



TOTEM TIMES



Vol. 26 No. 11 CFB COMOX TOTEM TIMES

THURSDAY, May 31, 1984

Deadline is Monday, June 11, 1984

COST: PRICELESS

407 Squadron wins national ASW competition



Victory is so sweet. Crew 6, 407 Squadron wins 1984 ASW Competition in Greenwood and will represent Canada at Fincastle.



Winners of the Load Competition. Left to right: Pte Rooke, Sgt Maltais, MCpl Allard, and Pte Reynolds.

Rear Admiral Edwards bids farewell on Change of Command

As I take my farewell from my two year tenure as your Commander, I would like to express sincere gratitude for your continual hard work, dedication and loyalty.

I have tried to visit you all and almost made it before running out of time. Everywhere I did get to, I impressed me.

There are just too many others to mention but I have appreciated my association with the Militia, the Third Battalion PPCLI and all of the Cadet movement.

Search and Rescue has been extremely effective and we have proved to our uneducated critics that we can do the job with what we have. Bravo Zulu 442.

On the operational side, ships of the fleet and aircraft of VU33 and VP407 have been first class.

I am sorry to leave but the pride I have in all of you makes it easier.

I have no doubt that my successor, Rear-Admiral Robert Yanow, will receive the same support.

In naval terms "Bravo Zulu".

CFB Comox Appreciation Week June 25 - 28

The thousands of Canadian and American airmen stationed at Canadian Forces Base Comox through the years will be honoured by four days of festivities in Courtenay and Comox, beginning Monday, June 25.

The CFB Comox Appreciation Week, sponsored by the Courtenay-Comox Chamber of Commerce, begins with high profile public figures at opening ceremonies and ends with a gala community dinner and dance, Thursday, June 28, with much happening in between.

The Appreciation Week will also mark the 60th anniversary of the Royal Canadian Air Force, as well as salute the contribution the airmen have made to the lifestyle of the Comox Valley.

Canada Defence Minister, the Hon. Jean-Jacques Blais and British Columbia's Lieutenant Governor Gordon Rogers will take part in Monday's events. Also in attendance will be United States Air Force Major-General, Russell L. Violett, RCMP officials and other dignitaries.

Monday is a day of parades, proclamations and presentations. It begins with a morning parade of military units, including an USAF band and colour guard, to the Courtenay RCMP detachment headquarters of Ryan Road where a new

cairn will be unveiled. Next, the parade and dignitaries move to Lewis Park where Courtenay Mayor, George Cochrane, will issue the first proclamation of the day, declaring Appreciation Week officially open.

That afternoon a major military parade in Comox will be part of the "Freedom of the Town" proclamation ceremony at Comox Marina Park. Once the airmen - Canadian and American - receive their "freedom" from Comox Mayor, George Piercy, they will march past a reviewing stand on Comox Avenue before returning to Marina Park for the arrival of Lt. Gov. Rogers who will present a banner to the Air Cadets. During the ceremonies there will be a fly-past by aircraft based at CFB Comox.

Other happenings during Appreciation Week include fun matches in various sports and games between military and civilian organizations; a free community band concert by the Naden Armed Forces Band on Wednesday at G.P. Vanier high school gym; in-store sales events by local merchants; and a contest for children.

Appreciation Week will also feature civic, Canadian Legion and Chamber of Commerce lunches, receptions and dinners, honouring

On May 11th, Crew 6, led by "Fast" Freddie Bishop, boarded aircraft 117, bound for Greenwood for the 1984 National ASW Competition. Everyone, groundcrew and aircrew alike had spent many weeks prior to this day, putting in long hours and a lot of hard work in preparation for the big competition. A week later they would find, much to their satisfaction, that all that hard work would pay off.

Upon arrival in Greenwood, and after a warm welcome from fellow "Demons" on course, the aircrew quickly dropped off their belongings in their rooms and headed over to the VIP lounge for a few "cold ones". The groundcrew followed shortly after, once things had been taken care of at the plane. The "brews" were much needed after the seven hour flight, especially since at least one Nav had successfully proved why he should never become a pilot. It didn't take long however, for "The Crusher" and "The Plank" to search out and locate a nearby eating establishment, where they could happily devour some "Zah" and a few meatball submarines. After all, it has been almost an hour since they had last been fed!

On Sunday, the 13th, came the official welcome to the competition, as well as an added surprise which amazed and astounded everyone. The 407 Competition air and ground crews mystically became transformed into the 407 Squadron Rep Drill Squad. Formed up outside the Hornell Centre in approximately two or three ranks, (no one knew for sure), the drill machine was marched proudly up to the main doors, with everyone, almost, in step. As the right marker reached to open the big front door, he quickly realized that it was locked. With split-second thinking, the 407 drill gods, reacted to this unexpected obstacle in the best way they could - everyone simply marched

over the right marker, tried the door for themselves and then walked through the other unlocked door. Once inside the Hornell Centre, it was quickly decided that the 407 Squadron Rep Drill Squad would take a compulsory early retirement, hopefully never to be seen again!

Monday was day one of the competition, and for the aircrew, it was their day exercise against HMS Ojibwa. Objective: localize and destroy, then come home for some more Moosehead Light! To say that everyone was somewhat nervous during the pre-flight brief would have been an understatement. However, they knew they were as ready as they'd ever be to meet the challenge, and this they proved. According to the VPC, that first trip is best summed up in two words, "Saw sub, sank same".

If the aircrew seemed rather happy after their first trip, they were, but they knew there were still three more challenges yet to face. The most bothersome of these was what brand of suntan lotion they should take with them to Corpus Christi, but that's another story.

Tuesday was the day of the night exercise. There was still some nervous tension amongst the crew, however an air of confidence was building due to the success of their previous days efforts. Once again though, under the leadership of "Fast" Freddie, the sub proved no match in a battle of tactics. Upon return to Greenwood, the crew knew they'd had a good trip, and it was anything they could do but keep the smiles of success off their faces. Things were looking very good for Crew 6!

The groundcrew had been working extremely hard and had been absolutely fantastic about keeping the aircraft in perfect working order, allowing the aircrew to be airborne early for both of their flights. Truly any successes the aircrew had were due to the tremen-

dous efforts of the groundcrew.

After a day off, the aircrew were in the simulator for their final challenge, a quick reaction exercise. Meanwhile, members of the groundcrew were preparing for the load competition. The load went extremely well with 407 Squadron having the fastest load-unload time. In fact, their time had been so good, that the only way their competition could have beat them was to simply cut the wires holding the torps in place, letting them fall on the tarmac and then roll them away.

Meanwhile, things in the simulator weren't going as well. "The Blue Fox" was doing a super job with the comms, however the menacing sub-hunters from 407 were prevented from doing what they did best. As a result, spirits fell, and needless to say, it was rather drunk out that night.

Friday was the final day of the competition. It started with a sports day, which consisted of a round-robin volleyball tournament. The boys (and girls), from 407 put out a tremendous effort, however they discovered that their volleyball talents were only slightly better than their marching abilities.

An ASW symposium was held that afternoon prior to the final "wrap-up" dinner. Each competition crew had several representatives tasked with discussing specific topics pertaining to ASW. Naturally 407 Squadron's reps discussed highly pertinent operational info, some of the highlights including why "Lyton's Loop" is a better run than the "Whiskey-Jack", and why pentagon-shaped dimples on a golf ball will give you better distance than the regular type. Most enjoyable though, was when the VPC showed a slide of the standards he felt all single pilots should set for themselves when on the prowl at the 5th Ave. Club.

The symposium went well, even continued on page 10



Mapping out details for Unique Appreciation Week are: (left to right) CFB Comox Base Commander Col Bob Dobson, Courtenay Mayor George Cochrane, Comox Mayor George Piercy, and Courtenay-Comox Chamber of Commerce President Herb Taylor.

CFB Comox Appreciation Week begins June 25 in the Comox Valley and features Canada Defence Minister Jean-Jacques Blais, British Columbia Lieutenant Governor Rober Rogers, US Air Force Major-General Russell L. Violett, high ranking RCMP officials and other dignitaries as guests at many public dinners and concerts.

both Canada and US Airmen.

The Naden band will play for the community dinner and dance Thursday night at the Comox Valley Sport Centre Arena. A gala buffet dinner is planned, catered by the Old House Restaurant. Colonel W.R. Dobson is the special Guest of Honour. Tickets can be purchased at the Chamber of Commerce office, or through CFB Comox, the Courtenay Legion, the Comox Legion, the RCAF Association, the RCMP, the Old House Restaurant or the William Van Horne Restaurant.

For more information contact: Olive Alcock, Chamber Manager at 334-3234 or George LeMasurier at 334-4446, 339-6766.

"Fishwrapper" Exposed

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Section News



Nighthawks Nest

Only twenty-nine days left before the fighting 409th hands over the keys to the doors at the Quick React Alert complex and calls it quits in the Comox Valley. As the fateful day approaches, preparations for the wind-down and reunion are peaking out and the light at the end of the tunnel is finally visible. For a while all of the work everybody was doing seemed to be unconnected exercises in futility but Drew Foulds is bringing it all together and it looks like it's going to work quite nicely. An impartial observer could easily note the similarity between Drew's handling of the affair and a James Michener novel with the typical very basic beginning, cast of many performing an incredibly diverse number of tasks, several minor crises bringing the characters further together or apart with a final climax uniting everyone and everything.

Of course as the final day looms on the horizon the historians, military and civilian, professional and novice, are coming out of the woodwork. It's amazing how many things become significant when a squadron closes down and an aircraft is retired. Letters arrive daily asking for photos of Voodoos, crests, pins, stickers, tie tacks, etc. from collectors and aviation enthusiasts all over the world. Photographers click away madly everytime a 101 arrives at an away aerodrome. Everyone and his mother mentions to every aircrew who will listen, "how they've never been up in a Voodoo or that they've only been up once and sure would like to again before it's too late." Twenty-nine days can seem like a long time.

The crews that went to Maple Flag are home apparently none the worse for wear. They were in Cold Lake for two weeks but had a reprieve in the middle allowing them to come back for a weekend. It seems Doug Neill wanted to stay up there but the others finally convinced him to return with them. It's strange how cabin fever affects some people. Weather proved a barrier the first week grounding the exercise and giving the crews a

chance to practice basic military technique, namely the art of waiting. Week two, the clouds finally lifted and Tom Chester got his chance to prove himself in combat. All those years of hard work and practice payed off as Tom was every bit as effective a target in Cold Lake as he is at home.

A side effect of being on the verge of closing down is changes to the weekly flying schedule and the monthly Q schedule. The relatively small size of the squadron plus the workload due to operational requirements don't allow very much flexibility. Things come up however and changes have to be made, the domino effect altering virtually everyone's timetable. Two weeks ago Mark Forselle realized that in order to accompany Howie Tarbet on a long planned trip to the east, he would have to change a few Q's to free himself for the required weekend. Looking at the Q board he realized there were no navigators available for a straight, uncomplicated across the board trade, so a little wheeling and dealing was required. His Sunday Q was no problem, trading it to Kurt Saladana for a weekend trip to the Fairchild Air Show and a Saturday Q. The Friday one was a different matter since absolutely no one was available. Wheeling and dealing having failed he resorted to all out begging, promising "favours" and future considerations in return for assistance. Bernie Hughes agreed to stay in late from his Thursday Q covering Mark's Friday until 2 p.m. when Jay Jongerius would take it until the next morning. Unfortunately Dave Mosher went unserviceable after losing one to one combat against a front end loader while on his motorcycle, depleting the nav ranks by one. Jay's wife became ill Friday night and he had to call Mel Ferraby in to replace him. Mel stayed until late Saturday being replaced by Dave Reyenga who stayed late Sunday until Jay showed up and remained on alert until Tuesday morning. To confuse matters even more Bernie Hughes held the Saturday Q and nobody really

knows why. The conclusion? Well, Mark owes his first born children, three solid weeks of QRAs, a large sum of money, and certain personal favours to just about every nav at 409 and will not be allowed to leave Vancouver Island until after the close down. All that to visit Bob Slack!

Kurt, informed the day before he was to leave that he was to accompany Eric Matheson to the Fairchild Airshow was behind schedule from the start and never did catch up. This became apparent as he missed the 10 a.m. crew bus from downtown Spokane to Fairchild AFB on the Sunday of the show. Thinking no problem, since take off wasn't until 3:25 p.m., he called for crew transport and was told it would be about an hour. Phoning again at 11 a.m. he was told not to worry, the driver had left within the last five minutes. Calling one more time, at noon Kurt was informed that the driver must be in the city centre because dispatch had lost radio contact with him. 12:30 p.m. and still no ride in sight a taxi was flagged down. "No way," said the driver, "traffic was at a standstill on the highway to the base. Finally at just after 1:00 p.m. the crew transport showed. As they finally reached the aircraft at 3:20 p.m. Kurt let out a sigh of relief since the canopy was still up, indicating Eric hadn't yet started the engines. Running to the aircraft, Hawk One, he heard Eric screaming obscenities and realized that his seat was occupied by Don Thornton, an ex-409 navigator now a pilot, training at 419 Squadron in Cold Lake. After a great deal of "discussion", which thanks to various aircraft involved in the show being loud enough to drown it out went more or less unnoticed by the spectators, Don relinquished the seat and Kurt climbed in for the show. At least he made it to the QRA on time the next morning.

You would think that with everything building to a tremendous climax there would be more to write about. Well, there isn't! So until next time...



LCol Lott, CO of 409 AS(F)s does his bashful Burt Reynolds imitation after presenting special friends of the squadron small tokens of appreciation at the May 4th wine luncheon.

Back row: (left to right) Maj Gidley, Capt Mills, Maj Dodd, Capt Johnson, Capt Turnbull, Maj Rose, Maj Owens, Maj Picard, Maj Harrington, Maj Oades.

Middle row: (left to right) Sgt Quirke, Mr. Perron, LCol Jackaman, Capt Rodrigue, LCol Mack, LCol Brygadier, Maj Carlson.

Front row: (left to right) Maj Finn, Maj Montgomery, Lt Chappell, Lt Nichol, Capt Al Molky.

Base Supply



Major John Finn, BSUpO and Capt Jack Gibson, MCO congratulate Dave Jones on his promotion from MCpl to OCdt. Dave will be attending university in Winnipeg after his basic officer training course at Chilliwack.

Now that the nice weather is here (and let's hope that it stays) it is time to come out and support our ball team. They have been doing really good so far as they've won 4 games. Make sure that you wear some sort of protective clothing as we don't want you burning to a crisp like some people in Supply.

Base Supply is starting two new courses in the near future. They are our own Defensive Driving Course and a Prenatal class.

On 10 May 84, we had a mugging out to say good-bye to Ed Elson (off to Germany), Cathy Tracey (off to

Gagetown) and Dave Jones (off to the Univ. of Winnipeg). Dave is also to be congratulated on taking his commission.

Base Supply men's bowling team had their banquet and a fine time was had by all. So good in fact that it is rumoured that the team captain assumed the prone position under the table.

Congratulations to Ray Bailey and his wife on the addition of their third son. Don't forget Ray that you determine the sex and not your wife.

We all send get well wishes to Judy King and Cal Francis.

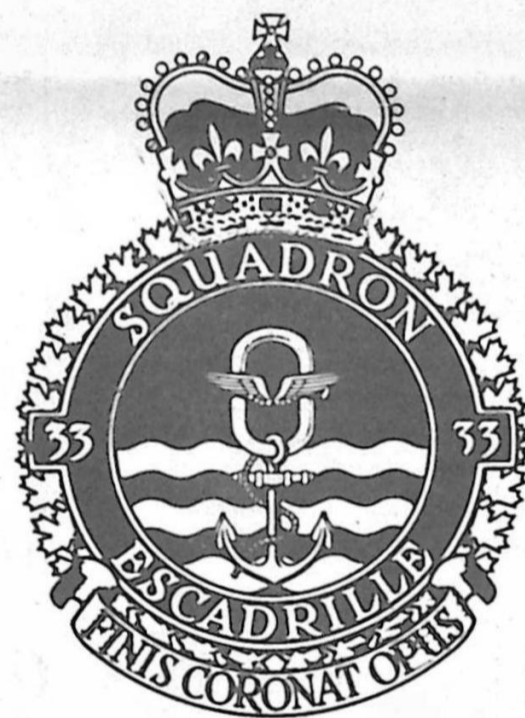
Welcome to Sandra Belanger who is working in 1 Supply Group. As you can see we do get some sunshine here besides the liquid kind.

Pegi is getting to be a lady of travel as she just got back from a trip to Ottawa. We hope you have a better trip next time Pegi.

On 7 June 84, we are holding a Fishing Derby, so there should be a lot of fish stories for the next edition.

P.S. Congratulation goes out to Sgt Kay Alex and Cpl Lorena Charles on their recent promotion. Good luck on your TQ6 Kay.

VU



33

Generally, things have been quiet around 33 the past couple of weeks. I mentioned this as an excuse for the lack of witty anecdotes in my bi-monthly offering to the "Fishwrap". No doubt there will be those of you who wouldn't even dispose of fish guts in this article, let alone a fish.

Seriously, I really do feel lacking in my reporting skills, especially when I catch myself reading "the other" squadron article. An OTU for squadron article writing might be helpful. Being on OJT I find myself with very little real experiences to base an article on. I suppose if we did have a wine luncheon in the style of one of "409's Bacchanalian Fetes" (ref: 409 Squadron article May 17 - Totem Times), I too could write a book about the goings on. However as I find myself considering the plight of our forestry resources in B.C. I'll use as little paper as possible and refrain from any further slurs on a truly great journalist and let the interested know what's been happening around here.

The infamous Anchor Red demonstration team was a crowd pleaser again in both Spokane and Nanaimo. (Let me check "the Nest" and see what he has to say about airshows.) "No, can't use anything."

Elsewhere our Sandspit Detachment of Farrar, Flewelling and Lachapelle flew a "33" patrol this past week. #3 is fancy terminology for overnighing in Sandspit.

A trip to Kelowna was in order this week. Captains Patterson and

McQuaid helped out LCol Jackaman and flew him and Sgt Parker to Kelowna for an Air Cadet inspection. Let's see, I remember reading LCol Jackaman's name in "the Nest". Ah yes, I do wish I could write like that. Anyway, the LCol did have some amusing things to say about the "High Tech" of the Tracker.

Tom "the smoker" Sullivan would like some free advertising for his Sullivan Method for quitting the weed habit. The best we can figure "the method" is based on the overload principle. You start with 2 or 3 cigs a month, tops, and work up to at least 2 packs a day, minimum. At this point you're either bankrupt or dying of pneumonia from all the windows in the crew room being open.

Dave Bekolay assures me that this is definitely my last article so I don't have to worry about misquoting or slandering anyone anymore. Dave will be returning to the typewriter just in time to enlighten all you readers with the Rimpac work-ups and Tijuana sorties for the next issue.

Here we go again. You know I must have at least... two items for this article and to find the means of writing it down eludes me again. Lenny where are you?

We recently sent aircraft down to the annual Spokane airshow. We met up with an unlikely group. Lanth and Bruth who were content to sit and listen to our stories and follow

us everywhere. Stevie and Skip decided not to follow, they just sat there drinking a Mug-o-something with two straws. It was fitting to see Ken and Nick tossing a day glow softball back and forth during a break in the action. Wayne had a friendly chat with one of Spokane's world class athletes, on a street corner. Pete's indepth knowledge of music founded him a pair of instruments presented to Jim and Bill at our squadron Mug Out. It is a crime they did not sell hankchiefs. Time to say good-bye to a few. Bob 'hold that motor' Stephenson; Jim 'Mr. Dressup' Moxin; Bill 'Where's the BEEF' Hamilton; Quiet Carolyne; Better Late than Never Larrievie; Tim 'Descrambler' Hunt; Better Buys Laurie; Cartoon Castonguay; and the 1984 Miss T-Bird Chris. Good luck in your future and endeavours. Just about forgot Tom Sullivan. Coming into the squadron: Ledrew from 442, Dureau from 409; Clive Webb on Radar; Shane O'Shea; WO Pearson; and yes Ray Morrison is back. Welcome to our clan.

Denis offered Phil and I a chance to go fishing on the weekend, but after his story involving Bob we gratefully declined.

Question of the week, "Is Laurie's auger really plastic?" and "Did Randy really eat that much chicken?"

One last thing for Tracker John: one more crack about Armourers and I'll promise to find a couple stories for the next article. See ya.

Section News

As The Beacon Turns

Sue is on leave this week and asked Lt Hatton to write the article for this issue. Unfortunately Jim broke his crayon so the job was passed to me.

Just after the long weekend the Boss, Mogey, Bernie Murphy and Neil Garlough headed north trout fishing. They loaded up with all the standard equipment: A 24, another 24, one more 24 just in case and they even brought some food and fishing gear. The latter they didn't need. They would have caught as many fish if they had fished in the Zellers parking lot. Actually the Boss caught a 4 oz. rainbow which the 4 of them shared on Wednesday night.

By the time this article comes out Roy Field will have made the plunge. Roy is marrying Jacqueline Chubey, of the MSE section on Wednesday 30 May 84. That's if he has the cast and ball and chain removed by then. Roy's stag was at the MP Lounge on Saturday night. Need I say more? Bernie Murphy volunteered to be the flower girl but Roy had already asked Lloyd Friesen. Seriously, the section wishes Roy and Jacqueline the best of luck in their married life.

Other news includes the arrival of

OCdts Krall and Ried and Pte Pepin to Comox for pre-course OJT. Dean Krall is from Vancouver and Alain Ried is fresh out of Chilliwack. Both are going to join OCdt Michele Millet in Cornwall in August for the VFR/IFR course. Graduation date is approximately 15 May 1985. Pte Pepin is from Petawawa and will be qualifying as a terminal ATCA BPOC. (For non-ATC types BPOC means before proceeding on course.)

Lt Paul Anderson is on the Tracs course in Trenton and Capt John Myers is in Cornwall for the supervisors course. John will be CCTWR effective September 84. Also Pte Paudis (W) recently graduated from her B-stand course in Cornwall. She is posted to Cold Lake.

Finally the Entertainment Committee has organized a "Western Night" which will be held on Saturday, 16 June at the D'Estre House in Comox. The fare: baron of beef with appropriate side plates. Music will be DJ. So dust off your cowboy duds and get ready for a good time.

Remember the Gravel Pit needs you.

Till next time.

R.C.



Demon Doins

AMCRO

This is being written on the deadline day as I have been away on TD and leave so here goes for a quickie and possibly a shortie.

As I mentioned above the SAMO and AMCRO spent most of last week at a meeting in Winnipeg and they are reciprocating by having the Winnipeg AMIT team here all this week. Things have been busy up here with Gene spending all his time preparing for the AMIT (with John's help) and for his upcoming trip to Hawaii.

The people in Log Control appear to be getting shorter hair - Bill because he is pulling his out and Marilyn because she had it cut off - it looks nice Marilyn. Jim would like to shorten his but decided against it as he hasn't any to spare.

Greg is no longer working alone on ADAM as he is now accompanied by Lt "Push" Godbole, our new ADAM Officer. Look for more changes when you "Log IN".

The big thing in our "Tech Rep" section is that 100% of them are getting married. It must be the salty maritime air stirs our "you all" friends up like that.

Kyle had a vacation in Moose Jaw (while he attended a flight safety course) and Terry is once again preparing for a trip to the Maritimes. Cliff is happy now that he owns a house in Trenton, Bob

still dreams about owning a Ferrari and Wally is making retirement plans.

Kathy is really developing a Personality, Alison is on leave and the Chief is trying to figure out how to run the section without her.

I told you it was going to be short-and it is.

DIAC MAINT/TRAINING

This bit is being written ten minutes before deadline while an AMIT prowls our spaces so if it turns out to be more disorganized than usual please bear with us.

In the change is as good as a rest department several of us are settled into new jobs this week with MWO Keryluk in squadron QA, WO MacLean warming the DMTO chair and Sgt Paulekat in DIAC Training as supervisor.

In the honors and awards department MCpl Nanson was the recent recipient of a Base Commander's commendation acknowledging his heroic efforts in writing a Course Training Plan for the FTAS spectrum analyzer, whatever that is. Congratulations from all of us Kieth, you will no doubt be similarly honored by the B.C. pulp and paper industry for consumption above and beyond the call of duty.

FTAS maintenance course 8401 is in its eleventh week and the students are looking forward to graduation on 20 June. They will apply their newly gained FTAS smarts here at VP 407, at Halifax and at Greenwood.

Have to close now, as I have just discovered a new meaning of the word microsecond - the length of time it takes an AMIT to find that junk box you thought you'd thrown out.

ARMAMENT

Good afternoon ladies and gentlemen. It's me again your roving Armourer at it again. Thursday May 17th found the Armourers and the Photo techs battling it out on the fireways, sandtraps (and rarely on the greens) of Longlands golf course, as well as on the stormy high seas in our annual Golf & Fishing derby. Top scorer of the golf was MCpl Bud Englund with a score of 66. Best fish was hauled in by WO Bourne weighing in at 6 lbs (the fish not him.) Congratulations to the winners.

Speaking of winning our squadron is extremely pleased with

Crew "That's Nice" Six as they pulled off all honours in the annual ASW competition in Greenwood. Special mention goes to the load crew of Sgt Jean Maltais, MCpl Jacques Allard and Ptes Dev Reynolds and Glenn Rooke. Once again defeating Greenwood for the second year in a row, but it seems that our armourers taught them something last year when we blew Greenwood right away, as this year we beat Greenwood by only one point. Once again congratulations guys. Before I go a final note, in golf "Sir" winning isn't everything but losing as Lt Irvive knows, is the pits. Rematch? Sure, Sir when?

407 MAINTENANCE

I'm writing this as my farewell to maintenance as I'll be making my long journey back to the land of servicing. These past few months have been busy ones with the engine techs playing musical engines. There has also been an increase in activity with the onset of AMIT. Everyone is busy cleaning, painting and re-organizing stands to ensure that the effort is not done in vain. Of course, all this contentment could not last forever. There are many changes about to transform the whole complexion of maintenance. The Sgt's club has added one more name to its list. Congratulations to Dave Nowosad on receiving his third hook. He won't have far to go to find spare epaulets as Norm Brazeau has shed his for a new pair of crowns. With posting season upon us, there are many of the faithful going on to bigger and better things. Norm Brazeau has learnt that you don't get something for nothing. He will be off to Goose Bay to form a new bridge club. Dave Fiddy is off to Edmonton to work on helicopters. Bonny Ross is off to RRMC to learn which fork to use for salad and how to exercise without sweating. Ron Conard is biting at the bit to embark on his training as flight engineer, while his wife Charlotte is counting the days till her release in August. Jack Boyes is still trying to figure out how he can get extra cash for his big move. He is leaving the 407 side of 7

hangar for the 409 side where he'll be greeting the arrival of the CF-18s. Last but not least, we are losing our multi-talented bridge playing dart throwing Sgt Cy King. He is posted to Gander where I'm sure he'll be right at home in his native Newfoundland. Poor WO Ronayne will be wondering who will be left to do the work.

We have our own health club where getting fit takes many forms. At the recent Snow to Surf race, we had an impressive line-up of athletes: Frank Nadon, Marty Zanatta, Trevor Foss, Steve Kneil, Joe Bogden and Gary Grass all of whom gave a good showing. Getting fit can be hazardous to your health. Steve can attest to that, after suffering a major run in his tights. So let me close by saying goodbye and good luck to those who will no longer be with us.

R.G.F.

AIRCREW

As the month of May draws to a close and the sunny (hopefully) days of June are rapidly approaching, I find the aircrew busy as bees. Many of the crews are reviewing everything from approach plates to tactics to prepare themselves for RIMPAC 84. There seems to be briefing going on continuously. During one of these informative lectures much emphasis was placed on tactics to be used in Hawaii. Such tactics as, where to place your beach towel in order to achieve maximum visual scanning (for submarines of course) and how to set Condition one when invariably asked by an image of Bo Derek, "Will you rub oil on my back please?" Range of the day charts have now been replaced by the oil of the day chart. Seriously though, those of you that are going to RIMPAC 84 (which should be RIMPAC 8407) this year have a lot of hard work ahead of you. Oh yes, I welcome home Crew 6 from Greenwood, Crew 5 from NORPAT and Crew 4 from Mofett. Well that's all for this week. You'll come back now ya hear!

R.K.J.

Fire Plugs



My time is nearly finished here in Comox and soon I will be on my way to Halifax for a couple of years of sailing on the HMCS Annapolis. I enjoyed my stay in Comox and maybe I will get back here.

We had our section Spring Ball/Going Away party last week and a good time was had by all. The section said good-bye to eleven people. A special good-bye was said to Ev Davies who is retiring this year after thirty-one years of service. Once again the section would like to

wish Ev and his family the best of luck for the future. With Don Code leaving us for Ottawa we will have a hard time finding someone to replace him as punch maker for our section parties.

Here are a few hints to prevent burns in the home. One basic rule is not to allow children in or through the kitchen while cooking. Another is to turn your pot handles toward the inside of the range. It is a good idea not to hold a child while drinking hot liquids.

This is something to brighten up your day somewhat. A farmer had just taken out a fire insurance policy on his barn. As he signed the application, he said to the insurance agent, now if my barn were to burn down tonight, what do you think I would get? Oh, about ten years, was the reply.

That is it for now, possibly forever. I expect there will be another scribe for the section in the future.

ARAF

Scott, Dan Hutchison is summering in Dundurn (lucky guy) on a Vehicle Tech course.

ARAF says good-bye to three of its members who recently took their releases. Daryle Engelmeyer has left us to go to university. Now working in the civilian world is Chris Fournier. Shannon Nadeau is off to Trenton with her husband and to the world of diapers and bottles and 2 a.m. feedings. We wish you all the best of luck in the paths you have chosen.

Congratulations to Lil Davis on her promotion to Warrant Officer. Way to go Lil!

Next issue we will be saying hello to some new members. Till then, stay healthy!



Summer is going to bring a temporary change of lifestyle to at least three ARAFIans who are going on course. Jane Zwaagstra is off to CFB Borden for the Officers Admin Course. Also going to Borden for an Admin course is Karen

Wos' - SGTs' MESS

June 9

Start of Week Long Fishing Derby. Fresh and salt water fish. Starts - 0900 on 9 Jun. End - 1800 hours on 16 Jun. Fee - \$3.00: register at the bar. Official weighing-in at the Fire Hall. Prize presentation at 2000 hours on 16 Jun at the mess.



June 14

RETIREMENT MESS DINNER

Retirees: MWO N. Moxin, MWO B. Hetherington, Sgt B. Horochuk, MWO A. Orvis, Sgt R. Pare, WO B. Bugden, Sgt R. Peacock, Sgt P. Hudson and Sgt B. Pokol.

June 16

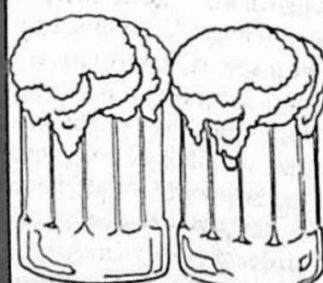
End of Fishing Derby.

DJ dance. Prizes. Food - BBQ salmon. Please donate your catch or some of it.

June 21

GOLF TOURNAMENT

Place - Glacier Greens Golf Club
Fee - \$2.00 plus Green Fees - 9 holes.
Registration at the Mess - starts at 1200 hours.
OPI - Sgt Stirton, local 2238.



June 22

MUG OUT AND TGIF:

Mug out start at 1700 hours to be followed by regular TGIF.

June 29

GRAND OPENING OF THE BEER GARDEN.

Food - BBQ steaks and prawns - locally cooked to your convenience and taste. Band - Kenny Shaw and The Bunkhouse Boys. Dress - Western. Price - \$20.00 @ couple for members and associates; \$30.00 @ couple for Honorary and guests. Reserved seating begins on 11 June at the Mess Manager's Office.

For further information contact Sgt R. Lesage, local 2348.

UPCOMING EVENTS

26 July - Golf Tournament - 9 holes
17 August - Golf Tournament - 18 holes.

OFFICERS' MESS

Friday, June 1

TGIF/407 SQN MUG OUT

1600 - 1700 hours. Sub drinks. Fish & chips from 1700 - 1800 hours. Free taxi - ask at bar.



Friday, June 8

MONSTER TGIF/409 SQN & DET 5 MUG OUT:

1600 - 1700 hours. Sub drinks. Chicken and chips from 1700 - 1800 hours. Free taxi - ask at bar.

Fridays, June 15, 22, 29

REGULAR TGIFs:

1600 - 1700 hours. Food as indicated, 1700 - 1800 hours. Free taxi - ask at bar.

June 15 - TGIF BURGERS & FRIES

June 22 - TGIF SPAGHETTI

June 29 - TGIF SUB & FRIES

Sunday, June 17

FATHERS DAY BRUNCH:

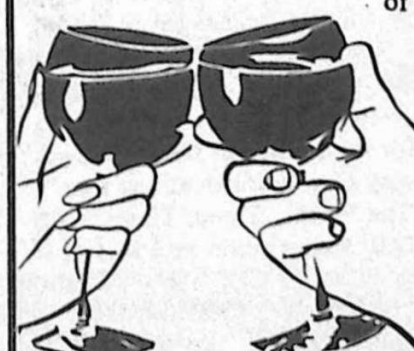
Cocktails at 1100 hours. Brunch from 1100 - 1300 hours. Cost: adults - \$6.00 and children - \$3.00. Menu TBA. Reservations to Mess Manager by 1200 hours Thursday, June 14.



Saturday, June 23

409 SQN/DET 5 FAREWELL DINNER DANCE:

Come out and say farewell to your friends from 409 Squadron and Det 5. Enjoy a hip of beef buffet and dance to the music of "Second Wind". Cocktails at 1930 hours, dinner at 2000 hours and dancing from 2100 - 0100 hours. Dress is casual. Cost per couple: members - \$20.00 and guests - \$30.00. Reservations to the Mess Manager by 1200 hours Wednesday, June 20.



COMING EVENTS:

20 July - Mixed TGIF/Western Night

M.S.E. Driver Safety

What would you do??

You're on an unfamiliar road and going into a left curve. You get into it before you realize the curve is sharper than you had expected. You start to head toward the outside of the curve and the rocks beyond. What should you do?

A. Take your foot off the accelerator, pump brakes and steer in toward center of curve.

B. Stomp on brakes to stop immediately.

Answer on page 13

Editorial

Jobs for everyone

I was browsing through some old 1973 copies of the "Fishwrapper" the other day and came across a column in which I attempted, tongue in cheek, to solve the existing unemployment problem. The unemployment situation today is much worse than it was then and the proposed solution, though rather wild, actually has some possibilities and might actually work. I'll run it by you again just for fun.

The solution to the present unemployment problem is deceptively simple. Instead of the usual five-day work week which we now have, we merely switch to a ten-day work week, thereby doubling the number of available jobs in the country. Don't laugh, we can easily squeeze ten working days into a week and still have the weekend off. First of all we establish two working days per day, comprised of one seven hour day from 0600 to 1300 hours and another seven hour day from 1300 to 2000 hours. For example, we would then have Monday-E (for early) and Monday-L (for late) and so on.

Workers would only be permitted to work one working day per day, to ensure equitable distribution of work. Just think, those who hate getting up in the morning could work the late days.

As a result all employers would have to hire double staffs, but they would benefit by having double the production without the necessity of having to increase their plant size. They would also have virtually no overtime to pay.

All stores would be open two days per day while each employee would only work one of those days, so think of all the increased business with so many more shoppers available.

The benefits of all this would be twice as many jobs, more time off and higher productivity. In addition, since everyone would have ample time during the week to shop and conduct their other business, the weekends could then be devoted entirely to recreation.

This may be crazy, but nothing else seems to work.

J.S.G.

Letters:

To The Editor:

851 Royal Canadian Air Cadet Mountainview, Ontario for scrap-Squadron of Picton Ontario has in its possession one F86 Sabre Mark V Serial no. 23301. The squadron would like help getting information, documentation and parts in order to restore the Sabre to a display condition. I hope your readers will assist in this.

F86 no. 23301 was delivered to the Royal Canadian Air Force in 1954. No record is available of what it did or where it was until May 8, 1956 when it was delivered to 3146 TSD. Here it flew 29 hours before it was transferred on November 28, 1956 to 443 Squadron Sea Island, which we believe was a reserve squadron. Here it logged 380 hours of flight time until its transfer to 6RD Detachment in London, Ont. on September 18, 1958. It is not known how many hours were flown with 6RD before it was sent to

The Sabre, without its engine, was bought by Pinecrest Memorial School in 1971 for display purposes. The Sabre went on display for 11 years before being donated to 851 RC Air C Squadron. The jet had been severely vandalized and was becoming an eyesore. The squadron wishes to restore the Sabre to show condition. It will be used as a teaching aid when completed. There are several unanswered questions. Who flew the aircraft and where during its first 2 years and again at 6RD? What were its roles? Where is the remainder of the aircraft log and documentations? There are 506 out of the total of 900 flying hours unexplained. Most of the panels on the aircraft are punctured. Where can spare parts be found?

As you can appreciate, restoring this aircraft is going to be a major task and any help would be appreciated. If you or any of your readers have information, documentation or parts that would assist in this project please send them to:

Commanding Officer
851 RCAirC Sqn.
P.O. Box 2190
Picton, Ontario
K0K 2T0

To The Editor:

After 22 years of flying the CF101 Voodoo at CFB Chatham, 416 All Weather Fighter Squadron will be temporarily stooddown at the end of 1984 to await conversion to the CF18. There will be a Squadron reunion held at Chatham, N.B., on November 22, 1984, the date coinciding with our 43rd Anniversary.

The reunion consisting of a dinner and dance will be an All-Ranks affair open to all past and present Squadron members. Anyone wishing to obtain further information should contact Captain Darrel Synnott at (506) 773-4421, local 316 or GP 622-2316.

H.J. Henwood
Major
for Commanding Officer

To The Editor:

Nineteen eighty-four is the 60th anniversary of the Royal Canadian Air Force and CFB Trenton (the unofficial home of the RCAF) is celebrating this event with many activities.

On April 1st, CFB Trenton opened the RCAF Memorial Library and paraded the new Air Command Flag. The museum contains many historic artifacts and memorabilia.

Trenton is also hosting an "RCAF Homecoming Weekend" June 29-July 1, 1984. Colonel G.R.J. King and his staff invite all ex-RCAF members and all past and present personnel who have been stationed in Trenton to "come on Home" for this important weekend.

ZELLERS



August 25th will be CFB Trenton's Armed Forces Day '84 and Air Show commemorating the 60th Anniversary of the RCAF. Base Trenton opens its gates to the public at 9:30 a.m., the air show starts at 1:00 p.m. and the gates close at 5:00 p.m. There will be extensive ground displays and exhibits. Included in the airshow are the Great War Museum, the Canadian Warplane Heritage and a mass parachute drop by elements of the Canadian Airborne Battle Group from six CC130 Hercules aircraft in formation. Two features will be a Tutor Formation Aerobatic Team and the CF18, Canada's newest fighter aircraft.

CFB Trenton has published a 72-page magazine saluting the 60th Anniversary of the RCAF. The

magazine contains a brief history of the RCAF, Trenton and the British Commonwealth Air Training Plan, articles describing Base Trenton and many frameable full-coloured, previously unpublished, aircraft photographs.

A Commemorative Poster will be available at Armed Forces Day on the 25th of August. The colour poster features artwork by the well-known artist, Steve Snider. Mr. Snider's artwork was featured on the 1983 Armed Forces Day Poster which won acclaim at the International Council of Airshows at El Paso, Texas.

Base CANEXs may order both magazines and poster through Trenton CANEX, Attention: BXO. Individuals may order the magazine

only through The Hangar Bookshelf, Box 1513, Belleville, Ontario, K8N 5J2. Include \$2.75 plus 50 cents for postage and handling (plus 7% provincial sales tax for Ontario residents) for each magazine ordered.

As Base Trenton has received many national queries from individuals in your area, we request that you reproduce this information as a public service article in your base newspaper when available space permits.

Thank you for your assistance in this matter.

L.J. Werring
Captain
for Base Commander

Next Totem Times Deadline - Monday, June 11, 1984



Law Talk

By Gordon Hardy of the People's Law School

Human rights in Canada

The last of four articles on human rights issues in Canada.

"I believe that he who has less in life should have more in law."

These words by the late president of the Philippines, Ramon Magsaysay, are a simple expression of human rights principles prevailing in Canada today. Because we believe in the principle of equality, we have laws which specifically protect those groups which may be denied equal opportunity through prejudice on the part of employers, landlords, government agencies, etc. By giving them more in law we hope that they will be able to obtain what they lack in life.

The Canadian Charter of Rights and Freedoms elevates these legal protections to the stature of a constitutional guarantee, a "shield" as some human rights experts refer to it. A shield, however, may not suffice; what is also needed is a sword, ie. active laws which force the stubborn or the ignorant to respect the rights of others to equal opportunity and human dignity, irrespective of race, origin, sex, religion, etc.

But how shall the sword be wielded? If not done deftly, it may

wound the innocent or even damage those it is supposed to defend.

Canada began its experiment in anti-discrimination laws throughout the 30's and the 40's, the provinces passing various pieces of legislation which made it almost a criminal offence to discriminate. This approach, according to Professor Walter Tarnopolsky, a noted human rights expert in Canada, was subject to a number of weaknesses, including a reluctance on the part of judges to convict people for behavior which is not criminal in the sense that, say, robbery or murder is.

Throughout the 60's, most provinces embarked on a new approach; this saw varied anti-discrimination laws being unified into single human rights codes with enforcement being given not to the courts but to special human rights tribunals. Human rights officers under the codes were encouraged to use persuasion and conciliation to settle a complaint, falling back on the tribunal's power to order damages or punish only as a last resort.

Most people agree that this approach has worked or, at least, has worked better than the previous

one. There has, however, been a backlash against human rights legislation and even against the cause of human rights itself.

Douglas Schmeiser, law professor at the University of Saskatchewan, writes that "Canadians are going through a period of soul-searching about human rights... Confidence in human rights concepts is not promoted by positions which run contrary to public notions of common sense, and on occasions these positions have been supported by human rights commissions."

One such case in B.C., of course, involved a Ukrainian-Canadian businessman's right to use his trademark "Hunky Bill". While the Human Rights Branch pursued the case only reluctantly, the issue did much to contribute to the public's perception that human rights officers were meddlers with nothing better to do than persecute a hard-working businessman on the most trivial of grounds.

"Human rights naturally lend themselves to sweeping statements and excessive claims," Schmeiser writes. "Too often we emphasize the importance of rights without emphasizing the need for respon-

sibility in our relationships or actions... The public stance of civil liberties groups often is to support the exercise of all rights, no matter how harmful the result... A landlord may know from experience or be able to establish statistically that renting to a particular race or group will likely result in an additional expense... Nevertheless, such persons may be forced to enter into transactions to which they are opposed, and may subsequently incur economic loss..."

Human rights tribunals themselves have been chastized by the courts for violating the rights of those called to defend themselves against charges of discrimination. In an Ontario court case, the judge said aspects of the human rights code consisted of a "legislative bear-trap from which no subject can escape, a charge which cannot be defended, and a fine which cannot be escaped."

"It is equally as important that the rights of a middle-aged white Canadian homeowner be protected as those of a young, black, Jamaican tenant," he said.

End of series.

TOTEM TIMES

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

Second Class mail registration is 4098.

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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 \$6.50 per year.

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



A.F.V.C.

L'Ouverture Officielle

L'ouverture officielle du nouveau bureau de l'Association Francophone de la Vallée de Comox eu lieu Dimanche le 27 mai 1984.

De nombreuses personnes sont venues visiter notre nouveau bureau et par la même occasion assister à la remise des prix aux gagnants de notre concours (niveau du programme-cadre de Français) pour l'emblème officiel de l'Association.

Le 1er prix fut accordé à Serge Piper, le 2ème prix à Eric Maltais et le 3ème prix à George Carter, un beau livre de lecture a été remis à chaque gagnant. Nous tenons à féliciter tous les participants pour le beau travail accompli.

Merci à toutes les personnes présentes.

Devenir Membre?

Etes vous intéressés à rencontrer les Francophones de la Vallée?

Pourquoi ne pas joindre l'Association Francophone de la Vallée de Comox!

Un endroit où l'on peut rencontrer les autres francophones et s'entraider.

Ça ne coûte pas cher et ça rapporte bien!

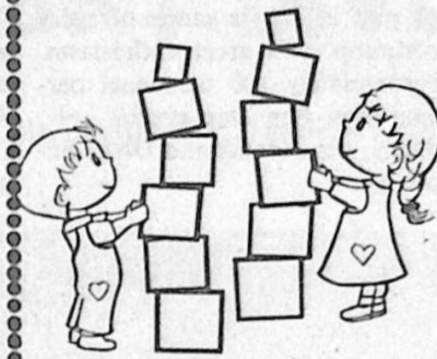
Pour plus d'informations téléphoner au bureau ou venir nous visiter.

LIVRES USAGES

A VENDRE

Nous avons au bureau des livres usagés en très bonne condition à vendre. Si vous avez des livres à vendre, l'Association est prête à vous offrir le service de les vendre pour vous moyennant un léger coût de 10% du montant de vente. Ce léger coût est pour accumuler des fonds nécessaires afin de pouvoir acheter de nouveaux livres pour votre bibliothèque. Ou encore si vous avez des livres que vous ne voulez plus l'Association se fera un plaisir de les accepter pour votre bibliothèque.

Le Monde Enchanté



Pour votre enfant, un avant-midi de plaisirs tout en apprenant. Voilà en gros ce qu'offre la prématernelle, Le Monde Enchanté. C'est le temps pour inscrire votre enfant pour Septembre.

Sonia Hauser - 339-2637
Margon Doiron - 339-3802

Sécurité en bateau

Voici quelques petits conseils pleins de bons sens

✓ Dans une petite embarcation, qu'il y ait ou non des coussins de sauvetage, portez toujours un gilet de sauvetage ou un dispositif personnel approuvé.

✓ Respectez les règlements en ce qui concerne le matériel de sauvetage; n'utilisez que des articles portant l'étiquette ou le sceau "approuvé" de Transports Canada.

✓ Dirigez-vous vers le mouillage ou le quai le plus proche si un orage s'annonce. N'essayez pas de braver la tempête.

✓ Apprenez bien les règles de navigation et appliquez-les.

✓ Ralentissez lorsque vous dépassez une chaloupe ou un canot, surtout si le cours d'eau est étroit.

✓ Ralentissez par mauvais temps et lorsque vous faites des virages prononcés.

✓ Prêtez secours à toute embarcation en détresse. Surveillez toute pièce de tissu clair agitée verticalement ou en rond, une lumière dans la nuit ou un signal à bras.

✓ Ralentissez lorsque vous passez à des endroits où il y a du dragage ou des plongeurs qui travaillent.

✓ Dans le cadre de votre vérification avant départ, établissez un Plan de navigation.

✓ Assurez-vous que les pompes de cale sont propres et exemptes d'huile, d'essence et qu'elles ne sont pas obstruées par des chiffons. Aérez tout endroit fermé.

✓ Vérifiez votre batterie et la ventilation.

✓ Connaissiez votre bateau et respectez ses limites.

✓ Mettez toujours un "flotteur" à vos enfants lorsqu'ils sont près de l'eau.

✓ N'oubliez pas que les articles qui sont énumérés ci-dessous et qui se trouvent à bord de votre embarcation doivent être approuvés par Transports Canada: dispositifs personnels de sécurité aquatique, signaux de détresse (fusées éclairantes), douées de sauvetage, dispositifs qu'on peut lancer (coussin ou bouée).

✓ Gardez, dans un sac de plastique étanche, des vêtements de rechange ainsi qu'une lampe de poche, un sifflet, un couteau, une bonne trousse de premiers soins et des vivres d'urgence.

✓ Faites attention. Évitez tout contact avec des fils électriques aériens lors de la mise à l'eau ou de l'appareillage.

✓ Ayez ce qu'il faut pour faire monter à bord une personne tombée à l'eau.

✓ Observez les règlements relatifs à la prévention des incendies et au matériel d'extinction.

✓ Lorsque vous partez en croisière, ayez toujours à votre disposition des cartes à jour et les dernières publications connexes.

✓ Ayez à bord une ancre et suffisamment long de câble, de corde ou de chaîne (au moins cinq fois la profondeur moyenne de mouillage). Assurez-vous que l'extrémité libre de la corde est bien fixée à l'embarcation.

✓ Devenez membre d'un club nautique ou d'un club de navigation, si vous le pouvez, et tenez-vous toujours au courant des règlements et autres renseignements pertinents.

✓ Procurez-vous la brochure annuelle et hebdomadaire "Avis aux navigateurs" (offerte gratuitement par Aides et voies navigables, Garde côtière canadienne, Ottawa, K1A 0N7).

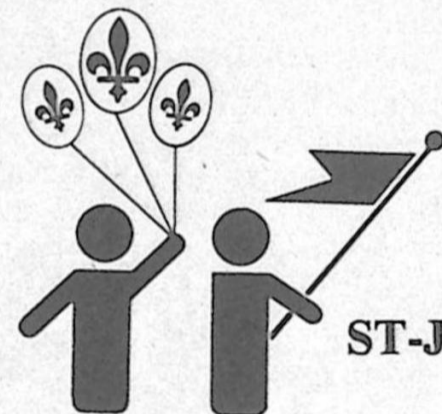
BIBLIOTHEQUE

N'oubliez pas que nous avons un service de prêts pour tous nos membres.

Un conte raconté sur cassette: "Le grain de riz rouge" pour les petits et les grands. C'est l'histoire fantastique d'un petit écolier qui reçoit un présent magique et les aventures qui s'en suivent. Ce conte, signé Alain Blanchard, a été produit à Vancouver par la radio coopérative. Vous pouvez vous procurer ce conte au coût de \$8.99 en écrivant au:

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LA

ST-JEAN-BAPTISTE

Plus d'informations sur la célébration de la St-Jean-Baptiste dans le Totem Times du 14 de Juin.

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14 YEARS

CFB COMOX

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Sports

CFB Comox Fun Day 84

CFB Comox held a fun day in accordance with National Physical Activity Week which was from May 13-21, 1984.

On May 15, 1984 people of all ages jogged, cycled, walked and

took part in fitness games of every description with great enthusiasm. Approximately 100 personnel participated in Fun Day events — military, dependants and DND employees.

Best times for the obstacle course were as follows: male - Mike Adamczyk - 1:25 sec. and female - Bertha Robertson - 1:33 sec.

Thanks to all participants for a great show.



Runners depart on their trip around the perimeter of Base. Was a great day for a run, with good participation from the Base as you can see from all the smiling faces.

Pac Region Curling Champions



Here are the 1984 Pac Region curling champs being congratulated by the Base Commander. Left to right: Cpl Steve Roy, Cpl Ian Wind, Col Dobson, Sgt Derrel Sears, Cpl Way Davis.



Glacier Greens report

Hello from the fabled links of "Lotus Land"; well folks if you want to golf on the weekends you will now have to call the Pro Shop at 339-7633 for a Tee Time—we have just had not enough control of weekend golfers, ie.; singles and twosomes on the course and very few if any showing up in the Pro Shop between nines. It is felt that with more control there will be a lot less hassle on the fairways and very much more etiquette displayed.

The two really big tournaments upcoming are the Mens and Ladies Opens; the ladies will be discussed in a later edition, as for the Mens Open it will be held on Saturday and Sunday the 9th and 10th of June with a practice round on the 8th. Entry fee is just thirty-five dollars and there will be three flights with a total purse of \$3,500.00 (hurry there are very few openings left). We have Comox, 14. Windsor Plywood Ltd.,

Courtenay, 15. Pearson Tire Courtenay Ltd., 16. Style Rite Beauty Salon, Comox, 17. Precision Sharpening, Comox, 18. WO's and Sgts' Mess, CFB Comox. Thank you one and all.

The tees will close at 1800 hours Friday the 8th of June until the end of the tournament.

My sincere apologies to The Canadian Imperial Bank of Commerce for omitting them in the last issue; they are to be thanked as the sponsors of the Ladies President's Cup.

In closing please, if you have the opportunity of golfing in a foursome do so; don't forget to check in at the PRO Shop prior to golfing and after your front nine, allow faster players to play through, let following golfers hit up on the Par three's. By following these basic rules you will help to speed up play and make the game more enjoyable for all.

been lucky this year and come up with some well founded additions, example: the very biggest will be a new car up for grabs on the thirteenth hole both days (all you have to do is sink a hole in one) sponsored by Seale and Thomson, Hiram Walker and Sons Ltd., will be sponsoring a closest to the hole competition on number eight, there will be a sit down "Hip of Beef" dinner including a glass of wine after your round on Saturday, dinner will be made available for your caddy or guest at a very reasonable rate, a steak special will be available for all golfers on Sunday, a free entry dance in the clubhouse Saturday night from 9 to one, dance to the music of "DJ Mac", all scoring this year will be done by computer so there will be no delay at the end of play—don't forget to register your nine hole score at the trailer situated beside number seven TEE.

As you can imagine this major tournament could not be held without the help of our sponsors so to them we give our heartfelt thanks, they are: number one, our major and tournament sponsor Block Brothers Realty Ltd.; number two, the hole-in-one car Seale and Thomson Ltd., Courtenay; number three, closest to the hole on eight Hiram Walker and Sons Ltd.; number four, Base Fund (Social Centre); number five, this year we sold holes to some of the Valley's best business people and to them a special thank you, by tee number they are: 1. Kleen-Flow Tumbler Industries Ltd., 2. Courtenay Nissan Ltd., 3. Jim Nolan Pro Shop, Comox and Glacier Greens, 4. & 13. Seale and Thomson Ltd., 5. United Carpets Ltd., Courtenay, 6. Roto Rooter, Courtenay, 7. Central Builders Supply Ltd., Courtenay, 8. The Port Augusta Motel, Comox, 9. Good's Groceteria, Lazo, 10. Roy Parker Marine Ltd., Courtenay, 11. Comox Valley Ford Ltd., Courtenay, 12. Anna's Coiffures,

Intersection "Fastball" TOURNAMENT

23 June (24 June if necessary)

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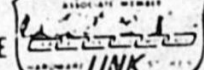
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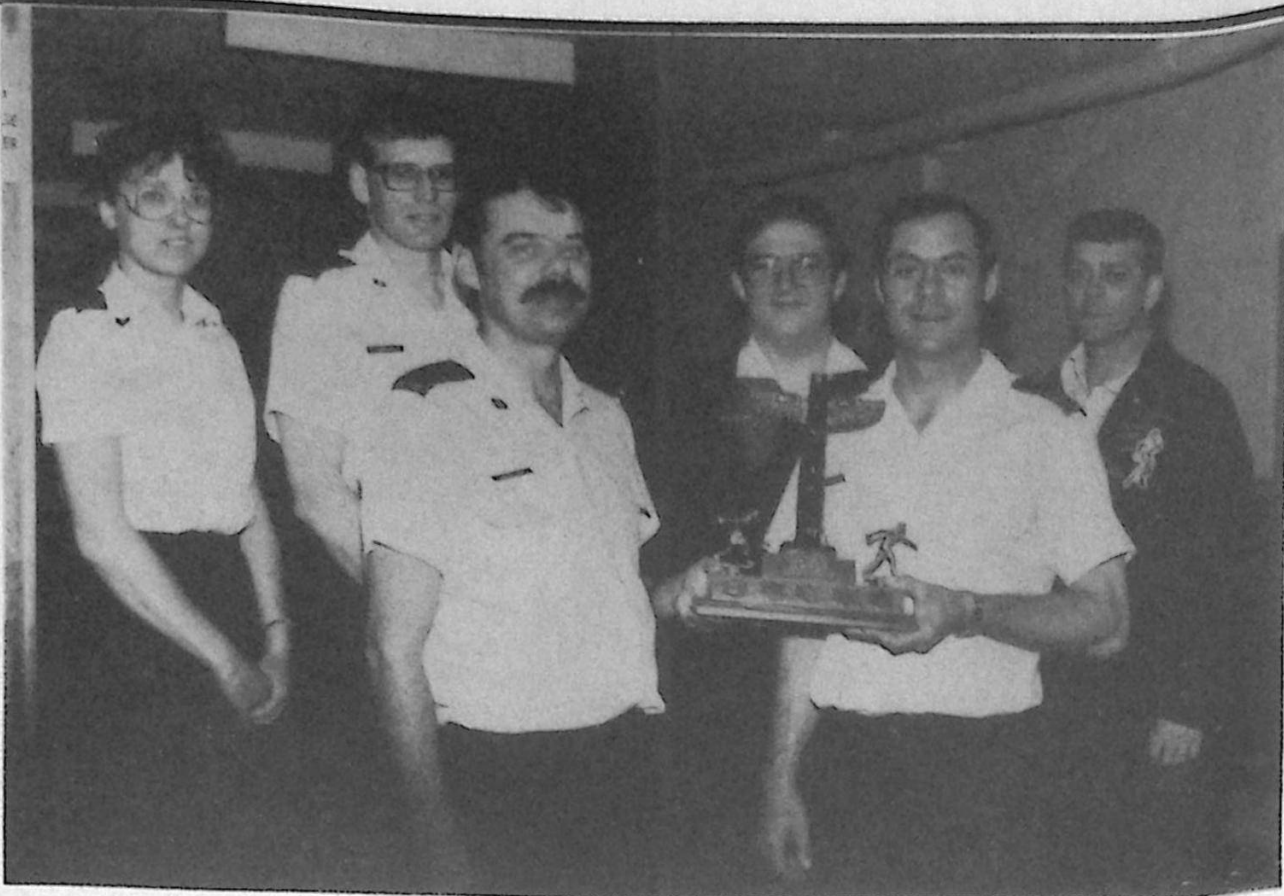


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Sports



Inter-section bowling

Lt Van Hereweghe presents the newly formed inter-section league president, MCpl L. Thompson with the coveted trophy his team captured for 1984.

Notices

DND BEACH

Dogs must be leashed in the Tee Pee Park area; this includes the Base.

When bringing beverages in glass containers please remove them when you leave. (This will avoid injuries.)

WOOD HOBBY

The wood hobby has closed its operation for the summer and will open in early September, 1984.

CFB Comox Base Pool

As of Monday, 28 May, the new pool schedule will be as follows:

Monday - Thursday: 6-8 p.m.
6 - 7:00 p.m. — Open swim
7 - 8:00 p.m. — Adult swim

Saturday - Sunday: 1-4 p.m.
1 - 3:00 p.m. — Open swim
3 - 4:00 p.m. — Adult swim

WATER SAFETY WEEK JUNE 3-9

On behalf of the Red Cross Water Safety Service and staff, we wish you a safe and happy week. Now is a good time to talk to your kids about water safety and boating safety.

SUMMER PROGRAM

Welcome back for another fun-filled summer. Last year's program consisted of Red Cross swim lessons, day camp and casual swim, where everyone had a lot of fun. This summer we are again having a swim program, a day camp which will only run in the morning, as well as casual swim in the afternoon and evening. Further information will be available in the June 14 issue of the Totem Times.



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Sports Etc.

Fare-Thee-Well PERIs

CFB Comox has lost the valuable services of Sgt Rick Hayward (CFB Yorkton) and Cpl (W) Carla Ryan (CFB Cornwallis).

Both Rick and Carla will be missed for their individual attention and dedication they gave to the CFB Comox facilities and programme.

Rick has been behind the upgrading of the facilities and the smile in the arena.

Carla was the main force behind getting teams away to competitions as well as looking after the inter-section leagues.

Although the Base will miss Rick and Carla, I'm sure you'll join us in wishing them luck at their new bases.



1984 CFB Comox Servicemens Fastball Schedule

TIME	DATE	HOME	AWAY	LOCATION
1900 hours	23 May	Highwayman Pub	Base Totems	Union Bay
1900 hours	30 May	Base Totems	Naniamo Realty	CFB Comox
2030 hours	31 May	Hamilton Logging	Base Totems	Lewis Park #2
2030 hours	04 June	Farmers	Base Totems	Lewis Park #2
1900 hours	06 June	Base Totems	Hamilton Logging	CFB Comox
1900 hours	13 June	Cumberland Luckies	Base Totems	Cumberland
1900 hours	20 June	Base Totems	Highway Pub	CFB Comox
2030 hours	21 June	Naniamo Realty	Base Totems	Lewis Park #2
2030 hours	25 June	Hamilton Logging	Base Totems	Lewis Park #2
1900 hours	04 July	Base Totems	Farmers	CFB Comox
1900 hours	11 July	Cumberland Luckies	Base Totems	Cumberland
1900 hours	18 July	Base Totems	Naniamo Realty	CFB Comox
1900 hours	19 July	Highwayman Pub	Base Totems	Union Bay
1900 hours	23 July	Farmers	Base Totems	Lewis Park
1900 hours	25 July	Base Totems	Hamilton Logging	CFB Comox

30 July - 20 August -- Play-offs

Upcoming tournaments: 19 - 21 May, CFB Comox & 22 - 24 June, League Tournament

Intersection softball statistics 25 May, 1984

	GP	W	T	%	Pts	F	A	Place
BTnO	3	3	0	1.000	6	40	25	1
ATC	2	1	0	.500	2	25	22	4
MPs	3	2	0	.667	4	32	27	2
BAMSO(1)	2	0	0	.000	0	22	35	6
VU33	2	1	0	.500	2	26	24	3
HQ	2	0	0	.000	0	14	24	7
407 (1)	2	1	0	.500	2	19	21	5
442	4	1	0	.250	2	32	42	5
Supply	3	3	0	1.000	6	39	16	1
BAMSO (2)	3	1	1	.333	3	47	40	4
FH	2	0	0	.000	0	5	25	7
JRC	2	0	0	.000	0	7	20	6
Det 5	2	1	0	.500	2	10	12	3
407 (2)	4	3	1	.750	7	58	43	2



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CLOSE-UP ON HEALTH

Lifestyle Quiz

(NC) — Health and fitness are by-products of the way we live. Ask yourself the following questions: YES (✓)

Driving

- ☐ Do you and your passengers use seat belts?
- ☐ Do you stop and walk around often on long drives?

Eating

- ☐ Have you maintained your weight at the level where you feel best?
- ☐ Do you eat a wide variety of food each day including something from each of the four food groups: milk; fruits and vegetables; bread and cereals; meat and meat alternates?
- ☐ Do you watch your intake of fat, sugar and salt?

Exercise

- ☐ Are you active each day?
- ☐ Do you engage in moderate exercise of an endurance type (e.g. swimming or walking) three times a week?
- ☐ Do you participate in physical recreation (e.g. dancing, gardening or golf) in your leisure time?

Drinking and Drugs

- ☐ Do you use alcohol in moderation? (i.e., females less than nine drinks a week; males less than 14.)
- ☐ Do you avoid using tranquilizers or sleeping pills except when specifically ordered by a doctor?

Smoking, Stress and Safety

- ☐ Are you a non-smoker?



- ☐ Do you get enough rest and relaxation?
- ☐ Do you have a hobby or hobbies that interest you?
- ☐ Do you have regular medical and dental checkups?
- ☐ Do you practice good personal safety habits?
- ☐ Are you able to cope with normal "everyday" problems and worries?

If you answered YES (✓) to all these questions, congratulations! You have a commendable lifestyle based on sensible habits and a lively awareness of personal health.

Lifestyle is the unique pattern of your daily life. Positive changes can be accomplished with a new attitude and the decision to act.

— Adapted from "Don't Take It Easy", a Fitness Canada publication.
For more information... General information on fitness for older adults is available from Fitness Canada, 365 Laurier Ave. West, Ottawa K1A 0X6. Or, consult a local seniors' organization or health unit.

This column is written by the Health Promotion Directorate of Health and Welfare Canada.

Perhaps you scoff at the idea of energy conservation. You insist that turning off lights every time you leave a room will only wear out the wall switches and cost more in the long run. That argument may have made sense in the days of cheap energy, but today, energy conservation makes more sense.

The economical use of utilities is one part of the DND's energy conservation program. At present, DND spends several million dollars annually on major building retrofit and off-oil programs. Retrofit work, such as adding insulation and installing storm doors and windows, is designed to convert existing buildings into more energy-efficient structures. In the off-oil program, many DND heating systems are converted to gas, electricity or a combination of the two.

Although you may not be involved in these programs, there are ways in which you can contribute to utilities energy conservation. For residents of PMQs especially, there are dozens of no-cost suggestions for conserving energy in the home. They work, too.

Since occupants of PMQs started paying their own bills for heating in October, 1982 fuel consumption is way down. One station used almost 40 per cent less fuel than it had the previous year, even though the weather had been about the same.

Turning down the thermostat pays off, as does reducing heat in unused rooms, closing drapes at night in winter to keep warm air in and opening them during the day to catch the sun. It also helps to keep doors and windows closed and ensure that warm air registers are not blocked.

In summer, keep cool without air conditioning by doing household chores during the cooler parts of the day and cooking outdoors. Fans and open windows at night will cool the house interior and turning off lights and appliances when they are not in use will help too.

The thermostat setting on your hot water tank should not be set higher than 60°C. If you live in PMQs, ask the base to ensure the setting is not too high. And don't hesitate to turn off your water heater if you're going away for awhile.

There are lots of energy-saving tips to remember when using household appliances. Cook small quantities of food in small appliances, keep the refrigerator door closed tight, wash only full loads in your dishwasher and use the recommended amounts of detergent.

The base is responsible for maintaining interior electrical, heating and plumbing systems and publicly-owned appliances. But the resident should ensure that storm windows are installed where provided, the furnace filter is kept clean and the base is notified promptly of any need for repairs. These steps can help you to save money and energy.

You can save pennies when you make a cup of tea or coffee. Just use as much water as you need from the hot water tap. Forgetting to turn off those faucets and fans in the kitchen and bathroom could cost you those savings though.

So be energy wise. Use these tips and who knows? Once you see the light... you may want to turn it off.

Canadian Environment Week June 3-9

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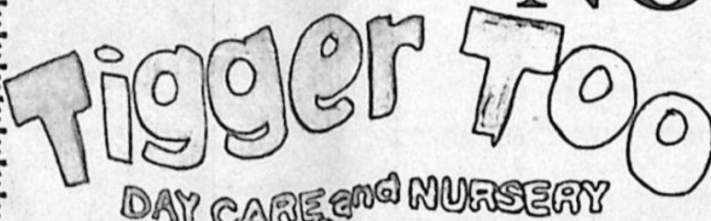
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Frequently there is a sudden crushing pain beneath the breastbone. The pain may radiate to the left shoulder and arm, or to the right shoulder and arm, and up to the neck and jaws. It can last for several hours and may resist any attempts to relieve it. There is often shortness of breath, sweating and nausea, and in severe cases, it may be hard to breathe while lying flat, the skin may be cold and clammy, and person drowsy and confused. If a constricting chest pain lasts longer than 2 minutes, call an ambulance. Delay and denial of the attack's seriousness by the victim are the reasons why over half of those suffering from heart attacks die before reaching the hospital.

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WHAT IS HYPERTENSION?

Hypertension is the medical term for high blood pressure. It occurs when the pressure the heart needs to pump blood is higher than normal. People with untreated hypertension are more likely to suffer from heart disease and stroke. It can be detected with regular blood pressure checks. The risk of heart disease and stroke can be reduced with treatment to control hypertension.

B.C. HEART FOUNDATION

Promotions and Awards



MCpl Jones receives his Officer Cadet rank from LCol Mack.



Capt Harris receives his promotion from CO 407 Squadron, LCol Brygadyr.



Capt Poulin receives his promotion from CO 407 Squadron, LCol Brygadyr.



Capt Gaboury receives his promotion from CO 407 Squadron, LCol Brygadyr.

Sun protection for your summertime skin

The summer sun. Nothing beats it for chasing the chills left behind by a long cold winter. Yet for all the healthy extracurricular activities it inspires, Canadians have a great tendency to abuse the sun's therapeutic effects and experience the ravages of over-exposure.

In their rush to change a winter-pale complexion to tan, many people neglect the extra protection that is needed to prevent the sun's harmful, and often long-term effects. In order to help determine your individual need for protection, and how you can best care for your skin, the Dove Skin Care centre has compiled the following Summer Lifestyle Quiz:

- On your first sun-tanning exposure, how long is it before you notice a change in color?
A) half-hour or less
B) one-half to one hour
C) at least one hour
- Do you have a tendency to:
A) burn easily
B) tan easily but seldom burn
C) rarely/never burn
- How often during the week do you engage in outdoor sports activities?
A) at least three times
B) less than three times
C) rarely
- How often during a week do you swim outdoors?
A) at least three times
B) less than three times
C) rarely
- To avoid burning during sun exposure of one-hour or more, must you use a product with:
A) sunblock or heavy sunscreen?
B) medium sunscreen?
C) little or no sunscreen?
- If you forget to use a body-face moisturizer in summer is your skin:
A) flaky, tight and uncomfortable?
B) dry?
C) normal?
- During the summer, are your cleansing and moisturizing products different from those you use in winter?
A) very little difference
B) same cleanser, lighter moisturizer
C) more drying cleanser and/or astringent, lighter moisturizer



When it comes to protecting your skin from the harmful effects of the summer sun, experts agree on a cautious approach to sunbathing and avoidance of a sunburn at all costs.

- How much make-up do you generally wear in the summer?
A) none, or eye make-up only
B) blusher and eye make-up
C) full make-up, including foundation
- What is your basic skin type?
A) fragile to dry
B) dry to normal
C) normal to oily
- What is your age?
A) 40 and above
B) 25 to 39
C) below 25

SCORING

If the majority of your answers were in the A column, your skin requires constant attention and protection from the sun to prevent premature aging. During prolonged exposure, use a sunblock or tanning product with a sun protection factor (SPF) of 10 or more. Tanning oils should be avoided as they offer little or no protection from damaging ultra violet rays. A hat or scarf to protect your scalp and shade your face may also be a good idea.

(Regardless of your score, twice daily facial cleansing with

a gentle non-alkaline cream or bar, such as Dove, should be followed up with a protective moisturizer — preferably one that contains a sunscreen.)

If your answers were predominantly in column B, you still need to be careful in the sun, especially while you develop your base tan. Use lotions with a medium SPF factor, and a sunblock in sensitive areas such as nose, elbows and knees. Even though you tend to tan easily, avoid sunburn by staying away from suntan oils until a solid tan base is established.

For those with more C responses, your skin probably has a higher level of the Melanin pigment which allows you to tan more quickly and seldom burn. However, if you spend a great deal of time outdoors — particularly if you're involved in sports — you may still require a sunscreen to avoid a burn.

Whatever your skin type or sun-sensitivity, "Over-exposure to the sun and excessive tanning can add years to the appearance and texture of the skin," says esthetician and make-up artist, Marie-Josée Trempe. "Witness this truth in sun-worshippers who bare themselves for hours a

day, season after season. Though they may never burn, the long-term effects are undeniable: saggy, leathery-looking skin that is old before its time."

EASY DOES IT

Trempe recommends that you approach the sun a little at a time, and don't expect a tan overnight. A beautiful, long-lasting tan requires patience and care — the same as beautiful skin. The painful sunburn that results from extreme over-exposure should be avoided at all cost. "Think of sunburn as your skin's way of crying for help," adds Trempe. "There's no reason to inflict that type of punishment on your skin." Indeed, repeatedly over-tanned or burned skin often revolts in another way — skin cancer.

Whatever your environment, you'll need to pay particular attention to your total body cleansing routine in spring and summer months. Be careful, however, not to strip your skin of its natural oils by washing with drying soaps. Instead, try a gentle non-alkaline cleanser, such as Dove.

Other important aspects of the cleansing routine are toning and moisturizing. Toners, fresheners and astringents, while all similar, are designed to remove the last traces of cleanser, surface debris and water elements that can leave a drying film on the skin.

Unlike astringents, fresheners and toners contain little or no alcohol, which can have an additional drying effect on the skin's natural oils, and should be used on all but the oiliest of complexions. Astringents, which usually contain high levels of alcohol, should be used with caution and only on very oily areas.

Moisturizers, the third and final step in a good skin care regime, should be used all over the body to prevent evaporation of the skin's own moisture. If your skin is normal to oily, choose a lighter moisturizer for spring/summer than you would for fall/winter as the air's increased humidity helps to prevent dehydration.

For more information on healthy skin care, write for free copies of Skin Care and You, and The Home Spa, c/o The Dove Skin Care Centre, P.O. Box 490, Station A, Scarborough, Ontario, M1K 2N0.



MWO Foyle receives a congratulatory handshake from A/CO of 407, Maj Challenger, after having achieved 10,000 hours flying time in the CF.

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FAMILY SUNDAY: Second Sunday of the month.
SUNDAY SCHOOL: Classes are available for all students from age three through youth. Kindergarten through youth meet from 0930 - 1030 hours. Pre-kindergarten classes will be held from 1100 - 1200 hours during the worship service.
JUNIOR CHOIR: Rehearsals are 1830 - 1915 hours at the Chapel. Children in grade two and older are eligible to join. Choir members will be expected to be at rehearsal each week and attend worship services.



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

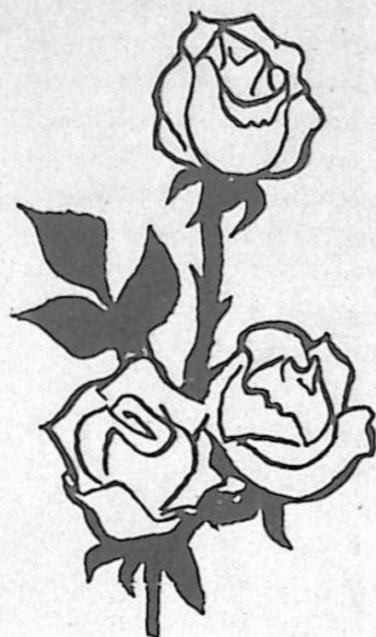
CHAPLAIN: Maj Julien Rheault: Telephone 339-2211, local 2274.
MASS SCHEDULE HOURS:
Saturday 1900 hours
Sunday 1000 hours
Week Days 0900 hours (No Mass on Thursdays)
BAPTISMS & MARRIAGES: By appointment - notice well in advance.
CATHOLIC WOMEN'S LEAGUE: Second Tuesday of the month in the Parish Hall, preceded by Mass in the Chapel at 7:30 p.m.
PARISH COUNCIL: Second Wednesday of the month at 1300 hours in the Parish Hall.
CATECHISM CLASSES: Each Wednesday in the PMQ School from 1830 to 1930 hours.

CFB COMOX MILITARY CHRISTIAN FELLOWSHIP

Meetings held from Monday to Thursday from 1130 - 1230 hours in the R.C. Parish Hall next to the Tennis Courts.

Officers' Wives Club

The closing dinner of the Officers' Wives Club was held on Wednesday, May 23rd, at the Officers' Mess.



Before dinner was served, elections for the coming year were held with Pam Holbrook, the incoming President chairing the meeting.

Following dinner, the club tradition of saying farewell to posted members was led by the outgoing President Vera Arais. Spoons were presented to these members as well as to several retirees.

A special presentation was made to Vera Arais on behalf of the club. Vera was the proud recipient of a lovely piece of Little River Pottery.

The '83-'84 Executive of the Wives Club wish to thank all those involved in making the year so enjoyable and successful. Have a wonderful west coast summer.

...Pat Chura

Wallace Gardens Community Council

I would like to first congratulate those recipients of the Service Awards. It's people like these that make our neighbourhood more pleasant and enjoyable. I would like to also thank Colonel Dobson for attending the Awards Night to say "a few words" and to present the awards to those deserving persons.

Family Day is quickly approaching. I have ordered all this May rain so that we will have a beautiful day on the 9th June 84. The day will begin at Airforce Beach with a 9 a.m. breakfast of pancakes and sausages topped with a warm cup of coffee. Mid morning will entertain you with races, fun and games. You may even get a chance to dunk your favourite PMQ council member in the Det 5 dunker. Awards and prizes will be given throughout the morning. A fun filled morning would not be complete

without hotdogs and hamburgers with your choice of pop. Lunch will begin at approximately 12:00 noon. We are looking forward to seeing you all there to partake in the festivities. Those of you who are interested in helping out that day please contact Steve Harrison at 339-6663.

For those people around the PMQs with a green thumb, there is top soil available on the base behind the dump right next to the fire fighting practice area.

Some garden plots are still available for PMQ and Tyee Park residence for \$10.00 a plot. \$5.00 will be returned to plot owner at the end of the season after he/she has cleaned the plot and turned in the key.

So until Family Day, take care.

Steve Harrison
(Deputy Mayor)

groundcrew for all their super work.

After Bill Follitt picked up the trophy on behalf of the groundcrew, there was only one more left to be awarded... the "biggie"... for the best overall aircrew. Tensions built, and it's certain that everyone's heart was beating a mile a minute, waiting for the General to announce the final winner. What seemed like an eternity finally ended as General McLellan announced that the best overall aircrew at the competition, the crew that would represent Canada at Fincastle, was... Crew 6, 407 Squadron!

Well to say that emotions were high would be putting it lightly! There was hugging and handshaking, and jumping around. (The latter proving quite dangerous for some of the older fellows, who by this time were unsure whether, with

all the excitement, they'd still have complete control of their bladders.) Much champagne was consumed, and the following morning many headaches resulted, however you couldn't wipe the smiles from the faces of the competitors from 407. They'd done what they set out to do, they'd won it all!

As for 405 and 415 Squadrons, well, they're probably still licking their wounds. Of course, leaving Crew 6 calling cards behind wouldn't have helped matters any. Then again, neither would the alterations made to the big 405 Squadron sign on Hangar 11, which by the way, no longer reads "#1 in ASW".

As for Corpus Christi, Texas... Well, they shore speak funny down thar!

Across my kitchen table

by Rosemary Gibson



HELEN'S CHICKEN CASSEROLE

Ingredients:

1 cup uncooked rice
2 stalks celery, chopped
1 can mushroom soup
2 cups milk
1 envelope onion soup mix
Chicken pieces - thighs, 1/4 breasts, etc.

Method:

Place rice in a 9" x 13" baking dish. Place chopped celery over rice. Place chicken pieces over rice. Mix together soup, milk and onion soup mix. Pour over chicken. Bake at 350° F. for one hour.

I found this poem in a very old book. It was written by a listener and sent in to a radio programme sometime before 1934. It sounds as though it was written by the mother of a pilot in the early era of flight.

WINGS

I remember, as a tiny lad
He'd stand, head back and feet apart
To gaze into the sky.
He'd wish to be a mighty bird
Turning gracefully and lightly
Swift, darting, flying high!

He longed to fly above the clouds,
Dash in and out, then circle low
To race the wind that sings!
There'd be for him no cloudy days
For sunshine from the upper sky
Would glisten on his wings!

A lad no more, now straight and tall
No longer need he envy wings
That dart among the crowds,
For like a light and graceful bird
He swiftly flies, then sails away
And soars above the clouds!

— Jean Mason

And here's a super side dish to serve at a barbeque, or as part of a summer buffet.

JOANNE'S FIESTA ONIONS

Ingredients:

6 Spanish onions, cut paper thin

1/2 cup sugar
1/2 cup water
1/2 cup vinegar

1 1/2 cup mayonnaise or salad dressing
3 tsp. celery seed

Method:

Bring sugar, water and vinegar to a boil. Pour over onions and marinate several hours. Drain well. Add mayonnaise mixed with celery seed. Toss gently.

HINT:

A candle will fit most candlesticks if the base of candle is dipped in hot water first.

THOUGHT FOR TODAY:

Remember that it takes both sun and rain to create rainbows.

407 Sqn. wins competition

continued from page 1

though it seemed that most members of the audience, were in a world of their own, concerned only with the results of the competition.

That evening the tension started to build. Everyone stood around making casual conversation, waiting for the dinner, and the competition results which would follow. There was a lot of speculating, however since everyone had been so secretive about their successes and failures over the previous week, only the judges knew who had won for sure.

The dinner seemed to last forever, until finally "Tiny" stood up and introduced the Commander of MAG, General McLellan, who was to announce the winners.

The first award presented was the

sports trophy to the winners of that morning's volleyball tourney. The winners... 405 Squadron! No big deal... they could have that one... after all, you can't kill subs with volleyballs!

The next trophy, for the best loading team... the winners... 407 Squadron! At first there seemed to be some confusion, however Jean Maltais, and the rest of his team quickly realized that they were the champs and proudly went forward to receive their award.

The third presentation was for the best overall groundcrew... once again... 407 Squadron came out on top! Everyone at the table was ecstatic! If any group from 407 deserved to win, it was definitely the

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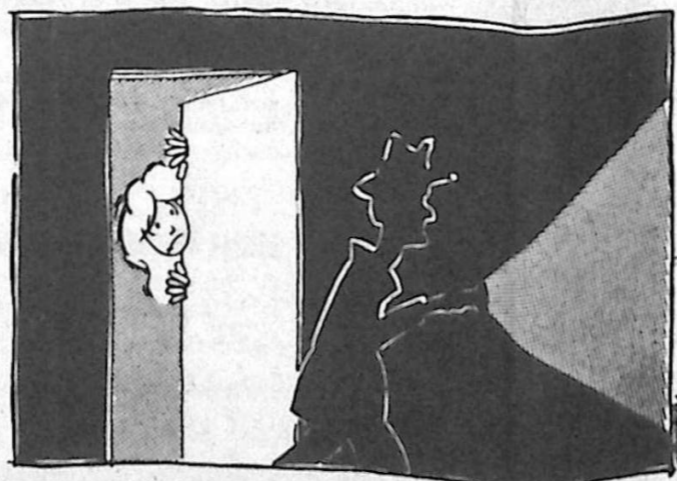
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Congratulations Gramma and Grandpa Gibson! We hear grandchild #2, James Selkirk finally arrived May 28th, weighing in at a healthy 9 lbs. 6 oz. You will have to get him up here for a visit soon.



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Around the Base

BADO BURBLINGS

In my last "burble" I wrote about the PSP and its components and the term NPF. In this article I will look at your Base Fund, what it is and how it works. Except for those activities involving the messes, just about all other NPF resources are managed and controlled through the Base Fund. In general terms Base Fund is a pool of money used to operate all CANEX outlets, the Golf Club, Glacier Lounge Social Centre, TeePee Park campsite, auto and wood working hobby shops, bowling alleys, the ALLCAN Lounge, Totem Times newspaper, the Base library and the Base cable TV, and to manage the ice arena. The wages of the NPF employees who operate these facilities are paid from Base Fund as are those of all games officials, e.g., hockey referees, ball umpires, etc. Also, Base Fund provides the money to pay the cost of constructing and maintaining many of these facilities. Therefore as might be expected, to do all these things costs money and lots of it. Where does it come from? Where does it go?

At this time, CANEX, the Glacier Lounge Social Centre, the Golf Course, Cable TV, TeePee park, and the bowling alleys are self-sufficient in terms of operating costs and in fact generate profits for Base Fund. As examples, for the year ending Feb 84 CANEX net contribution to Base Fund was \$50,000.00; the Glacier Lounge was \$22,000.00; and the Golf course was \$10,000.00. Another source of income is the assessment of 50¢ per month per member through the messes (BRIP) which for the same period amounted to \$10,000.00.

These profits may be used to construct new facilities, but for the most part go to subsidize those ac-

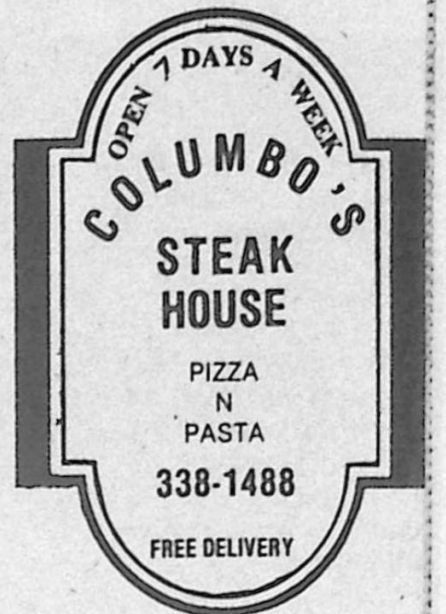
tivities that have operating deficits, e.g., Totem Times - \$11,500.00; Base library - \$5,000.00; intersection sports and recreation programs - \$20,000.00. Also, last year Base Fund contributed varying amounts of money for various other activities, e.g., \$5,000.00 to the squadrons and branch funds; \$1,700.00 for the Jr. Ranks' Christmas dinner; and \$1,200.00 to VU33 Colours ceremony.

The Base Commander is the final authority on Base Fund matters but to assist him there is the Base Fund committee which provides the overall direction and guidelines for Base Fund operations. The committee is headed by the BAdO and

made up of representatives from each squadron and branch as well as some advisory officers. It meets at least quarterly to assess the Fund's performance, and approves such things as the operating budget and requests for funds. The day-to-day operations of the Base Fund are controlled by the BAdO staff, principally the Base Personnel Services Officer and the various resource managers such as the BXO and the BPERO. The BCompt acts as Base Fund's banker and is responsible to the Base Commander for monitoring its financial performance.

It will be seen then that Base Fund is big business, but more important-

ly that if it is to work and to meet the needs of all of us it is essential that you and I play our part. We can do this by being aware of the various Base Fund activities going on about us; by making sure that our representatives on the Base Fund committee are told of our wishes and ideas; and by patronizing the various Base Fund outlets such as CANEX. The more of us that use these outlets the better it is for Base Fund, because as you now know the profits go to operate the various PSP activities and so help to make CFB Comox a better place to be.



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Around the Base



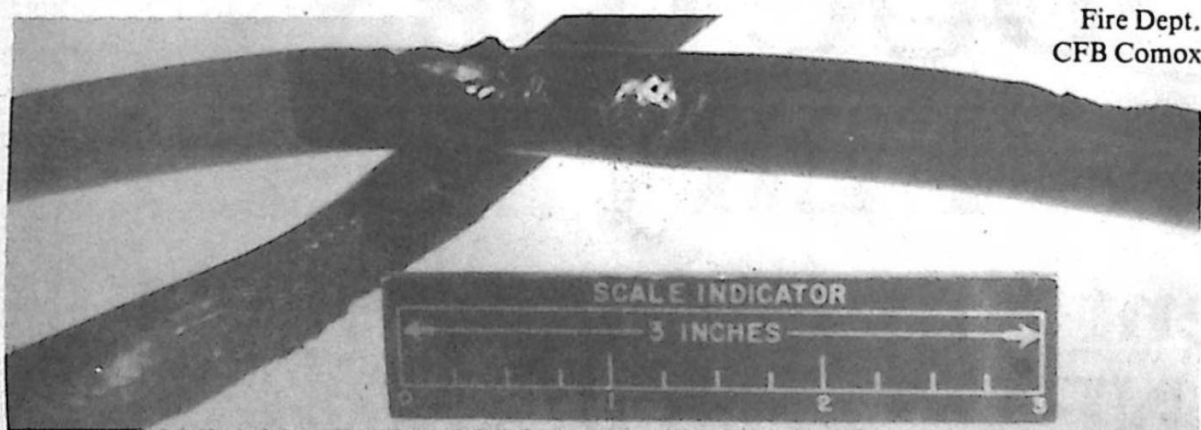
At a recent parade commemorating the CME's eighteenth birthday Capt Chapman inspects the Fire & Crash Contingent of the CME under the watchful eye of Capt J. Johnson, BFC.

ATTENTION Barbeque owners

With the outdoor cooking season upon us, it is a good idea to check the serviceability of your equipment.

These B.B.Q. hoses were damaged as a result of hot grease dripping on them, melting the hoses and allowing the propane gas to leak, creating a dangerous fire situation.

Make sure you check these hoses and connections before you start your equipment. If they are damaged, replace them. Don't endanger your life, family and friends.



Fire Dept.
CFB Comox



My dads a winner! "THAT'S NICE." Families meet victorious 407 Squadron crew on its return after winning national ASW competition.



SALUTING YOU!
CFB COMOX - FOR ALL YOU DO!

June 25, 26, 27, 28, 1984

JR. RANKS' MESS

JUNE 1984						
SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
					1 DJ NINE TONIGHT	2
3	4	5		7	TGIF: Euchre	8 *BAND * STREET WORK TGIF: DARTS
10	11	12	13	14	15 BOSSSES NIGHT TGIF: CRIB	16 JERRY DOUCETTE
		19	20	21	* BARBARA PRICE * BAND TGIF: EUCBRE	22 STEAK NIGHT
	25	26	27	28	29 D.J. MAC TGIF DARTS	30

SNACK BAR: 339-4333

Special Events

Friday, June 8
Band "STREETWORK"
Rock Top 40 Band. Adm. \$3.00. — 2100-0100 hours.

Saturday, June 9
JERRY DOUCETTE
Warm up act "STREETWORK" — 2100-0100 hours.
Adm. \$5.00. Advance tickets at PMC's office.

Friday, June 15
BOSSSES NIGHT
Invite your boss and come on out!

Friday & Saturday, June 22 & 23
BARBARA PRICE BAND
Country rock. Admission \$3.00. 2100-0100 hours.

Saturday, June 23
STEAK NIGHT
\$5.00 each. Includes Bar-B-Q steak and fixins and admission to dance. Western attire - so bring yer cowboy hats and boots. Food starts at 1830 hours - finish by 2000 hours. Band starts at 2100 hours.

Fishing Derby
0800 hours — 02 June to 1130 hours — 09 June
PRIZES
SALMON - BIGGEST, MOST & HIDDEN WEIGHT
COD - BIGGEST & MOST
ENTRY FEE -- \$2.00
MEMBERS ONLY -- REGISTER AT PMC OFFICE
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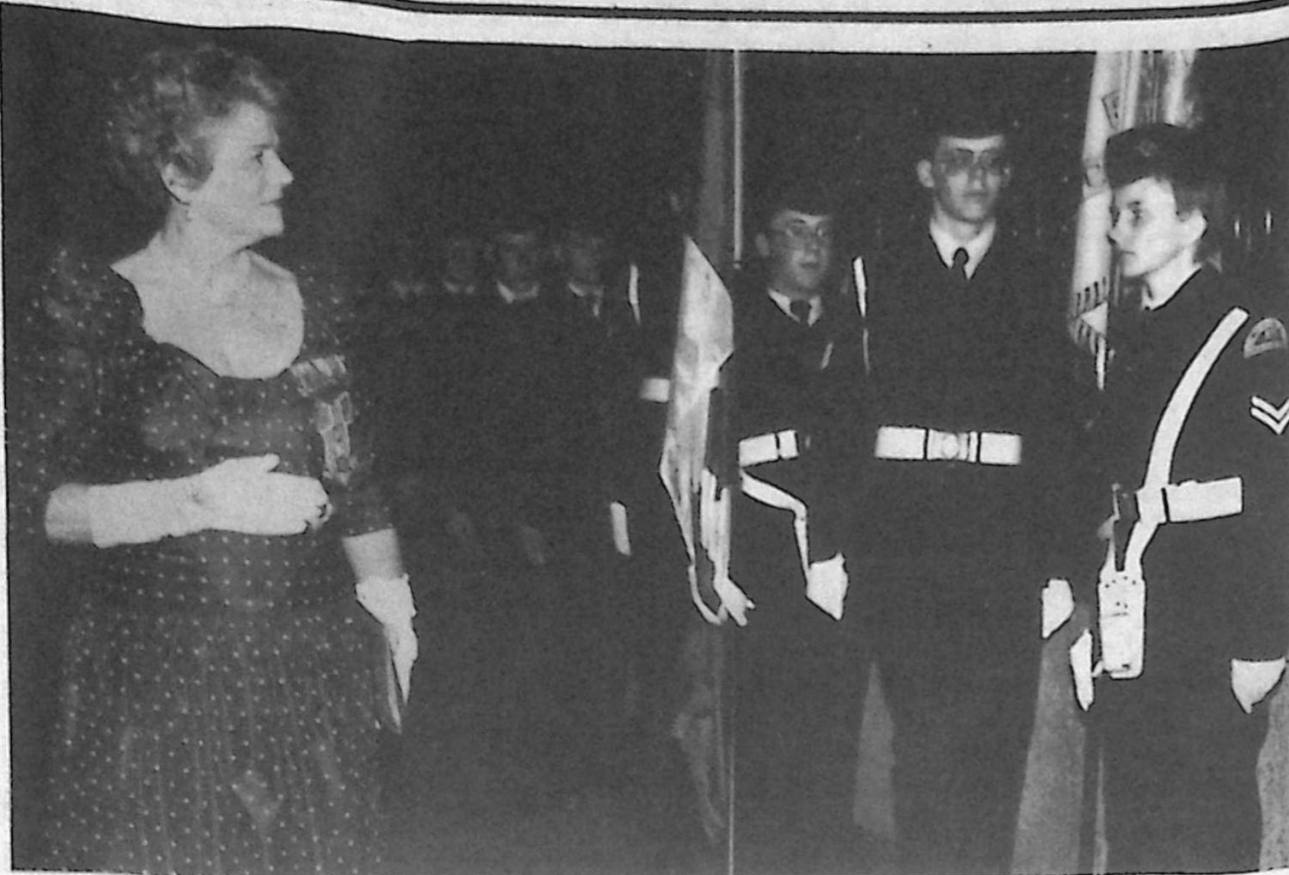
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Reg. 2⁸⁹
SALE.. 1⁵⁰

Reg. 2⁹⁹
SALE.. 2⁵⁰

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Canadian Forces News



Lady Mary Soames, last surviving child of Sir Winston Churchill, enters a dinner held in her honor by the Sir Winston Churchill Society of Edmonton in May.

Forming a guard of honor for Lady Soames are Air Cadets from #570 Sir Winston Churchill Squadron in Edmonton. Lady Soames had inspected members of the squadron earlier in the day.

Canadian Forces photo by Sgt Dennis Mah

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The Canadian Red Cross Society

WO & Sgts' Wives Club

It seems like only yesterday when I wrote the first column for the WO's & Sgts' Wives Club and already we are planning our year end dinner. This year we have chosen the Pewter Room at the Courtenay Hotel, starting at 7:30 p.m. on Monday, 11 June, 1984. If you haven't already made reservations you may contact Rose at 339-7533, but hurry time is running out.

This year a lot of hard work and organization went into the variety of entertainment provided to us, for example: cake decorating, Wine and Cheese Party, Potluck Dinner and Dance, Arts and Crafts display, Spring Fashion show, to mention

but a few. Behind all good things are good leaders and at this time I would like to take the opportunity on behalf of all the members to thank our president Linda Burke and her executive for a job well done. A special "thank you" also goes out to Sharon Van Volsen who has been the Entertainment Chairwoman for 2 years now and has done a super job. We wish you well in Victoria Sharon and do come back to visit us.

Of course without members, there wouldn't be a WO's & Sgts' Mess Wives Club so thanks for the support. You are reminded that our new President elect: Ann Ikle and her executive promised an exciting

club starting September '84.

Just in case you are wondering where the beautiful table cloths came from that are now on the tables in the main lounge of the Mess, it was the last project of the year that the Wives Club quickly "sewed up"! Thanks to all those that helped.

At this time I would like to wish all of you and your family a pleasant and safe summer and for those who are leaving, may you enjoy your new Mess.

Until September - Cheers!

Elizabeth Mitchell
 Publicity Conveynor

A further announcement
 from CANAV Books...

SIXTY YEARS: The RCAF and CF Air Command 1924-1984

Publication of *Sixty Years: The RCAF and CF Air Command* has been delayed until late June/early July. This is a result of the book having grown in size by over 100 pages since it was first announced.

Sixty Years will be Canada's finest-ever aviation history. It now has over 500 pages, over 650 photos and over 90 aviation paintings. Definitely worth waiting a bit longer for!

Sixty Years will now appear at \$50.00. However, the prepublication offer of \$40.00 to subscribers has been extended to June 30. Use the coupon to place your advance order.

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 Still available: *The Canadair North Star* by Larry Milberry, and *The de Havilland Canada Story* by Fred W. Hotson, each at \$29.95 post paid, and ... CANAV Books' other new title, *Austin Airways: Canada's Oldest Airline* at \$24.95 post paid.

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You want to bring your speed down but you don't want to bring it down too fast. If you stomp on the brakes you'll lock the wheels. You need to have those front wheels turning to pull you around that curve.

FILBERG LODGE

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BY
 • Marie Malmloff
 • Ruth Poirier
 • Leonie Zimmerman

June 1-2-3, 1984 -- 1 pm - 5 pm



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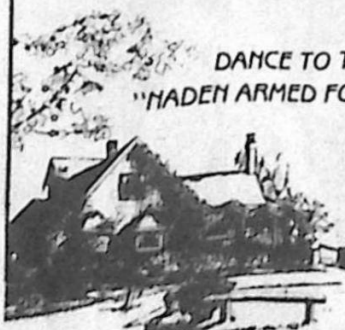
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TICKETS Contact: Squadron Branch Head or Squadron Commander

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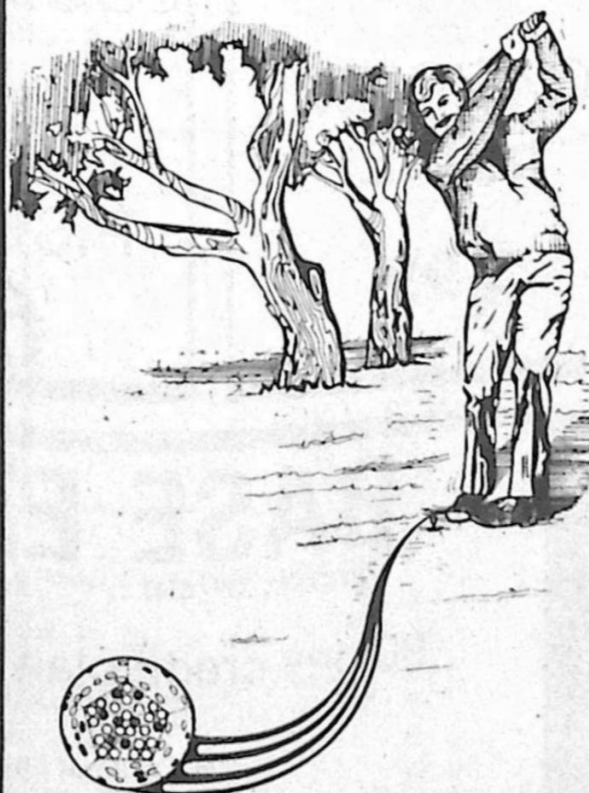
JUNE 9 - 10, 1984

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GOODHOST
ICED TEA

500 g

2³⁷

SWANSON
MEAT PIES

227 g

77¢

KOTEX
LIGHT DAYS

30's

2⁴⁷



Prices effective

until 06 June

or while quantities last.

BARGAIN BUYS!

SHARP VHS

VCR

7 DAY 1 EVENT TIMER
8 HR. RECORD PLAY BACK

549⁹⁹

CORDLESS
EXTENSION

PHONE

PAGE BUTTON

99⁹⁹

COMOX
PLAQUE

WOOD
PLATE STYLE

15⁹⁹

LADIES

CANVAS
HAND BAGS

12⁹⁷

LIDO

GARDEN
HOSE

RUBBER - VINYL
50' x 1/2"

6⁹⁹

LIDO

GARDEN
HOSE

50' x 1/2"

3⁹⁹

VIC 20
COMPUTER

149⁹⁹

WALLET
CALCULATOR

15⁹⁹

FRESHAIRE
ECOLOGIZER

BY CHARLESCRAFT

26⁹⁹

FISH TUBS

6⁹⁹

LORUS
WATCHES

MADE BY SEIKO

20⁹⁹ & UP

SHARP

MICROWAVES

499⁹⁹

TO

1049⁹⁹

OMNI XL300

SPINNING
REEL

REG. 19⁹⁹

15⁴⁷ SALE

BOSTON
JOGGERS

MENS - LADIES

19⁹⁷

BOYS

JACKET

SIZE 8 - 16

save 1/3

MENS

JACKETS

SIZE 36 - 46

SAVE 1/3

STORE HOURS

MONDAY	9:30 am - 5:00 pm
TUESDAY	9:30 am - 5:00 pm
WEDNESDAY	9:30 am - 5:00 pm
THURSDAY	9:30 am - 5:00 pm
FRIDAY	9:30 am - 5:00 pm
SATURDAY	9:30 am - 4:00 pm
SUNDAY	CLOSED

BASE EXCHANGE

PHONE: 339-5342

VIDEO CLUB - 339-6424

90 day credit plan & 90 day layaway plan

"We will not knowingly be undersold."

