared for use by the Cadets at another airfield, Clay gave 3000 foot launches in record time with the incredible climb-rate of the L-19, even with a fully loaded sailplane 200 feet behind. Spending all afternoon and evening with us, even eating his supper between tows, Clay provided versatility and experience for the members and for this pleasure the warmest thanks are extended by all that were with you on the flying field. The Club also contributed to Comox Days along with Clay and the L-19 by having yours truly on tow in his Ka-7 sailplane over the Comox Park at 700 feet followed by a climb to 3000 feet for some aerobatics. Tremendous fun!

Expansion of the Club continues with the addition of a second privately owned sailplane to bring the Club total to 4 aircraft. Bob Denyer, very keen pilot and executive member, purchased the American manufactured 1-23G in July and has flown it with us recently demonstrating its performance, the highest in the Club and our first single-seater.

For the future our immediate problems are technical; increasing the reliability of our radios and towbars, acquiring more tow-ware and seat cushions, plus minor repairs to our air-planes. We can handle more students now as we convert our latest solos to the Bergfalke, and hopefully our next general meeting will solve this. In the long term we want two basic things; continued financial success and some soaring weather. With the fine people making up our club the first is well handled and that leaves the Meteorological Angels to smile on us and make it all worthwhile. Best of luck glider pilots and see you all on the field.

Flash Flaredrop

In this exciting chapter, Flash strikes out against the high cost of living, aided by three dubious characters:

1. Eager Ironring, graduate engineer, and his Green Hornet;
2. The S.L.J.O. - also parttime magician;
3. The Peakin' Deacon - sees all, knows all

"Great gustlocks!" shouted Flash, as he scanned the ads in the local weekly paper with its curiously colored front page. "The rate of climb of food prices is definitely exceeding design limits." Such aviation-oriented statements were characteristic of Flash's charming wit. "Why, the price of tea has again placed a strain on my meager pilot's wages."

"Not to mention the price of 'amburger,'" added his wide-eyed engineer, his ears hanging onto Flash's every word. "If we have to go up north on a search, we get pretty 'ungry eating jus' dose little cookies in the ration box. Nex' time, I make sure we got plenty oil, me."

Meanwhile, Eager Ironring, who was equally worried about food costs, was busy with his slide rule, trying to calculate the nutritional value of the four popples he had just consumed. "Maybe there's lots of protein in boiled tennis balls," mused Eager, as he gazed out his office window past the Green Hornet, sitting in its parking space, ready to spring to life. "I might as well try cooking them, 'cause I sure can't hit them across the net." These surely were terrible times for all.

Elsewhere, across the hangar, the S.L.J.O. sat in his office, pondering his latest fate. He had just been named Air Cadet Liaison Officer for a

newly-formed squadron of boys at Tuktoyuktuk, N.W.T., and he wasn't exactly looking forward to the monthly inspection visit. "Maybe if I practiced enough, I could make myself disappear. That way, the food bills would be less too! I wonder where my magic book is," he thought, as he excitedly rummaged through his locker, only to find an old top hat and three colored balls. The troubles of the world grew heavier by the minute.

By and large, however, these tribulations were nothing, compared to those which weighed upon a figure pacing a far-off corner of the hangar, dressed in a long black coat. The Peakin' Deacon, guardian of the Squadron's morals, had observed many of his flock descending in droves upon three large tents, set up in a nearby field the previous weekend.

There, he had watched them as they quaffed down many gallons of frothy golden brew and regaled with much hoopla, as a band of men dressed in funny leather pants played a strange "oompah" music. The Deacon had watched, and sampled the brew for three nights in a row, and had definitely come to the conclusion that it was an alcoholic beverage. But what vexed the pillar of righteousness the most was that, as happy as the people seemed, they were being guarded by an odd character wearing a tin helmet and overcoat, and carrying an old army rifle. "Every vice has its excuse ready," muttered the Deacon thinking of an old Roman saying by Publilius Syrus, "but that was ridiculous." And, with those wise words, so ended another day with that crack Search and Rescue Squadron on Canada's West Coast.

2nd Comox Scouts and Cubs REGISTRATION

At the Scout and Cub Hall (Next to Glacier Gardens)

- Wednesday, Sept. 5 — 6:30 p.m. to 7:30 p.m. for Cub members last year of 2nd Comox pack.
- Wednesday, Sept. 5 — 7:30 p.m. to 8:30 p.m. for Scouts and Venturers new and old.
- Thursday, Sept. 6 — 6:30 p.m. to 8:00 p.m. for Cubs not previously members of 2nd Comox pack.

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407 Tech Ramblings

ARMAMENT HANG-UPS

Our subject matter this week concerns mystery and sickness. The mystery pertains to a half bottle of vodka which had been left in the office and, since everyone knows that a poor armorer runs on beer, one must assume that same belonged to an Air Cadet. The sickness befell a certain Sergeant in good standing and, after extensive diagnosis by a cross-trained armorer, it was concluded that the symptoms pointed to morning sickness. With this in mind, he was rushed to the hospital leaving the section hopeful of another first in the trade but, alas, it proved to be only an allergy. Oh well, Bob, at least you won yourself an "Attend C".

Speaking of Sergeants, a certain one was the recent recipient, through the mail, of a cheque with a misplaced decimal point; however, our anticipated beer bash had to be postponed indefinitely when the error was quickly rectified.

John Brown, having overcome the "Rock" in his garden, has now turned to creating another tourist attraction which promises to resemble the Great Wall of China. Just remember, John, Hadrian's Wall in England didn't keep the Scots in or the "Chirpers" out.

Now that our Career Manager is about to pay us a visit, we'll finally find out

whether our PERs were completed in the approved manner or if a ouija board was used instead. Are those beads of sweat, Warrant?

Before closing, the welcome mat is out for the newest additions to our personnel inventory in the persons of Cpls Horsman and McMahon. A BIENTOT

ASW LABS

MWO Bush found it necessary to take some more leave in order to play the part of main host for an influx of summer visitors. We certainly trust that their stay here was not extended by virtue of an inability to get their vehicles back to the mainland.

Bill Stevenson should be at or in the vicinity of that other valley (Annapolis) by now and we wish him all the best during his tour at Greenwood.

Friday, August 10th was the occasion of the annual intermess sports day and, as was to be expected, the WO's and Sr. NCO's managed to top the best efforts of the Jr. Ranks. Unfortunately the weatherman was not overly cooperative in that the breezes provided made the chuck a bit too rough for Floyd Dahl and others to set sail in their bathtubs.

Cpl. Dave Shufflebotham is one of a dying breed: he was all set to proceed on leave when the call went out for manpower to guard the Abbotsford Air Show Voodoo prang and Dave volunteered.



LCol. MORTIMER, the new CO of 442 Sqn. beaming with pride at his new herd of Buffaloes, which promptly went unserviceable. —Totem Photo

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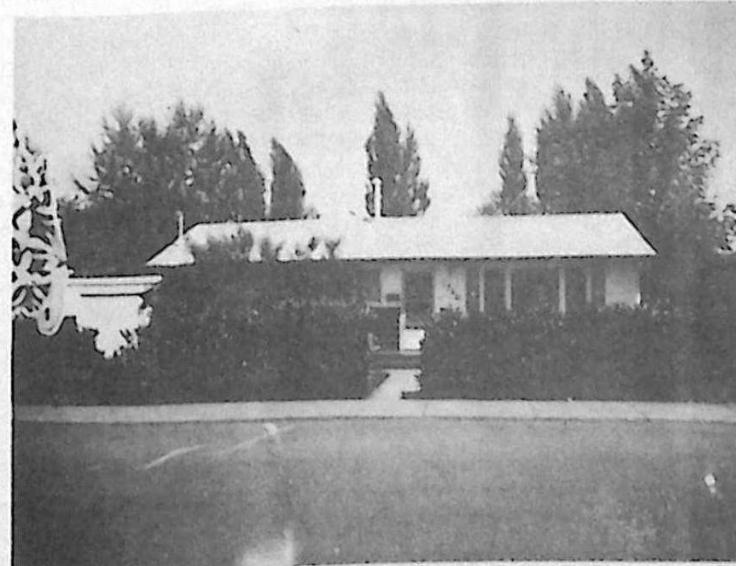
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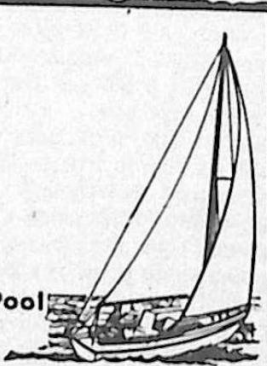
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The Dilemma Of The Single Man

Are some of the young, single servicemen satisfied with the Service? The answer, I think, would be: No.

Why? Don't they have benefits which have been the envy of those in comparative occupations outside the Service? Almost free travel across the country and around the world? Paid holidays? Rations and quarters, if they desire to live-in, although not of the Holiday Inn calibre? A scale of pay and financial benefits almost unequalled in other Armed Forces? A trade with training of the highest quality? And so on and on.

With all this, why are there still the quick releases after only one, two or three years service?

One of the reasons may lie not within the Service, but without. Our "public relations" with our fellow ordinary citizens are not the best and never have been as long as we have been 'peacetime soldiers.' Regrettably, we ourselves have been the perpetrators of such ill-will a number of times.

A city or town with a base near or within its boundaries will not be pleased on payday weekends to find its local establishments, debutantes, and parks being confiscated by "those" persons from CFB So-and-So. So what if it's the Base and "those" people who have made the town or city what it is, or made major contributions to the town treasury. Still ...

Of course, this is not true in ALL cases, nor in ALL towns or cities.

Sometimes, it can be one person who will establish ill-will. Whether it be one serviceman, who foolishly gets into trouble with the police or citizens and establishes a smear over all his fellow servicemen of that area with the local gentry, or one citizen of local prominence with a crusade or grudge against all servicemen because of one

serviceman's getting on his wrong side for some obscure reason. The results are still the same. Injustice to all.

Another, and possibly more accurate reason for the dissatisfaction and releases is because a number of single servicemen believe the Service to be too "old-fashioned" and "not with the times". Guys of 18 or 19 years of age join, see themselves cut almost bald ("If Mom and Dad could see me now!"), find themselves in standard green clothing and discover that their time on their own is not really their own! Rules, regulations and CFAO's are their bibles! And, other guys telling them what to do and what not to do!

And, then, when they go home on their paid-for leave, they find themselves "out of touch" with their friends and have been "passed by" in the goings on at home. Even at home, the inevitable rules, regulations and CFAO's are with them. No telling all, no getting into trouble with the police 'cause further trouble may await you back at base. And, of course, the inevitable haircut before going back to work.

Is it a wonder that some leave the Service. Who wants to be the 'bad guy' or 'he who is left out'.

Of course, we aren't all getting out. Some stay because they like the way things are run. The pay is good, the workload not too heavy, and there is some pride to being what we are. We don't care what others think. It's the guy you're working beside that you care about. What does he think of you?

Then there's the travel and the meeting of new faces. The folks and buddies back home are comparatively dull when you've met other Canadians of different backgrounds and customs, gotten to know them, and shared their friendship. Not all of us want to get out.

By Sockratease

Someone said that the pen is mightier than the sword; well, my pen feels a bit weak today. In fact, it just sits motionless while I watch it, waiting for some earth-shaking words of wisdom to flow across the paper. Come on, pen, get going; after all, a philosopher has to have ideas on everything. Nothing very positive though, I wouldn't want to have someone disprove too many of my pet theories. I know, maybe if I close my eyes for a few minutes, my pen will lash out and slay some of the major problems confronting us today. . . . Oops!! I just found out that the boss's tongue is mightier than the pen.

Okay, back to the urgent work of cleaning up this rotten world, that is, if the Totem Times Editor can find space in his fish wrapper for some wisdom. (I can afford to be cheeky, because I'm not a full time professional philosopher - I moonlight in the CAF). In fact, I'm not the world's greatest philosopher, just the greatest LIVING philosopher. Of course, no one will recognize that fact till I've been dead for six hundred years. Anyway, if I bomb out in the philosophizing racket, I can always go back to my original profession as one of Canada's hired killers.

It's hard to decide which problem to solve first, there are so many. Is it better to start with easy problems and work up, or start with difficult problems and work down? I think for this edition I will pick a few random problems and solve them as they pop into my pen. Let's face it, if I solve all the problems at once there won't be anything left for future editions and I'd end up writing an "Ann Slander" column or "How to Cultivate Crabgrass in Comox" or some other onerous composition.

I think the first problem I'll solve first is that of drug abuse in this area. I was going to use a heading about the drug problem and underline it, but then no one would read past the heading. Those on drugs would immediately think that some puritanical character from the establishment was trying to wreck their fun, and those not on drugs would think that the problem didn't apply to them because they weren't hooked on drugs. In any case, there is a problem and it hits us right where we live. Our kids and our friends' and neighbours' kids are the ones who get hurt. They are the ones most likely to do drugs, become involved in crime and ruin their lives. They are not the ones, however, who supply the drugs, operate nationwide supply and distribution systems and make huge profits. The ones who do this are dirty, rotten, cowardly blood suckers from organized crime. I can say many bad things about these people, but one thing I can't say is that they're stupid. They are not. They are selling a product for big profits and that's all.

To solve the problem, we merely make their operation

In Canada, approximately 4.3 million cubic feet of wood are harvested annually from an economic allowable cut of approximately twice this amount.

unprofitable and they will move elsewhere or go into a different line of business. This can easily be accomplished by making the punishment for pushing drugs severe enough to discourage it entirely.

The next problem which I have been philosophizing about concerns the population explosion, which in the not too distant future promises to leave us all with standing room only. This is an easy problem for a philosopher to solve; however, the technical aspects may be slightly more complicated. Everyone knows that the earth is a fairly solid mass; therefore, if we remove the material from the inside and pile it evenly around the outside, it would greatly increase the surface area. Since it would then be hollow, we would also have almost as much surface area on the inside, provided we could learn to walk upside down.

Okay, just one more problem, and that is the very serious threat of the increasing incidence of venereal disease. Although I can't claim personal credit for this solution, I'm sure it will work. I've been told that all we have to do is assign V.D. a NATO stock number and nobody will ever get it.

If you've got any problems that need philosophizing, I mean real problems, (I don't fix washing machines), then let me know and if I have time I may help you out.

Sock.

Chapel Chimes

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Father J. A. Borg - Base Chaplain (RC). Telephone 339-2211 Loc. 274

MASSSES
Saturday 7:00 p.m. Sunday Vigil Mass
Sunday - 9:30 and 11:00 a.m.

WEEKDAYS:
Tuesday - 7:00 p.m. in private homes on request
Friday - 10:00 a.m. in the Chapel

On other days Father Borg will celebrate Mass on request.
SACRAMENT OF PENANCE: Before Mass on Saturday from 6:30 to 7:00 p.m. and before other Masses.

BAPTISM: By appointment. Whenever possible on the third Sunday of the month at 1:30 p.m. On other Sundays for a good reason.

CATECHISM TEACHERS: A get together of all Catechism teachers is planned to take place on Wednesday, 29th of August in the Parish Hall at 8:00 p.m. We sincerely hope that all teachers of last year and all concerned will make appropriate arrangements to be there.

CATECHISM REGISTRATION: Registration night for Catechism will be on Wednesday 12 September at 6:30 p.m. in the PMQ School.

Catechism classes will be starting on Wednesday the 19th of September from 6:30 to 7:30 p.m. in the PMQ School.

More Catechism teachers and helpers are needed this year.

JUNIOR CHOIR: Registration night for the Junior Choir will be held in the PMQ School on 13 September 73 at 6:30 p.m. Ages 10 years and over.

PROTESTANT CHAPEL
R. J. Ritchie - Base Chaplain (P). Telephone 339-2211 loc 273.

26 AUG. 1973
10:00 a.m. - Divine Worship
10:45 a.m. - Holy Communion Custom of Presbyterian Church. All are welcome

2 SEPT. 1973
11:00 a.m. - Divine Worship

9 SEPT. 1973
11:00 a.m. - Divine Worship

CHANGE OF TIME: 2 SEPT. 73
We will return to the 11:00 a.m. hour for the Regular Service on Sunday, 2 Sept. 73.

COFFEE HOUR: 9 SEPT. 73
Immediately following the Service on the 9th of September we shall serve coffee and take a little time to welcome new comers to our Chapel. You are invited to come and make yourself known to us.

Teepee Park

Reservation System

Effective this date, the following procedure for the

UN African Foodlift

(Continued from page 1)

searing 110 degree air deep into your lungs and dries and cracks your lips in minutes.

At Arlit a work team quickly unloads the plane without showing a drop of sweat. The hot dry air evaporates any moisture as soon as it reaches the surface.

It is another half hour turnaround and if everything has worked on schedule they make another Kano-to-Arlit flight before heading back to Lagos. It has been an 18-hour crew day. No-one tarries at the airport. They hurry back to their hotel, have a shower, dinner and into bed.

They know they will have tomorrow off but it has to be a restful day, because they will be flying at dawn again the day after.

Major Ken Johnson of Trenton, the detachment commander, knows he is asking a lot of his small band of men. They and their machines are tired. But Maj. Johnson has not recorded a squawk yet. They are getting feedback from the outposts on how much their help is needed and appreciated, and they are doing their best to get the job done.

Ladies' golf news

The Father's Day Tournament was well attended and the results were: Low gross, Red Brownrigg and Barbara Carter, Low net, Ron Carter and Leslie Smeeton, Singles division, Bill Stevenson, Longest drive ladies, Lois McNichol, Closest to pin men, Garnie Boutet. Hamburgers and trimmings were served as a finale to the day.

The July 8th 2 ball and steak cookout had to be cancelled due to lack of interest.

Thirteen Glacier Green ladies visited Comox Golf Club on Tuesday, July 17th. We were made very welcome and despite the terrific heat 18 holes were played. Glacier Green ladies results follow. 1st Low gross Barbara Carter, 2nd Low Gross, Mona Ledgard, 3rd Low gross, Joan Webber. 1st Low net, Colleen Davis, 2nd Low net Bunny Hammond, 3rd Low net, Lois McNichol. Low putts, Eileen Fee and Pat McIver.

July 18th saw Sunnydale ladies out at Glacier Green on a return visit. Once again it was extremely hot but there was a good turnout from both

the home club and Sunnydale.

Results were - Sunnydale: Low gross, Kay Quinn, 2nd Low gross Dorothy Thompson; 1st Low net Evelyn Staples; 2nd Low net Bessie Frew, Low putts, Yvonne Baker. Glacier Green: 1st Low gross, Mona Ledgard; 2nd Low gross, Gen Boehler, 1st Low net, Barbara Carter, 2nd Low net, Colleen Davis, Low putts, Bunny Hammons. Bunny Hammond presented prizes and thanked the visitors for coming. Katherine Salter replied for Sunnydale. She expressed thanks for the letter re the Ladies' Open Invitation to be held on August 25th and said she felt sure her club would be well represented.

A special thank you to Ron Boehler and Don Palmeter for their help.

The President's Trophy Tournament results were: 1st Low gross, Gen Boehler, 1st Low net Rose McGeish and 2nd Low net, Kathy Keener.

Name pins have now been ordered and should be arriving shortly.

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735 x 14	17.20	14.43	735 x 14	19.35	16.25
775 x 14	18.15	15.24	775 x 14	20.30	17.04
825 x 14	20.30	17.04	825 x 14	22.45	18.84
855 x 14	21.10	17.69	855 x 14	23.85	20.04
560 x 15			560 x 15	18.85	15.84
775 x 15	18.15	15.24	775 x 15	20.30	17.04
825 x 15	20.30	17.04	825 x 15	22.45	18.84
855 x 15			855 x 15	23.85	20.04

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Sonny Erickson 339-4735

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John Moller 339-4072

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2ND COMOX CUBS AND SCOUTS

PMQ School Registration

REGISTRATION DAY
(All grades - Kindergarten to Grade 7 inclusive)
Registration Day for all NEW ARRIVALS in the PMQ area for pupils from Kindergarten to Grade 7 inclusive will be held in the COMOX AIRPORT SCHOOL AUDITORIUM on Monday, Aug. 27, 1973 from 0900 to 1200 hours.

Parents are asked to bring their child's report card and any other records received from the last school.

A list of school supplies required will be available at the Base Exchange or any of the stores in the district where school supplies are sold.

School will commence for the fall term at 1300 hours, Tuesday, Sept. 4, 1973.

Grades 1 to 7 attend from 0845 to 1145 hours and from 1255 to 1500 hours regularly from Sept. 5, 1973. Note the difference in time for the first day, Sept. 4.

KINDERGARTEN
Those pupils being registered for Kindergarten must be 5 years of age on or before Dec. 31, 1973. Birth certificates are required. For the nurse, please bring along any record of immunization

which has been given. Children will not be examined at this time.

Kindergarten pupils, accompanied by a parent, will attend school on Tuesday Sept. 4, 1973 for roll call only. The pupils whose 5th birthday falls between January and July will attend the first day between 1300 and 1345 hours. Those whose birthday falls between August and December will attend the first day between 1345 and 1430 hours. Parents will be advised at this time of the hours their child will attend classes.

Regular morning classes are from 0845 to 1115 hours. Regular afternoon classes are from 1230 to 1500 hours.

GRADES 1 to 7

Present pupils will report to the classroom they attended last year at 1300 hours. New pupils please report to the auditorium at 1300 hours.

LOCAL SCHOOLS COMOX-COURTENAY

Information on registration in schools in School District 71 will appear in the weekly Comox Valley Free Press newspaper. Generally, registration will take place on Tuesday, Aug. 28, 1972 from 0900 to 1200 hours.

Cubs and Scouts

The Boy Scout movement starts another year of trying to help boys to discover themselves, to develop known skills and learn new ones.

The 2nd Comox Cubs, Scouts and Venturers will hold registration for the 1973-74 session at the Scout and Cub Hall across from Glacier Gardens on each of the following evenings:
Wednesday, Sept. 5 - 6:30 p.m. to 7:30 p.m. for Cubs who were members of a 2nd Comox Cub pack during 1972-73.

Wednesday, Sept. 5 - 7:30 p.m. to 8:30 p.m. for Scouts and Venturers, both those registering for the first time, and those re-registering.

Thursday, Sept. 6 - 6:30 p.m. to 8:00 p.m. for Cubs not previously members of a 2nd Comox pack.

All boys registering must be accompanied by a parent. It is expected that the registration fee will be \$5 for the first boy and \$4 for each additional boy per family.

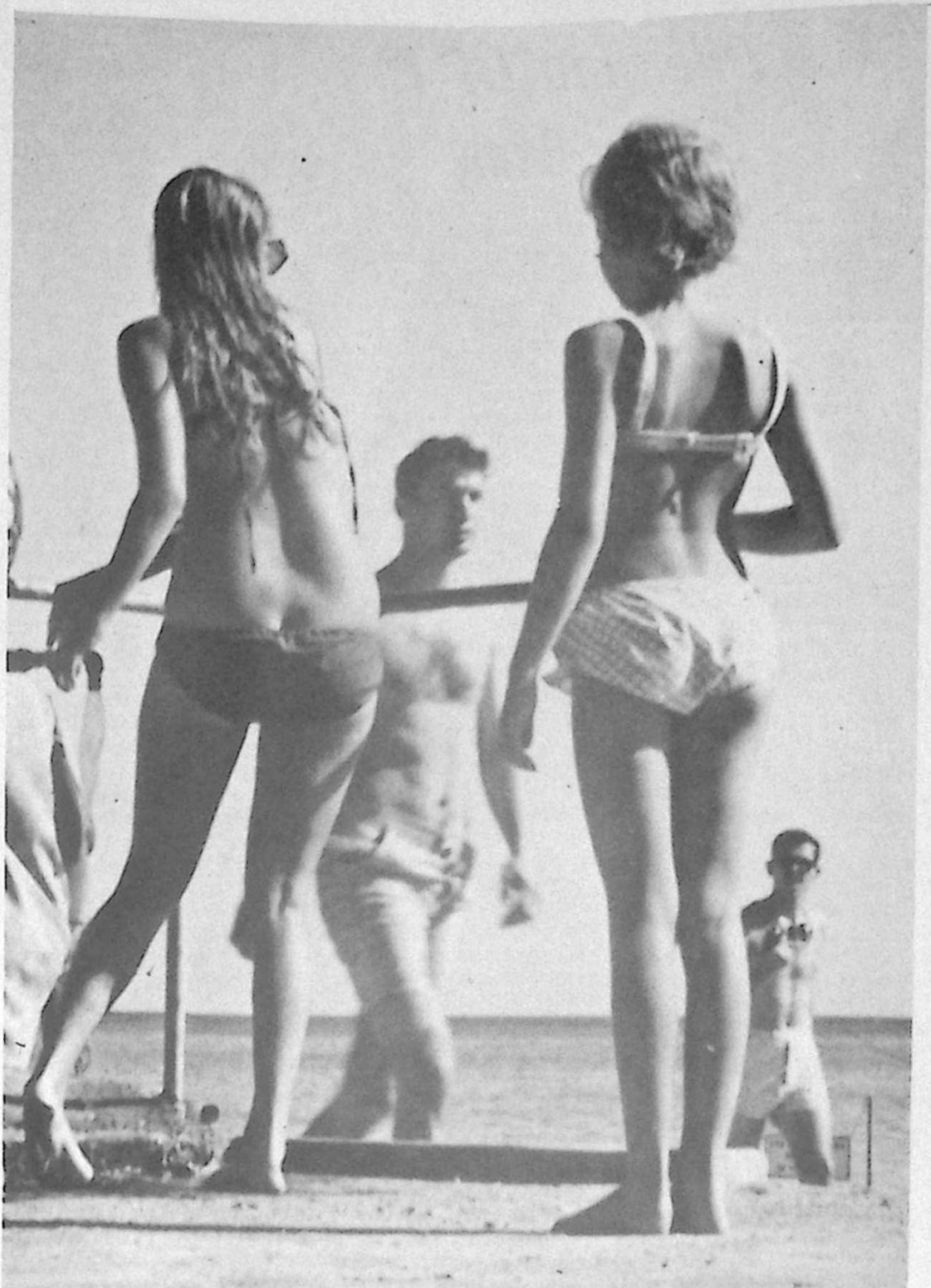
Scout Troop and Venturers will hold their first meeting of the season on Monday, Sept. 10th, with regular Cub Pack meetings beginning Tuesday, Sept. 18th. Pack meetings are held each Tuesday, Wednesday and Thursday. All of the troop and pack meetings begin at 6:30 p.m. and end at 8:00 p.m. One of the three Cub packs meets on each of the three evenings mentioned.

The Scouting program functions only because there are a number of interested parents (and many single servicemen) who give of their time to help. The Scouting program at 2nd Comox needs your help. There are many positions open as leaders. For best results there should be one leader for each 6 Cubs and one for each 5 Scouts or Venturers. Unless more parents become actively involved as leaders, the number of boys in 2nd Comox will have to be reduced and all new Cubs will have to go on a waiting list.

Experience is not necessary

before offering assistance to the Cubs and Scouts, nor are mothers excluded from helping. Several mothers already serve as leaders with the 2nd Comox Cub packs - many others belong to the Ladies' Auxiliary and give invaluable help during the year. Anyone willing to become involved in the Scouting movement need only call one of the following people: Don Middleton, chairman 2nd Comox Group Committee, 339-3010. Norm Bouchard, Venturer Advisor, 339-2658. Roger Taillon, Scoutmaster, 339-2601. Everett Hale, Scoutmaster, 339-2314. Surindra Gill, Cubmaster, 339-3217. Sonny Erickson, Cubmaster, 339-4735. John Moller, Cubmaster, 339-4072. Kay Peters, President Ladies' Auxiliary, 339-4469.

Parents, on registration night bring your boy to the Scout and Cub Hall and register with him - he'll appreciate it and so will we.



THE SCENERY is great at Air Force Beach.

—Unknown.

Library Report

Feel left out? Read and you'll have opinions too!

The most talked about subject these days is MONEY. The book HOW TO LIVE CHEAP BUT GOOD by Martin Poriss shows how with a little knowledge and a lot of ingenuity you can face the problems of everyday living and emerge triumphant. There's good advice for every individual.

BLACKBERRY WINTER. MY EARLIER YEARS. by Margaret Mead. The intimate personal story behind the pioneering achievements of the world's most famous anthropologist.

TREASURE HUNTING IN BRITISH COLUMBIA by Ron Purviss. In this fascinating book, Ron Purviss guides you on a treasure hunt. He explains where to look for your treasure, how to recognize it, what equipment to take with

you, how to display your collection, and how to assess its worth.

FISH AND SEAFOOD COOK BOOK by Better Homes and Gardens. Mmmmm. Mmmmm. The colored pictures look good enough to eat. In this book you'll find many hints and actual menu plans to help you prepare tasty seafood combinations. Also included for the fisherman in the family are drawings to help make cleaning, skinning and filleting the catch as uncomplicated as possible.

AND TO EACH SEASON... by Rod McKuen. It is Rod McKuen's most personal book of poetry. Poetry is fact, even in its imagery. This is a work of art.

TARGET 2067 by Leonard Bertin. Here is an exciting panorama of what the future can bring.

In today's times, there are more schools, universities, and other institutes of higher learning than our ancestors ever dreamed possible. Aunt Polly practically had to force Tom to go to school. But with today's laws and the ready accessibility of many schools, there is seldom if ever any need to force people to go to school. In fact the pursuit of higher learning is usually done voluntarily. The kids who go to high school and university today do so because they want to.

Why then are people so dumb?

Have you ever sat at intersection in your car when the green light is about to turn yellow, then red, but yet you won't make your left-hand turn because the driver rapidly approaching the intersection has not signalled any intent to turn? At the last possible second he makes a turn, and you are stuck in the middle of the intersection, much to the displeasure of many irate drivers.

You're in the elevator in your apartment building at the basement level, the door opens. A person standing outside the elevator, obviously waiting to get on, asks, "Going up?" You walk out the door of the store completely burdened with parcels, the guy in front of you lets the door go in your face. What about the person running up the down escalator?

The star centre of your hockey team has just caught a blistering shot in the mouth. The first question he gets, "Does it hurt?" You walk into a practically empty restaurant with your wife and the maitre d' says, "Table for two?"

How many people push the 'Pull' door? Wearing sunglasses in a movie house during the picture? The chainsmoker coughing wildly says, "I must be getting a cold."

The husband walks into the kitchen and notices his wife fighting desperately with smoking fry pan. "Something burning, dear?"

Yes, the day of education is now. We all know about history, math., engineering, chemistry, etc., yet do the above cases illustrate anything? Too bad there aren't courses in common sense, concentration, and consideration for others.

The Dispatch, CFB Toronto AMEN!

People Are Dumb!

Stretching Meat

Personality

(Continued from page 2)
fond adieu. We enjoyed our tour in the land of 100,000 lakes. I thank you all for the support you have given me in some of my little endeavours and all the sections that didn't throw me out empty handed when on my scrounging missions.

Now it's off to terrorize old TOTEM TIMES.

Anyway in Comox: The constant rains Fall mainly on chilblains. J. W. Brown, Chief Warrant Officer WELCOME TO COMOX JIM!

Stretching meat is an art practised all over the world for centuries, and it's easy, too. (We know, don't we, girls - we service wives have been doing it for years.) All those meat loaves, casseroles and similar dishes! But take a look at those again. Chances are you can cut down on the quantity of meat without sacrificing flavour, and save a few pennies. (And remember

what Grandma said, about a penny saved being a penny earned?)

Remember, though, to compensate for the smaller amount of meat by using savoury fats such as bacon fat, rendered chicken fat or beef drippings. Make use of chicken or beef broth, made from a cube or powder, in place of water. Use a little more seasoning - a sprinkle

more herbs, some lemon juice, a little more onion. This won't add to your cost, but will do much to boost the flavour of your reduced-meat dishes. And serve with interesting accompaniments such as a home-made relish, a savoury salad or an unusual bread, such as whole wheat or garlic. With a little imagination and ingenuity, you can stretch your meat dollars. R. G.

AUTHORIZED PATRONS ONLY

EX BACK TO SCHOOL SPECIAL

STOCK CHECK CLEARANCE

30 Aug to 1 Sep

TOOTHBRUSH and
 CREST TOOTH PASTE
 25 ML
 Both for 39¢

OPENING OF
 WOOD HOBBY
 SHOP

4 SEP 73

HOURS OF OPERATION:

Mon to Fri	1800 ~ 2100
Sat	0900 ~ 1600

Self help Bays for RENT.

: HOURS OF OPERATION:

RETAIL STORE

Mon to Wed	1200 to 1700
Thur	1200 to 2030
Fri	1200 to 1700
Sat	1000 to 1600

SERVICE STATION

Mon to Fri	0800 to 2100
Sat	0900 to 1700
Sun	1200 to 1600

by Martelle

Classified Ads

Kerry Blue Terrier puppies, 3 1/2 month delightful, spirited, affectionate companions. Champion sired from obedience trained stock. Do not shed. Vaccinated. Phone 390-4788 after 5 p.m. or write TerKira Kennels Reg'd., Cailliet Road, RR 1, Lantzville, B.C.

FOR SALE
Need an element for your dryer or range? We carry a large selection at Courtenay Electric and Sound.
COURTENAY ELECTRIC & SOUND CENTRE
477-5th St 334-4214

Happy Day Nursery School Registration: For new registrations and verification of registrations already received. Wed. 5th Sep. 7:30 - 3:30 p.m. at the Protestant Chapel Annex.

LIGHT UP WITH LAMPS AND LIGHT FIXTURES
Special contractor prices for homebuilders.
We specialize in house wiring and electric heating in new or old homes.
COURTENAY ELECTRIC & SOUND CENTRE
477-5th St 334-4214

For Sale: 1 Hoover portable clothes dryer (white) runs on normal house current. Six months old. 1 tandem bicycle. Two months old. Wine colored, three speed. 1 pair women's white figure skates size 6 1/2. Good condition. 1 men's ten speed bike. Green BRC Japanese make - very good condition. Six months old. For one or all of these, call Cpl. J. T. Fraser at Loc. 394 or 339-4577

RETIRING SOON?
Are you planning on retiring from the Armed Services in the near future? If so perhaps we may have the answer to your next career opportunity. Lightmaster Ltd. is now employing several retired military personnel as Commissioned Sales Agents throughout the various territories in Canada. We offer a selection of top quality lighting products for Commercial, Industrial and Municipal use. These specialized guaranteed products are sold directly to the end user and are now being used by dozens of Canada's foremost contractors over 75 percent. Your full commissions are paid to you each week with no investment necessary. Our most successful sales staff are in the 40 to 55 age bracket. A local Manager would be available to assist a self-starter who is seeking a career opportunity in the area where you would be taking up permanent residence. If this is the type of position you are seeking please telephone collect (416) 632-9020. Don Crossley, or write Lightmaster Ltd. 2384 Industrial Street, Burlington, Ont.

Experienced Caretaker cpl. Small rural house in exchange for caretaking or other work. Experience also with gardening, landscaping, animals, beekeeper. Start Sept. Robert Glick, General Delivery, Nanaimo (602) 987-2137

FOR SALE - House near Lake Trail school, 4 bedrooms (2 small). Large living room with fireplace. Dining room - garage - workshops on lot 80 x 300 ft. Easy terms. Phone 339-2352

Wanted: Bartenders for officers' mess. Contact Cpl. Ditchfield, at Loc. 323 or at Mess from 8:30 a.m. to 3:30 p.m.

WANTED - Rug 10 x 10. Phone 339-2352

GLENSHEE APTS.
1800 COMOX AVE
COMOX, B.C.

FOR SALE - Levin (Goya) classical guitar. Excellent tone and playing action. New \$300.00. Asking \$200.00. Phone 339-2352 ask for Glen Mitchell

For immediate occupancy luxurious 1, 2 and 3 bedroom suites. Rents starting at \$160 per month. Rent includes heat, hot water and cablevision.

FOR SALE - 8 mm movie camera and projector. Brand new \$226. Ph. 334-3089. Sell for \$175.

To view phone resident manager at 339-3089 or 339-2567 or Apt. 212 on site. Sorry, no children or pets.

WANTED - Part time taxi drivers. Please Ph. 334-3377.

Base Fund positions open: Base Fund requires several bartenders for part-time evening employment commencing October 73. Experience is not necessary but would be an advantage, interested parties should contact the BPServO at Local 246 to obtain application forms.

WES SERVICE
- Ranges
- Dryers
- Washers
- Dishwashers
COURTENAY ELECTRIC & SOUND CENTRE
477-5th St. 334-4214

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SPECIAL - While Stock Lasts
ROLEX WATCHES - 25% OFF
ALL MERCHANDISE GUARANTEED
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WATCHMAKER & JEWELLER LTD.
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Wanted: Bartenders for officers' mess. Contact Cpl. Ditchfield, at Loc. 323 or at Mess from 8:30 a.m. to 3:30 p.m.

WANTED - Part time taxi drivers. Please Ph. 334-3377.

WATCHES - Seiko and Orient. Distinctive styling "for you"
DIAMONDS - Traditional modern settings. Engagement or cocktail stylings for that very important occasion.
BIRTHSTONE RINGS - FAMILY RINGS - COCKTAIL RINGS - A small deposit will hold the ring of your choice.
CHARMS & BRACELETS - Sterling or 10K Gold. A "fun gift" to permanently record the "happening of your life."
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SILVER HOLLOWARE OR STAINLESS STEEL - Created for gracious entertaining.

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SUNDAY B-B-Q's - August 12, 19, 26 - Family Nights - 1830 - 2000 - Steaks, Hamburgers, - Please reserve by the previous Friday - Casual Dress.
SEPTEMBER HI-LITE - Get Acquainted Night - Saturday, September 22nd.

WO's & Sgts. Mess
AUGUST, 1973
REGULAR DANCE NIGHT - 25th Aug. - 21:00 till 01:00 hrs. Music by THE ALLEY CATS. Dress Summer "C". Associates and Members \$1.00. Hon. & Guests \$2.00.

BASE THEATRE
Theatre Information
Call 339-2433 Anytime
RESTRICTED SHOWS: 18 years and above - Under 18 years of age must be accompanied by a person over 18.
ADULT SHOWS: 16 years of age and above - Under 16 years must be accompanied by a person over 16.

WO's & Sgts. Mess
AUGUST, 1973
REGULAR DANCE NIGHT - 25th Aug. - 21:00 till 01:00 hrs. Music by THE ALLEY CATS. Dress Summer "C". Associates and Members \$1.00. Hon. & Guests \$2.00.

BUCK AND THE PREACHER
Sidney Poirier
Harry Belafonte
Showtime: 2000 to 2155 hrs.

FEVER HEAT
Nick Adams
Jeannine Riley
Car Racing
Showtime: 2000 to 2155 hrs.

THE LAST PICTURE SHOW
Timothy Bottoms
Jeff Bridges
Restricted
Warning: "Frequent use of coarse language."
Showtime: 2000 to 2210 hrs.

CREATURES THE WORLD FORGOT
Julie Ege
Tony Bonner
Science-Fiction
Showtime: 2000 to 2150 hrs.

CANNON FOR CORDOBA
George Peppard
G. Ralli
Western
Showtime: 2000 to 2155 hrs.

REDLINE 7000
James Caan
Gail Hirt
Car Racing
Showtime: 2000 to 2200 hrs.

THE LANDLORD
Beau Bridges
Pearl Bailey
Showtime: 2000 to 2155 hrs.

MATINEES
THUNDERBIRDS ARE GO
Space Adventure
Showtime: 1400 to 1550 hrs.

80 STEPS TO JONAS
Wayne Newton
Showtime: 1400 to 1555 hrs.

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Wayne Newton
Showtime: 1400 to 1555 hrs.

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New fully equipped large 2-bedroom family units
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Alternators - Generators - Starters
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• LACROSSE EQUIPMENT
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STANDARD WHEELS - WIRES - MAGS
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Call an Expert
Courtenay's Only Factory Owned and Operated Paint Store
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Open 9 a.m. - 10 p.m.
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FREE DELIVERY

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24 HOUR SERVICE
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ALL SEASONS SPORT SHOP
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OK TIRE STORES
OUR TIRES GO AROUND WITH THE NICEST PEOPLE
971 CUMBERLAND ROAD COURTENAY, B.C. WAYNE ANDERSON



COL. F. R. ANDERSON, our recently departed BTO and resident expert on ferro cement boat building is shown here congratulating one of his students, LCol. 'Duke' Warren (Retired) on his excellent model of a ferro cement yawl. In the background Col. D. W. McNicol was saying something like, "If you can get that thing to float, I can fly a Voodoo backwards through the hangar." — Base Photo

Help wanted

Our son is returning to University in September, and has decided to batch rather than board this year. He wants to know how much he and his friends should budget per month for food and household items. What do I tell him? — Prices are rising so rapidly that I've lost track of how much we spend ourselves. This month's prices are higher than last month's — indeed, this week's are higher than last week's and, no doubt, tomorrow's prices will be higher than today's. It has become impossible to predict — I just set aside so many dollars and buy what I can — and do without the rest. I've literally thrown up my hands — I know that's not the answer, but it's so discouraging! I really must try harder. . . In the past, I have nicely filed "cents off" coupons in an envelope — and promptly filed that in a kitchen drawer. From now on, that envelope goes into my purse, and will be taken into consideration when I do my shopping.

When I started to write this, I decided I needed help, so I've been asking my friends and co-workers on the Base for their tips on making ends meet. Millie says: buy only necessities. We've become too accustomed to buying what we want, rather than what we need. (Ohhh! that hits a nerve — I plead guilty!) Jean says: we're going to have to go back to growing our own vegetables and fruit. Tom says: go on more hunting trips. Moose and deer are good! Michele says: eat more fish. It's much more reasonable than beef. Very high in protein — nutritious and tasty, too. Pam says: stop eating! or get a better paying job! or better still, a sugar daddy! Mary says: comparison shop. Price differentials are surprisingly great. (Guilty again! too often I buy catfood at 5 cents more per tin because I just forget to stop at a store on my way home from work where it costs less!) Wally says: a teaspoon of

honey and a tablespoon of peanut butter. (???) Frank says: restrict the present unreasonable free credit. Irene says: try serving smaller portions of everything, preceded by a big cup of homemade soup. This takes the edge off appetites, and it's delicious, too. . . . but I still don't know what to tell my son. . . R. G.

Base Services Information

The Base Exchange has installed a telephone with a tape recorded message for the convenience of patrons. The recorded message will be changed weekly and will contain details of movies at the Base Theatre and information regarding sales or other specials at the retail store, snack bar and service station. The number to call is 339-2433.

SHOP-SAFE

BACON!
2nd MORTGAGES AVAILABLE!

SPECIAL EGGS!!
SEE OUR MANAGER FOR EASY BUDGET TERMS!

TODAY'S SPECIALS

COMOX VALLEY INSURANCE SERVICE LTD.

Insurance is our 'Only' Business

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Phone 334-3195

BLOCK BROS. REALTY

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1258 sq. ft., all on one level - A very neat home with 3 bedrooms. Fridge, stove, washer-dryer - rugs, drapes included in the full price of \$22,500. Large new mortgage - at 9 1/2 per cent - to assume.

Excellent 4 bedroom home with wall to wall carpeting throughout. Full basement with finished rec room, 2 fireplaces, 2 baths, laundry room. Double paved driveway and cement trailer pad in rear.

Meticulously kept, inside and out. On a fenced 70 x 149 yard, landscaped and private - 3 bedrooms, dining room, 2 fireplaces, 3/4 basement. Located in a lovely area of Comox.

A good retirement or starter home in Central Courtenay. 2 bedrooms on main floor. 2 more possible in basement.

FOR INFORMATION ON ANY OF THESE DESIRABLE PROPERTIES CONTACT THE MAN FROM BLOCKS

DUKE SCHILLER 334-2203	ART MEYERS - SALES MANAGER	MIKE EMERSON 338-5233
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Guaranteed HOME TRADE PLAN

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PERFECT FOR BACKYARD BARBECUES

Indoors or out, Sunday dinner becomes a banquet with one of these tender flavorful young birds on the table. Everyone is guaranteed perfect eating, and at the low SUPER-VALU price your best buy on meat.

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Blade or Short Rib ROAST

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JUICY BURGER 95¢ lb.

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GREEN BEANS lb. 29¢

KIWI FRUIT 2 for 39¢

<p style="font-size: x-small;">KRAFT DINNER</p> <p style="margin: 0;">MACARONI CHEESE</p> <p style="margin: 0;">6 89¢</p>	<p style="font-size: x-small;">NABOB</p> <p style="margin: 0;">COFFEE</p> <p style="font-size: x-small;">Fine or Regular Grind</p> <p style="margin: 0;">2 205</p>	<p style="font-size: x-small;">SUNGOLD</p> <p style="margin: 0;">CRYSTALS</p> <p style="font-size: x-small;">All Flavors</p> <p style="margin: 0;">3 87¢</p>	<p style="font-size: x-small;">B.C.</p> <p style="margin: 0;">GRANULATED SUGAR</p> <p style="margin: 0;">25 389</p>
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CLARK'S Soups 5 10 oz. tins 89¢ • Mushroom • Chicken Noodle • Beef Noodle	MINUTE MAID FROZEN Lemonade 6 6 1/4 oz. tins 85¢ Pink or Plain
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<p style="font-size: x-small;">AYLMER</p> <p style="margin: 0;">TOMATO CATSUP</p> <p style="margin: 0;">2 11 oz. tins 49¢</p>	<p style="font-size: x-small;">NABOB</p> <p style="margin: 0;">COFFEE TEAM</p> <p style="margin: 0;">18 oz. jar 105</p>	<p style="font-size: x-small;">REGAL</p> <p style="margin: 0;">STRAWBERRY JAM WITH PECTIN ADDED</p> <p style="margin: 0;">24 oz. tin 79¢</p>

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