



TOTEM TIMES

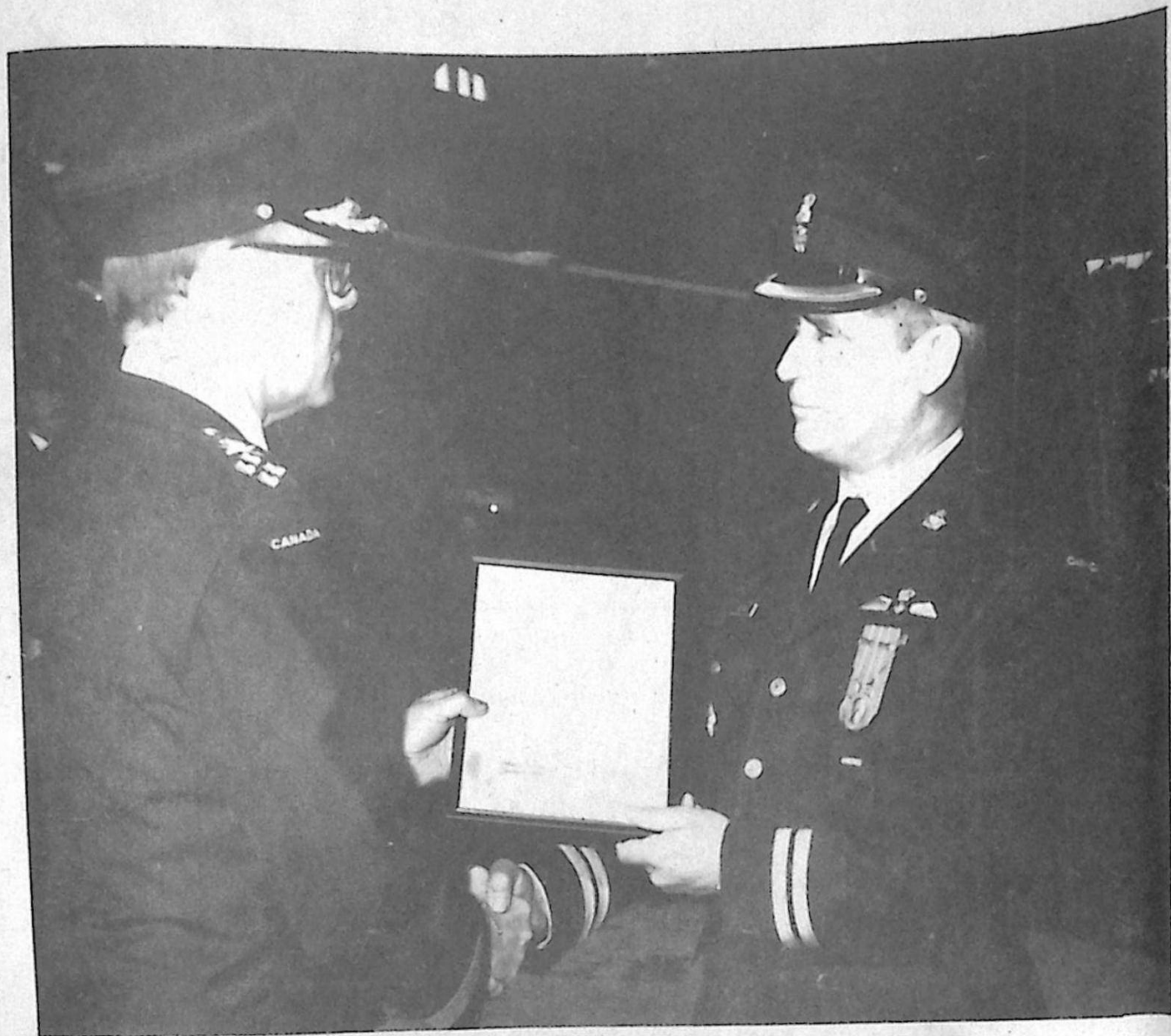


Vol 23 No. 6

CFB COMOX TOTEM TIMES THURSDAY, MARCH 19, 1981

COST: PRICELESS

CDS commendation to S A R crew



Capt. Flath

Citations read as follows: "In recognition of his courage and professionalism displayed during the rescue of survivors from the crash of a U.S. Navy helicopter in Whatcom Peak mountain in the State of Washington, U.S.A. on 13 September 1980. His professionalism, leadership and dedication to duty under the most adverse conditions of weather and terrain resulted in recovery of two severely injured casualties.



Sgt. Lane



Sgt.
Miller(USAF)



MCpl.
Amadio



Capt. Price



MCpl.
McMaster



Cpl. Elliot



Cpl. Trumbley



General Withers greeted by Col. and Mrs. Chisholm...



...inspecting the honor guard commanded by Capt. Doug Swanson.

...then
a tour
of the
base



...with LCol. Cameron and the "key" to the DIAC centre.

"Fishwrapper" Exposed

Logspiel.....	2
Spring fever.....	4
Gens du pays.....	5
Looking in.....	6
Promos.....	8
PMQ's.....	10
Cadets.....	11
Parachuting.....	12

Section news

Nighthawks

Nest

It has finally been determined what the difference is between a Voodoo pilot and an Argus pilot. The Voodoo pilot breaks ground then flies into the wind.

Construction is the catchword around the squadron lately. With Greg Frazer done, Joel Clarkston in the process, and Chuck Fast and Brian Taylor in the planning stages, the conversation around the Ops desk sounds like a beer break at a barn raising. Bob Slack is nearly finished the dog house for his new basset hound and is waiting only for the arrival from Vancouver of the mirror for over the bed.

On the topic of pets (and I swear Marge, this is the true section), Alex Frazer has acquired some chickens in order to break up the frightfully harsh squadron poultry monopoly held by the Dunsdons. Alex neglected to ensure that the poor clucks had a home before she bought them however, and as hubby Greg is still suffering from recurring nightmares over the damage he did himself while building their house, he is of scant use. As a result, the chickens (c'mon Marge, stick around - it gets better), are now firmly ensconced in the shower stall of the downstairs bathroom. Justifiably relieved he is not still on his Far East tour where he would have to endure the perils of a shower full of yaks, he is none-the-less concerned.

Dale Erhart and Larry Russell have recently returned from cultivating tans and Primo-bellies in Hawaii. They had expressed great interest in the grass skirts the girls over there wear to luaus, but eventually decided to forgo the feast when their wives refused to allow them to pack weed-eaters.

We have congratulations! Kudos to new Captains Howard Torbet, Joel Clarkston and Dan Trynchuk who were recently apprised of their raise in rank.

Following squadron tradition, the trio is preparing to over their entire first year pay increase to the Hawk formation team in order that the team may foster and encourage international goodwill through the forum of hospitality suites.

Spring is in the air, and with it a plethora of water craft are being scrubbed and inspected to make them seaworthy, and the next article will contain a complete rundown of boating tips and land lessons for life on the waves.

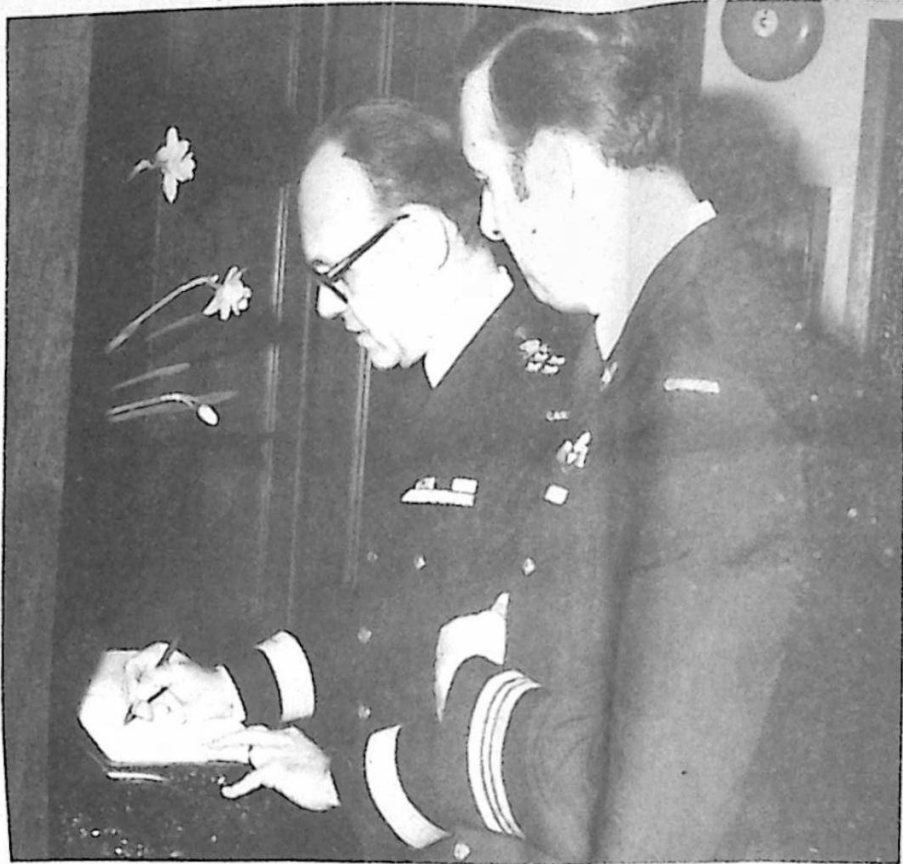
Just a last note to Greg and Alex Frazer. If you are unable to manufacture some form of housing for your chickens and must keep them in the shower stall, let them consume all the bars of soap you have laying around the bathroom. This may lead to your being the only commercial dealers of "yolk-on-a-rope" in the valley.

BGJK



CFB Esquimalt

"A" Event, Ray Flynn (Skip), John Leskie (3rd), Peter Olenksyn (2nd), Wanda Wetland (Lead).



Maj. Bob Worbetts, B flight commander and PMC, signs one by the Chief of Defense Staff. Ostensibly signing the Officers' Mess guest book, Gen. Withers is in fact, with the aid of carbon paper placed by Worbetts, ordering 50 more Hornets than the original agreement, outfitting the squadron survival exercise, purchasing a new television for the QRA, and adding his name to the BBBB petition (Ban Broads from the Back Bar). When asked if this was not perhaps taking advantage of the General's trusting nature, the Major replied, "Tough."

SEX



HMCS Saskatchewan

"B" Event, Doug Grant (Skip), Glen Moffat (3rd), Linda Hisette (2nd), Linda Bartlett (Lead).



CFB Chilliwack

"C" Event, Al Prinicle (Skip), D. Veyser, Gord Young, D. Matula.



LCol. Clements (aided and abetted by Maj. Moriss) kicks off "Logspiel" 81.

Here we are once again hitting the headlines of the Times (Totem, i.e.) It's been some time since my smut column has seen the printing press. Being chained to my desk and smothered in paperwork, doesn't it just make you weep.

The highlight of my column this week, the wild and woolly Logspiel. With all the terrific commentary courtesy of Sgt. Pearce.

On 6 and 7 March The Annual LOGSPIEL for the Pacific Region was hosted by CFB Comox with twenty-four rinks competing. CFB Esquimalt, HMCS MacKenzie and Saskatchewan, CFB Chilliwack and CFS Massett made up the outside rinks. The annual get together was held at the Campbell River Curling Club. It all started with a "Meet & Greet" on Thursday evening, with all curlers getting together, talking over old times and sizing up their opponents. The BTSO was on hand Friday morning to officially open the Bonspiel with the BSupO being the official sweeper and broom carrier. The banquet was held on Friday evening with a "Hip of Beef" and all the trim-

ings. No one went away hungry. It was a lovely meal done up by the Ladies Curling Club of Campbell River.

There were a few highlights during the course of events, one being a certain Cpl. K having his problems standing on the ice. He was seen more often than not lying on the ice, kind of hard to sweep from that position. There was an ace curler with a red cap with an "S" on it, he was observed bent over his broom putting all of his one hundred and ten pounds of pulsating power into sweeping one of his team members rocks down the ice, only to see it come short of the house. You could hear him mumbling to himself, all that effort and that so and so couldn't throw it harder. One of our seconds who seldom curls was seen making great shots, either someone else or raising his own. He was called Mr. B for he could never make Plan "A" but always came through with Plan "B", as long as his glasses never fogged up. One team had a very relaxed third who would lean on his broom, smoking on his pipe, looking around at the girls

and wondering if his skip would ever throw his rock. We had a lot of beginners, they are to be congratulated for coming out and giving this game a try.

There was a great assortment of prizes to choose from, forty-eight in all, with the winners of "A" Event having first pick. Winners of the various events were, "A" Event: Ray Flynn and his rink from Esquimalt. "B" Event: Doug Grant from HMCS Sask. "C" Event: Al Prinicle from CFB Chilliwack. Our own Chuck Vergie and his rink from accounts took the "Sportsmanship" Trophy.

By seven o'clock Saturday evening it was all over for another year. The many curlers were seen leaving the curling club with broom in hand, aching muscles, big heads and the thought that it will all start over again next year at CFB Esquimalt. That's All Folks!

I think next year I'll try to make it to the Annual Logspiel wearing my ice skates and bun warmers. Till next time have a sunny week.

I.H.J.W.

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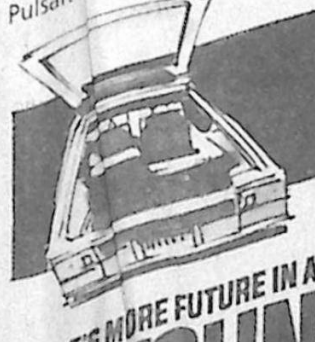
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THERE'S MORE FUTURE IN A DATSUN

407 Demon Doins

Well, its finally starting. After months of listening to the brass, (and everyone else), saying, "things will be better when the new planes are here," Conversion Course Six (course one for us) is leaving for our ancestral home on the east coast. There is little doubt that our contingent will make a lasting impression at the OTU, at least of the CO has anything to do with it. Already there is a 407 team entered in the annual closing curling bonspiel, an event that has been suggested as a possible

replacement for the 1.5 mile endurance test.

The bonspiel is just one of many wholesome sport and cultural activities that on-course 407 members take in as part of their Greenwood routine. The Apple Blossom festival and Acadian top hat dancing for example. Without a doubt, however, what those going on course are looking forward to the most is coming home with a new plane.

Aircraft 720, carrying this weeks edition of crew five, returned to Comox 12

Mar after what was ostensibly the last 12 hr. Argus night flight. The Commanding Officer, on board for his last ever Argus mission prior to Aurora conversion was met on arrival by a bunch of school children. It seems that valley teachers incorporate the Argus into their ancient history course.

However, the CO was not amused when one of the children made the critical comment that a night patrol with 15 people must be like the sleeper she and her friends had had the previous weekend.

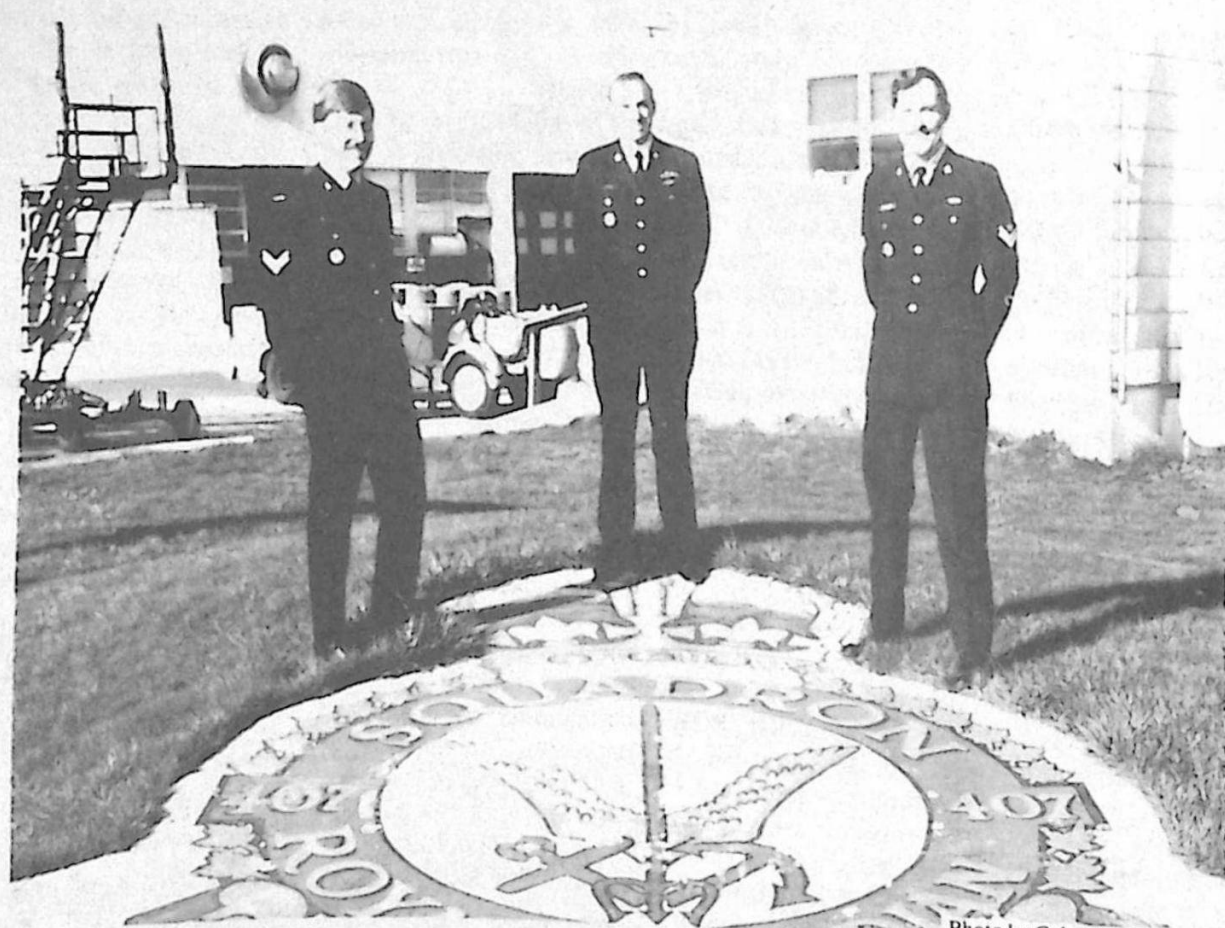
Congratulations go out to Rory & Shannon Kilburn, married here two weekends ago. Rory & Shannon are both 407 personnel in good standing, and Rory is leaving on his conversion course in May. At least he will have plenty to do in the interim!

Finally, this is the week of our special Opey Dopey writing, and as the junior officers cram what they can into the last few days, remember, by writing two months early, next years exams are, in effect, delayed by the same period. Right?



407 Sqn. recently graduated its first DIAC officers. The course held in Comox will be taken by operations personnel from Greenwood as well as by our own people. Standing L-R, Mr. Dave Murphy, Pacer Copr; Capt. MacDougall 405 Sqn.; Capt. Bates 407 Sqn; Capt. Myatt 407 Sqn.; Capt. McKean 407 Sqn.; Capt. Scott 407 Sqn.; Maj. Mellison, 407 Sqn.; Mr. Albert Dimarcantonio, Pacer Corp. Seated L-R, Capt. MacFarlane 405 Sqn.; Capt. Kennedy 407 Sqn.

407 PROMOTIONS



Cpl. Hogan, C.O., MCpl. Ronaldson.

Photo by Cpl. L.M. Hofmann



Photo by Cpl. Larsen

MCpl. Moyer, Sgt. Smilie, Sgt. Hagar, LCol. Cameron, W.O. Hillier, Sgt. Trace, Sgt. Lowe



CO 442 Sqn presents 442 Sqn Scroll to CDS

Well it's that time of the month for another few words on 442 Squadron happenings.

Actually, activity has picked up dramatically since the last issue of the Totem Times.

On Mar. 2, an OKANAGAN Bell 206B helicopter carrying 4 persons was reported overdue on a flight from Gold

to Williams Lake. The passengers had spent the day taking a mountain sheep census and were also attempting to attach radio transmitters to the sheep for tracking purposes. When the helicopter failed to return by dark, RCC Vic-

toria and 442 Sqn. were notified and a full scale search began. As of 12 Mar, over 1100 hours had been flown by both military and civilian aircraft and not a trace of the missing aircraft had been uncovered. Making the search difficult is the terrain which is densely covered with trees; consequently the ground coverage from the search aircraft is less than ideal.

The Searchmaster is Capt. Erv Cross and his deputy is Lt. Brent Day. The military presence on Search duties included two Buffalos, 1 Labrador, and 3 408 Sqn. Twin Hueys.

The herring roe season is

also in full swing but rescue activity has been down significantly from previous years. A contributing factor has been the good weather which has kept incidents to a minimum.

Sportswise, the big news is 442s victory over ATC to take the intersection hockey championship. After an initial ATC victory, 442 buckled down to take the next two games with scores of 6-2 and 4-1. Good work gentlemen.

We've all heard of such great talent teams as Rodgers and Hammerstein and Lerner and Lowe. 442 is pleased to announce the discovery of another

dynamic duo, Stevens and Wheeler (or Wheeler and Stevens). They've recently been involved in a number of local limerick contests but have consented to provide several original pieces for publication in the Totem Times. For those not familiar with the names, we're referring to that ace navigator (and aerodynamics expert) Capt. John Stevens and the renowned SAR tech (and aerodynamics expert) MCpl. Doug Wheeler. Stay tuned for more information in coming articles.

Well that about wraps up this weeks effort. See you later.

QQ CONTROL

There are certain tell-tale signs that summer weather is close at hand. The Tower circuit is getting busier, the RATCON strip boards are a little less crowded and Major K.D. is stocking up on Q-tan. As the weather gets warmer the GREAT ATC ARMADA is busy readying for the 1981 Salmon season. With a record number of vessels in the section this year, it was rumoured the Department of Fisheries would not only limit each person to one spring but would also restrict the section to a specified number of fish per year. However, once aircraft might expect lengthy delays when transiting our airspace, all talk of restrictions ceased.

The fishing season will officially get underway the week of April 21. Once the horde of ATC types from across Canada are tired of battling the ball around the Golf Course, some of them should be sober enough to take to the briny deep in search of the elusive B.C. salmon. I'm sure there will be enough boats available to get them out.

Members of the highly successful ATC & A hockeyteam have finally hung up their skates. The much feared squad took the "B" League regular season

championship easily, ending up with more than double the points of second place 409. However, as the colorful colour commentators say on T.V., the playoffs are a whole new season.

In the semifinals, ATC took on 407 and wrapped up the series in two games. It wasn't an easy series, but it was fun mainly because neither team relied on two or three players to win it for them. Because of this, there wasn't the frustration of watching a "Bobby Orr" rag the puck and completely dominate the play. Therefore people tended to play hockey, skating, passing and hopefully scoring, and most players were able to keep a smile on their face. The first series was good fun "B" League hockey; no team dominating and the outcome was not known in the 407-ATC games 'til well into the third period.

In the final series, the ATC & A squad won the first game but dropped the next 3 straight to a completely rejuvenated 442 Hockey Club. Although ATC & A played their hearts out, they were unable to outscore the 442 Allstars. It was obvious that at times they tried too hard as they spent a lot of minutes in the

penalty box. But they tried and played well and that is the main idea. Good Luck next year.

Getting away from hockey, young John S. from the Tower is reportedly considering taking the big step. No he isn't getting out, selling his car or buying a house. Only time will tell if rumours are true.

Congratulations to Wolfe-Milners on their recent Anniversary. When

reached at her home, Donna said it was the best Anniversary she had had. Pat, who is away on course in Cornwall, was unavailable for comment.

Do you feel down in the gutter? If so, come out this Saturday evening to the base bowling alley and bowl a few games with friends. It's going to be fun, so don't miss it. The Rec Centre at 7:30 p.m. Be there!



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Editorials

The grass is ris

Having enjoyed the lamb-like arrival of March to date, we will no doubt have to contend with a violent reversal of form and suffer through a brutal April, but with the light visible at the end of the tunnel even this can be endured with the stoicism of a Spartan.

Spring is evident everywhere, and with luck it will banish the grumblings of the malcontents upset with overcast skies and dreary drizzle. You've heard them - how much they like the change of seasons and miss the snow. Well, to each his own - I just cannot understand how the season of winter can be appreciated when it extends into June.

One factor enjoyed by the country as a whole is Daylight Saving Time. Although this is still a ways off, spring signals the gradual lengthening of the days. Saskatchewan is the exception to this practice however, as they claim the time change upsets the farm animals, causing the cows not to lay and the chickens not to give milk or some such excuse culled from the pages of a bored Agricultural student's thesis.

In any event, it provides Newfoundland with an opportunity to catch up on part of the country, as they are now half an hour ahead of a province in

central Canada as opposed to the usual thirty minutes in advance of their neighbours only.

This causes great rejoicing on behalf of the natives, but the CBC (in keeping with its policy to broadcast programmes thirty minutes later in the island province) normally doesn't like to bother with the added burden of sorting the times out, and as a result avoids the whole issue by blacking out Saskatchewan Roughrider games in Newfoundland.

The other major problem engendered by Saskatchewan's decision occurs on the highways. Because it now gets darker earlier than in Alberta or Manitoba, motorists entering Saskatchewan are advised by way of prominent highway signs to remove sunglasses and turn on their headlights. It is rumored these signs are left over from the entrances of Fraser Canyon tunnels after the Dave Barrett - Bill Bennett signpost squabble caused a number to go missing in the shuffle.

But these problems are yet to come. For now, let us enjoy the warm weather while we can, ignore newspaper reports on blizzards in New Brunswick, and start publicly advocating that all women wear halter tops while the sun shines. Spring's a fine tradition - let's keep it. BGJK

Spring fever

It seems that the fair weather has adversely affected the work ethic of this province (as if it were not already perilously close to being imaginary). Telephone service is atrocious, the ferries periodically shut down entirely, and even if someone wants to work they are risking their good health in trying to cross a picket line sometimes totally unrelated to their own job.

And now comes the unkindest cut of all. Previously unions left it to the public to become upset enough themselves at unfair management

to demand settlement. Recently however, we have been bombarded by commercials telling the government the public wants the "unfair" practices halted. And I wonder who is promoting and paying for these misleading ads? Not the public, I'll wager.

The only beef I have with the government on the labor scene is that once the unions, given enough rope to hang themselves, commit an illegal act such as defying back-to-work orders, there is no one in the government willing to pull the handle and let them drop through the trap door. BGJK



St. Patrick's Day. Young Irish children sit unsuspectingly around seething cauldrons of Minute Maid into which they will shortly be immersed in order to maintain the present level of Orangemen required to ensure the age-old Irish religious battle does not diminish for lack of participants.



YOU AND THE LAW OF WAR

Office of The Judge Advocate General



COLLECTION AND CARE OF THE WOUNDED

Since man first picked up a club to defend himself or destroy his neighbour, casualties have been the inevitable result of conflict. Prehistoric man had no obligation to his fallen friend or foe and apart from disposing of the decaying remains around his cave entrance he pretty well disregarded them. As late as the Napoleonic Wars it was no uncommon for the victor to dispatch the wounded with an "honourable" coup de grace. However, we have come a long way since then and modern man has decreed that a wounded or sick combatant will be treated with respect and in a humane manner without regard to colour, race, sex or cut of uniform. Thus the fourth rule in our series: "collect and care for the wounded, sick and shipwrecked - whether friend or foe". Let us examine the two main parts of this basic rule.

COLLECTION

All possible measures must be taken at all times without delay to search for and collect the wounded and sick regardless of uniform. Common sense would say that the end of each action would be an opportune time to do this, however, in a protracted engagement the commander should also consider negotiating an armistice for the specific purpose of collecting the fallen. Should an opportunity present itself the commander can display a white flag and make his intention known that he wishes to talk. Remember that a white flag is not always a sign of surrender, a sit is also used to show a desire to talk or negotiat. Such

negotiations could also include, when circumstances permit, an agreement to facilitate the exchange of wounded and the safe passage of medical transport into and out of the area.

Few battles in history have been fought at the convenience or the exclusion of the civilian population and while the civilian population must be protected, they may be asked to cooperate and assist on a voluntary basis in the collection and care of the dead, wounded, and sick.

Sea engagements present perhaps the most difficult scenario with respect to the search for and collection of wounded and shipwrecked. While the same obligations exist as in a land engagement, the captain of a ship has a wider discretion which of necessity reflects the reality of the area, the environment, and the size and condition of his ship. If he cannot provide rescue and transport for all, he should do what he can to alleviate their situation while they await rescue.

The poster which illustrates this rule depicts an enemy sailor who has been plucked from a watery grave by a lifeboat from a Canadian destroyer.

CARE

While one can see the importance of the timely collection of the wounded, of equal importance is the timely application of modern medical care. Of paramount consideration is that priority of care is dictated solely by individual medical requirement and urgent medical reasons - without discrimination between friend or foe. As medical personnel are under an obligation to provide adequate and humane care

without delay, it is not permitted to subject the wounded to acts of aggression such as torture, pillage, biological or unorthodox medical experiments, or to leave enemy sick and wounded without adequate care as a means of extracting information.

While the law of war does not define the terms "sick" or "wounded", it is rather obvious that this is a matter of common sense and observations made in good faith. Equally a matter of common sense is the fact that the enemy wounded, aside from their physical condition of infirmity, are also prisoners of war and are to be accorded all the protection due a POW. As a practical matter POWs should be guarded to prevent possible acts of violence or sabotage on their part. After all, a POW may be feigning incapacity to gain a military advantage - which can amount to a violation of the law of war - or he may have

been taken from the battlefield unconscious and his reaction upon recovery may not always be that of a resigned-to-surrender individual.

In any future conflict, medical authorities and commanders may well have to prepare themselves to receive female casualties from both sides involved in the conflict. Accordingly, when practicable, in addition to adequate medical care, women are to be treated with all consideration due to their sex.

Having stated the obligation of military commanders in respect of the collection and care of the wounded it must also be realized that at times a commander may find it necessary for imperative military reasons to abandon his sick and wounded. While he will be reluctant to make such a decision, once made, he should leave them with adequate medical personnel and/or medical equipment. The decision as

to what assistance, facilities or resources to leave behind should reflect the nature of the injuries and the prospects of medical relief by either friend or foe.

In review then, it is the duty of belligerents to search for and collect the wounded, sick and shipwrecked, to protect them against pillage and ill-treatment, and to ensure their adequate protection and care. There is also an obligation to search for and collect the dead, to prevent their being despoiled or violated, and to decently dispose of them. Remember that this rule is for YOUR protection. Its aim is to eliminate unnecessary suffering in times of war.

Our next article will examine your legal obligations towards captives, obligations which may well afford you protection and ensure your proper treatment if you ever have the misfortune of being captured.

CNA TOTEM TIMES

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EDITOR: Barry Kennedy (409) or (339-6052)

CIRCULATION MGR: Serge Wong (516) or (339-4379)

SECRETARY: Michelle Ramesbottom (339-5790)

EDITORIAL STAFF: Pete Witter, Doug Baker, Janie Baker, Jelle Blom, Marcia Blom.

PHOTOGRAPHERS: Maurice Robert, Pete Witter, Ron McMahon, and Base Photo

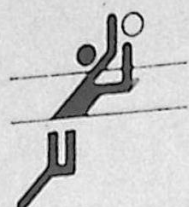
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LOOKING IN



RECREATION CENTRE NEWS

VOLLEYBALL

Sept. Volleyball commences and again the team has nobody that is willing or capable of coaching. Having won the Pac Regions the year before and experiencing a trip to the Nationals, the team was quite enthusiastic about repeating this and setting a higher goal of possibly winning the Nationals this year. The season started out with the usual undisciplined practices, trying to bring back skills that had become a little rusty. Several mon-

ths later, it was heard thru the grapevine that the new BPERO, Capt. Gary Pronk and his wife Bonnie, had been posted in from Greenwood and that they were quite interested in sport. When it was said that they were both going to coach, there was great relief among the two teams, Womens and Mens. Thinking that Gary would take over the mens team and Bonnie the womens. Much to our surprise Gary said that Bonnie would be

coaching the mens team. "What, a woman coach?" We were quite confused at first and wondered how things would work out. Gary assured us that his wife was quite capable and experienced in coaching, having done so for many years. Yea! but could she handle us animals? I guess we figured we'd have her in the palm of our hands, but it didn't quite work out that way. It took her a few weeks but she soon had us jumping, diving, and

working as a team, something we had seen little of up to that point. She's soft and shy but her devotion to the sport and to us has done a world of good and we respect her highly. Hopefully she will continue coaching us in the years to follow. Her long hours of coaching and practices and practice planning she does on her own time has contributed immensely if not entirely to the teams victory at the Pac Regionals this year and hopefully at the

Nationals. Bonnie can't go to the Nationals with us. Policy has it that military dependents nor civilians can coach in the Nationals, which is a shame because when expertise cannot be found within the military where else can you look for coaching? Thanks Bonnie for your time and dedication. It was greatly appreciated. When not on the court, Bonnie takes great interest in her favourite past time, swimming and also has been stuck with training Gary's dog. She seems to have a fairly busy schedule but nevertheless remains very cheerful.

1, 2, 3, S--otems
Bonnie's favourite cheer.



Mens Volleyball Team

Top Row, L - R: Lyle Torrie, Kas Oreziak, Mike Perry, Ken McDonald, Rory Kilburn. Front Row L - R: Jim Clouthier, Mike Lowe, Claude Julien, George Dierk and Coach Bonnie Pronk.

GOODGOLF

Tips On A Low Score At A High Age
By Jay Hebert

Jay Hebert, touring pro and tournament winner for 30 years, has been commissioned by Standard Brands Incorporated to assist senior golfers by preparing these tips.

Playing the irons shouldn't be difficult for the senior golfer as long as he's willing to settle for shorter distances. But instead of using a five-iron he should switch to a four-iron.

There's a tendency among older golfers to practice less. No matter how long you've been playing, or how skilled you've been in the past, practice still makes—if not perfect—a better golfer. The short game can always use a little tuning-up.

As important as practice is, don't overdo it. A half hour on the practice tee is long enough. Before playing a round, it's a good idea to warm up by hitting 20 or so balls. This loosens the muscles and revs up the thinking process.



Girls Volleyball Team

Top Row L-R: Carrol Anderson, Susanne Fredette, Mary Parks, Debbie Heagy, Sylvie Julien, Lou Campbell. Front Row L - R: Pam Braid, Kay Clouthier, Debbie Bristol, Susan Hadad, Paulette Niemann, Coach Garry Pronk.

COACH CAPT. GARRY PRONK

Much appreciation goes to Capt. Garry Pronk, coach of the CFB Comox service women's Volleyball team.

Garry is a demanding coach, and has earned the respect of all the members of the Volleyball team members for his patience and endurance.

All of the girls went through many hard and gruelling practices. Sometimes it felt as though

they were back in boot camp again but all the hard work payed off. Although they did not win the regionals, they did place in the top three. Next year they plan to win the regionals so, look out Esquimalt!

The team has improved remarkably this year, thanks to Garry's skill and knowledge of Volleyball.

The girls hope that he will consent to be the coach again next season.

Last March 3 and 4 the Pacific Region Championships were held in CFB Esquimalt. Both the Comox mens and womens Volleyball teams competed. The other competing teams were CFB Esquimalt, CFB Chilliwack, CFS Kamloops, CFS Massett, CFS Holberg and CFS Beaverlodge. Unfortunately the girls will not be competing at the Nationals in CFB St. Jean, Quebec. But our mens team will. They did very well in Esquimalt. The teams started with a Round Robin.

CFB COMOX HEADING FOR THE NATIONALS AT CFB ST. JEAN

Comox vs Kamloops 15-2, 15-5, 15-2
Comox vs Massett 15-3, 15-0, 15-3
Comox vs Chilliwack 9-15, 15-10, 15-10
Comox vs Esquimalt 12-15, 11-15, 15-1
Comox vs Holberg 15-3, 15-2, 15-4
Comox vs Beaverlodge 15-0, 15-5, 15-7

The semi-finals were the best 2 out of 3, Comox vs Holberg 15-1 and 15-6.

The team will be heading to CFB St. Jean on March 24, 25, and 26 with Capt. Pronk as their Coach. Lets hope that they have as good luck at the Nationals.

HERE'S THE SCOOP ON SAVINGS!

CANEX SPRING SALE STARTS MARCH 25!

Look for low, low prices on popular brand name items - see the bargains in every department.
THE DATES TO REMEMBER-- MARCH 25 - 28
The Spring Sale at Canex

CFB Comox

SPORTS INFORMATION

BROOMBALL CHAMPIONSHIPS

The Broomball Championships were held last March 9-12 at CFB Edmonton.

Teams entered included CFB Esquimalt, CFB Winnipeg, CFB Trenton, CFS St. Hubert, CFB Halifax, CFB Lahr, CFB Greenwood, CFB Montreal, CFB Ottawa, CFB Cold Lake and CFB Comox.

The following games were played:

Greenwood	4	Comox	1
Cold Lake	2	Ottawa	1
Lahr	1	Montreal	5
Ottawa	6	Comox	0
Cold Lake	3	Lahr	0

OLD TIMERS HOCKEY

This past 6, 7 and 8 of March the Comox Old Timers hockey team went to Kamloops to compete against Salmon Arms, Kamloops and Logan Lake. Comox lost the first game to Salmon Arms 3-7, and then beat Kamloops with a score of 10-2. Logan Lake lost to Comox with a score of Comox 4 and Logan Lake 0.

INTERSECTION BROOMBALL

On the following dates the Broomball playoffs will be held, the finals also on the 23 and 24 March.

March 16	1 vs 4
March 17	2 vs 3
March 18	1 vs 4
March 19	2 vs 3
March 20	1 vs 4 if necessary
March 23	2 vs 3 if necessary

The finals will be the best out of 5.

INTERSECTION VOLLEYBALL

On Wednesday 11 March the intersection Volleyball games were held at the base gym. The following teams competed:

Telecom vs Admin
Fire Hall vs CE
PERI vs USAF
Supply vs Girls

On the 11 March the finals will be held with:
Telecom vs Supply (A) 1130
Fire Hall vs PERI (B)

The winner of A will then play B at 1215.

SGT. ROLLIE CRAMER

It is now near the end of the season, and the Base Hockey team would like to express their feelings and thanks for their coach Rollie Cramer.

This year has proven to be a good year for the team and they feel that their coach helped to bring them this success.

This was Rollie's first year as a coach, though he has been playing on the team for several years.

Every Tuesday he is on the ice at 0600 ready with the team for practice. Rollie has devoted four days a week including afternoons and Sundays of his own time. The team has been kept busy with competitions against Port Alice, Gold River, Campbell River and Courtenay teams.

These were body contact games preparing the team for the Nationals, as well as 18 games played Courtenay league for ice time. These games have helped tremendously to improve their skills as Hockey players.

Rollie always seems to have the team well organized with lots of team spirit. The team will be going to compete in the Nationals at Cold Lake from April 6 to 14, so lets hope all their good training will pay off and bring home a winning team.

As well as being a group four coach, Rollie coaches a Pup rep team (Comox Valley Minor Hockey). His interest also lies in Baseball.

The team has a lot of respect and values Rollie's training as a coach. Unfortunately Rollie will be missed when he leaves for his posting to CFB Cold Lake in May.

UPCOMING TENNIS LESSONS

Approximately around the second week in April we will be starting tennis lessons which will be held during the day time. These lessons will be for beginners, so keep watching for further news on the upcoming event.

BATON REGISTRATION

Registration for Baton lessons will be held in the Rec Centre this Friday, March 20 from 1600 hrs - 1700 hrs. Also again on March 27 at the same time.

Please have your dependants in attendance to meet their instructor and to be measured for a professional style baton.

Lessons will be held on Fridays from:

1530 - 1600 hrs 3-7 yrs
1600 - 1700 hrs 8-12 yrs
1700 - 1800 hrs 13 yrs and over

Fee: \$2.00/lesson

For more information please call Maureen at 339-3824.

Figure Skating Competition

The Comox Valley Figure Skating Club will be holding The 5th Barbara Rasmussen Invitational Competition on March 28, 29th at the Comox Valley Sports Centre.

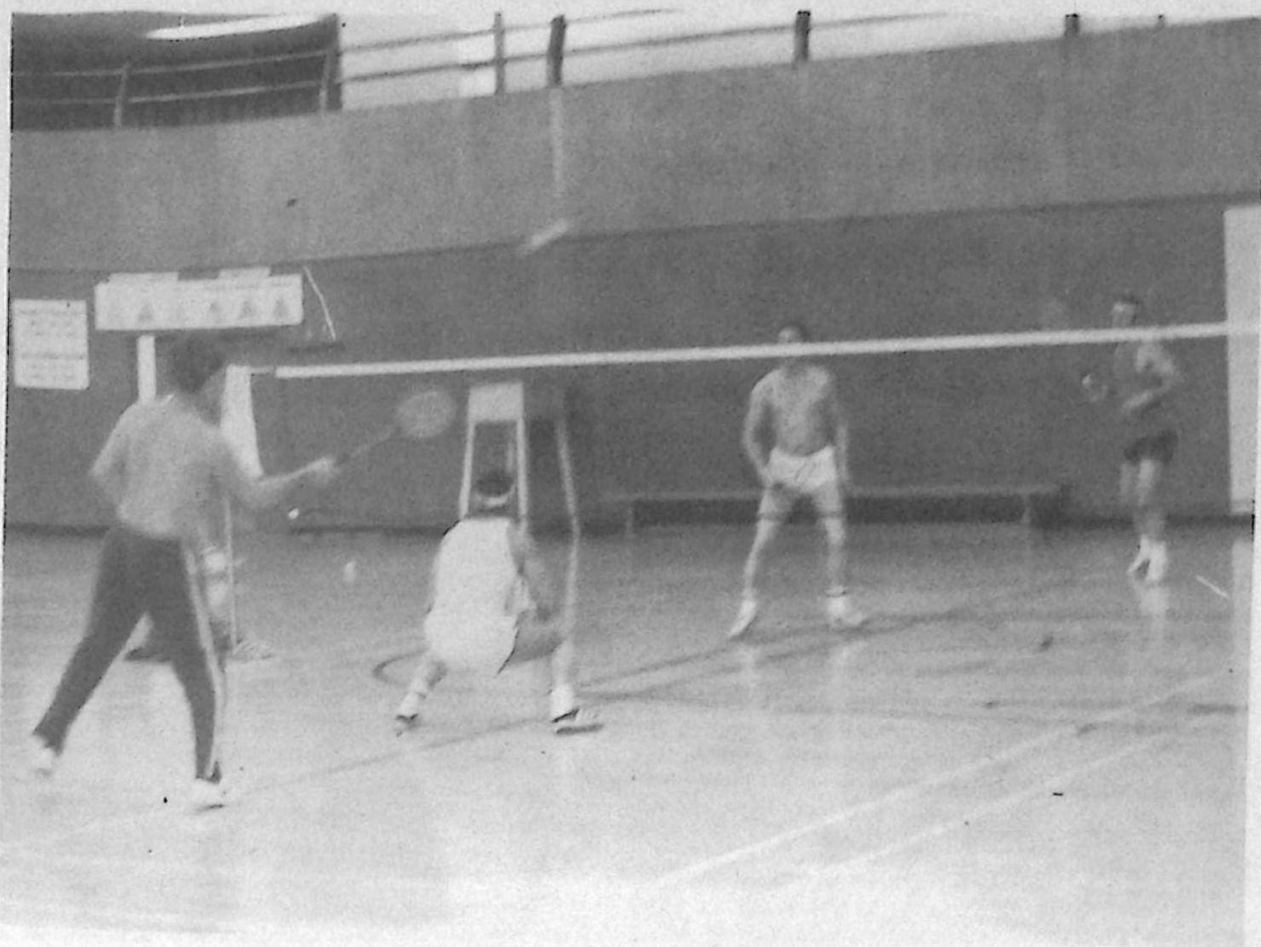
Barbara Rasmussen was the Club Professional for 3 years and was killed in a car accident in 1974. This competition was set up in her memory from monies donated to the family in lieu

of flowers and presented to the Figure Skating Club to promote the sport she loved.

Local skaters will be competing with others from Port Hardy, Port Alice, Port McNeil, Gold River, Campbell River, Powell River, Port Alberni and Parksville.

There is no admission charge. A silver collection will be taken at the door.

BADMINTON PACIFIC REGION COMPETITION



Every day from 1130 - 1300 there are several people in the gym playing Badminton. These people have been chosen to represent Comox in the Pacific Region Badminton Competition, which will be held at CFB Esquimalt this 17 and 18 of March.

Hopefully their dedication will pay off and they will do well at the competition.

On the mens open class:
MCpl. R. Strand
Sgt. E. Strocel
Lt. W. Farrell
Capt. W. Boehme

On the mens senior class:
MCpl. A. Nicholas
WO A. Toutant

On the female open class:
Pte. D. Heagy

On the doubles teams by seed:
MCpl. R. Strand
Sgt. E. Strocel
Lt. W. Farrell
Capt. W. Boehme

The winners of this competition will then go on to CFB Winnipeg on the 13-16 of April.

GOOD LUCK!

HOME GAMES FOR THE BASE HOCKEY TEAM

14 Mar	8pm	Campbell River Albine Blues
16 Mar	8pm	Campbell River Albine Blues
21 Mar	8pm	Gold River All Stars
22 Mar	2pm	Gold River All Stars
23 Mar	8pm	Campbell River Albine Blues

FIRST 50 MILE CERTIFICATE TO GO TO FRANK

Frank Sibierski has just completed his first 50 miles in our pool. Frank swims every lunch time, and every day. We hope to start seeing some of other swimmers, who also swim on their lunch hour pick up their certificates soon.

CONGRATULATIONS

FRANK!

CFB Comox "OLD TIMERS"

3rd Annual

Hockey tournament

Glacier Gardens

March 27, 28, 29

Powell River

Port Alberni

Campbell River

Parksville

Old Timers

Courtenay

Nan-Old Tubbers

Nan-Old Timers

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Jr. Ranks Club

Tuesday-March 17th **HANNIE CAULDER**

Stars Raquel Welch, Robert Culp and Ernest Borgnine. "Hannie Caulder (Raquel Welch) goes on the rampage after she is raped by three outlaws who also kill her husband and burn her home. Dressed to kill, the beautiful Welch first secures the advice of a bounty hunter, who teaches her the fine art of shooting."

Tuesday-March 24th. **OLIVER'S STORY**

Stars Ryan O'Neal and Candice Bergen. "Ryan O'NEAL RE-CREATES HIS ROLE OF Oliver Barrett IV in this continuation of the phenomenally successful LOVE STORY."

Tuesday-March 31st. **LAST OF THE RED HOT LOVERS**

Stars Alan Arkin, Sally Kellerman, Paula Prentiss and Renee Taylor. "A middle aged restaurant owner, played by Alan Arkin, whose fingers smell of fish and who heart yearns for at least one memorable affair."

Mar. 22 - Swamp Grass/Bluegrass

Mar. 29 - Tub City Plugs

Presentable jeans allowed with D.J.
D.J. start 2000 hrs.

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Promotions and awards



Caroline Flynn is congratulated on her promotion effective 21 Feb.



Joyce Forsyth, ARAF, was promoted to Cpl. 21 February.



MCpl. Smith receives congratulations and certificate of service from LCol. Lott.



Cpl. Wenner is presented with his hooks by LCol. Lott.

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he can do better.

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Classifieds

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from junior high school.
Within walking distance of
downtown. Phone 338-
8571.

OFFICERS' MESS ENTERTAINMENT

Saturday, March 28 -

The Kiwi Club Ship Wreck Party

Scenario:

You are on the good ship "Lolly Pop" cruising the south seas. It is a typical summer evening with members of the cruise engaged in the various social activities such as the Captain's Ball - dress formal, gambling in the casino - where some have lost their shirt, or strolling on the promenade deck, while some have retired to their cabins for various activities including sleep.

Captain Morgan being sober tonight, feels the ship strike an iceberg and it sinks. He announces "Abandon Ship" - persons first.

Luckily the ship was near the Island Paradise of Comox commanded by the "BIRD KING" who is addressed as "HIS FEATHERSHIP." Those failing to address him in these terms and bow are denied bar service and must walk humbly. (Note: an impossible feat for air crew who are then immediately put to death.)

Time: 1900 hrs. the Ship Wreck party lands.
Dress: as you were when the ship went down.
Native Dancing: starts at 2100 hrs.

Local Joy Juice: available free from the King from 1900-2000 hrs.
Feast: 2000-2100 hrs. with (a) Air crew sautéed in wine or (b) Sizzling suckling pig. Seafood salads and all the other island delicacies.

Cost: \$10 per couple, \$12 per guest couple
Reservations required prior to March 24.

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That's how the priorities should fall. Looking ahead to a new challenge and getting ready to meet it deserve most of your energy. Selling your present house shouldn't be a stumbling block.

Two things you should know: selling a house is a time-consuming job; and most owners who attempt it end up listing with a broker, AFTER time is lost and the property is "shop-worn." Even homeowners who do find a buyer generally get a diminished return (because the buyer, too, thinks he should save the commission).

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you WANT to do, and let us do the
rest! LIST WITH
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ENTERTAINMENT WOs' - SGTs' MESS

TGIF's

20 Crib Tournament 180;0 hrs
27 Mixed Dart Tournament 2030 hrs.

MOVIES

22 "OLIVERS STORY" starring Ryan O'Neal and Candice Bergen
29 "LAST OF THE RED HOT LOVERS" starring Alan Arkin and Sally Kellerman

ST. PATS DINNER & DANCE

21 Mar 81
Cocktails 1900 hrs/Meal 2000 hrs.
Tickets and seating plan from Mess Mgr.
\$20.00 Reg./\$30.00 Guest

COMING EVENTS

Sat. 4 April Sportsman Bingo/Dance
\$750.00 in prizes (Merchandise)
first number called at 2000 hrs
dance to start approx. 2200 hrs.
Entry fee \$5.00 per person

Movies for April

5 UP IN SMOKE
12 HURRY SUNDOWN
19 WHO SHOT LIBERTY VALANCE
26 THE KLANSMAN

CFB COMOX RESTAURANT GUIDE



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LCol. Diamond, CO 442 Sqn. presents USA Department of Emergency Services Certificates to the following personnel: Left to right - Capt. Flath, Sgt. Lane, Sgt. Miller (USAF), MCpls Amadio, McMaster, Cpls Elliott and Trumbley. Missing from Photo is Capt. Price. Citation read as follows: "In recognition of outstanding service rendered above and beyond the call of duty in the heroic rescue of Deputy Dustin Hurlbut and Lt. Richard Wall from the Mt. Challenger Crash site on Sept. 13, 1980."

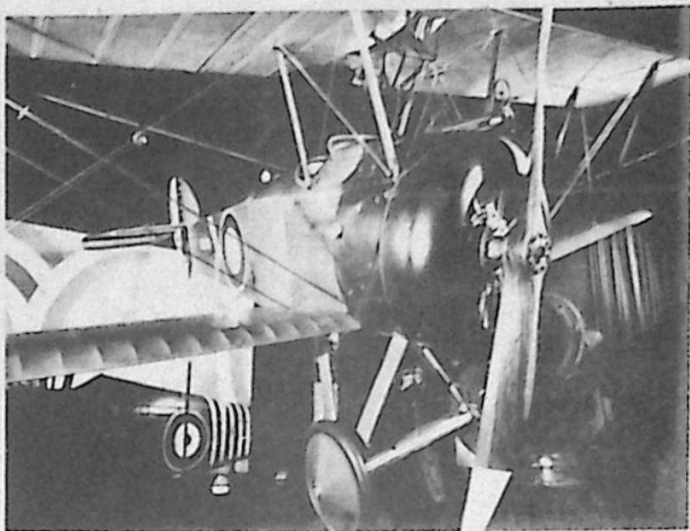
Additionally, in the same photo, Mr. John Brown (Field Service Representative from the Boeing Vertol Company, presented Sgt. Miller (USAF) with his Company's Rescue Citation Pin and Scroll for his involvement in the same rescue.



Col. Chisholm, BComd., presents Air Command Commander's Commendation to Capt. McQueen and his crew. Shown from left to right are LCol. Diamond, CO 442 Sqn., Cpl. Trumbley, MCpl. Sheppard, Capt. McQueen, Capt. Price, MCpl. McMaster and Col. Chisholm. Missing from the Group in the inset is MCpl. Gray. The Citation read as follows: "For displaying superior professionalism and skill in the rescue of an injured hiker and his two children in the Nitimat Lake area of British Columbia, 16 Aug 80. As a member of a rescue helicopter from 442 (S&R) Squadron, CFB Comox, performed his duties exceptionally well under conditions of stress due to rapidly deteriorating weather and advancing darkness. His teamwork and devotion to duty under stress were instrumental to the success of this mission. "Well Done".

CF Photo by Cpl. Hofmann

Canadian War Museum



Sopwith Camel 2F.1

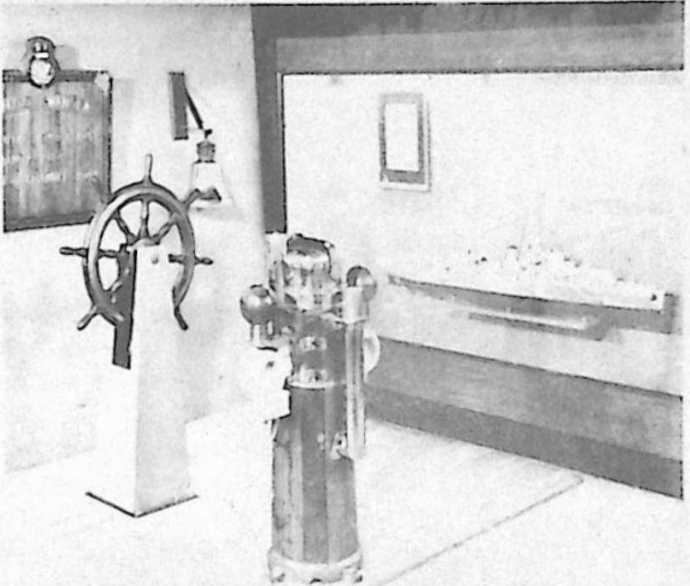
From the summer of 1917 onward, the Sopwith Camel was one of the outstanding British fighters of the war. It had a top speed of about 185 km/h (115 mph), and was highly manoeuvrable. The standard Camel F.1 was armed with two Vickers guns synchronized to fire through the propeller arc. The 27.1, a naval version used against Zeppelins, substituted an upward-firing Lewis gun for one of the Vickers.

Well, lookit who's promoted...

MCpl. Burnell	01 Oct 80
Cpl. Campbell	03 Feb 81
WO Fleming	31 Dec 80
MCpl. Jordan	01 Dec 80
Cpl. Kovacic	06 Feb 81
MCpl. Ronaldson	31 Dec 80
Cpl. Tenpierik	31 Jan 81
Cpl. Webber	10 Dec 80



MCpl. Bosse from BCEO staff, Sgt. Fisher and Cpl. Demchuk from BAMSO staff received their CDs.



Wheelhouse, HMCS Swansea, "River" Class Frigate. Built at Esquimalt, B.C. in 1943, the Swansea fought the battle of the North Atlantic. Her war record included a share in the sinking of three U-Boats. Complement: 141 Officers and men. Canadian War Museum.



MARCH 19 - MARCH 25

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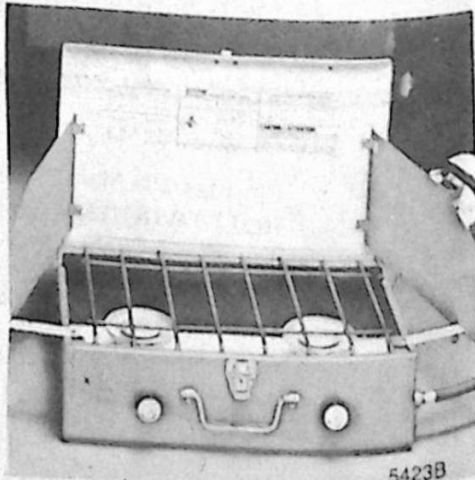
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ABSORBENT BALLS 55s.....	.47
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ABSORBENT BALLS TRIPLE SIZE 100s.....	\$1 ¹⁷
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ADHERSIVE TELFA PADS 12s.....	.97
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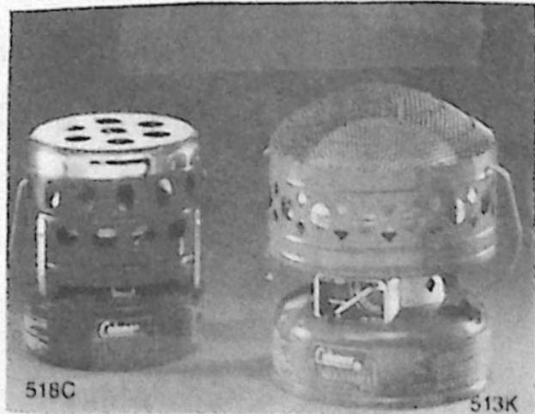


\$62⁹⁹

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WE WILL NOT KNOWINGLY BE UNDERSOLD

Around the base

Parent and Son Banquet First Lazo Beavers, Cubs and Scouts

On Sunday, March 8, 1981, the First Lazo Beavers, Cubs and Scouts held their annual Parent and Son Banquet at the Airport School, CFB Comox. Guests seated at the head table included: Base Commander Colonel Chisholm, Reverend Lloyd Clifton, District Chairman Gordon Smylie, PMQ Mayor Wayne Martin, Mr. Ray Lord, Miss Betsy McKim, Mr. Lloyd Houston, Cub Tim Houston, Mr. Gerald Tracz, and Scout Rob Tracz.

Scouter Dick Thomas, representing the Group Committee, welcomed the 165 boys and adults, and expressed the regrets of the Chairman, Leif Schonberg, who was unable to attend. Padre Clifton offered a Grace, and the members of the Ladies' Auxiliary served a tasty meal.

Following dinner, Dick Thomas introduced the guests at the head table, and spoke briefly about the purpose and aim of the Boy Scout Movement. He also described the recent activities and programs undertaken by the boys of the First Lazo group. Following the introduction of the leaders, the Beavers, Cubs and Scouts recited their Promises.

The toast to Lord Baden-Powell was proposed by Scout Rob Tracz. Cub Tim Houston offered a toast to the parents, to which his father, Mr. Lloyd Houston, responded.

The guest speaker, Mr. Ray Lord of the Vancouver Aquarium, captured the audience's attention with his informative talk and slide presentation, describing whales. An outstanding film showing the birth of a Beluga Whale was

also enjoyed by all.

Colonel Chisholm, assisted by the Akelas, presented awards to the winners of recent KubKar rallies. These were: Grey Pack Cubs: Corey Young, Jamie Edwards, Donald Penney (Racers), and Chris Landry (Show Kar); Red Pack Cubs: Rick Jennings, Michael Burgess, Jim Parker (Racers), and Lance Schonberg (Show Kar). At the District Rally, local winners of trophies were: Chris Landry, Jamie Edwards and Rick Jennings. Well done, boys!

The Group Committee would like to thank the Comox Flower Pot and The Courtenay Florist for the lovely fresh flowers which decorated the tables. Appreciation is also extended to all the parents and leaders who worked to organize and realize the banquet.

Bishop Ordinary to Visit

The Most Rev. Robert Seaborn, CD, MA, DCL, LLD, CdeG, will visit CFB Comox from 20 - 22 Mar 81. He will preach at St. Michael and All Angels Chapel on Sunday, 22 Mar 81 at 1100 hrs. He was appointed Anglican Bishop Ordinary to the Canadian Armed Forces in June 80.

Archbishop Seaborn is a native of Toronto who received most of his education there as well. He graduated from Trinity College with a BA and MA (Classics First Class). Ordained Deacon in 1934 and Priest in 1935 by the Bishop of Toronto, he served as Assistant at St. James' Cathedral, and later as Rector of St. Peter's, Cobourg. He was granted leave of absence from 1942-45 to serve as a Chaplain to the 3rd Battalion, Queen's Own Rifles and then to the 1st Battalion Canadian Scottish Regiment. Just prior to his repatriation to Canada in the autumn of 1945 he served for 4 months on the

staff of Khaki University in England. He has the following medals and decorations: 1939-45 Star, France and Germany Star, Defence Medal, CVSM and Clasp, CD, and Croix de Guerre avec Etoile de Vermeil. Following WWII the Archbishop continued his association with the Army as a Reservist and served as Chaplain to a number of units.

On his return to Canada and demobilization he once again assumed his work at St. Peter's Cobourg until 1948 when he became Dean and Rector of the Cathedral of the Holy Trinity at Quebec City. He moved to the west coast briefly where he served in St. Mary's Kerrisdale from 1957-8, but he was then elected Bishop Suffragan of Newfoundland. He became Diocesan in 1965 when Bishop Meaden resigned, and then in 1978 was elected Metropolitan of the Ecclesiastical Province of Canada (which consists of the Atlantic Provinces and Quebec). He retired in May 1980 when he accepted the Primate's appointment as Anglican Bishop Ordinary to the Canadian Forces.

The Archbishop is married to Mary Elizabeth (formerly) Gilchrist of Toronto, and they have four sons and a daughter. Although the children are now mostly married and have moved to the mainland, the Archbishop and Mrs. Seaborn have chosen to continue living in their 'adopted' province at 67 Portugal Cove Road, St. John's, Nfld.

PMQ preamble

Congratulations to the C.F.B. OLD TIMERS for winning the GOLD MEDAL in the "B" League. The won 11-2 over Kamloops, and had a 4-0 shut out over Logan Lake. There is a tournament set for March 27, 28 and the final game is on Sat. March 28th at 6 p.m. at the Base Arena with eight teams competing in a round robin tournament. Each team is guaranteed three games, competing for three medals in the "A", "B" and "C" leagues. A banquet and dance will be held on Sat. March 29 at the Sgts. Mess.

If you missed the first

baseball registration a second will be held on Sat. March 21 at the Air Port School from 10 a.m. to 1 p.m. A birth certificate is preferred as your child's proof of age. The cost to PMQ residents is \$6.00 per child or \$12.00 per family. Non PMQ residents is \$8.00 per child or \$16.00 per family. Dave Tucker still needs help, so give him a call at 339-5937, or at Local 446.

Also, remember the flea market at the Airport School on Sat. March 28 at 9 a.m. Bring any items you don't want and turn them into cash. It might be a

good idea to bring some paper bags and a small "float" to make change. Your councillors will have the tables all set up for you.

Hi Dave, Hi Ruby! If you would like to join the neighbourhood Watch, contact Pte. Jim Thomas at the Military Police Guard Room and he will instruct you how to use the engraver to mark your valuables.

I found my Newfie friend, Ed, up a tree the other day with a hockey stick. He told me he wanted to play with the Maple Leaves.

'Till next time!

Officers' Wives' Bridge Club

Twenty-two ladies met in the lounge of the Officers' Mess on Wednesday, February 25 to play Bridge. With only five and one-half tables, it became an athletic event with two "floating dummies" being called upon to bid and play various hands. Thanks to you for being good sports about this inconvenience, ladies. High Score for the evening was won by Gwen Chisholm, while Mary Dunsdon drew the Low Score. Beryl Fisher's tally

was chosen as the Hidden Score, and Jan Takach retained the Two-Prize.

On March 11, six full tables of Bridge were in play. Linda Lott earned the High Score award, while the Low Score was accepted by Dorena Morrice. Lynne Blair won for the Hidden Score, and the travelling Two-Prize stayed with Eileen Orpen. The Con-venor read a note of appreciation from Joyce Shorey, to whom the Bridge Club had sent a

flowering plant as an expression of sympathy.

Our next Bridge Club meeting will be on Wednesday, March 25 at 8 p.m. Nominations for the position of Bridge Club Convenor are requested before the Wives' Club meeting on April 22. The next Mixed Bridge meeting will be held on April 29, and in spite of Bob McPhail's repeated request, we will not play men against women! Whoever heard of "Unmixed Doubles"?

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General Withers, Chief of Defence Staff, presents 1st clasp to CD to Maj. Coleman, Protestant Chaplain.

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Mon., Tues., Wed. - March 23, 24, 25
Chevy Chase & Benji "OH! HEAVENLY DOG"
"Warning - Some coarse language & swearing" - B.C. Dir.

Thurs., Fri., Sat. - March 26, 27, 28 - MATINEE SAT - 2pm
Walt Disney's "SONG OF THE SOUTH"

Mon., Tues., Wed. - March 30, 31, April 1
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Fri., Sat., Sun. - March 27, 28, 29
Bruce Dern "MIDDLE AGE CRAZY"
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AIR CADETS VISIT



Capt. Drew Foulds is shown with 513 Air Cadet Squadron from New Westminster. Impressing his superiors with his attempts to make the cadets feel at home, Foulds was none-the-less relieved when they left after spending three nights sleeping on his living room floor.



Air cadets visit Comox. Pictured above is 135 Squadron from Vancouver.

AIR CADETS GRADUATE... *Demon Style*

Four Air Cadets of 386 Komox Air Cadet Squadron graduated this month from a five month photographic course. The cadets, Sgt. Robert Purdy, LAC Kevin Forsyth, LAC Darcy Mead and LAC Vincent Sponselee, took the course under the continuing support of VP407 Demon Squadron, CFB Comox. The course included such topics as composition, equipment care, chemistry, darkroom techniques, processing, contact and projection printing,

lighting, candid, portraiture, identification photos, action photography, colour, on site and aerial photography. 407 Squadron has always supported the Air Cadets by offering aircraft familiarization flights, exchange visits, technical training and voluntary personnel. Air Cadet Liaison Officers (ACLO) are also supplied and in general, many continuing support activities that are so important to the success of Air Cadets.

Specifically, 407 Air Photo, through Sgt. Paul Barr (NCO i/c), with L/Col. Cameron's (CO 407 Sqn) approval, devoted time, equipment and manpower. Members of 407 Photo who particularly devoted much time and effort were, MCpl. Don Blewett, MCpl. Doug Mowbray, Cpl. Steen Larsen, Cpl. Ken Wheeler, Pte. Karen Dawe, Pte. Maurice Robert and Sgt. John Logan. Additional help was provided by MCpl. Serge Cashulette and MCpl. Bruce Walls.

It is always encouraging

to see a "Hand in Hand" relationship between the regular forces and Cadet organizations, and in this situation the benefits to all who participate are extremely worthwhile. All Military personnel should feel a sense of pride and accomplishment whenever activities of this nature occur. 407 Demon Squadron's Motto is "To Hold On High", the Air Cadet Motto is "Training For Leadership", when two units with such high ideals have the opportunity to work and learn together, they both are enriched immeasurably.



Air Cadet Photo Graduation - LToR Front Row, LAC V. Sponselee, LAC D. Mead, LAC K. Forsyth, Sgt. R. Purdy, L/Col. B. Cameron; LToR Back Row - Pte. K. Dawe, Cpl. K. Wheeler, Sgt. J. Logan, Pte. M. Robert, Capt. G. Lucas.

Photos by MCpl. B. Walls

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MEL PFEFFERLE

The management of Nanaimo Realty is pleased to announce the appointment of Melvin M. Pfefferle as a Real Estate representative.

Mel joined Nanaimo Realty after serving in both the R.C.A.F. and Canadian Armed Forces. He has lived in the Comox area for eight years.

Melvin M. Pfefferle has completed the appraisal course of The Institute of Canada and the precicensing Real Estate course from The University of British Columbia.

Mel Pfefferle is able to provide professional Real Estate services in the sale and acquisition of residential and I.C.I. properties.

He may be contacted at his office - 334-3124, or at home - 339-2133.

Help Wanted Opportunity Knocks

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Saan
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Comox, B.C.

We asked Raeside to say goodbye to our 5pm-7pm electrical rush-hour until next winter.



Three cheers. Together, we've made it through the most critical time of year with no problems at all.

B.C. HYDRO

TAKE A FLYING LEAP



Before the jump, Left to Right - Capt. John Stevens, 442 Nav., Mrs. Francine Stevens, Pte. Randy Godin, VU33, Sgt. Murray McConnell - MP (Instructor)



After the jump, Left to Right - Pte. Yves Milot, MSE; Pte. Diane McLean - MP; Pte. Brigitte Girouard - Telecom.



Pte. Diane McLean, practices aircraft exit.

INTERESTED? Contact
Lt. Paone - Loc. 291, Sgt.
McConnell - Loc. 436.
NEXT FIRST JUMP
COURSE - 11 April

FIRST JUMP... (Out of a perfectly serviceable aircraft)

0900 hrs - 28 Feb 81 - Arrival at PWA terminal and met six other students, three of which are girls. God, if they got the guts to do it, I hope I don't get too scared.

1000 hrs - I've registered, paid my money and been told I don't get it back if I don't jump. Guess I'm committed to learn all this stuff. ARCH thousand! TWO thousand, THREE thousand! Body position, aircraft procedures, exit procedures, canopy control, landing, WHEW!!

1500 hrs - Finished learning normal jump procedures, now I'm hanging in a harness, three feet above ground. The instructor is yelling at me, running me through every possible emergency that could occur. The instructor calls it training under stress, because if the student has

an emergency up there, he has to react quickly and correctly. The instructor can't scare me, I'm already too nervous.

1600 hrs - The instructor points at two of the girls and at me. "You three, put your gear on." "Right now?" I ask. Coveralls, boots, helmet, water gear. (He wouldn't drop me in the water, would he?). Then the main parachute, buckled securely, emergency parachute on the front. The instructor then checks each of us, examining all our equipment in detail, making minor adjustments.

Over to the airplane and more practice exits. The instructor again checks our equipment, loads us into the airplane and yells "Let's do it!"

1630 hrs - JUMPRUN! 3,000 feet above ground. This isn't so bad. Kinda

nice looking out the window at all the mountains. The pilot casually leans over and opens the jump door. A blast of cold air rushes into the airplane, hitting me right in the face. Now I'm scared! My God, the door is open! I could fall out!

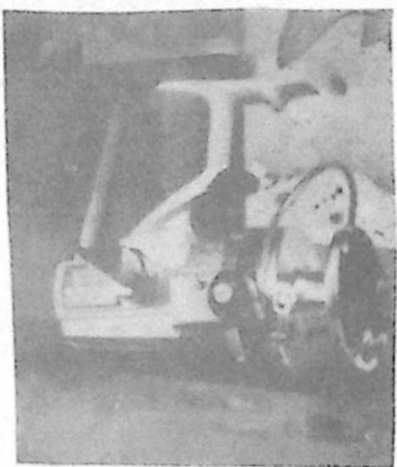
The instructor gives me a grin, leans out and looks down. He gives the pilot a correction on line-up, looks at me and yells "GET READY". I stick my foot out the door and the wind blows it off the step. God, the wind is strong. I put my foot firmly on the step, reach over and grab the strut, fighting the wind all the way. Swing the other foot across onto the wheel and I'm out there. I feel a slap on my leg and a loud GO! Kick, push, ARCH thousand TWO thousand, THREE thousand - OH! A

slight jolting sensation and I look up at a big beautiful round parachute. I DID IT, I ACTUALLY DID IT! Quiet and peaceful up here, really great! Oh year, I got to land this thing. Better find the landing area. There it is. Follow the arrow and you'll make it in. Getting closer now, turn in to the wind to slow down, prepare to land. Feet and knees together bent slightly, elbows in, touch and roll. HEY! REALLY GREAT! Congratulations, handshakes and slaps on the back. Pick up my parachute, stroking it fondly. Back to the packing area where I'm met by my grinning instructor. He shakes my hand and says "Welcome to skydiving." I ask "Can I go up again today?"

A TYPICAL STUDENT



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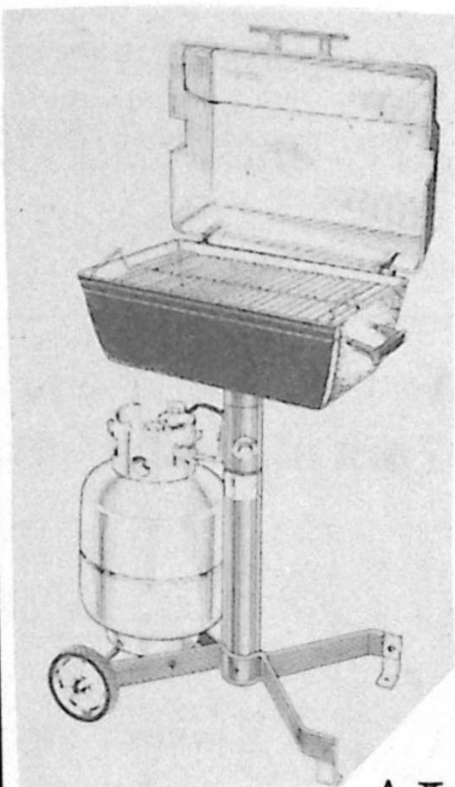
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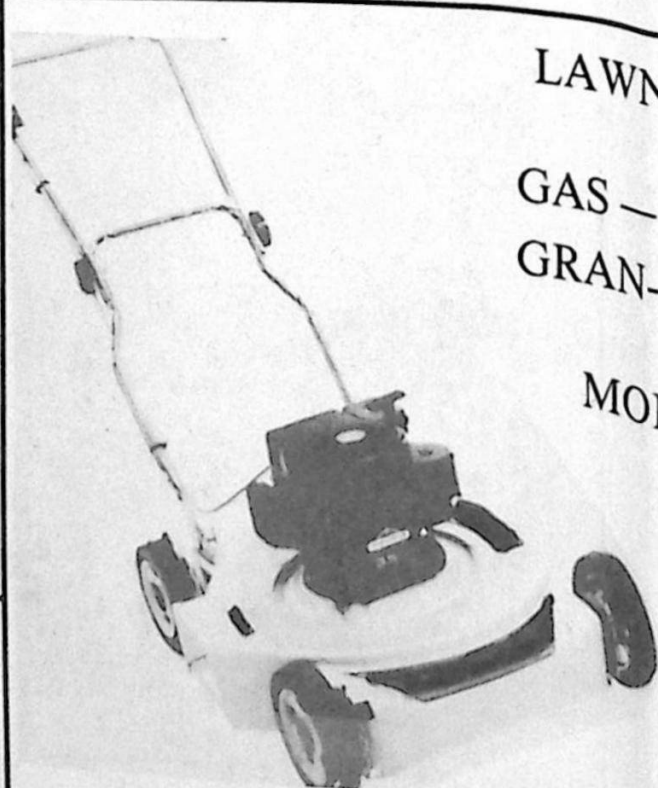


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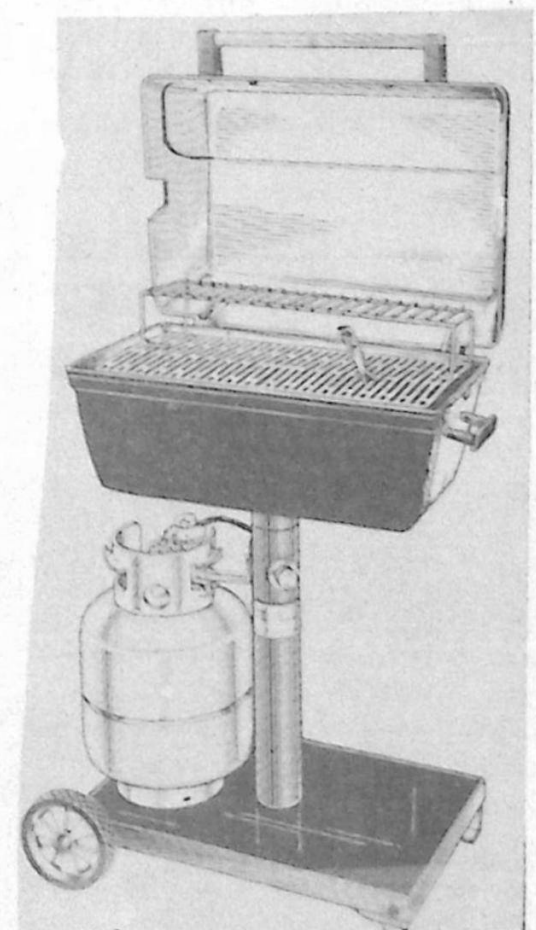
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Canadian Forces news



Airborne to Cyprus

OTTAWA -- Elements of the Canadian Airborne Regiment based at Petawawa, Ont., will provide the majority of the 430 Canadian Contingent members departing between March 19-28, to begin six months of United Nations peacekeeping duties in Cyprus.

The contingent commanded by Lieutenant-Colonel Jerry Thompson of Montreal, will replace the 5e Regiment d'artillerie legere du Canada (SRALC) and members of the 5e Regiment de genie de combat (SRGC) who will return to their home base at Valcartier, Que., after a six-month tour on the Mediterranean Island.

Air Command's 437 Transport Squadron from Trenton, Ont., will fly the Petawawa-based troops to Cyprus and bring home the SRALC and SRGC.

This Cyprus rotation is the 35th to take place since Canadian troops began serving there in March, 1964. It is the second tour of duty for the Airborne Regiment.

CODES EFFICIENT

More than 80 per cent of mail handled in the Western Postal Region now bears a postal code. Postal officials say use of the code means increased service efficiency, allowing mail to be quickly handled by technologically advanced sorting equipment. Mail without postal codes is processed by a time consuming hand sortation system. It's up to you if you want good service, officials say. Coding is particularly important on Christmas mail.



Edmonton - Master Warrant Officer "Knobby" Clark of Calgary assists Graham Biletski of Prince Albert with a military flat jacket and helmet. Standing by with a military gas mask is Graham's father, George.

Last week, a Canadian Forces army display team from Calgary, one of five teams currently touring the country exhibited their military artefacts to the general public at the Londonderry Mall, in Northeast Edmonton. The purpose of the display is to demonstrate and inform the public the interesting facets of a life in the combat arms trades. This week from 2 - 7 March, a similar but expanded version of the display will be at the Sportmen's Show, in the Northlands Coliseum. During 11-14 March the touring display will visit the St. Albert Centre Mall at 375 St. Albert Road.

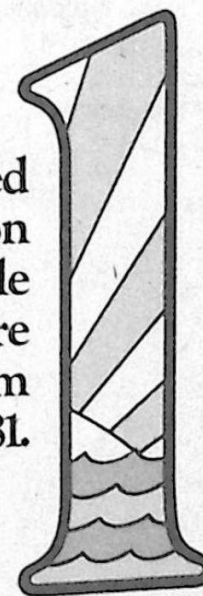
The Biletski's were visiting Edmonton from Prince Albert, Sask. Photo by Sgt. Dennis Mah



FAMILY AFFAIR.....The Chief of the Defence Staff General Ramsey Withers jokingly picks lint from the uniform of his son James. The two met in Victoria while the CDS was on tour of CFB Esquimalt and other western bases. James, a corporal in the 3 PPCLI stationed at Work Point Barracks, resides with his wife in Victoria.

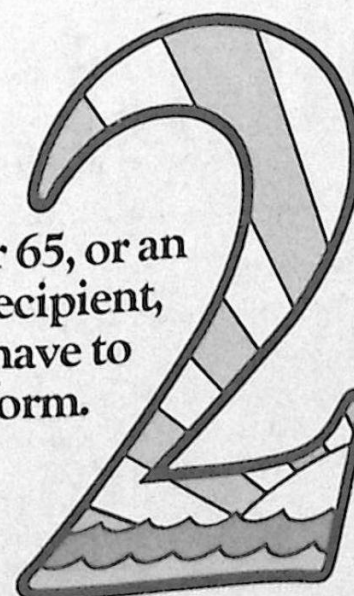
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To claim for your reimbursement, total your official Pharmacare receipts for prescribed benefits as listed above: if they add up to over \$100 for you and your dependents, you should file a claim. Claim Forms are available at your pharmacy. Fill out a Claim Form, attach the receipts in the spaces provided, and mail.



If you are over 65, or an income assistance recipient, you do not have to submit a claim form.

You are already receiving fully-paid benefits. Tourists, transients and visitors to British Columbia are not eligible to claim; neither are people receiving fully-paid drug and medical benefits from a union or employer-sponsored plan, or from D.V.A., D.I.A., Workers' Compensation or Home Care.

If you have any questions, ask a Pharmacist. They know all the details about Universal Pharmacare.

Universal Pharmacare
a service of the Province of British Columbia
Ministry of Human Resources
Honourable Grace M. McCarthy, Minister

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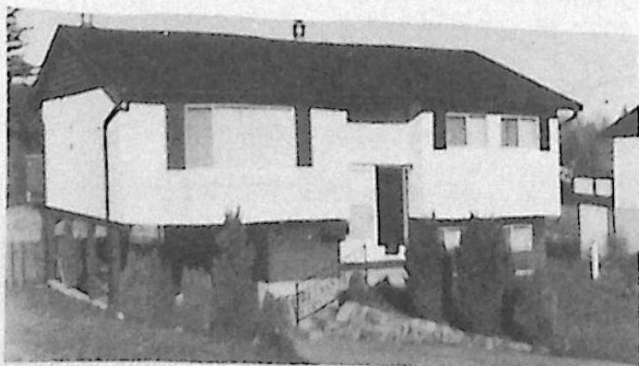


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Are you aware that the government has offered the doctors of B.C. an average increase of \$14,240?

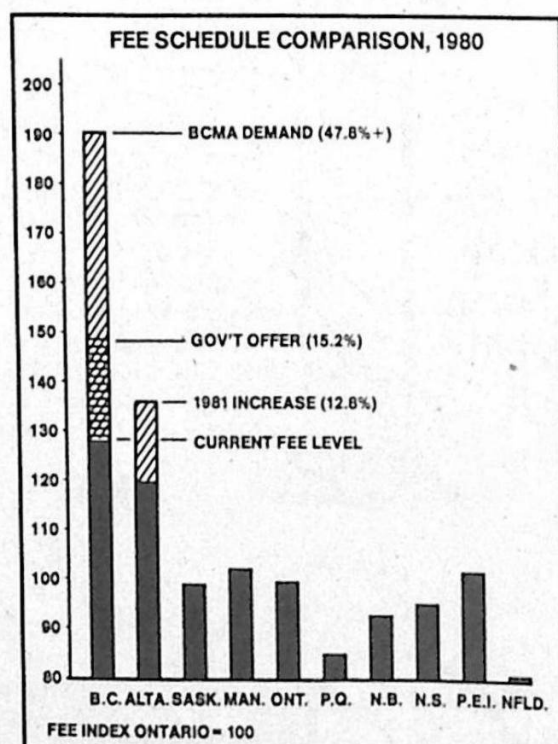
The doctors of British Columbia already have the highest fee schedule in the country. This schedule is the result of successful negotiations with the provincial government in past years... 8.11% increase in 1979, 9.7% in 1980.

But this year is different!

The government entered the current negotiations willing to have an equitable agreement concluded with the British Columbia Medical Association. The offer was made of a 15.2% increase, which meant an average increase per doctor of \$14,240 a year, at an additional cost to the B.C. taxpayer of over \$64 million for 1981.

But the British Columbia Medical Association wants more!

They are demanding an increase of almost 70%, which would cost \$296 million more than what was paid to the doctors in 1980.

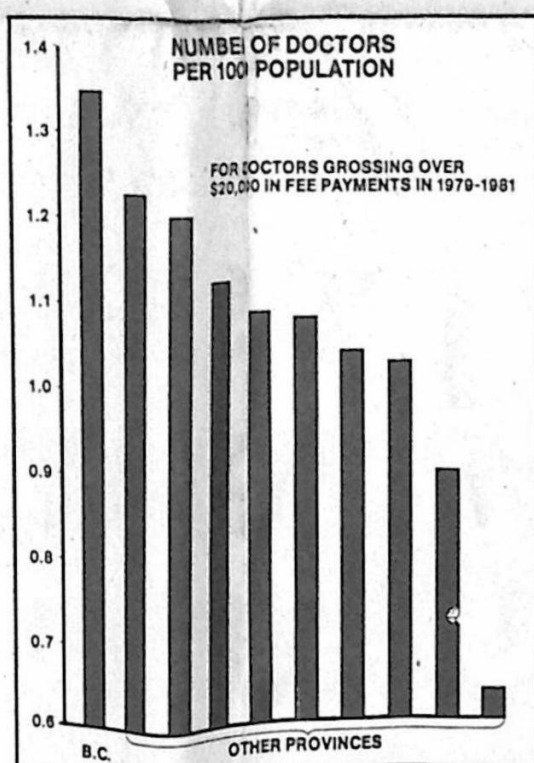


Let's look at a few facts!

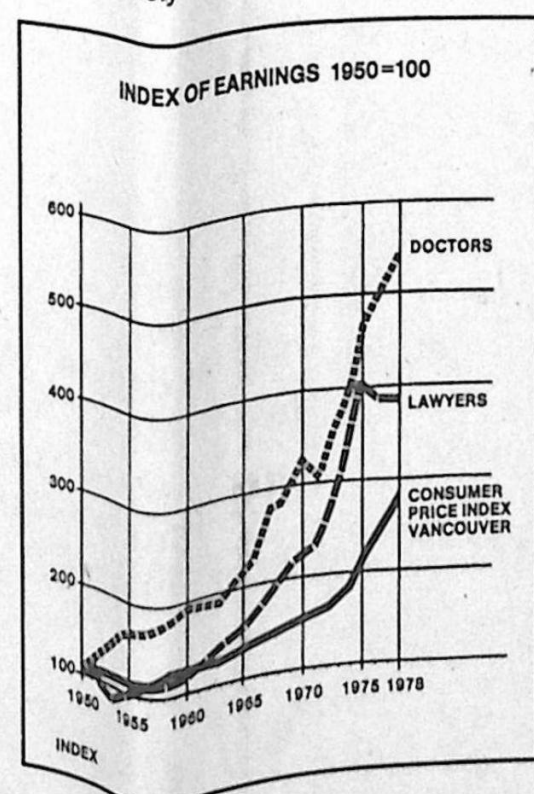
British Columbia has more doctors per thousand population than any other province (1.35).

While these doctors have shown their concern with their earnings not keeping pace with the cost of living, the latest figures show that they had in fact in 1978, an earnings index of almost 550 (using 1950 as base 100), while lawyers were slightly under 400* and the Consumer Price Index was slightly under 300*.

*Statistics Canada, Consumer Price Index for Vancouver, 1978.

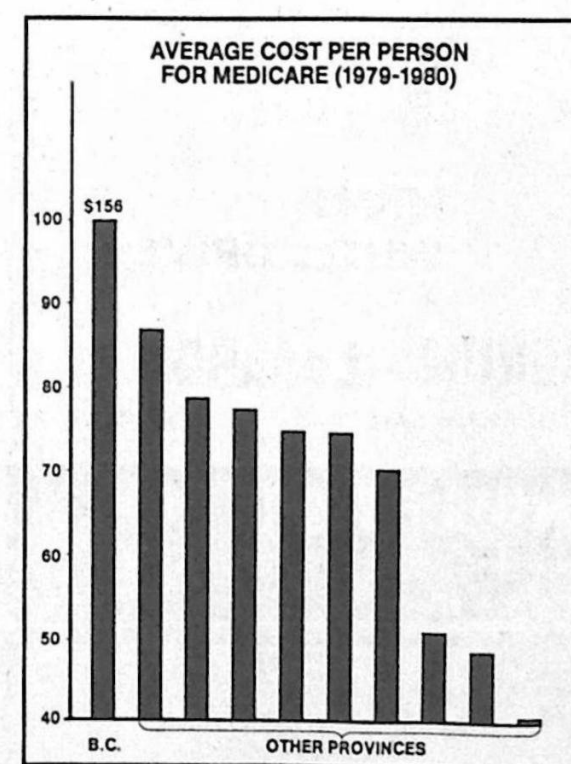


Payments for doctors' services are higher in B.C. than anywhere else in the country... \$156 per person. The government offer will raise the cost per person to \$180, but the demand from the British Columbia Medical Association would raise this cost to \$265. The new fee schedule being demanded is for 47.8%, plus an increase of approximately 15-20% for contractual



changes in the schedule, plus fringe benefits of 5% or more. The whole package would total about 70%.

It has been suggested that the level of premiums should be increased to meet these demands. If this was done, the present annual premium per family would increase from \$255 to \$625, while the premium for a single person would rise from \$102 to \$250.



Under the current government offer, the average increase for all doctors will be approximately \$14,240. General Practitioners will receive an average increase of \$15,800, while a number will receive considerably more. Specialists will receive an average annual increase of approximately \$13,700, with a number receiving much more than that amount.

The BCMA has stated that it wishes to charge patients an extra levy for medical services over the amount being offered by the government. This extra levy would be through extra-billing by the doctors.

It is the objective of the government of British Columbia to continue to provide every B.C. citizen with the highest possible standard of health services, while providing the doctors of the province with equitable remuneration for their services. In all of this the government recognizes the importance of managing the financial resources of the province in a responsible manner.



Province of British Columbia
MINISTRY OF HEALTH
Hon. James A. Nielsen, Minister