



# TOTEM TIMES



Vol. 24 No. 17

CFB COMOX TOTEM TIMES

THURSDAY, SEPTEMBER 16, 1982

DEADLINE - MONDAY, SEPTEMBER 27

COST: PRICELESS



Col. W.R. Dobson, presents the third cheque for DND's share of the new regional sewage system to the Chairman of the Regional Sewage System Committee, Mr. Bill Vincent. Two earlier cheques were paid by DND to the Comox-Strathcona Regional District. The first one, for \$950,000, was presented in person by Mr. Vic Johnson, Director of Utilities and Municipal Services at National Defence Headquarters. The second cheque, also for \$950,000, was mailed to the C-SRD by the then Minister of National Defence, Alan MacKinnon. This cheque presented by the Base Commander on September 2nd was for \$1,113,500. The last portion of the total DND share of approximately \$4 million will be paid upon completion of construction. The sewage system will allow CFB Comox to run its sewage directly to the new plant, replacing the present old sewage plant on the base.

## AMALGAM CHIEF

The last few nights the normal silence of the Comox Valley has been enlivened by the roar of jet engines as 409 All Weather Fighter Squadron participated in Exercise Amalgam Chief 82-6. As part of ongoing training and evaluation of the North American Air Defence System (NORAD ADS) this type of exercise is staged at regular intervals.

The purpose of exercises such as Amalgam Chief is multifold. To determine the capability of the NORAD ADS to effectively counter a bomber threat is the primary objective. Testing the proficiency of the various agencies involved and providing them with tactical training determines this capability.

Strategic Air Command (SAC) trains crews by simulating the threat using high and low level attack flight paths and various manoeuvres to confuse the defenders. Ground based air weapons controllers assimilate and interpret information from radar sites scattered across North America. This data is passed on to the fighter interceptors to aid them in finding and countering the threat. Operational and student controllers work together providing capable control to the aircraft involved and training experience for the student.

E3A AWACS aircraft provide control of the defensive forces by coordinating ground radar information with that of its own airborne radar. The controllers on these aircraft provide the same services as those of the ground controllers but are usually closer to the actual intercept and therefore provide more accurate information. Both aircrew and controllers on the AWACS receive operational ready training as a result of this type of exercise.

The fighter interceptor squadrons involved are the main link in the defensive chain. Even without controlling agencies the fighters' radars could still find the attackers. Flying in exercises provides invaluable flying training for the aircrew and puts their tactical awareness and operational abilities to the test. Amalgam Chief 82-6 is a two night exercise involving the 24th, 25th and 26th NORAD Regions. Besides 409 AWF Sqns Voodoos, various American Fighter Interceptor Squadrons participate, flying F106 Delta Darts, F4 Phantoms and F15 Eagles. Targets vary from CFT33's and Falcons to USN EA-6B Prowlers. Not all of the aircraft involved will be seen on the base during the exercise. The E3A's, EA6's and SAC aircraft possess air to air refueling capabilities which enable them to participate in our area and still recover at their home bases.

The usual nightly dull silence has once again returned to the Comox Valley. Amalgam Chief 82-6 is finished and the results are being tabulated. Now the only disturbing noises are the choking rasps of propeller aircraft until once again the NORAD ADS tests its crews.

## TERRY FOX RUN

The Marathon of Hope continues in the Comox Valley with the second annual Terry Fox event on Sunday, Sept. 19.

Fred McKay, this year's organizing chairman, is stressing participation in covering the 10 kilometre course, rather than 'running'.

"Participants can run, walk or jog the course," he said. "The idea is to come

out as individuals, groups or families to do the course at your own pace and preferred time."

The event will be held between 10 a.m. and 5 p.m. The course will begin at the Comox Valley Sports Centre along Headquarters Road to Macham Road and back again.

The idea of the event is to raise funds for the Canadian Cancer Society.

Suggested donations are \$5 for individuals or \$15 for families. McKay said, however, that donations can be whatever each person can afford.

Participants can pre-register for the event next week at the Comox Valley Health Club (formerly Bob's Gym), the Harbor View Fitness Centre, or any location of the Canadian Imperial Bank of Commerce -- Comox, Courtenay or the Driftwood Mall. Other locations will be announced soon.

McKay said organizers are hoping to include an opening ceremony to kick off the day's event. He said he also hopes that business or organizations around the Valley will issue challenges to get the most people from their organization to register for the event.

## Editor Retires



Editor Steps Down - Capt. Bob Hills is stepping down as editor of the Totem Times "Fishwrapper". Bob took over the duties in July 1981 from Barry Kennedy and worked very hard to maintain the excellent standard of the paper. While occasionally incurring the wrath of certain senior officers, Bob succeeded in avoiding all libel suits and generally produced an excellent paper. He worked so hard in fact, that he is being replaced by two editors instead of one. Good luck and thanks Bob, from the Totem Times staff. We're sure that VU 33 Squadron will be pleased to have you at work full time.

SMILE

You could be at Shearwater

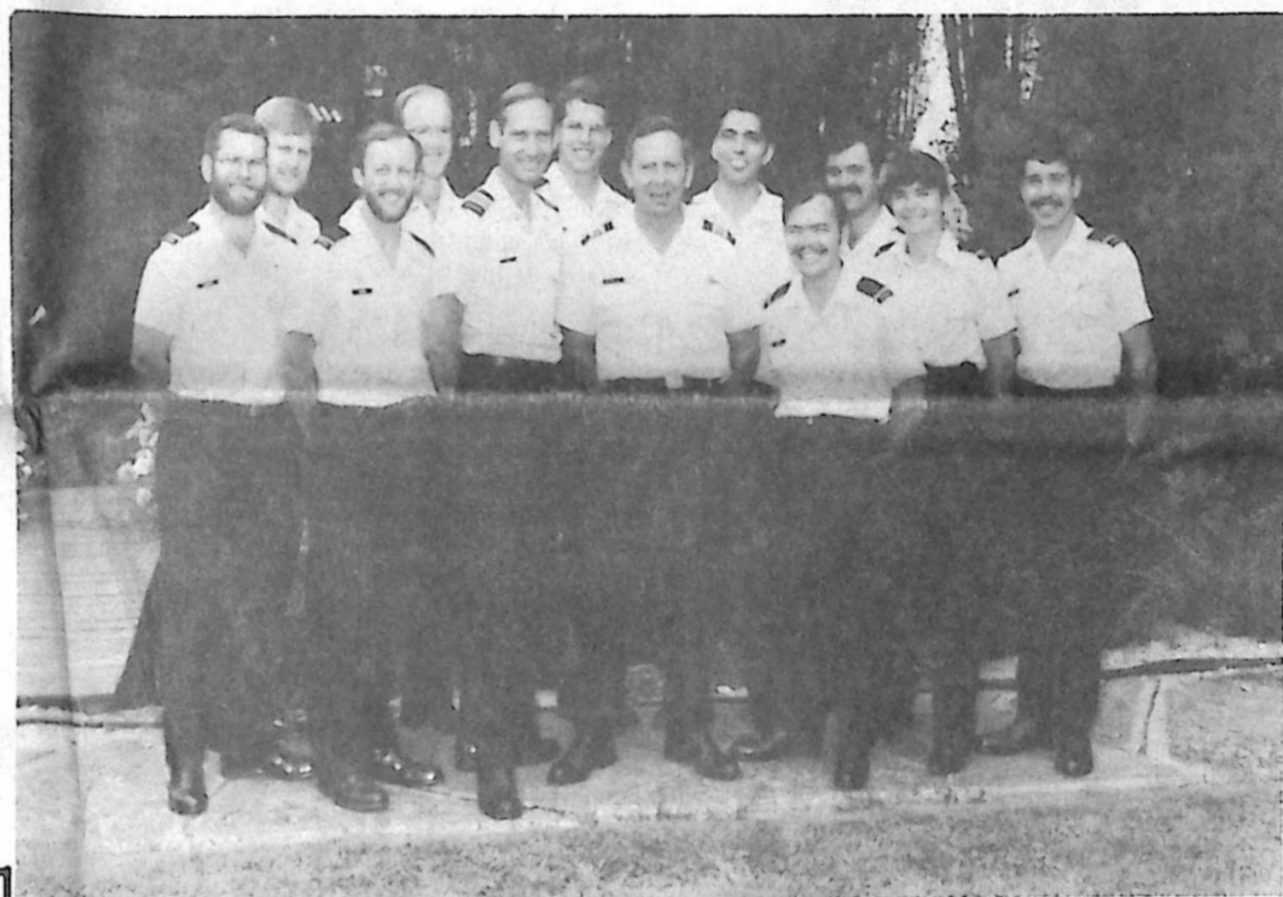
## New Air Service For Comox Valley

Vancouver, September 7 -- AirBC announced today the introduction of their new service between Vancouver and Comox/Courtenay. The new airport service will commence September 15th and will operate Wednesdays, Fridays, Saturdays and Sundays.

This service will replace certain flights previously operated by Pacific Western Airlines which have been discontinued. "We want to make it more convenient for the travelling public to fly between these points," stated Larry Feick, Vice President, Sales and

Marketing. "We have also organized hotel, sport and fly/drive packages in the Vancouver area for those people needing a mini-holiday," continued Mr. Feick.

For further information, please contact Larry Feick at 273-2464, or for reservations call Zenith 2641.



During the period 26 Jul - 6 Aug, ten Officer Cadets for prospective chaplains (five Protestant and five Roman Catholic) took their Air Force training at AFIS at CFB Comox. The photo shows: OCdts. Arvid Sprung, Michael Canning, Maj. R.E. Risch, Base Chaplain (P), CFB Comox, Maj. J.A. Cratchely, Comd AFIS, Laurent Boucher, Nancy Nagy and John Wilcox. Rear Row: OCdts Eric Griffin, David Bernard, Mark Sargent, Darrell LaValley and Joe Hicknell.

### Deadline

Deadline for our Sept. 30 edition will be noon Sept. 27.

### "Fishwrapper" Exposed

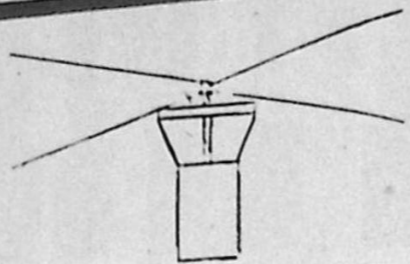
Section News.....	2
Editorial.....	4
Gens du Pays.....	5
Promotions & Awards.....	6
Sports.....	8
Around the Base.....	9
CF News.....	11

# Section news

## Demon Doins



This is the 407 correspondent. He looks like he has something to say but here it is past deadline time and he still hasn't said it. Hopefully no news is good news.



## QQ

# CONTROL

Again I have to say, its been a long time between columns. Not that nothing notable happened over the summer. Quite the contrary, more has happened than in all of last year.

Major K.D. decided it was time to trade in his press-to-transmit switch for a captains hat. He bought a 28' Campion, a couple of fishing rods and became a Captain(N) of his very own charter service. For a guaranteed good time and the fishing of a lifetime give Seawind Charters a try. You won't be disappointed!!

It was appropriate that the Major did his last precision radar run on a T33 piloted by LCol. Sid Burrows, as it was the Colonels last T33 flight before retirement. The two had long and distinguished careers in the RCAF and their experience and guidance will be missed by the Air Traffic Control section. Best of luck in the unemployment lines.

Our new leader, Maj. Ed Montgomery has arrived on the scene from DARTS, NDHQ in time to oversee our transition to TRACS. Welcome back to the operational side Major!! By the way, he still hasn't been officially mugged into the Gravel Pit. Seems the first time, he had a lease to sign. We haven't forgotten.

It's finally hockey season again and the guys from ATC are already into dry land trainings. After being edged out of the semifinals last year by the narrowest of margins, the team is determined to take

the big cup this year. Heads up opposition - ATC is on the move!

The annual "Golden Balls" golf tourney was recently held with a reasonable turnout of golfers and hackers. Mike Perreault won the low gross and Maj. K.D. took the low net. It was a beautiful day and it didn't matter if we won or lost, it was fun just to putter around.

Speaking of puttering around, the golfers of VU33 visited the Gravel Pit for a quick beer last Friday. ATC brought the beer and VU33 brought their "330 Club" tickets. It was a good afternoon, as it always is interesting to see the faces behind the voices. You guys are welcome anytime, it's just too bad we'll have to destroy your hockey team this year.

That's it for now, standby for the next quarterly report from QQ Control.

Unique to CFB Comox is the Canadian Forces Air Force Indoctrination School (AFIS). It is a fairly recent addition to the base, opening its doors in August of 1980. Since then twenty-six courses, totalling over 750 students, have passed through the school.

The purpose of the Air Force Indoctrination Course is to expose air element officers to the history of Canadian military aviation, present day concepts of air operations, and the functioning of a typical Air

Command base. Each course lasts ten days, incorporating classroom presentations, guest speakers, unit tours and extra curricular activities, into its syllabus.

Classroom presentations consist of a combination of films, lectures and slide shows. These recount Air Force history and explain its tradition; look at the evolution of air warfare and the development of aerospace technology; and examine the various Air Operations Classifications. Various guest speakers

both retired and active service, provide personal insight into their particular classifications and areas of expertise. These speakers are also frequently walking encyclopedias of Air Force history and tradition.

Tours familiarize students with the various squadrons and air operations units on a typical base. The aircraft and various tasks each squadron is responsible for, are explained as are the duties and capabilities of their air ops units. The extra curricular activities in-

clude class get together for after hour Air Force related movies and a games night at the mess which demonstrates the esprit de corps inherent to the Air Force.

Since the first course, the school has received excellent support and cooperation from base unit personnel. In the future the school will attempt to keep the base informed of its activities with information about visiting guest speakers and articles on Air Force tradition and history, not to mention recent course events.



AFIS Staff: Back L to R: Capt. Dave Blomire (ATC), Capt. Ron LaGrange (AERE), Capt. Al Stewart (LOG), Capt. Wayne Fisher (ANAV); Front L to R: Mrs. Monica Burns (Sec.), Commandant, Maj. Jim Cratchley (PLT), MCpl. Martial Harvey (Clk Adm).

**The Terryfox Run**

Run, Walk, Jog, Stroll on September 19th

For further information contact:  
Marisa Tuzi  
Terry Fox Run Provincial Office  
P.O. Box 34130, Postal Station D  
Vancouver, B.C. V6J 4M1  
(604) 734-1814

**HOUSE OF DOGS BOARDING KENNELS**

DOGS & CATS  
PROFESSIONAL GROOMING - ALL BREEDS  
POODLES A SPECIALTY

Heated Kennels  
Under-Floor Heated Bedding Area  
Our Large, Individual Runs are Completely Enclosed  
SANITARY  
CONCRETE BLOCK CONSTRUCTION  
VISITORS' INSPECTION WELCOME

**Peter and Kerry Steeg**

Moving Problems?  
Give him to us, we'll ship and receive!

**339-2955** RR1 Anderton Rd., Comox

**He Olde Cobbler's**  
- PHONE 338-7941 -

CFB Comox  
**SERVICEMEN'S SPECIAL**

**ONE TIME OFFER!**  
From 15 Sept. - 15 Oct.  
**\$5. - Heels & \$15. - Soles**

**WE REPAIR:**  
Service Shoes & Boots  
Servicemen's Purses  
Servicemen's Belts, etc.,  
Luggage,  
All Leather Goods in General

Redo your shoe,  
We'll make them new,  
And you'll keep that  
Spit 'n polish too!

443 Fourth St. (Next to King Koin Laundromat), Courtenay, B.C.

**VISA**

**JENSEN LANDSCAPING**

☆ Equipped and experienced to do the complete job.  
☆ Grading, seeding, sodding, planting (we do no maintenance work).  
☆ Special care to contours, drainage, curbs.  
☆ Both residential and commercial work.  
☆ Serving the valley since 1974.

**NEW LAWN SPECIALISTS**

FOR A FREE ESTIMATE CALL **339-6739**

**AT THE TOP OF MISSION HILL**  
North Island Highway, Courtenay, B.C.

**CHRYSLERS - PLYMOUTH - DODGE TRUCKS**

VANS - MOTOR HOME VANS - PICK-UPS - 4-WHEEL DRIVES

**OMNI HORIZON** CARS FRONT WHEEL DRIVE

**CORDOBA - MAGNUM - LeBARON**

"SERVICE AFTER THE SALE"

**COURTENAY CHRYSLER PLYMOUTH**

1970 CALL 1-800-338-5451

**The Homestead Restaurant**  
"Good Food at Yesterday's prices"

specializing in schnitzels

**FULLY LICENSED**

HOURS:  
Tues. - Fri. 11 a.m. - 2 p.m.  
Lunch 5 p.m. - 10 p.m.  
Supper  
WEEKENDS  
Sat. 4 p.m. - 9 p.m.  
Sun. 5 p.m. - 10 p.m.

**338 - 6612**

932 Fitzgerald Avenue, Courtenay (behind the Liquor Store)

# NIGHT HAWKS NEST



This article is being written in the Q after watching *Conan the Barbarian* - an exercise similar in nature to trying to draft a letter following a 409 Squadron wine luncheon. In any event, here we go again.

The summer is over. Tell-tale signs like the low overnight temperatures, wholesale mass suicides by the local robins too depressed, tired or drunk to attempt their annual migration, Jim Nodwell losing weight as the local growing season ends, and the rush on shoe stores as local nuclear protestors hurry to nab some footwear before the rains hit, all lead us to believe we would be wiser trying to hit the early

ski sales than to scurry frantically about in an attempt to score a last minute Hawaii shirt deal.

In fact, we are going to miss one of the best Nighthawk skiers this year, as Don Thornton heads off on pilot training shortly. An excellent navigator as well, Don was always willing to pass on ski tips to neophyte 409'ers. It is indeed unfortunate that we will miss his experience until February or so when, after washing out of pilot training, he will again be available for impromptu coaching sessions.

Congratulations to Kurt Saladana who, beginning this issue, becomes bull goose of the Totem Times.

Given Kurt's known sense of humour, this selection is going to be like letting Henny Youngman ghost write your memoirs. This new Base Commander must be a trusting soul.

The Hawks formation team rounded out a terrific season with an Airshow down in Warden, Washington recently. The team joined in the spirit of the town's Community Days by entering a raft in the annual race down the Lind Coulee Waterway. Unfortunately, the group finished near the end - their raft of empty Budweiser cans from the previous night in McChord obviously suffering against local, sleek, craft. The

Hawks are having a wind-up party for the squadron on 16 September, highlighted by an autograph signing session and, for the determined late-night revelers, seven straight hours of taped conversation covering the entire spectrum of phone-in practices commenced last May. A must.

That's all for this week, but stay tuned 'till next time when we examine Monty Python's new, ridiculous, play wherein Bob Slack, Greg Frazer and Terry Hunt are promoted to Major.

BGJK



This summer undoubtedly will be remembered as one of the busiest in 442's search and rescue history. The squadron does show some signs of returning to normal. One of these was the commencement of morning briefings on a regular basis. Attendance at the first briefing didn't break any records but that was probably due to the lack of advance promotion and ticket sales. For those of you that weren't there, you really didn't miss much since Major Levia couldn't remember how to work the overhead projector. It's been a long time since the last briefing.

The summer is coming to a close in the same fashion that it began. SAR AMBROZUK started on Aug. 24 when a Cessna 150 was reported overdue between Pentiction and Vancouver.

Another new face has popped up at the squadron. It's Capt. Harve May who the CO shanghaied from 407 Squadron. Capt. May will be working in Ops but if anybody from 407 asks, it's "Harve who?"

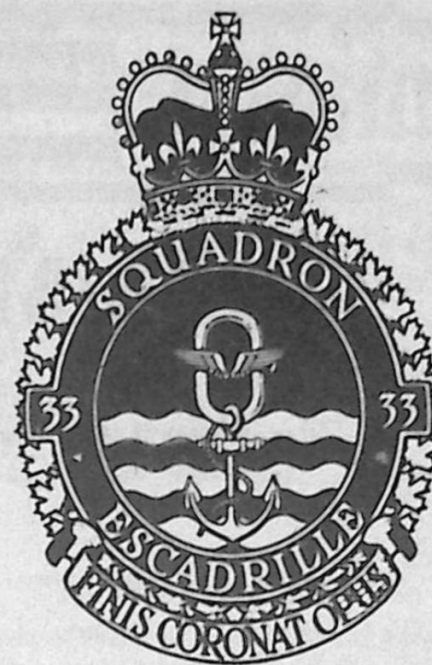
Bob Morris says he recently caught a 31 pound salmon and is now trying to claim the Squadron Big Fish Award. The trouble is everyone on squadron was away searching when Bob says he caught this fish. We ask for proof of the catch but Bob says the fish was eaten weeks ago and no pictures were taken. Sounds like Bob might be in line for the less prestigious Squadron Big Fish Story Award. At the present time Hal Morrison is leading the real contest with the only confirmed catch of the year, a whopping 2.2 pound spring salmon.

Since this paper has an unblemished reputation for sincere honesty in the pursuit of the absolute truth, it was with great suspicion that we accepted the following rumour. Under normal circumstances we wouldn't do this but the individual spreading the rumour is unapproachable and has never been known to say anything that wasn't the absolute truth. Besides that he is our favourite Warrant Officer. It seems that a certain Major (non-aircrew) has not paid his debt of 24 beers to a certain Warrant Officer (aircrew). Apparently the bet had something to do with the shiny shoes, haircuts and marching, whatever that means??

Flight Engineer Neil Patterson has been seen walking around the squadron with a cast on his arm. Some guys will do anything to get a couple of days off work. Neil was doing a preflight inspection on the Buffalo in Whitehorse when he decided to show off for Zee our new female Flight Engineer. Neil dove off the top step of the ladder and tried to land on his head. Unfortunately his arm got in the way. We only gave Neil a 7.2 on the dive since his toes weren't pointed.

D.B.

\*\*\*\*\*



## VU 33

VU 33

Can't believe two weeks has passed since the last edition. Sure you're not publishing weekly Boss???

Bob (Have I got a deal for you) Wrightson is busy signing up Squadron personnel for his IFR course on Ultralites. Even saw him on the Ops side with his colored brochures and pen. Heard Laurie asking before he signed up: "You positive they land at 12 knots?"

Saw Fred and Pat pouring over maps that didn't show any signs of civilization for 282 miles. Is this where we're going for Adventure training Dennis. Fred???

Our erstwhile Warrant Officer (Gary Whiffen) thought he'd maintain a low profile after the pix in

the last Totem Times and flew down east somewhere for another course. Rumour has it that John Tomko has been offered a projectionist job at one of the local movie houses!

330 Club tickets are going like hotcakes. Anyone that doesn't know what a "330 Club" is, can be enlightened by asking any VU 33 member.

Squadon sports days are taking their toll. After two hours in the weight room and 14 volleyball games in a row, Dennis threw his back out on a jumpshot at the net against Bob Stephenson. Maybe we should have our 1.5 mile grudge race now Dennis.

Michelle is brightening our days again after her sojourn at 409. "Like the thought he'd maintain a work, hate the coffee hours" were he comments.



Sgt. Bill Boran is congratulated on his recent promotion by the CO 409 Sqn., LtCol. Lott, who cautiously reminds him the penalty for advancement is a posting to 442 Squadron. Congratulations Bill, and the best of luck from all other Squadron personnel.

## HAWK YOUTH NOW! WATCH THIS SPACE!

### OFFICERS' MESS

Saturday, September 18 -

**AUTUMN MEET & GREET:** Wine & Cheese/Dance. Let's start the Fall right and get to meet the old and new Members of our Mess. Wine & Cheese at 1900 hrs. Dress is casual. Cost per couple: Members - \$10. Guests - \$15. Reservations to Mess Manager by 1200 hrs. Wednesday, September 15.

Sunday, September 26 -

**SUNDAY EVENING SMORGASBORD:** Menu - Salad Bar, Veal Cordon Bleu, Mushroom Sauce, Cornish Game Hen Halves, Wild Rice, Baked Potatoes, Dessert. Dinner served at 1930 - 2130 hrs. Pianist/Organist in Dining Room. Dress is informal. Cost per couple: Members - \$20. Guests - \$30. Reservations to Mess Manager by 1200 hrs Wednesday, September 22. Attendance limited to 150.

### WOs' - SGTs' MESS

Friday - 17th

TGIF & Presentation of Fishing Derby Prizes

Saturday - 18th

**HAWAIIAN NIGHT**  
Cocktails 1800 - 1900 hrs  
Dinner 1900 - 2100 hrs  
Dancing & Floor Shows 2100 - 0100 hrs.  
Tickets on sale at Mess Manager's office.

Friday - 24th

**MIXED NIGHT**  
Dancing - Food

OCTOBER 15 & 16

**UPCOMING EVENTS**

**OKTOBERFEST**  
Bavarian Music - Food - Dancing

### BB BLOCK BROS. REALTORS

449 - 5th Street, Courtenay 334-3111

THE ONLY COMPANY THAT CAN OFFER YOU TWO FULL LISTING SERVICES:  
\* NRS GOING OUT TO 125 OFFICES, AND OVER 2000 SALES REPS  
\* MLS COVERING VANCOUVER ISLAND 60 OFFICES, 612 SALES REPS

AFTER SERVING 27 YEARS MILITARY SERVICE, 7 1/2 YEARS IN THE REALTY INDUSTRY, AND DURING THESE 7 1/2 YEARS, HAVING BEEN THE COURTENAY ZONE MLS TOP VOLUME PRODUCER EVERY YEAR, 1975 TO 1982, I UNHESITATINGLY RECOMMEND THAT YOU LIST YOUR PROPERTY OR PURCHASE PROPERTY THROUGH BLOCK BROTHERS.

FOR INFORMATION ON:

- BUYING OR SELLING, OR ON
- FEDERAL HOUSING GRANTS,
- PROVINCIAL SECOND MORTGAGES,
- PROVINCIAL GRANTS,
- MARKET INFORMATION

GIVE ME OR ANY OF THE OTHER BEST SELLERS AT

BLOCK BROS. A CALL



TOM PROCTER

334-3111 OFFICE

339-2668 RESIDENCE

The bestsellers

# Editorials

## COMMENT

### To Pray or Not to Pray

To pray or not to pray -- that is a freedom.

Our new Minister of Education would like to lead us back in time, it seems, and again have the State led by the Church. Another basic freedom -- Freedom of Worship -- is threatened if the recitation of The Lord's Prayer is enforced in our schools. I respect the right of those who wish to use this prayer and the right of other religions to use their chosen prayers in their homes or churches.

The rights of those who choose not to pray should also be respected -- whether the individual be an atheist, one who chooses to meditate, or one who prefers to do a spiritual contemplative exercise

to open oneself to Spirit. "Often those who believe sincerely in the power of prayer are naive about the dynamics of it and what they are doing. It is, in truth, thought power, and when used to influence the direction of events or humans without their request or permission, it is no less than an invasion of that individual's sanctity." So states Darwin Gross in *Your Right to Know* in a chapter titled: "Prayer: Helpful or Harmful?". I recommend this book to those interested in fresh insights on prayer and respect for the rights of others.

Carol Punt  
Nanaimo, B.C.

### Canadians Who Served in Vietnam

To the editor:

I am attempting to compile material for a book about Canadians who served in Vietnam either with the peacekeeping missions or in the service of the armed forces of the United States and Australia.

The intended format of the book is to be a socio-military history based primarily on the oral recollections of the men and women who served in Southeast Asia.

While official military sources here and abroad have been supportive and co-operative, there is a definite problem in locating those who served with the American and Australian units.

I am hoping to contact as many as possible of the estimated 1000s who were involved but to date have confirmed less than two dozen veterans and details on KIAs.

Anyone with relevant information or advice is asked to contact:

Doug Clark,  
7 Douglas Cres.,  
Fergus, Ont.  
N1M 1C1  
(519) 843-4019

Thanking you in advance for any assistance you may render, I remain,

Yours truly  
Doug Clark  
(Journalist)

## TTFN

It's been an interesting 16 months. My sentence - er, tenure - as editor is over (commuted due to good behavior?). People don't throw rocks at me when they see me downtown, or try to run me down when I'm on my 10-speed, so I mustn't have offended anybody too much.

The support I received from my staff is the only reason I retained my sanity. My thanks to Dick Derkson, Serge Wong, and Moe Robert for the held they gave, and to Starr Beachey, Lucien Senneville and Ann Howlett who have continued in their stead.

Michelle Vantomme and Ann Ikle are doing excellent work on layout - thanks.

And Michelle Ramesbottom.

More than anyone else, Michelle has been responsible for getting the paper out. She's put up with my tantrums, told me tactfully when one of my ideas were lousy - or bluntly when tact didn't work. She's been the expert everyone turns to when a crisis arises.

So now I step down. Kurt Saladana and Jack Gibson are left in good hands.

BB



## The High Cost of Smoking

A friend and I were recently discussing the world economic situation and more pertinent our own economic status. We've both been in the Canadian Forces the same length of time and spent approximately the same amount of time in training. Our salaries are also almost the same. His complaint was lack of spending money and virtually no savings.

Most people I know can't account for every dollar that they spend. However, almost everyone has some form of budget, some a lot less rigid than others. My friend's budget consisted of paying bills by cheque and always keeping about a hundred dollars in his wallet. This allowed him to pick up extra groceries like milk and bread every few days to supplement a large semi-weekly shopping spree. He also could buy an average of about a pack and a half of cigarettes a day and still have about sixty dollars left over for Friday beer call and a cheap date Saturday night.

His budget didn't strike me as particularly bad, being similar to my own. It was obvious that it would be hard to save any money and still make "normal" purchases such as car parts, stereo components, camera lenses, etc., on a regular basis, not to mention financing ski season and perhaps a trip home for a few weeks. Examining his expenses it was easy to see where

cutbacks could be made. The bills had to be paid and the groceries were already at a minimum. Beer call couldn't be scrimped on because the mess has to be supported and one night a week could almost be considered therapeutic. Saturday nights cheap dates were also required to work out the kinks of a gruelling week of work.

Therefore cigarettes seemed to be the one item that could be cut back on without dire results. I know smokers claim that drawing the smoke from smouldering dried leaf plants into their lungs is pleasurable. Thinking it must be an acquired taste, I've made several attempts over the years to develop a liking for smoke. Reflecting upon those attempts I realize that I'm lucky they never succeeded. From a completely biased point of view I haven't been able to see any benefit from smoking except perhaps a psychological gain and the actual stimulation from the chemical reaction that results from the tar and nicotine entering the blood stream. This same result could also be produced by using various nonprescription drugs and chemicals which, although not illegal, are still frowned upon by the military powers that be. The disadvantages are more obvious and so well known that it's not worth wasting a few pages of newspaper to list them.

When you consider the effects of smoking upon a per-

sons budget you get a good example of a major disadvantage. A person who smokes a pack and a half a day at today's prices spends \$821.25 a year on his habit. This works out to be a little more than 4% of a \$20,000 a year salary. 4% doesn't seem like much - but consider that if you drive 10,000 miles a year and your car averages thirty miles per gallon, you would spend slightly less on gas than you did on your pack and a half a day. Playing with the figures just a little, if you invested the money spent on a pack and a half of cigarettes a day and the price never went above \$1.50 a pack, and the best interest you could get would be 10% compounded annually, the results are eye opening. After five years you would have saved \$5,515.06, ten years \$14,397.21, fifteen years \$28,702.01 and after twenty years \$51,740.04.

If you are a smoker in your mid forties, a home owner with no debts and a few thousand dollars in the bank, these figures may not mean much. Consider how much better off financially you would be if you had stopped smoking twenty years ago. Anyone who hasn't smoked for very long and just can't find that extra bit of will power needed to stop, should consider their finances. To put it simply, if you don't care about your health, how about your bankbook?

KJS

## TOTEM TIMES



Published every second Thursday, with the kind permission of Colonel Dobson, Base Commander, CFB Comox.

Second Class mail registration is 4098.

EDITOR: Kurt Saladana (Loc. 2409)

ASSISTANT EDITOR: Jack Gibson (Loc. 2249)

BUSINESS MANAGER: Starr Beachey (Loc. 2548)

CIRCULATION MGR: Lucien Senneville 338-5074 (Loc. 2236)

SECRETARY: Michelle Ramesbottom 339-5790

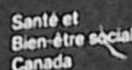
EDITORIAL STAFF: Michel Bourduas Michelle Vantomme Ann Ikle

PHOTOGRAPHERS: Maurice Robert, Ann Howlett, & Base Photo

The TOTEM TIMES is an unofficial publication of CFB Comox. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical errors, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charge for the erroneous item. "Advertising is an offer to sell and may be withdrawn at any time." Address correspondence to The Editor, Totem Times, CFB Comox, Lazo, B.C. V0R 2K0. Subscription Rate \$5.00 per year.

Printed in Courtenay, B.C., by the Comox District Free Press

# A BROKEN CIGARETTE IS A LITTLE FREEDOM GAINED.



Canada

# GENS DU PAYS

## LES CARTES DE MEMBRES



C'est en septembre que la plupart des cartes de membres de l'association Gens du Pays doivent être renouvelées. Mardi dernier le comité en réunion a décidé du prix des cartes pour l'année qui vient, et plusieurs facteurs entrent en ligne de compte.

Quoi que plusieurs activités et dépenses du club peuvent être subventionnées par le secrétariat d'état, il en reste une foule qui doivent s'auto-financer. Toutes les activités sociales, parties et danses, par exemple sont strictement aux frais du club. Il est donc nécessaire d'avoir des revenus pour couvrir ces dépenses. C'est pour quoi il nous faut vendre les rafraichissements, et parfois demander un prix d'entrée.

Plus le club grandit, plus il y a d'activités et inévitablement, des dépenses. On voudrait aussi avoir à payer le moins possible à chaque activité afin d'intéresser les membres à participer, mais on ne peut pas non plus en arriver au point où les membres qui ne

peuvent participer à certaines activités voient une partie du prix de leur carte couvrir des dépenses qui ne leur profitent pas directement.

Le comité en est arrivé à décider que le prix des cartes pour l'année qui vient serait de \$5.00 pour les célibataires et \$10.00 pour les familles. Ces revenus servent de fonds de roulement du club. Aussi, à l'avenir, il y aura une plus grande différence du prix de participation aux activités pour les non-membres en essayant de réduire ou minimum le prix pour les membres. Il faut comprendre cependant que certaines activités auront encore un prix d'entrée et qu'il nous faut continuer à vendre les rafraichissements tout de même.

Sommes toutes, \$5.00 pour la carte de membre, et \$10.00 pour la famille, c'est peu, car il y a une foule de services et activités gratuites qui vous sont offertes par le club, et on espère que chaque membre en profitera le plus possible.

MB

**ASSEMBLEE GENERALE**  
**18 SEPTEMBRE 2000 HEURES**  
**AU LION'S DEN - COMOX**  
**ATELIERS DE DISCUSSION**  
**GOUTER ET BREUVAGES**  
**PRIX DE PRESENCE**  
**VENEZ NOMBREUX**  
 Stationnement dans le centre d'achats de Comox, en face de Brownies Chicken. Le Lion's Den se trouve derrier la Bibliotheque Publique.

## VOUS HESITEZ ENCORE A DEVENIR MEMBRE?

- ACTIVITES A VENIR**
- 18 SEPTEMBRE** Assemblée générale et danse
  - 16 OCTOBRE** Rallye automobile annuel
  - 30 OCTOBRE** Danse de l'Halloween
  - 17 ou 18 NOVEMBRE** Pièce de théâtre à Courtenay par la troupe de la Seizième de Vancouver
  - 8 NOVEMBRE** Groupe "1755" en tournée dans l'ouest au théâtre civique de Courtenay. (Groupe de Moncton, N.B.)

### SOIREE D'ARTISANAT

Artisanat, des octobre. Tel que demande par les membres de votre association francophone, un budget spécial est maintenant disponible pour des cours ou des soirées d'artisanat qui débuteront de façon régulière dès le début d'octobre. Tous les gens désireux de participer ou encore de donner un ou plusieurs cours dans un domaine d'artisanat quelconque, sont invités à communiquer avec Helene Trudel 339-6317 ou Luc Maurice 339-6506.

### COURS D'ANGLAIS

Suite à plusieurs demandes de nos membres voulant obtenir des cours d'anglais, l'association a décidé d'organiser une CLASSE HEBDOMADAIRE ICI AU LOCAL. Le comité lance donc un appel à tous ses membres désireux de suivre des cours d'anglais (peu importe votre niveau) à communiquer avec Jocelyne Perreault à 339-7536 ou Lisette Crepeau à 339-6967.

Un professeur qualifié sera mis à notre disposition. Cout approximatif de \$20.00/personne. Vous sont Bienvenue!

### JOURNEE DE BRICOLAGE POUR LES PETITS

He oui, une activité pour "nos tout-petits". Tous les deux semaines, les samedis après-midi, un atelier de bricolage, animation et chansons sera offert gratuitement au local de notre association. Si ça t'intéresse, communique avec Francine Gauthier 339-7347 ou Catherine Larocque 339-5875.

### Aussi, à partir du mois d'octobre:

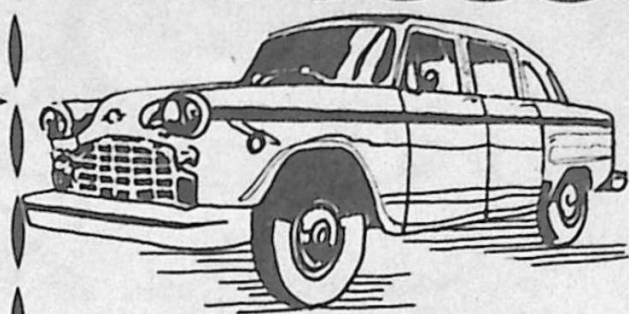
- ★ les jeudis soirs, soirée d'artisanat
  - ★ les mercredis soirs, cours d'anglais
  - ★ 1 vendredi chaque 3 semaines, un film commercial
  - ★ 1 samedi chaque 2 semaines, un après-midi de bricolage pour les petits
- Le local est toujours ouvert le mardi soir afin de rencontrer, prendre un café ou lire un livre.
- ★ information disponible dans les pages suivantes.
  - ★ Non confirme.
- Et n'oubliez pas que... Plus votre participation est élevée, plus intéressante seront les activités.

Votre Comité

## Changement D'horaire de Votre Local

A compter du 31 août 1982 le nouvel horaire sera:  
**LUNDI**..... FERME  
**MARDI**..... 1:00 p.m. à 4:00 p.m.  
 ..... 6:30 p.m. à 9:00 p.m.  
**MERCREDI**..... 1:00 p.m. à 4:00 p.m.  
**JEUDI**..... 6:30 p.m. à 9:00 p.m.  
**VENDREDI**..... 1:00 p.m. à 4:00 p.m.  
**BIENVENUE A TOUS**

Un gros MERCI à Helene Trudel pour le nettoyage du local.



## LE RALLYE AUTOMOBILE CA S'EN VIENT: LE 16 OCTOBRE

Message de L'association Francophone de Campbell River, 625-llieme Avenue Campbell River.

Voice quelques activités qui aura lieu à Campbell

Vin-Fromage pour dimanche le 19 septembre 1982 de 2:00 - 5:00 pm (aura lieu à l'office)

Les Diadem (les trois soeurs Marleau de Quebec) en spectacle le vendredi 24 septembre 82.

Les danseurs de Port Alberni pour le samedi 2 octobre 82. Souper quote-part 5:30 pm.

Bienvenue à Tous!

## PROCHAINE REUNION DU COMITE 28 SEPTEMBRE 2000 heures

<b>CLUB:</b>	<b>"GENS DU PAYS"</b>
<b>PRESIDENT:</b>	MICHEL PERREAULT 339-7536 ou Loc 2421
<b>V.P. ADMIN:</b>	JEAN-PAUL PERRIER 339-3192 ou Loc 2536
<b>V.P. EXEC:</b>	CATHERINE LAROCQUE 339-5875 ou Loc 2254
<b>SECRETARE:</b>	HELENE TRUDEL 339-6317
<b>TRESORIERE:</b>	NICOLE FORTIN 339-6318
<b>DIRECTEURS:</b>	ALAIN COURVILLE Loc 2494 JERRY STECKLER 338-9584 ou Loc 2546
<b>INFORMATION:</b>	MICHEL BOURDUAS 339-5042 ou Loc 2308 SUZANNE RACINE 338-7128 ou Loc 2396 MICHEL LABRIE Loc 2468 LUC MAURICE 339-6506 ou Loc 2294
<b>CULTUREL:</b>	
<b>SPORTS:</b>	PIERRE LARIVEE 339-7589 ou Loc 2461
<b>DIVERTISSEMENTS:</b>	ROGER THEBERGE 338-1910 ou Loc 2262
<b>EDUCATION:</b>	FRANCINE GAUTHIER 339-7347
<b>ACCUEIL:</b>	FRANCINE GAUTHIER 339-7347
<b>SECRETARE:</b>	DIANE SENNEVILLE

Pour plus de renseignements, contacter une de ces personnes. CLUB GENS DU PAYS, BOX 213, LAZO, B.C. VOIR 2KO TEL - 339-5313. LE LOCAL EST OUVERT MARDI, MERCREDI ET VENDREDI DE 1300 HRES A 1600 HRES, ET JEUDI DE 1830 A 2100 HRES.

**PACER**  
 338-9611  
 2391 COUSINS AVENUE  
 COURTENAY, B.C.  
**PACER**  
 CARBURATION LTD. AUTO WRECKERS  
 Full Clips Drive Trains Misc. Parts  
 • ACCORD  
 • CIVIC  
 • PRELUDE  
 Exclusive HONDA parts

**GOODS GROCETERIA**  
 P.O. BOX 190, LAZO, B.C. VOIR 2KO  
 339-2376  
**MEAT SHOP**  
 339-3800  
**RED & WHITE**  
 FOOD STORES

TELEPHONE 338-8200  
**OK** TIRE STORES  
 OUR TIRES GO AROUND WITH THE NICEST PEOPLE  
 971 CUMBERLAND ROAD COURTENAY B.C.  
 JOE PARKINSON

\*Alternators \*Starters  
 \*Voltage Regulators \*Rewind Electric Motors  
 \*Fast Service  
**COMOX VALLEY AUTO ELECTRIC**  
 (Foot of Ryan Road Hill)  
 338-5073

**LAWSON ELECTRONICS**  
 2703H Kilpatrick Ave. 338-6631  
 Courtenay, B.C. (Behind the Driftwood Mall)  
 service for all makes  
 TV, Stereo & Microwave Ovens  
 Warranty Depot For Most Major Brands  
 Sales & Service For Auto Stereo, Marine VHF, C/B's, Depth Sounders, Zenith T.V.

**BAYVIEW COLOR CENTRE**  
 3080 Comox Rd. 339-3711  
 Courtenay B.C.  
 (Next to Animal Hospital)  
 SERVING THE COMOX VALLEY WITH SHERWIN-WILLIAMS, BAPCO PAINTS AND OLYMPIC STAINS.  
 Come in and see our large selection of Wallpaper Books

'Bicycles, Tricycles and lots of accessories'  
 Full repair service  
**PEDAL PUSHER**  
 NOW OPEN AT OUR NEW LOCATION  
 - 137 - 5th St. -  
 BELOW THE MAIN CIVIC PARKING LOT  
 334-4845

**COMOX HARDWARE LTD.**  
 A COMPLETE LINE OF HARDWARE, PAINT, APPLIANCES AND FISHING TACKLE  
 IN THE SHOPPING CENTRE 339-2911

YOUR **FLORIST**  
 IN THE COMOX VALLEY  
 (3 Locations to serve you)  
 Courtenay 338-4736  
 Comox Valley 338-4111  
 Driftwood 334-3441

**HARTMAN AUTO SUPPLY 338-7261**  
 367 - Sixth St., Courtenay, B.C.  
 BRANCHES IN CAMPBELL RIVER & PORT ALBERNI

**TURNER CONSTRUCTION**  
 ★ Quality Material  
 ★ Quality Workmanship  
 WE'LL HELP YOU SAVE MONEY!  
 337-8622

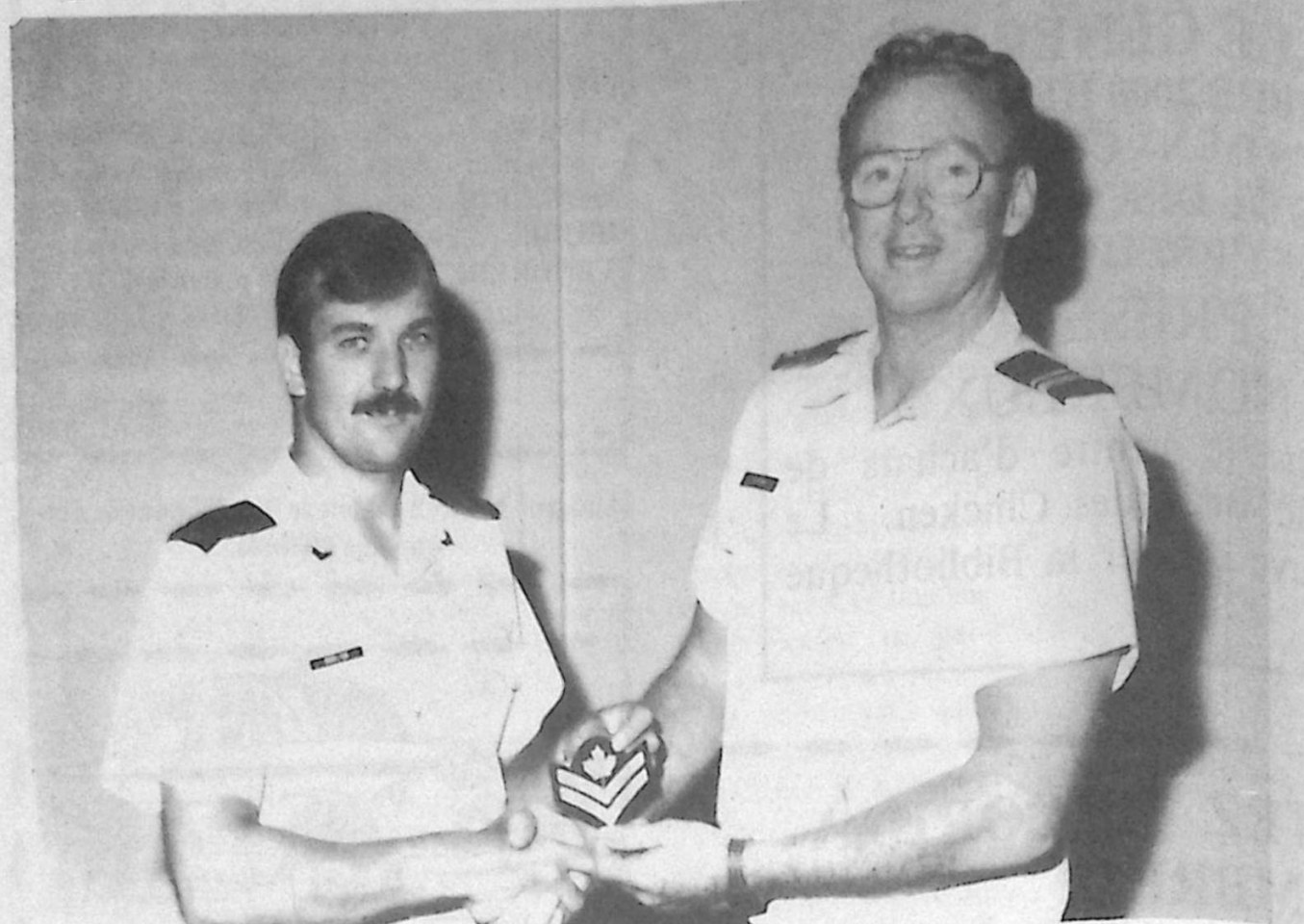
**COMOX VALLEY READY-MIX LTD.**  
 CUMBERLAND, B.C. PH. 336-2218  
 Ready Mix Concrete and Gravel  
 Trucking  
 Cement Finishing  
 Drain Rock  
 Loaders

**COURTENAY LUMBER**  
 SPIKE SEZ  
 QUALITY SERVICE & LOW PRICES  
 120 ISLAND HWY. COURTENAY, B.C.  
 338-6788

**SEASIDE MOTORS**  
 SERVICE - SALES - PARTS FOR ALL VOLKSWAGENS  
 401 Ryan Road  
 Courtenay, B.C.  
 PHONE 338-6791

KEYS • LOCKS • ALARMS • SAFES  
 SECURITY HARDWARE  
**Courtenay Locksmith & Alarm Service**  
 DON DAIKENS  
 Box 338 6442  
 Res: 339-4670  
 851 - 5TH STREET  
 COURTENAY B.C.  
 V1N 1K8

# Promotions and awards



MCpl. George Bigalow of NDT section being congratulated by MSO Lt. Dave Brown. (Base Photo)



Sgt. Ness 409 Engine Bay, congratulated by A/SAMO Capt. Grant on his promotion. (Base Photo)



Proudly displaying their well deserved CDs are: (from l-r) Capt. J.C. Bernard, Col. W.R. Dobson and Cpl. G.H. Peters.



\$630.00 plus \$315.00 equals \$945.00 - That's the total amount MCpl John Webber (retired) has received for his suggestion to place a strip of moleskin along the inside housing of jet aircrew helmets to prevent scratching of the visors. He received the first award last year and the \$315.00 is a supplementary award received this year as his proposal is still saving the Canadian Forces money. Lt. Dave Brown, our new MSO, presents the cheque to Mr. Webber.

## Unclassified

**RATES**  
First Insertion - NO CHARGE  
Subsequent Insertions - \$1.50 per inch

### POSTED TO VICTORIA?

2 Bdrm Townhouse, new WW Carpeting with 3/4" underlay, 1 bathroom - 4 pce, oversized MB-drm, 4 Appliances, quiet cul-de-sac, 4 miles from CFB, private patio off DR (fenced & treed), large fully landscaped common area, large storage area, 1 block from bus route to CFB, 2 blocks from shopping ctr, low monthly assessment, private parking, partial assumable mortgage at low interest.

**A STEAL AT ONLY \$62,500**

Contact: PO Mac Johnson, Centrex 255-1934 (Victoria)

### Shared Accommodation

Shared accommodation available for female in 3 bedroom home. Includes light, heat. Phone Bates Beach area. 334-3036 \$200.00 Month

### CERAMICS

Register now for classes & workshop at Mar-Val Ceramics 221B Church St., Comox, B.C. 339-2525

### NEW & USED FURNITURE

and Miscellaneous appliances P & A Trading across from STARDUST DRIVE-IN

1975 VOLKSWAGON SIROCCO one owner, 35,000 miles New clutch, brakes & tires 339-6740

### RIVERSIDE PARK RENT REDUCTIONS

Does Your Rent Include?

- fridge, stove, dishwasher
- washer and dryer in all 2 bedroom units
- fireplaces and large balconies
- 1 1/2 baths with Jacuzzi tubs
- saunas and exercise room
- party room with wet bar and ping-pong
- swimming pool
- free cablevision
- excellent view suites available
- extra large suites
- rents from \$380.00

If not

PHONE 338-5962

"Best value for your rental dollar" CUSTOM PROPERTY MANAGEMENT LTD.

Plan your life with confidence. Astro Biorhythm Forecast. For 6 months, send \$7.00 plus your name, address, birthday, month and year to Box 138, Lazo, B.C. V0R 2K0.

### PAPERTOLE

The new art of dimension Learn to build a beautiful picture with 5 prints or more - Fall classes are now starting - For more information Call Irene Hahr 339-2921

1959 Oldsmobile - Super 88, 41,000 original miles, new paint - 1 yr ago, new upholstery, new carpet, P.S. & P.B. V8 394 cu. in. \$4500.00 o.b.o. Call 590-3732(Res) or 574-4122 (Office) or 339-6202 for further info.

### 2 pce. Chesterfield & Chair

\$250.00

### 2 End Tables & 1 Coffee Table

\$75.00

### 1 Desk - \$45.00

### 1 Older Overstuffed Chair

\$45.00

### 1 Portable T.V. - \$40.00

### OTTERS STORES

Beside Courtenay Hotel

### Reconditioned Televisions

Color and Black & White

### Reconditioned Appliances

### OTTERS STORES

beside Courtenay Hotel

440 N. Island Hwy. 334-3332

### 2 or 3 bdrm MOBILE HOMES FOR SALE.

Have excellent investment potential, from only \$10,000. Here's your chance for off-base privacy, for about \$1,200 down & less than \$300.00 mo, including pad rental. Call Logan or Dave at 338-6716 for more details.

### LET'S MAKE A DEAL

Used furniture at affordable prices

Chesterfields, daybeds, hidden-a-beds, easy chairs, wall units, tables, dressers, TV's, stereos, lamps, appliances, pocketbooks & more

Come to P & A TRADING

(across from Stardust Drive-in at Merrillville)

OPEN MON THRU SAT

10 a.m. to 5:30 p.m.

337-8433

### FOR RENT

1 bedroom Suite, w/w carpet, heat, hot water, cable \$325./month. Near base 1751 Greenwood Cres. 339-4360/112-248-6936

### FOR RENT

Bachelor Suite, fully furnished, includes w/w carpet, heat, hot water, cable. \$275./month. Near base 1751 Greenwood Cres., 339-4360/112-248-6936

### 1980 HONDA CB 650

14,000 km. \$1400\*\* (or best offer) Call Grant or Eunice at 287-7995

### WE DON'T SELL

and neither will you. We need P/T buying agents on the Island to take in wild chanterelles this fall. Earn extra income in your own home or business. No risk or investment. Friendly people good with figures call Mr. Rogers at: 112-756-1929 (Nanaimo) SALES WOODLANE CORPORATION

## COMOX MINI-WAREHOUSE

**U** - STORE IT  
- LOCK IT  
- KEEP THE KEY


CLOSE TO THE BASE and PMQs

### SAFETY SECURITY SUPERVISION

Knight Rd. and Pritchard Rd.  
Comox, B.C.  
339-3424

"Serving home owners and contractors for more than half a century"


See our six main departments for all your building needs and good advice.



Central Builders Supply Ltd.  
Foot of Sixth Street  
Courtenay, B.C.  
Phone 334-4416


"We have everything for the builder"

CFB COMOX RESTAURANT GUIDE




**BROWNIES**  
fried chicken

1743 COMOX AVE., COMOX 339-5322



**MR. MIKE'S**


COME AND GET A REAL MEAL  
Open Mon. - Thurs. 11 a.m. - 8 p.m.  
Fri., Sat. 11 a.m. - 9 p.m.  
Sun. Noon - 8 p.m.



**abc FAMILY RESTAURANT**

Full Service Menu • Open All Year Round  
AT THE DRIFTWOOD MALL

Mon., Tues., Wed. & Sat. 7 a.m. - 6 p.m.  
Thurs. & Fri. 7 a.m. - 9 p.m.



**"EVERYBODY'S FAVOURITE"**

1080 Cliffe Ave., Courtenay  
338-5132

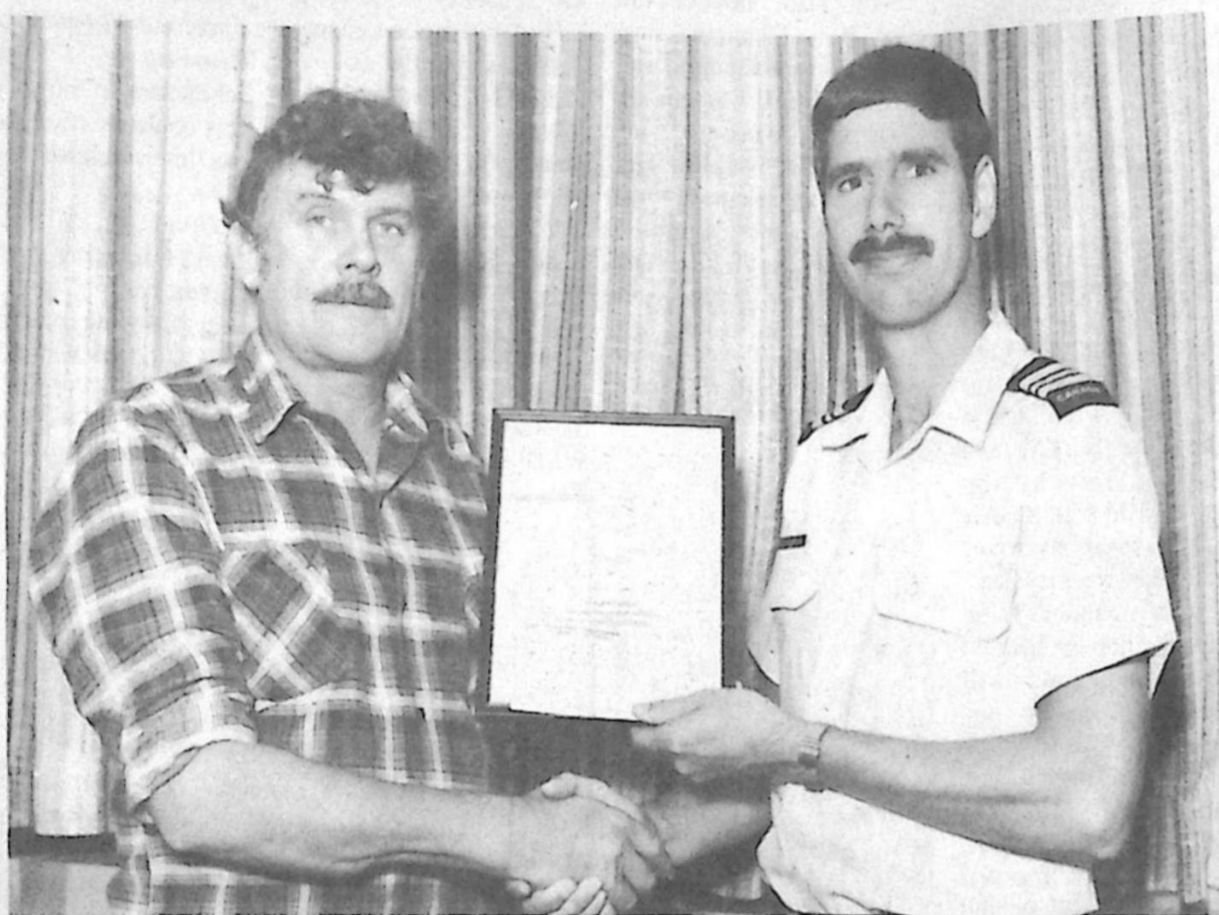
FULL DINING FACILITIES



MCpl. Crepeau, G.D., receives his CD for 12 years of undetected crime. Presenting MCpl. Crepeau's CD is Maj. A.H. Crawford, acting CO of VP 407.



Capt. Lessard, our BTelO, presents MCpl. Kasaboski, of his Nav Aids Section, with an award of \$250 for a proposal to improve the Precision Approach Radar Parameters Book that he submitted while he was stationed at CFB Ottawa.



Maj. Low, the BCEO, presented Mr. John Carswell, his Mechanical Shop Foreman, with an award of \$250.00 for his proposal to modify the large doors on number 3 Hangar to make them safer to operate.



After 26 years, Mr. Charles (Tab) Davis has retired from Base Transportation. It is apparent from the smiles that Tab has the last laugh on Maj. Breer. From all of us at Base Transportation and those on the flight line that have suffered through your gas passing, may all your troubles be unleased.



# EXTRA'S

EFFECTIVE UNTIL SEPTEMBER 18

WE WILL NOT BE UNDERSOLD

SATISFACTION GUARANTEED OR MONEY CHEERFULLY REFUNDED

WATCH FOR OUR BIRTHDAY SALE  
SEPT 30 - OCT 9

DON'T MISS THE SAVINGS

**CLEARASIL**  
CREAM MEDICATION

15 g

**1<sup>87</sup>**

**PAMPER'S**  
TODDLER

24's

**4<sup>97</sup>**

**HEAD AND SHOULDERS**  
SHAMPOO

550 ml

**4<sup>67</sup>**

**ABC**  
LAUNDRY DETERGENT

61

**3<sup>47</sup>**

**MACLEANS TOOTHPASTE**  
OR  
**COLGATE TOOTHPASTE**

150 ml

**1<sup>47</sup>**

**JOHNSON AND JOHNSON**  
BABY POWDER

250 g

**2<sup>27</sup>**



AGREE SHAMPOO OR  
CONDITIONER

**2<sup>57</sup>**

**INFANT SLIPPERS**  
SIZES 4 - 8  
CANEX EVERYDAY LOW PRICE

**4<sup>49</sup>**

**GIRLS FUZZY**  
BOOT SLIPPERS  
S - M - L

**4<sup>99</sup>**

**SOLARAY**  
HEATING PADS  
CANEX EVERYDAY LOW PRICES

**14<sup>99</sup>**

**BRAUN**  
DENTAL  
ELECTRIC WATER JET

**47<sup>99</sup>**

**CORNING WARE**  
SPICE O' LIFE  
TEA POT  
REG. 18<sup>99</sup>

**SALE 14<sup>97</sup>**

**CORNING WARE**  
SPICE O' LIFE  
41 ROASTER  
REG. 23<sup>99</sup>

**SALE 19<sup>97</sup>**

**STONE DINNERWARE**  
20 PC SET  
REG. 24<sup>49</sup>

**SALE 15<sup>97</sup>**

**ASSORTED**  
COFFEE  
MUGS

**.87¢**

**ASK ABOUT OUR 90 DAY  
INTEREST FREE PLAN**

# SPORTS

## Denman Island Road Race Great Success

A large field, novel community fair, good organization, and nice weather highlighted the Denman Island race held on Sunday 5 Sept. Ten percent of the 99 entrants were CFB Comox personnel and their dependants. All participants enjoyed the friendly atmosphere, and unique wares of Denman Island Community Days.

The weather was perfect for running and the race record of 28:30 tumbled by more than one minute. The awards for the first three in each category were attractive ceramic medallions. Although we were close, no ceramics were awarded to the service participants. Top base finishers were Capt. Vic Howlett (4th in pre-masters), Monica LaPointe (5th in womens open), Janine Rodgers (6th in womens open) and MCpl. Gord Kehoe (5th in masters mens). Also running in the top half of the large field was Capt. John

LaRoss from 407 Sqn. Excellent running potential was shown by Leslie Black, 10 year old son of Capt. Doug Black, who beat two of 407 Sqn's finest Maj. Darrel Newman and Maj. Dave Nunnikhoven. Welcome must be made to two other running families, MCpl. Cyril Rodgers, 11th mens open and wife Janine, and to Rick LaPointe and his two daughters.

A reminder of coming events: The Terry Fox 10 KM, 19 Sept. at Comox Valley Recreation Centre between 10 a.m. - 5 p.m.; Totem Times 10 K, 3 Oct. at CFB Comox Recreation Centre. Runners from Esquimalt have expressed interest in T.T. 10K so as much base participation as possible would be desirable to uphold the "Air Power" host base.

Base runners are urged to participate. There is a team award as well as individual awards for top finishers.

### BADMINTON CLUB MEETING

#### 22nd SEPTEMBER

The Badminton Club will meet at 7 p.m. Wednesday the 22 of September. Active and potential members are urged to attend the meeting and play after. Club times are Wednesday and Sunday evenings from 7 - 10 p.m. Junior players, 16 years and over are also welcome to play.

### CFB COMOX WEIGHT LIFTING CLUB

All male and female personnel interested in weight lifting land body building are urged to attend an organizational meeting at the Base Gym on the 27 Sep 82 at 1530 hrs.

For further information contact Cpl. Shanks or Cpl. Lacasse at local 2315.

### MASTERS SWIMMING

If you are 20 years of age or over and like to swim to keep fit, Masters Swimming could be for you. The Base Pool is kept at 80-82 degrees F so we swim all year around. If you can swim 2 to 4 lengths, front crawl with proper breathing you can join the Masters and start your conditioning programme.

Workouts are posted on a board in the pool several times per week. We are also considering one coached session per week if there is enough interest.

At present the Masters Swim time is from 1300 - 1400 hrs, but evenings may also be possible.

A meeting to discuss practice times, possible coaching, fees, swim meets, fun outings, etc. will be held Monday, September 27 at 7 p.m. at the Rec Centre.

### Ladies Fitness Classes

Ladies Keep Fit Classes will commence on the 20th of September. Classes will be held from 9:30 - 10:30 a.m. on Mondays, Wednesdays and Fridays, with the opportunity for a swim and sauna following the exercise period.

We are still looking for a babysitter, if you know of one or are interested please contact the Rec Centre at local 2315. The volunteer instructor for the fall season will be Mrs. Pat Andrews.

### Skiers Take Notice

VICTORIA - A million-dollar boost for B.C.'s newest alpine recreation development was announced here today.

A \$1 million forgivable loan under the Canada-British Columbia Travel Industry Development Subsidiary Agreement (TIDSA) has been approved for Fernie Snow Valley Ski Ltd. in the East Kootenays.

The loan will be used to develop Fernie Snow Valley into a comprehensive, regional recreation destination, with a full range of skiing and accommodation facilities.

Located in the Lizard Mountain Range five kilometres southwest of Fernie, the site was identified in the regional tourism plan as a major potential recreation destination. This judgment was based on Snow Valley's favourable location in relation to large numbers of Alberta skiers who currently pass through the area on their way to ski sites in Idaho and Montana. The rapidly growing population centres in the nearby Elk Valley, northeast of Fernie, were also seen as a potential source of increased visitors.

## HERE COMES THE BREAKAWAY GENERATION!

OTTAWA - "A broken cigarette is a little freedom gained" is the main theme of a new campaign promoting the benefits of a life-style free of tobacco.

Health and Welfare Minister Monique Begin said today her aim is to encourage young Canadians to become the "breakaway generation" -- free from tobacco. She pointed out that already two-thirds of Canadians do not smoke.

"The values, attitudes and behaviours related to smoking begin to develop very early in life and continue throughout childhood and adolescence," the Minister explained. "Once individuals reach the age of 19 or 20 'smoke free', it is unlikely that they will ever start smoking."

The program will continue for several years and is part of Canada's contribution to the World Health Organization's objective "health for all by the year 2000".

The federal government hopes the provinces and voluntary health organizations will join in promoting the positive image of non-smokers and in destroying the illusion that smoking is the norm or a means to social success.

Television is the primary medium for the smoke-free message targeted at 12 - to 17 - year - olds. The campaign will broaden later to reach a wider audience through other media.

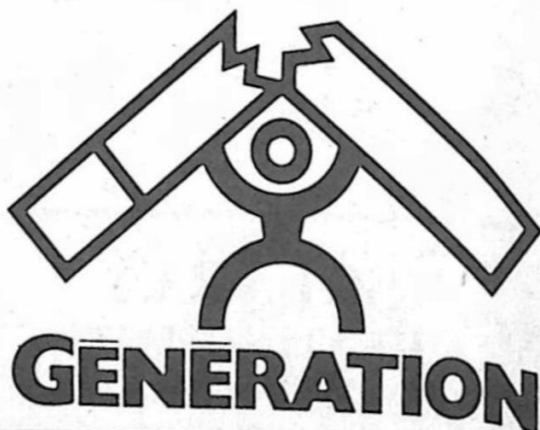
Promotional and educational materials will be made available to

schools, day care centres and community associations to encourage children to make the decision to join the "breakaway generation". The program will also aim to make adults aware of how important it is that they set a positive example for their children by not smoking.

Since 1965, the proportion of Canadians smoking has dropped a full 10 per cent, from 43 per cent to 33 per cent. The proportion of women smoking has remained fairly constant whereas the proportion of men smoking has dropped 15 per cent. During the same period, tobacco sales have increased both as a result of population growth and of increased consumption per smoker.

In the 15 to 19 age group, smoking among males has decreased from 35 per cent to 26 per cent, while female smokers have increased from 20 per cent to 26 per cent. This increase occurred in spite of the fact that it is generally admitted that the use of tobacco is a cause of cancer and other illness, such as chronic bronchitis, emphysema and coronary diseases.

"Canadians are ready for this push towards preventing smoking," Miss Begin said. "More and more people are concerned about the rights of non-smokers and want smoking banned in public places. Increasingly they realize that smoke is bad for you. We want to speed up this trend towards freedom from tobacco."



**GENERATION**

### Esquimalt Dominates

## Pac Reg Running Championships

Eight personnel from CFB Esquimalt will compete in the National Running Championships at CFB Lahr, 25 to 27 Oct, by virtue of their winning performance in the Pacific Region Championship.

Esquimalt was the only base in the Pacific Region to field a full team and therefore also received the team awards. Their team was selected in a qualifying race in Victoria prior to their entry into the Regional race held 8 - 9 Oct. in Nanaimo. Lt(N) Don Switzer was the class of the Pacific Region field, winning the 15 KM race by three minutes and the eight KM cross country by one minute forty seconds over his teammate Lt. Harry Jarche. The senior (over 40) competition was far closer with WO Bill Mackie winning the 15 KM and Capt. Tom McCarthy winning the 8 KM with Mackie declared winner when the overall times were totaled.

The two women from Esquimalt literally had no competition and will represent our region in Germany.

Comox fielded the next most successful team, with MCpl. Barry Whillans securing the fifth spot on the Mens Open class and the trip to the Nationals. Capt. Vic Howlett was sixth among the 23 runners competing and will be the 1st alternate if any of the top five in the Mens Open cannot compete. MCpl. Gord Kehoe is the 1st alternate for the seniors category. After a close battle, he lost third spot in class and a chance at the Nationals by eight seconds when the times of both races were combined. All

three of these Comox competitors had close competition with other runners and ended up swapping positions in the results of the two races. Capt. Nelson Hui of Comox finished 10th overall in the 15KM race but was unable to compete in the 8KM race the following days because of a military commitment.

The only other competitor to make the Pacific Region team besides the eight from Esquimalt and the one from Comox was MCpl. Frank Arsenault from CFS Masset, who placed third overall. His training schedule is seventy to eighty miles a week, second only to 50 plus year old Capt. McCarthy who runs 100 miles a week.



"Comox's Barry Whillans"

### Basketball Trials

#### 22 Sept

The 1982 - 83 Basketball season is about to start. Anyone interested in playing for the Base team is requested to attend the basketball trials at 8 p.m. on Wednesday, 22 September at the Base Rec Centre. The Basketball league, in which the Base team will be playing is due to start in early October.

**Defence!**

Walk, jog, run, skate, ski, swim, paddle, pedal... don't let life catch you with your head down.

Fitness is fun. Try some.



### BOWLING

### NEWS

Did you know that we have a four lane bowling alley right here on the Base?

Located in the Rec Centre, this facility will be opening for the 1982 - 83 season on the 19th of September. Registration has already begun, but we still have openings on both the Ladies Leagues and the Sunday Mixed League. The Ladies Tuesday Night League has nine teams and are trying to get enough people to expand to Thursday nights. If you are interested in bowling, please call one of the following people:

Colleen Kennedy - 339-3425 - Sunday Mixed  
Heather Massey - 339-6835 - Ladies Night Time League  
Kit Spillsbury - 339-2308 - Ladies Afternoon League

The schedule for the 1982-83 season is as follows:

**Men**  
MONDAY 6:30 & 8:30 p.m.  
**Ladies**  
TUESDAY 6:45 & 9:00 p.m.  
WEDNESDAY 1:00 p.m.  
**Mixed**  
SUNDAY 6:45 & 9:00 p.m.  
WEDNESDAY 6:45 & 9:00

Casual SUNDAY 12:30 - 4:00 p.m. THURSDAY 6:00 - 9:00 p.m.

The cost of league bowling is \$3.00 for registration plus \$3.00 for three games of bowling on league nights. Casual bowling will be 70¢ a game for adults and 35¢ for children.

We are desperately in need for volunteers for the Youth Bowling Council (YBC). There are precious few activities on the Base for children and we will lose another one if some parents don't come forward. Anyone interested in volunteering some of their time, please contact Wayne Farrell at 339-4908. Youth Bowling is usually scheduled on Saturday, but this could be changed to fit the time you have available.

Don't forget the YBC League meeting on the 23 September, at 7 p.m. in the Base Bowling Alleys. All interested parents please come out, your participation is urgently required!

## TOTEM TIMES

### 10 k ROAD RACE

DATE: Saturday, October 3, 1982

TIME: 12 Noon - Registration 11:00 - 11:45 a.m. at Recreation Centre

AWARDS: Awards for 1st, 2nd, & 3rd in each Category

CATEGORIES:  
JUNIOR 18 and under  
OPEN MEN 19 and over  
OPEN WOMEN 19 and over  
MASTERS  
TOP MILITARY UNIT

COURSE: Start and Finish on CFB Comox. Route on Paved Road.

MILITARY TEAMS: High point unit receives special award.

MILITARY ENTRANTS: Please contact Capt. Vic Howlett at 2240.



Port Augusta Motel

COMOX  
YOUR "ALL SEASONS" MOTEL

When you are travelling alone or with your family, stay in COMFORT 60 UNITS

FEATURES:  
indoor pool - color TV - sauna - waterbeds - 1 and 2 bedroom suites - 34 kitchen units - direct dial phone

Dine in our fabulous restaurant!

Breakfast starts at 6:00 a.m. Buffet Lunch



Fine Continental cuisine Featuring local seafoods.

2082 COMOX AVENUE, COMOX, BRITISH COLUMBIA, V9N 4A7 (604)339-2277

## INSURANCE

We specialize in all types of insurance including:

☆ HOME OWNERS & TENANT INSURANCE

authorized AUTOPLAN agent

COMOX VALLEY INSURANCE SERVICE LTD.



INSURANCE BROKERS AND CONSULTANTS  
Opposite Court House Courtenay  
Phone 334-3195

The Terry Fox Run  
Run, Walk, Jog, Stroll on September 19th  
For further information contact:  
Marisa Tuzi  
Terry Fox Run Provincial Office  
P.O. Box 34130, Postal Station D  
Vancouver, B.C. V6J 4M1  
(604) 734-1814

## CURLERS

★ LADIES ★ MENS ★ MIXED LEAGUES ★

Available

For all Curling information

334-4712

Phone

338-8324

# Around the Base



## ST. MICHAELS AND ALL ANGELS PROTESTANT CHAPEL

**CHAPLAIN:** Padre Bob Risch (UCC)  
**CHAPEL:** St. Michaels Protestant Chapel, Bldg 88, Wallace Gardens, CFB Comox  
**OFFICE:** Headquarters Bldg No. 45, Local 2273, Rm. No. 35  
**ORGANIST:** Mrs. Jean Duggan - 339-3147  
**PUBLIC WORSHIP:** Sundays - 1100 hrs.  
**COMMUNION:** First Sunday of the month  
**FAMILY SUNDAY:** Second Sunday of the month  
**SUNDAY SCHOOL:** 0930 - 1100 hrs., Mrs. Carol Fettinger, Superintendent - 339-5269  
**LADIES GUILD:** Second Wednesday of the month - 2000 hrs., Mrs. Stephanie Spiers, President - 339-5425  
**CHOIRS:** Senior Practice - Thursdays - 2000 hrs Junior Practice - Thursdays - 1830 hrs., Mr. Walter Yeomans, Choir Director - 339-4039  
**YOUTH GROUP:** Saturdays/Weekly - 1900 hrs., Mrs. Gay Gray, Leader - 339-6705  
**PRAYER/PRAISE:** Mondays/Weekly - 1900 hrs., Mrs. Gloria Sponselee, Coordinator - 334-2201

## SUNDAY SCHOOL Protestant Chapel

Sunday School at the Protestant Chapel will soon be starting for all ages from three years and up. Registration Sunday will be in the Chapel Annex on Sunday, 12 September at 0930 hours, and the first regular lessons will start 19 September.

We are still in need of Sunday School teachers. Please consider serving your Chapel and community by phoning Mrs. Carol Fettinger at 339-5269, Mrs. Susan Stobbart at 339-6807, Mrs. Gay Gray at 339-6705 or Mrs. Alice Campbell at 339-6843.

In order to train new teachers we will be having a special workshop at our Chapel sometime in September or October with an expert here from Vancouver to assist us.

## OUR LADY OF THE SACRED HEART CHAPEL CFB COMOX, B.C.

**BASE CHAPLAIN (RC):** Maj. Julien Rheault  
**OFFICE:** Headquarters Bldg. 45, Rm. 35, Local 2274

### MASS SCHEDULE HOURS:

Saturday - 1900 hrs  
 Sunday - 1000 hrs  
 Week-Days - 0900 hrs (No Mass on Thursday)

**BAPTISMS & MARRIAGES:** By appointment - notice well in advance.

**CONFESSIONS:** Confessions are heard 30 minutes before all Masses and anytime on request.

**CATECHISM CLASSES:** Registration for Catechism Classes, Grades I to VII will take place in the PMQ School on Wednesday, 22 Sep 82 at 1830 hrs. It is requested that one parent accompany their child for registration. Regular classes will commence the following Wednesday, 29 Sep 82 at 1830 hrs in the PMQ School.



MCF

## CFB COMOX MILITARY CHRISTIAN FELLOWSHIP

For anyone interested in fellowship with other Christians, the MCF meets every week day but Friday from 1130 to 1230 hours in the Parish Hall next to the tennis courts. During the summer months they also hold a bible study every Tuesday at 1530 hours.

**FROM**  
**6.95**  
**PER DAY**

(Plus a small mileage charge)  
334-2060  
p.s...we don't rent wrecks!

**BEST BUYS**

- \* Two antique oak dressers
- \* Mahogany parlor table
- \* Dinettes
- \* Chairs, chesterfields, tridges, washers & dryers
- \* 1 Rockwell Beaver 10" Tablesaw
- \* 1 Set of Bunk Beds

**Stu's Bargain Basement**  
Island Highway, top of Mission Hill  
12 - 5 Sun Closed Monday  
10 - 6 Tues - Sat



## BELLY DANCING

People over the middle ages have been intrigued with belly dancing. Its origins are mysterious and conjure images of desert sands, silk tents, lush oasis and marble palaces.

Different styles of belly dancing have evolved, varying from culture to culture. A few examples are Persian, Arabian and Egyptian dancing. Belly dancing is an art form and comes naturally to the female form. Men also participate in the ancient ritual dances and can become very adept.

The dance itself consists of various segments com-

bing slow undulations, with fast shimmies and moves designed to mate the two into a flowing rhythm. Floor work, veils and symbols can be incorporated into a dance to enhance its visual effect.

Belly dancing is a fun way to exercise and learn control of your body. Lessons will be held in the Base Parish Hall beginning 16 September. Registration will be at 6:30 p.m. Come out and enjoy yourself!

For further information phone 338-9810.

NISHIKI APOLLO  
  
 BLACKS CYCLE  
 BRC NORCO

**SALES & REPAIRS  
 SKATE SHARPENING**

STRATHCONA PLAZA ANDERTON RD., COMOX  
 339-5121

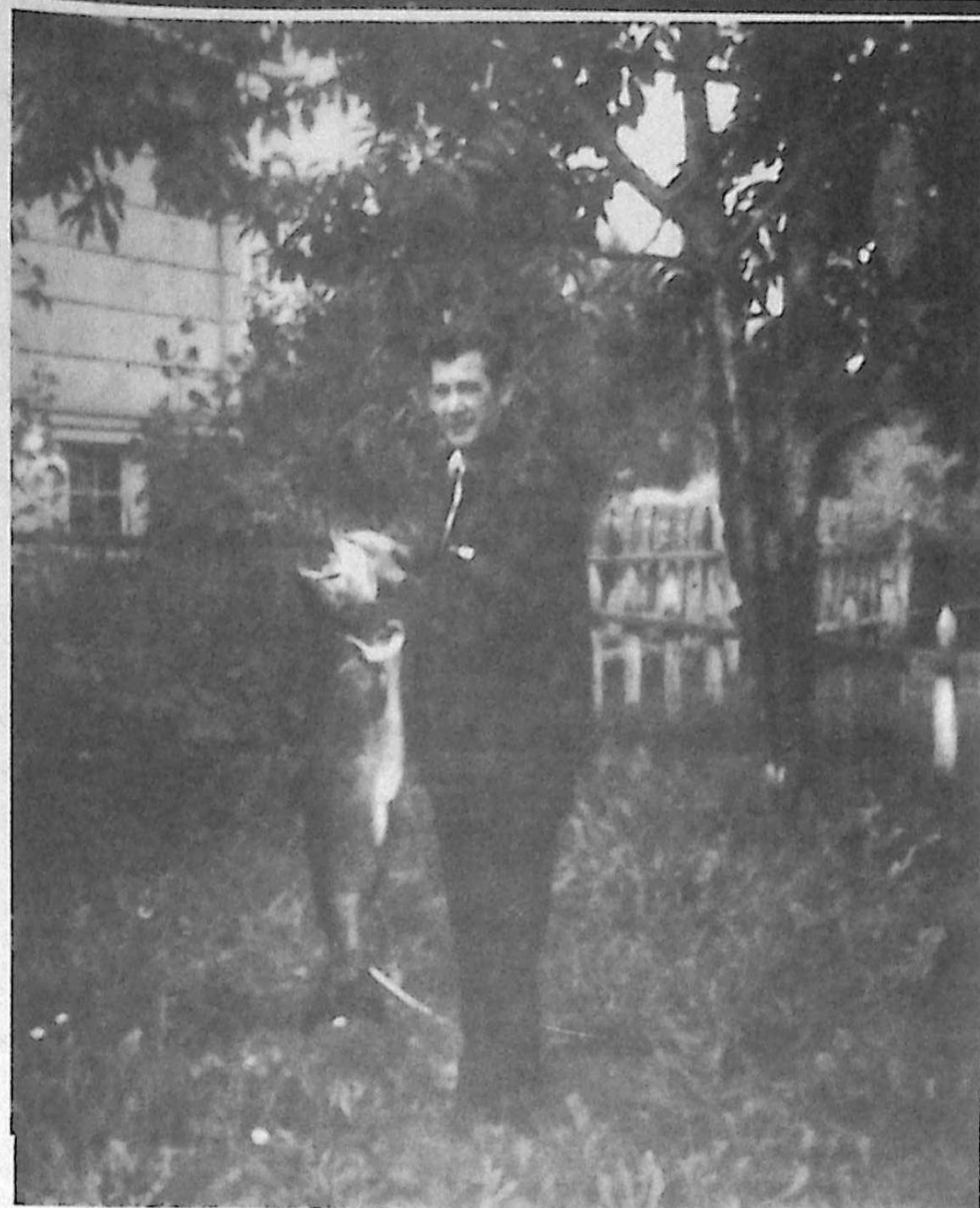


## COMOX CAMERA CLUB

The Comox Valley Camera Club started its 1982 - 83 season with a learning slide show and a discussion of upcoming photo shows and outings.

The club will be submitting photos, both black and white and colour to the Filberg Art Gallery Photo Show set for Sept. 29 - Oct. 19. If anyone is interested in displaying their photos along with the club, please phone Terry Seney at 338-1709. On Sept. 28 we will have a special photo mounting night with a mounting press available. Also on that night there will be 2 learning slide shows, Montages Can Be Fun and Shadographing People. Other coming shows for 1982 will be:

- Oct. 12 - Portraiture with Available Light Also Evaluation
  - Oct. 26 - Existing Light Photography
  - Nov. 9 - Taking Better Winter Scenes
  - Nov. 16 - Duplicating Slides
  - Advanced B&W Printing
  - Nov. 23 - Some Thoughts on Composition
  - Dec. 7 - Multiple Exposures
  - Better Travel Photos
  - Dec. 14 - Perception
- The next Camera Club meeting will be on Sept. 28 at 7:30 in the Band Room at Lake Trail Jr. School.



Sgt. Art Van Volsen caught this 24 pounder at Port Alberni during the Labour Day Weekend Salmon Derby.

## MQ Fuel Tanks

MQ occupants are responsible for their own fuel oil supply effective 1 Sep 82. DND had topped up all MQ fuel tanks at the end of August so that each resident starts the program with a full tank. Each resident must make his own arrangements with Canex or a fuel oil supplier for further oil deliveries. Calls are not to be made to CE or Housing regarding empty fuel tanks.

Residents are advised that a full tank normally registers about three-quarters full on the gauge because of the expansion space which must be left in the top of the tank. Also the gauges are only approximate indicators of fuel levels and are not accurate. Actual fuel levels should be determined by dipping. CE will pain a full-fuel line on the tank in the near future, to assist MQ residents in assessing fuel depth.

## The Terry Fox Run



### RUN, WALK, JOG, STROLL on September 19

For further information contact:  
 Marisa Tuzi  
 Terry Fox Run Provincial Office  
 P.O. Box 34130, Postal Station D  
 Vancouver, B.C. V6J 4M1  
 (604) 734-1814



SPECIALISTS IN

CARPETS - VINYL - TILE - CERAMICS  
 PAINTS - STAINS - WALLPAPER  
 CUSTOM DRAPERY  
 PROFESSIONAL INSTALLATIONS

**Comox Interiors Ltd.**  
 687 ANDERTON ROAD, COMOX, B.C. V9N 5B8  
 SALES - ESTIMATES  
 TELEPHONE - 339-5515

"Nothing so needs reforming as other people's habits."  
 Mark Twain

**HOW TO MAKE MONEY PICKING WILD CHANTERELLES**  
 For info. phone 338-6013

**ARRAN HOUSE**  
 1015 Cumberland Rd.  
**RENT REDUCTION**

- \* Large bright units
- \* Large appliances
- \* Controlled entry
- \* 1 & 2 bedrooms
- \* Good Management
- \* MUST BE SEEN

Starting from \$315.00 (AFTER DISCOUNT)  
**338-1624**  
 Call Anytime

**Comox Valley Ford Sales (1964) Ltd.**

**RENTALS**

We rent all size cars, 3/4 ton pickups, moving vans, 15 & 20 passenger buses, 1 ton flat decks, ladder trucks

SALES SERVICE & RENTALS 334-3161  
 PARTS 338-5318  
 OPEN 8 a.m. - 5 p.m. Mon. to Sat.

**For prices & reservations  
 Call Joan LeBlanc  
 334-3161**

Your Local Ford and Mercury Dealer  
 360 N. Island Highway, Courtenay, B.C.

MOTOR DEALER LICENCE NO. 5028

Genuine New Zealand

**Lambskin Seat Cover**  
 Cool In Summer - Warm In Winter

**SHEEPSKIN IMPORTS**  
 The Perfect Gift

339-5447

High back model shown. Low back model available.

PURE WOOL

Fits most cars, trucks and vans. Machine washable. Quality Assurance guaranteed.

Custom Seat Covers Available to fit specific vehicles  
 eg. Camara, Firebird, Corvette, Toyota, Honda, TransAm, etc.

VAST RANGE OF SHEEPSKIN PRODUCTS ALSO AVAILABLE

# The Spirit Lives On

## WORLD JAMBOREE XV



Canada, as host of the XV World Jamboree, will be responsible for recruiting a jamboree staff of about 1,600 members to provide program and services. The jobs to be filled are in the following areas: General Services, Health Services, Jamboree Program, Youth Program Operations Center, Public Relations/Publications, Special Events, Chaplaincy service, Food Services, Quartermastering jobs, trade skills, accounts/records, supervisory positions and sub-camp jobs.

With 15,000 participants from World Scouting countries, one of the most valuable staff qualifications will be facility in a second

or third language. You're not bilingual? Don't let that be your reason for missing the jamboree. There are many jobs for those who are fluent in only one language.

Now, for those of you who are new to Scouting, I'm sure your next question is, "How much do I get paid?" In monetary terms you don't GET paid - you PAY, a jamboree staff fee of \$225. It will cover the cost of staff administration, staff hat, jamboree neckerchief, crest, identification device, postage, stationery and your meals for the duration of your stay at the jamboree. In addition to the staff fee you will also be responsible for your own transportation, tentage and

personal gear.

What else do you get for spending all that hard earned money and 3 - 4 weeks of your long awaited vacation? A working holiday (1 - 17 July and travelling time), scouting fellowship, new friends, memories, and personal satisfaction of helping today's young people become good world citizens. Of course there's more, but I don't want to spoil any surprises that are in store for everyone who participates at WJ'83.

The last World Jamboree was to be held in Iran, July 1979, however, due to a number of devastating earthquakes and political unrest in that Middle East country, the World

Scouting Bureau in Geneva, Switzerland found it necessary to cancel the jamboree.

In its place a number of mini-jamborees were held and having had the opportunity to participate at DALAJAMB (Sweden), I guarantee all WJ'83 participants an unforgettable experience.

The site for WJ'83 is Kananaskis County, located between Banff and Calgary, Alta., in the Rocky Mountain foothills where the scenery is spectacular. Don't wait! Offer of Service forms are available from the Nanaimo Scout Shop, 754-6422, and must be returned by 31 December 1982.

# 200,000 Expected To See Sockeye Return

More than 200,000 visitors, mainly from Alberta and B.C., are expected to converge on B.C.'s Adams River between October 9 and 24 to witness one of nature's great miracles.

It is the spectacular, four-year-cyclical return of almost two million sockeye salmon to the most prolific spawning grounds of the Fraser river system.

Fortunately for tourists and the curious, the Adams river is one of the most accessible in the province. Twelve and one-half kilometers long, it flows between Adams and Shuswap lakes midway between Kamloops and Salmon Arm on the Trans-Canada Highway.

Here special platforms built over the shallow river bed afford excellent views of the spawning sockeye which turn brilliant crimson after their 500 kilometer fight upstream from the Pacific Ocean.

From October 9 to 24 the Salute to the Salmon Committee has arranged educational displays including illustrated panels and live fish tanks as well as free film showings in a huge circus tent.

This two week project is sponsored jointly by Federal Department of Fisheries and Oceans, Provincial Ministry of Lands, Parks and Housing - Parks Branch, International Pacific Salmon Fisheries

Commission, National Second Century Fund of B.C., and the Fisheries Association of B.C.

There will be free parking for over 1,000 cars and 20 buses as well as food and beverage concessions managed by members of local charitable organizations.

The viewing and display area will be open from

dawn to dark every day during the October 9 - 24 period. Visitors will have access to two kilometers of prepared gravel trails and adequate toilet facilities for the many thousands expected. A wide variety of written material, as well as qualified naturalists will be on site.

Florescent red fish signs

will direct motorists on Trans Canada Highway to the Squilax turnoff for the eight kilometer blacktop road to the site.

Hotels in nearby centres expect heavy bookings and have suggested early reservations, particularly over the October 9 - 11 Thanksgiving weekend.

# Boat Operation and Safety

### Mooring & Beaching

People like to go boating "to get away from it all". One of the things they get away from is the "No Parking" signs that bedevil automobile drivers. There are no such signs out on the water!

But this doesn't mean a boat can anchor or moor anywhere its skipper might fancy, according to Allied Boating-Canada boating authorities. In some cases there are published rules against making fast a boat in certain places. In other case, plain common sense says not to do it.

Nautical "Rules of the Road" as set forth in the various books on seamanship state clearly that you

cannot anchor in channels. The explanation is obvious - you don't do it for the same reasons that you do not park a car in the middle of a busy road. Other water traffic will be using the channel and these boats should not have to watch out for craft anchored in the right-of-way.

Because channels tend to be deeper than surrounding waters and are often gathering places for fish, sport fishermen are strongly tempted to anchor in channels in order to increase their catches. But, again, this creates a hazard to other traffic.

It's also illegal to tie-up to navigation aids. When a small boat ties up to a buoy,

the boat's bulk makes it hard for people on distant craft to spot the buoy. Even if they think they can see it behind a boat that's tied to it, they still may not be able to identify it positively.

Every boater, sooner or later, wants to head for a secluded beach to picnic or just spend a pleasurable few hours away from the crowds. Here are some suggestions from Allied Boating-Canada to help you enjoy easy and trouble-free operation of your boat from a beach.

Don't launch a cartop boat stern-first and then clamber aboard and carry your motor precariously over the seats to the stern. Instead, pull the boat stern-first onto the beach and pop the motor directly down onto the boat's transom. It's also better to shove-off the beach bow-first, then you

don't have to turn the boat around in very limited space after the motor starts.

Where the water depth is adequate, it's all right to go ashore bow-first and use the motor's reverse gear to back it off later. But you should be wary about backing off in shallow water. If the lower unit strikes a submerged object while reversing, it cannot tilt up and could suffer harm.

If your boat has a high bow, forward deck and windshield, it can be hard to go forward to jump down onto the beach should you land bow-first. It can be wiser to back in toward the beach, stop the motor, raise the lower unit, and with the aid of wind and waves land stern-first. Then it's much easier to go ashore and re-board the boat over its lower, more open stern.

### Canadian Mushrooms

#### Good Buy

Canadian consumers looking for a food bargain should stop at the mushroom counter.

Favorable mushroom prices are the result of two years of good mushroom crops and an increase in imports of fresh and canned mushrooms into Canada.

In addition, Canadian demand for mushrooms dropped off slightly last year following a steady rise in the consumption in the previous four years. This has increased domestic stocks of canned mushrooms.

### BRIGITTE'S HAIR CARE

Next to Goods Groceteria

"EXCLUSIVE BUT NOT EXPENSIVE"



339-7433

OPEN MON. TO SAT. 9:30 - 6:00

### BASE THEATRE SCHEDULE

CFB COMOX

Sept. 16 - Sept. 19  
LAST OF THE MOUNTAIN MEN  
Brian Keith, Charlton Heston  
RESTRICTED

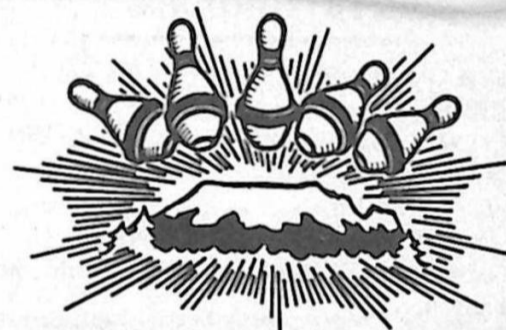
Sept. 23 - Sept. 26  
KRAMER VS KRAMER  
Dustin Hoffman, Meyrl Streep  
MATURE

SHOWTIME: 7 pm

SUPPORT YOUR BASE THEATRE AUTHORIZED PATRONS ONLY

<b>EW</b> Courtesy	Mon. to Thurs. - 8:15 p.m. Two Shows Fri. & Sat. - 7 and 9 a.m. OPEN SUNDAY 8:15 P.M.
Adults \$3.75, OAP \$1.75, Child \$1.75	
Now Showing to Thurs., Sept. 16 - Tanya Roberts "THE BEASTMASTER" "Warning - Some scenes will frighten children; occasional nudity & some gory violence." - B.C. Director	<b>MATURE</b>
Fri. to Thurs. - Sept. 17 to 23 Henry Winkler "NIGHT SHIFT" "Some nudity, suggestive language, occasional very coarse language & swearing." - B.C. Director	OPEN SUNDAY 8:15 p.m. <b>MATURE</b>
Fri. to Thurs. - Sept. 24 to 30 Kristy McNichol, Christopher Atkins THE PIRATE MOVIE "Some coarse & suggestive language" - B.C. Director	OPEN SUNDAY 8:15 p.m. <b>MATURE</b>
<b>Stardust</b> Drive-In Theatre	Sept. 16 "MONTY PYTHON LIVE AT THE HOLLYWOOD BOWL" PLUS "HANKY PANKY" "Very coarse language & occasional violence" - B.C. Director
ALL ADMISSIONS \$4.00 ALL-NITER \$4.50 Box Office Opens 7:30 p.m. Show Starts 8:15 p.m.	Fri., Sat., Sun. - Sept. 17, 18, 19 Dolly Parton "9 to 5" "Some coarse language" PLUS "QUEST FOR FIRE" "Violence, nudity & sex" - B.C. Dir
	NOW OPEN WEEKENDS ONLY

# LET'S GO BOWLING



TOM MOORE, MANAGER

IT'S NOT TOO LATE TO JOIN A BOWLING LEAGUE

WE STILL HAVE SPOTS AVAILABLE IN ADULT, Y.B.C. & GOLDEN AGE LEAGUES

FROM 5 - 95 WE HAVE A SPOT FOR YOU!

**ADULT:** LADIES & MIXED LEAGUES. We have room for individuals and couples to fill up teams. Team spots still available in some Ladies & Mixed Leagues.

**YOUTH BOWLING COUNCIL:** Leagues bowl Thursday - Saturday and Sunday - Choose the most convenient day for your family. Master Bowler Instructors on hand to give your child the proper instruction.

**GOLDEN AGE:** Meet your friends at the lanes - league bowls Friday at 10:00 a.m.

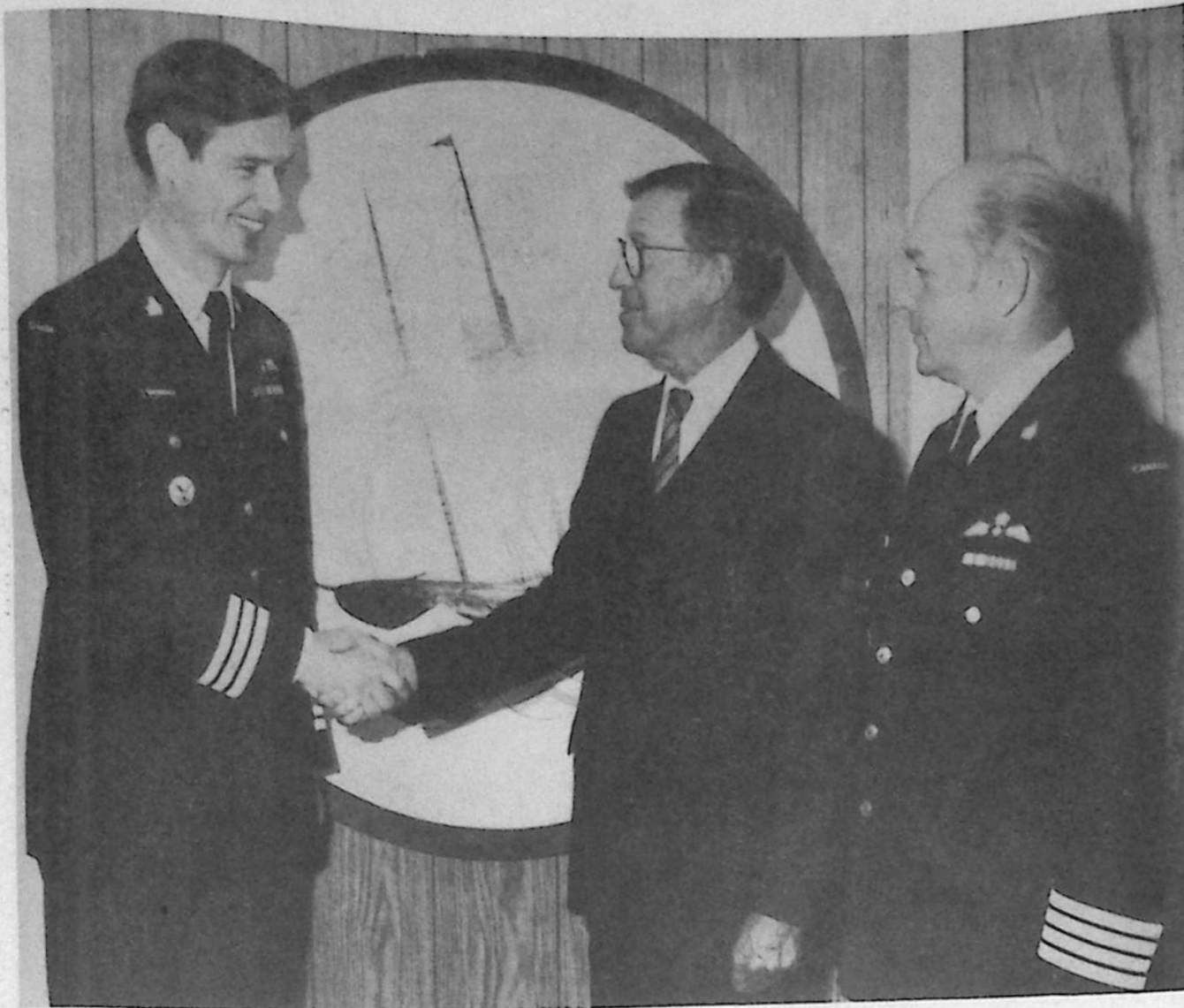
PHONE US AT 334-4051 TO REGISTER OR FOR FURTHER INFORMATION.

WATCH FOR FAMILY NIGHT SPECIAL BOWLING Starting Friday, October 1.

# GLACIER LANES

307 - 6th St.,  
334-4051  
Downtown Courtenay

# Canadian Forces news



**BAGOTVILLE** - The Minister of National Defence, Mr. Gilles Lamontagne, welcomes the CO 434 Squadron, LCol. George MacDonald to CFB Bagotville, while the Base Commander, Col. Carl Bertrand, looks on.

## 434 To Bagotville

On August 31st, the Minister of National Defence, Mr. Gilles Lamontagne, presided over a ceremony marking the official arrival of the tactical support squadron, 434, at CFB Bagotville.

The transfer of the 434 Squadron from CFB Cold Lake (Alberta) to Bagotville, Quebec, announced last February by the Minister of National

Defence, is part of a series of provisional moves made necessary by the arrival of the new F18 fighter in the fall.

"There is no doubt that the arrival of the F18 marks the beginning of a new era for CFB Bagotville and the surrounding area," stated Mr. Lamontagne in his speech. "Our CF18 Program clearly demonstrates that the Canadian

government has firm intentions of reequipping the Armed Forces with the modern weapons systems that they need to fill their defense responsibilities in Canada, as well as on the International scene, well before the year 2000.

The CF101 will be the first Canadian Forces aircraft to be replaced by the CF18. Also, since May 31, 1981, all training for the CF101

has ceased. The 410 Operational Training Squadron previously based in Bagotville has ceased operations and been relocated to CFB Cold Lake, however without change in the level of Base activities.

The 434 Squadron presently equipped with CF5s should be provided with the CF18 by the summer of 1987.

## "One Mile at a Time"

A professional driver offers the following suggestions for safe highway travel.

The professional driver emphasizes the importance of using the eyes properly. A good many accidents that involve cars following too closely, switching lanes unexpectedly or merging in-traffic can be avoided if other drivers see the problem in time. The good driver always knows what is going on around him and has an escape route planned. Drivers should keep their eyes moving in clockwise motion from the windshield to rear view mirror, to right side window, to instrument panel, to left side window to mirror - and all over again.

Avoid driving when roads are slick with rain, ice or snow. If you must be on the highways during these conditions it calls for a careful touch on both the accelerator and steering wheel, as sudden changes in speed and direction make for dangerous skids. Do not coast across an icy or wet bridge but maintain steady acceleration for best traction. It is dangerous to pass on or under a bridge. It leaves no room for maneuvering when two vehicles are side by side or something goes wrong.

Correct tire pressure is very important. An under-inflated tire heats up in high speed driving, reducing tire life. A soft tire gives a mushy ride, making it more difficult for a driver to control the vehicle. It is suggested that tire pressure be checked once a week in day-to-day around-town driving.

Windshield wipers often are neglected. Make sure they are in good working condition at all times, especially now that the rainy season is approaching.

When encountering patches of fog, remember to dim lights. Low beam headlights are more effective 90% of the time in fog. If you are tired, don't press on until your head nods and your eyelids droop. Watch for early signs of drowsiness. When you find you are not paying attention, that you do not remember that last ten mile stretch of road, it is time for a break. A break is suggested about every two hours.

Merging lanes present hazardous moments. Leave the merging lane open when travelling on a multi-lane highway, providing it is safe to do so. If not, avoid being next to a car in an adjacent lane travelling in the

same direction. The merging vehicle may force you into the side of the other car.

The professional driver advises motorists to drive one safe mile at a time. Avoid concentrating on the whole trip or what you will be doing when you get there. It will take your mind off the job at hand. Watch out for the other driver and always drive defensively.

## 417 TFOTS To Receive Squadron Air Standard

417 Tactical Fighter (Operational Training) Squadron will receive its Squadron Air Standard during the week-end of 3-5 June 1983 at Canadian Forces Base Cold Lake, Alberta. In conjunction with this special event, a reunion will be held for ex-squadron members from Spitfire, Hurricane and Mustang days, and for all personnel who flew or maintained the Starfighter throughout its twenty-one years of service in Canada and Europe.

417 Squadron, which during WWII was adopted

by the City of Windsor, would like to locate both ex-squadron members and those associated with the CF 104 over the years in order to compile a mailing list. Anyone interested in receiving further information about this historic event may call or write:

Commanding Officer  
417 Tac T(OT) Squadron  
CFB Cold Lake  
Medley, Alberta  
TOA 2M0  
Attn: 417 Colours/Reunion  
Co-ordinator  
1-403-594-8805

*The Officers Mess*

presents

ITS

ANNUAL

# MEET N' GREET

## Wine & Cheese

SATURDAY, SEPTEMBER 18

1900 Hrs.

**DANCING TO DISCO** \$10 PER COUPLE  
(Non-Member \$15)

*Reservations Required Immediately*

## TOTAL DEPOSIT PROTECTION...

### ANOTHER GOOD REASON WHY BRITISH COLUMBIANS KEEP THEIR MONEY IN CREDIT UNIONS.

Almost a million British Columbians enjoy the peace of mind that comes with saving at their credit union. No matter how much or how little they have on deposit, they know every single dollar is guaranteed.

**Guarantee Fund**  
The Provincial Credit Union Guarantee Fund guarantees all the deposits, credited interest, non-equity shares and credited dividends, of all members, in every credit union in B.C. This unlimited protection and guarantee is unique in Canada, and makes credit unions one of the safest places where anyone can save.

**Strict Legislation**  
Credit Unions are controlled by strict provincial legislation encompassed in the B.C. Credit Union Act. Their operations are regulated by the Superintendent of Credit Unions through the Ministry of Consumer and Corporate Affairs.

**System and Scope**  
Each credit union is owned by the members it serves. Credit unions in turn own a central organization through which they pool their financial resources. This central facility also provides technical and administrative support. So

whether you belong to a credit union with a small membership or one with thousands of members, you can benefit from the many competitive services of a large financial system.

**Size and Strength**  
Membership in credit unions has increased over two and a half times in the last decade. There are now over 300 credit union locations throughout the province, serving nearly one million British Columbians. Assets have risen to over \$5 billion! The strength of credit unions lies in investing close to home right here in British Columbia. Your dollars work for you and your community.

**Service and Convenience**  
Over the years, credit unions have responded to their members' needs by pioneering such innovative services as daily interest savings, bi-weekly mortgages, and extended Saturday hours. They offer a wide variety of savings plans geared to paying members generous interest, loans at competitive rates, full service chequing accounts and many more conveniences.

Look for a credit union where you live or work, and join in for all the right reasons.

For further information, contact any credit union in British Columbia, or write to:  
Credit Union Reserve Board, P.O. Box 34223 - Postal Station 'D', Vancouver, B.C. V6J 4N1

## YOUR CREDIT UNION



Sgt. Dodge's glum look is not from LCol. Lotts congratulations on his recent promotion but due more to the thought of leaving Comox on posting to CFB Borden as an EOD instructor.



**MEET THE BASE FOOD SERVICES STAFF - Military.** Back Row 1 - r; Cpl. Lewis, Pte. Graham, Pte. Brett, MCpl.(W) Turcotte, Pte(W) Cote, Pte.(W) Marion, Cpl. Engelmeyer. Middle Row 1 - r; MCpl. Dodds, Pte. Harvey, Pte.(W) Rousseau, Cpl. Pesant, MCpl. Delaney. Front Row 1 - r; WO Blais, WO i/c Combined Mess; MWO Weber, BFoods MWO; Capt. Carew, BFoodsO; Sgt. Chellew, NCO I/C Officers Mess. Missing from photo: WO Boon who will replace WO Blais as WO i/c Combined Mess.

## Everybody's Hurtin'

If economic conditions in Canada and the United States are in disarray, they are not much better anywhere else in the world.

In the United Kingdom some dividends from the government's austere policies of the past several years, which have resulted in declines in overall activity in both 1980 and 1981 now seem to be in evidence. Inflation, which peaked at over 20% two years ago, is now below 10% and apparently headed lower. Real output seems likely to be positive this year (but just barely) with gains in industrial production and manufacturing activity, together with an inventory turnaround. Investment, however, remains sluggish and unemployment continues to rise, going over 3 million in recent months and exceeding 13% of the labour force.

West Germany continues to experience weak business

conditions similar to 1981 when GNP suffered a very uncharacteristic decline. This year export orders have been weak, investment is declining, and with unemployment up significantly, consumer spending growth has been sluggish. As in North America, Germany has a serious government deficit problem but monetary policy has been relatively restrictive and the inflation rate, currently in the 5% range, is on a downtrend.

France's easy policy stance, designed to stimulate consumer demand and hold down unemployment, was successful for a time in maintaining economic growth but at the expense of the highest inflation rate (13 to 14%) of all the major industrialized nations, a worsening in the trade balance and a depreciation of the franc. These problems have forced a recent policy shift toward

restraint in spite of the fact that real GNP declined 0.4% in the first quarter and unemployment is worsening. There were 2 million registered unemployed in May this year compared with a 1981 average of 1.8 million.

Japan too is experiencing a poor economic performance this year as export growth has been very modest, the consumer sector weak and investment on the decline. Concern about a large government deficit seems likely to prevent much in the way of pump-priming stimulus. Interest rates are also very high on a real basis. Price performance, however, has improved with the 12-month consumer price increase down to less than 3%.

Elsewhere in the world the story is much the same: sluggish growth with some inflation improvement. With oil prices down the current account surplus of

oil-exporting countries is expected to disappear this year and go sharply negative (\$35 billion surplus in 1981; deficit of \$18 billion expected in 1982). Hence this will act as a brake on the growth in these countries. In the developing world slow growth is almost universal in contrast to 1981 when it was largely confined to South America.

So far as information is available, conditions in the centrally planned economies of the Soviet bloc are also difficult. This is especially true in Poland where production is down drastically and where foreign debt rescheduling has made it difficult to obtain external funds. Other bloc members, notably Romania are in a similar bind and generally while some growth is evident in most of these countries it is sluggish at best.

## MINI MILITARY STORY

Imagine — a fictional hero in a military novel in a Napoleonic cuirassier's uniform with a shako. Preposterous! Right?

That's what the editor of the *Journal of the Ottawa Valley Military Miniature Society* (OVMS), Gerry Botting, insinuated anyway. Of course, the novelist's blunder was obvious . . . on the other hand, what are cuirassiers and shakos?

A military historian might know that a cuirassier is a heavy cavalry soldier and a shako is a tall peaked cap which a cuirassier would never have worn. But few would know that a cuirassier of that period would have worn a steel helmet, with a horsehair plume and a leopard skin band.

Knowledge like that is the specialty of members of the military miniature society who meet monthly at the National War Museum in Ottawa. Stepping into their world is like stepping into the land of Lilliputians of Gulliver's Travels. To an outsider, their language is only vaguely familiar in a land teeming with tiny people — miniature soldiers to be exact.

The tie that binds the society's approximately 40 members is a fascination with military history and soldiers and with their uniforms, weapons and equipment.

These amateur historians and craftsmen pore over history books, postcards, anything that will help them to create perfect toy soldiers. The results are tiny reproductions of soldiers of every nationality from ancient to modern times, which are historically accurate from their bonnets to their bootstraps.

Leonard Trites, a member of the society for almost six years, admits he's "preoccupied" with military figures. "I always admired soldiers as a boy and have always tried to understand them," he says. His father was killed during the Second World War in Sicily and though he's never been in the military himself, he's rubbed shoulders with soldiers for the past 25 years as a DND civilian employee. He's a supervising draftsman with the directorate of construction engineering design and engineering at National Defence Headquarters in Ottawa.

At first, Mr. Trites simply collected toy soldiers;

now he makes them and his hobby has become a passion.

His dedication to creating figures which are as historically accurate as possible is demanding of his spare time. After completing extensive research, Mr. Trites may work on a figure, ranging in size from 15 to 75 mm, for as long as a month.

One of his favourite works is a miniature Viking soldier. The soldier has a bearded face framed in kiss curls, finely crafted by Mr. Trites to the minutest detail.

His work of art started out as a crude plastic casting, purchased for \$1.10. "Some castings can cost as much as \$20, but when you take a bum figure and make something out of it, then you feel really good about it," he says.

As with all of the OVMS members, Mr. Trites speaks knowledgeably of military uniforms, weapons and equipment. One of the most fanciful eras for uniforms, he says, was during the reign of Queen Victoria in the early nineteenth century. British Fashion was at its height then and soldiers spent thousands of dollars on their uniforms.

The problem was they were impractical. "If a soldier fell off his horse with his hardware on, he'd knock himself out, or stab himself to death," chuckles Mr. Trites. "But they looked good."

Mr. Trites regularly joins other members of the OVMS around a tabletop of toy soldiers in the third floor conference room of the war museum for the monthly "stump the club mystery quiz". It's a test of knowledge of uniforms and military miniatures. Members must identify every tiny soldier on the table — his nationality, his regiment, his period, his rank, his size and the manufacturer of the casting.

Tonight one figure has them stumped. He's a soldier in a bunker and his only visible part is a pair of hands holding binoculars.

He's later identified by a mischievous club member as the Dali Llama of Tibet in the uniform of the Trucial Oman Scouts on a state visit to Canada in 1969, watching the Princess Patricia's Canadian Light Infantry on the rifle range.

## The Retirement Issue

By W. Roger Worth

The resolution of a three-year court battle that allowed two Manitoba men to return to work has special significance for all Canadians.

The decision: the two should not have lost their jobs simply because they turned 65. The courtroom winners, a neurosurgeon and a court clerk, are now back at work.

The mandatory retirement issue, of course, has been receiving an inordinate amount of attention during the last few years. The average retirement age has been

declining, and some workers are now forced out of the work force at 60 years of age.

But times are changing. Quebec is seriously considering legislation that would ban discrimination on the basis of age, and a section of the new constitution may have a similar impact.

Retirement has always been one of those controversial issues that can generate heated discussion, even among reasonable people.

Many unions, for example, argue that without mandatory retirement, fewer jobs would

be available to younger entrants in the work force. They contend that this would be harmful, particularly at a time when unemployment has surpassed the million mark.

But opponents point out that the right to work should not be taken away by government decree. They believe it is one of our basic freedoms.

To support their case, these people emphasize that U.S. President Ronald Reagan is in his 70's, and that in virtually every country in the world there is no mandatory retirement age for the lawmakers

themselves.

The same can be said for people working in many other professions. And, entrepreneurs operating smaller firms make their own choices about when to retire.

So, contradictions abound when one considers the retirement age.

Indeed, it's interesting to note that the chief justice of the five-man court that handed down the Manitoba decision is able to handle his duties, even though he is 73 years old.

CFB Feature Service

**EX**  
**SAVE**  
on  
Home  
Heating  
Oil!

For Canex authorized customers only...

**16¢** A gallon  
3.52 cpl **LESS!**

Effective 1 Sept 82 and for the duration of the 1982/83 Home Heating season, you will receive...

**4¢** Plus **12¢**  
Per gallon off regular oil price!  
0.88 cpl  
A gallon Canex dividend at the end of the season 2.64 cpl

Here's good news for all authorized members who join our Home Heating Oil Plan before Nov 30th, 1982...

**FREE...** \$10 gift certificate!  
For new customers before Nov 30th, 1982...

Obtain further details from your Base Exchange Office.

