



TOTEM TIMES



Vol. 26 No. 17 CFB COMOX TOTEM TIMES

THURSDAY September 13, 1984

Deadline is Monday, September 24, 1984

COST: PRICELESS

Comox wins 1984 CF National Servicewomen's Fastball Championships



WE DID IT!!

A tired but happy team presents trophy and banner to Base Commander, Col Kadonoff.

The Comox Totems Servicewomen's Fastball Team won the Nationals. CFB Comox has represented the Pacific Region for four years and it was felt that it was about time we brought home the gold.

Due to service air bookings, the team left Comox on Wednesday, 22nd August. The Round Robin started in Winnipeg, Monday the 27th. The girls practiced hard for two hours each day. The daily temperatures were very hot (35°-36° C.) and the dry heat and the constant wind were very uncomfortable. It may have been to our advantage to be there a few days early and try to get used to the weather.

Monday we started out in the morning against Edmonton. Our bats worked well and the first game jitters disappeared early in the game. We beat Edmonton 17-2 in 5 innings. It sure felt good to win the first game. In the afternoon we were matched against Lahr who had lost in the morning to Trenton in a see-saw 6-5 game. We got ahead early and hung on to a 9-7 victory.

Tuesday was supposed to be easy. Just one game against Ottawa who were 0-2. Maybe we started to get a bit over confident. Ottawa started

out strong, but we came through midway in the game and won 12-7. Beautiful!! We went to the banquet tied at 3-0 with Trenton.

Wednesday morning we played against Trenton. During the first 5 innings we could not hit a thing. Defensively we played one of our best games. After 5 we were down 4-0. Then we started to put a few hits together and the game ended as a loss for us 4-3 -- we knew we could hit their pitcher! The afternoon game was against Halifax. They tried hard, but they were no match for us. We defeated them 17-9.

Now we knew we could beat Trenton in the finals. If they beat Ottawa Wednesday night and went in 5-0, we would have to beat them twice Thursday. Trenton played Ottawa Wednesday evening. Right from the start you could see Ottawa (who were 0-4) were not going to lie down and quit. They beat Trenton. Thus, Comox and Trenton tied for first place after the Round Robin with 4 wins and 1 loss each. This meant a 1 game playoff.

Thursday was cold, windy, and overcast. Our team was mentally and physically ready. We scored 7 runs in the first two innings. We

gave up a few runs but we continued to hit like crazy. Doubles, triples and a homer or two. We beat them 18-10.

What a feeling. We are the CHAMPS!! It sure was nice to receive the gold and the cup.

On the stats side, we did well. We placed five batters in the top ten. Jan Moyer sprained a finger on her pitching hand part way through the third game. She still managed to do most of the pitching.

All of our girls played extremely well. The great plays and the good hits were too many to mention here. It is all summed up by one of our many cheers, "You have to want it to win it and we want it more." We did!

I would like to thank the Base Commander and the BPERO for the reception upon our arrival Sunday night. I would also like to thank all section heads for making the women available to play ball. I would also like to thank the women who helped us in the Regionals but due to career courses could not come to the Nationals.

It has been a five month long season. Have a good winter and see you all next year.

Office automation a reality

What does K.I.T.T., the car of TV's popular *Knight Rider* series, and the innovative DND office automation system have in common? Communications — fast, efficient and comprehensive — that's what.

K.I.T.T. is fantasy, displaying communications abilities not yet developed. The office automation system is here today, and it's contributing to the development of better inter-office communication.

The idea of office automation is not new. But like any idea it costs money to develop — lots of it. Those costs held up the implementation of a system until 1980. That year the federal government decided to help Canadian firms pursuing office automation research and development. And in 1982 DND was selected as one of four federal departments to begin a \$3.5 million field trial on office automation systems.

To accomplish this trial, an Ottawa-based software development company, Systemhouse Limited, was chosen as DND's prime contractor. The company proposed that the Office Communications System (OCS) be implemented in three phases: requirements definition, operational field trial and a comprehensive impact assessment.

What Systemhouse has developed is an integrated electronic office system. At the heart of it is a micro-computer that allows users to prepare and edit documents, index and file material electronically, create forms, make calculations and process information with the aid of spreadsheets. The system is operated from work stations made up of either display-phones, standard terminals, personal computers or word processors.

Sound modern? It is. "The concept is impressive," said Maj John Macko, the NDHQ project manager. "Phase one is complete, and we're anxiously awaiting the award of the contract for the implementation of phase two."

As part of phase one, the office requirements for system operation, DND requested that the system be capable of linking existing communications patterns within the organization. To accomplish this, the OCS will be installed in two locations in the Chief of Financial Services Branch at NDHQ and in CFB Winnipeg within the command and base controllers' area.

The phase two field trial will test this high technology system. In-house groups will assist in the testing and installation, said Maj Macko. But ex-

ternal evaluators will verify the impact of the OCS project during phase three, he added.

The impact of OCS could be big. For example, the system's electronic mail feature eliminates the need to shuffle paper and speeds up the time required to move information. Letters and documents produced at one work station can be transmitted electronically to another. There the correspondence can be proofread and revised if necessary. Within a set communications pattern, information can be moved long distances in seconds instead of days. Telephone lines used in conjunction with various pieces of electronic wizardry make this possible.

This speedy movement of data is expected to increase efficiency within the financial services branch at NDHQ. But only time will tell if the system will be implemented Forces wide. When the trial ends in September, 1985 more time will be needed to assess the total impact of the system and its benefit to the department.

Until those assessments are made, office workers will have to be satisfied with the things dreams are made of. That includes TV programs with talking cars.

New Command Chief Warrant Officer

Chief Warrant Officer Ouellette was born 27 June 1936 at Grand Falls, New Brunswick. He enrolled in the RCAF at St. John, N.B. August 1953.

Following Manning Depot training at RCAF Station St. Jean, Quebec, CWO Ouellette began his trades training at Camp Borden, Ontario, as an Electrical Technician Air. After completion of trades training, his first transfer was to No. 6 Repair Depot Trenton, Ont. Subsequent postings included No. 2 (F) Wing Grostenquin, France (1954-57) employed with F86 Sabre Wing Maintenance; 107 Rescue Unit, Torbay, Nfld (1957-61) employed as a technician and junior supervisor of aircraft servicing and maintenance on Lancaster aircraft. From 1961-70 while stationed at RCAF Station Greenwood, N.S., CWO Ouellette was employed in the Instrument Electrical Labs, became an Instrument Electrical Technician in 1968, and worked in the Argus aircraft maintenance and snags organization. Then posted to Ottawa in 1970-71 he was employed as an Instrument Electrical Technical Supervisor on the Falcon and Cosmopolitan aircraft. From 1971-76 CWO Ouellette was employed at CFB Shearwater, N.S. as an Instrument Electrical Supervisor with the Sea King Helicopter, and two years as the Instrument Electrical Maintenance Research Coordinator. At CFB Trenton 1976-78 he was employed as crew chief in aircraft servicing with Boeing 707 and CC130 Hercules aircraft. In 1978 CWO Ouellette was posted to NDHQ Ottawa as career manager for the Instrument Electrical trade. While still at NDHQ, in 1982 he was employed at DGAEM as Life Cycle Material Manager for aircraft instruments. In June 1984 CWO Ouellette was posted to Air Command Headquarters, Winnipeg, and on the 16th July 1984 was appointed Air Command Chief Warrant Officer.

CWO Ouellette received the warrant of office to the rank of Chief Warrant Officer 28 February 1980 and he was appointed into the Order of Military Merit as a member in 1982.

CWO Ouellette is married to the former Teresa Marie Sutton of St. John's, Nfld, and they have three children and three grandchildren.



CWO R. Ouellette, MMM, CD.

CF buys new aircraft

CF TO BUY DASH 8's
Ottawa -- Defence Minister Jean-Jacques Blais has announced Treasury Board approval for the purchase of six Dash 8 aircraft for the Canadian Armed Forces from De Havilland Aircraft of Canada, Limited.

The acquisition program, valued at \$98.1 million, is for four air navigation training aircraft and two passenger/cargo aircraft. It includes provisions for systems integration, spares, training and other related support requirements.

"I have taken a personal interest in this exciting procurement program", Mr. Blais said. "This purchase demonstrates our full confidence in the outstanding capabilities of the Dash 8".

The two passenger/cargo aircraft are for transport and communication duties with the Canadian Forces in Europe and will replace the two Dash 7's now operating from the Canadian Forces Base at Lahr, Federal Republic of Germany.

Four Dash 8's will be fitted out as

navigation trainers for use by the Canadian Forces Aerospace Navigation School at Air Command in Winnipeg. "The use of these aircraft for a specific military training role identifies the Dash 8 with a potentially new market for the aircraft, engine and training systems, all of which are Canadian made", Mr. Blais stated.

The navigation trainer version of the Dash 8 has been designed through a team effort by the Canadian Forces, De Havilland and Litton Systems Limited. In this respect, Litton Systems has been leading a consortium of Canadian high technology avionics/systems specialists who will develop the navigation system aspect of this program. "The Litton consortium support for the new aircraft should significantly increase the range of products which De Havilland will be able to offer for sale to civilian and military customers worldwide", Mr. Blais stressed.

The Dash 8 is a 36-passenger commuter type aircraft powered by two Pratt & Whitney PW 120 Tur-

bo-prop engines. This is the first sale of the military version of the aircraft.

TWO MORE HERC'S

Ottawa -- Defence Minister Jean-Jacques Blais and Supply and Services Minister Charles Lapointe have announced the purchase of two C-130 "H" Model Hercules aircraft for the Canadian Armed Forces.

The contract, worth \$46 million, is to replace aircraft lost in accidents in 1980 and 1982.

The C-130 Hercules is manufactured by the Lockheed-Georgia Company which has offered 100 per cent industrial offsets to the Canadian aerospace industry. The contract includes provision for training, technical publications and engineering drawings.

The C-130 is the only aircraft that can meet the total Canadian Forces requirements for military transport of oversize cargo such as vehicles, aircraft and supplies. It is also used for personnel movement and for parachuting operations.

Delivery of the aircraft is scheduled for March 1985.

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Section News

Demon

AIRCREW

with leave and the usual summer slowdown here is not much to report from "upstairs".

Having the crews on summer leave has brought many advantages. The biggest advantage is that one does not have to line up 60 people deep to get their first cup of coffee. Not to mention the fact that the peanut butter chip cookies last longer. (We know who is not here to eat them.)

The new CO is getting his morning standup comedy routine down pat. His family is just about settled but he's having trouble with his daughter. It seems that she can't decide whether to go for a certain red-headed navigator or keep her allegiance to Michael Jackson.

Crew 6 just completed the subex that never was. It seems that with all the hot air being generated by the boys, the pressurization was unable to cope and they had to return to base. The poor unsuspecting wives! It is rumoured that a certain Lt was welcomed home to a screaming wife when he tried to crawl into bed beside her. (Such are the hardships of being an aircrew wife, surprise!)

Crew 7, after the let down of being denied Tasmanex are looking forward to the elusive NORPAT. They have been promised a short jaunt to Australia in the spring. Their only enemies are time and the inevitable crew shuffle.

Congratulations go to Sam Ness for his snag as backup on the upcoming Fincastle competition, Ken O'Brien for his recent upgrading to TacNav, and Al Sharpe for his great showing at the Canadian National Skydiving Championships. In public Al says that he dives for fun but in private he's admitted to a lack of confidence in pilots.

CHEAP SHOTS FROM OPS

The leave and posting period is over. Capt Todd and Capt Kruger have departed for their new areas of employment. The coffee has taken on a higher grade of color since Capt Todd left. The incoming phone call volume has decreased considerably since Capt Kruger left.

Capt Murphy took a few shifts off for leave and he was gone so long we thought we had missed his mug party. The humor on the DAIS has taken on a new tint during his absence. The lack of monetary memos was also noted.

The boys in the back room have forgone leave in order that the DAIS staff could gain some continuity in their time off. With everyone now suitably rested and in an improved state of mind, 407 DIAC is anticipating a productive and exciting future.

Capt Hickford is our newest and youngest MCSO and is now on course in Greenwood. We mention newest and youngest because being new there are still many things to learn and being young, you can still be forgiven for foolishness. Stay with us, it gets worse, Larry.

The SPLANSO office has changed from a man with a somewhat conservative hairstyle and moustache, to a silver haired, silver tongued man about town. (In short, Dillon to Dubois.) P.S. Your ashtay has also retired, Jon. We wish you, Jan and your family all the best in Castlegar. You are welcome back in Comox anytime; see you on the 20th.

Capt Slater has completed his DIAC course and is almost a full-fledged tactical/acoustic analyst. Capt Worden will check him out on his waffling qual. To complete the finer points of his employment. Welcome to the DIAC, Jim; your tactical expertise will be put to good use.

Maj Crawford is rapidly approaching 8500 miles in his aerobic fitness program. Computed to hours at approximately 8 mph, you can draw your own conclusions. He is now the expert on orthotics so any runners experiencing difficulties from running can call him at local 2321.

Bye for now.



Doins

AMCRO

The biggest bit of news out of AMCRO that is actually fact and not wild speculation or rumour, is the sudden abdication of Sgt Terry Steele, our man from Research. Terry has landed a good position with LITTON Industries of Rexdale, Ontario and is moving to T.O. on the 18th of September. Lt Irvine and Maj Caddey have refused to let him go any earlier since it will take at least that long to train the three to four people needed to replace him. Good luck on Surry St., Mr. Steele and don't forget the people who slave well over 8 hours a day to protect you, your family and your slack, cushy, civilian way of life.

In other AMCRO news, good ol' "Klondike Ed" Denton just got back off leave, all the richer for the experience, if not the monetary value of panning 1/4 ounce of gold while "Up North". Meanwhile Wally Aucoin has finally completed his clearances and just can't stop smiling his retirement smile. WO Kyle Jones is smiling as well but not MWO Gene Miles from Servicing. Seems Kyle has taken a considerable amount of change from Gene on the golf course of late. Lt Irvine is off to re-establish diplomatic relations with the East, departure was the 11th of September for an "Aurora Inspection Schedule Rationalization Planning Meeting" (whatever that means) at the Air Maintenance Development Unit in Trenton (where-ever that is) and he has threatened to have a good time.

Finally with the election over everyone is aware of the super high-tech data processing that the News Media used to predict and track the results. Well it's time to tell the world how they did it. As most people in the squadron know, we Maint. folks have a pretty snazzy computer named ADAM. The Press found this out and tapped into our computerized election pool and took the wildest, most outlandish prediction, made by Sgt Waldron from Arm't, and used it. Stu figured 213 Tories, 50 Grits and 19 NDPers would finally get in, which was close enough to win the pool.

The SAMO came second with a more conservative guess of 196/85/21. The AMCRO came last with 200 Rhinos and 82 Greys, he narrowly beat out Dennis Peek our Lockheed Rep., an American in case you didn't know, who figured the Republicans would take the house, the senate and the Prime Minister's office in a sweep.

ARMAMENT

Now that the posting season has come and gone for another year, we at 407 Arm't would like to take this opportunity to welcome all new personnel to the section. Making headlines is Lt Luneau who assumed the Armpo position from the dearly departed Lt Irvine. Posted in from base Arm't is Sgt Chris Stoyles who

takes command of #2 Arm't crew and from 409 Squadron we received MCpl Morley Turton. Welcome to a working squadron. Joining us from CFB Greenwood is Cpl (W) Anne Warren and Cpl (W) Peggy Kerr and from CFB Cold Lake we welcome Pte Jason Froese.

Now that the summer leave period is history, the section begins preparations for several upcoming exercises. In keeping with our dedication to the job, Sgt Jim Maltais and MCpl Jacques Aird are off to do battle in Australia's Fincastle 84. We wish them the best of luck and a great trip. Their future exercises will see a couple of our techs off to New Zealand and Hawaii. Life is rough but someone has to do it.

Courses have just about exhausted the section's personnel as everybody scrambles to become POET qualified before specialist pay arrives in January 85.

Promotions, like fishing trips have been few and far between for all of our deserving souls. We did manage however to squeeze one out of Ottawa and we congratulate Cpl Spike Marlow on his recent promotion.

DIAC MAINTAINANCE/TRAINING

Time rolls around one again to add our two cents worth to the "Demon Doins". We would like to welcome MCpl John Haugen and Cpl Roger Skidmore to the section. John comes to us all the way from 444 Squadron, Germany and Roger comes to us from the old 409 Squadron, via a short stay downstairs in Servicing. So far they seem to like the place, well John does. After just one afternoon at work Roger tried to commit suicide on his dirt bike. Actually he fractured his collar bone, but the only time it seems to hurt is when there is work to be done.

Training started September 10 with CFB Comox being invaded by Greenwood personnel. We would like to welcome them to Comox and wish them the best of luck on the "AOSE" course, for which our instructors feverishly prepared.

Jean Louis Cloutier just got back off his advanced English course. It's too bad, he used to be a nice guy. Now all he does is go around correcting everybody's English. The best news of all is, Mike Coulombe is going on his JLC. The section is really looking forward to the break. See you in six weeks Mike (ha ha).

P.S. It is nice to see you with a half decent hair cut and a shine on your boots. Finally.

More good news; we have been given the old Voodoo simulator building for a new classroom, the bad news is "CE" won't be done with it for about a year.

As for the rest of the gang; well, they mostly hang around the DIAC shop sauna.

442 Squadron

As if the members of 442 Search and Rescue Squadron do not get enough excitement, challenge, and adventure as it is, a ten-man team has set off on a two week trip along the Nahanni River in the Yukon Territories. The team made up of pilots, rescue specialists, and aircraft technicians, headed by Captain Bruce Beswick attended a 4 a.m. weather briefing followed by a 5 a.m. take off on Monday, Sept. 3. The team and their equipment was transported to Tungsten in the Yukon near the starting point of their journey.

These adventurers are equipped with five rubber zodiac boats, first aid and survival gear, emergency radios, and lots of freeze dried food. Just before they left, Capt Beswick said to me "Here, try this, it's freeze-dried ice cream and tastes just like the real thing". I tasted it and he was right. I read the front of the packet and the caption said "FREEZE DRIED ICE CREAM... THE ONLY THING MISSING IS THE COLD".

Judging by recent weather reports they may be getting lots of cold in the Yukon and even some snow. Perhaps it is a good thing that the rescue specialists are along who are well trained in bush, mountain, and winter survival techniques. The 442 Adventure Crew will be back on September 17, I'm sure they will have a few stories to tell.

Over the past weekend of 7, 8 and 9, September, 442 Squadron responded to two SAR missions.

On Friday afternoon a Buffalo aircraft responded to reports of an ELT signal (emergency locator) near Squamish. The ELT signal had also been picked up by SRSAT (Search and Rescue Satellite) and some airliners. A check by the Rescue Coordination Centre showed that no aircraft had been reported overdue. The pilot of this aircraft had not filed a flight plan.

The aircraft was spotted from a search aircraft but due to weather there was no way to get into the site. On Saturday, search aircraft again went to the scene. The single engine ski equipped aircraft had been attempting take off from a glacier on Castle Mountain when a ski broke causing the plane to slide until it was perched precariously over a crevasse, supported only by the wingtips.

As The

Correction -- In my last article I thanked our army friends, Sgt Neil Garlough, Cpl John Kohdis and Maj Les Al-Mokey for their work on Gravel Pit II -- I should have said thanks to Neil, Les, John and our army friends. I owe Neil, Les and John an apology for calling them "army". Sorry guys!

Saturday dawned bright and clear. The weatherman decided to co-operate for our section Family Day.

There was an excellent turnout from both the tech and ATC side. Everyone wanted to see "Gravel Pit II", ATC's new recreational facility.

A ribbon cutting ceremony marked the official opening. Once the ribbon was cut it was down to

Fire Safety

Recent reports from other bases indicate that fires have occurred involving propane barbecues.

All personnel are urged to use only appliances that are certified by CSA or other accredited organizations.

Other Fire Safety Hints for the barbecue are:

1. Before operating - read the manufacturers operating instructions.
2. Ensure that the drip pan is in place.
3. Open the barbecue hood before turning on the gas.
4. Do not operate inside buildings or within 5 feet of combustible.
5. Always ensure tank is turned off after use.



The RCMP were sent out with an all terrain vehicle to attempt to drive close to the site which was at the 5,400 foot level of a mountain. Early on Sunday morning, still in darkness the RCMP found the wreckage of the missing light plane which was overdue. The two occupants, a man and his wife in their early sixties, died in the crash.

by Capt J.C. Barratt

What this column needs is a good masthead. Not that there is anything wrong with SRSITREP, but the title head should encompass the entire squadron membership, from clerk to captain, supply tech to sar-tech. Suggestions please...

Congratulations of various kinds are in order this week, first to Cathy Stewart (nee Chapman) who married her Stationary Engineer from Edmonton recently, and to Sherry Castonguay, who is posted to Bagotville on September 17, which is nice, because that is where her husband Mike is.

Promotions are always good to see, so more plaudits go to Sgt Rick Porter (FE), MCpls Gilles Dufour (servicing), Cecille Chevrier (maintenance) and Al McGrath (engine bay) and to Cpl Al Widmar, of maintenance. Those are their new ranks.

As promised, here is some information on Family Day, which will be held on September 16, alternate date September 23, from 1100 to 1600 hours. The programme includes food, drink, movies, shop and job demonstrations, a chopper demo and family flights, which may include an eighteen minute ride to see the Comox Glacier. All 442 family members are welcome, with or without the spouse.

Finally, a word about the 442 flag football team, which recently met and defeated the USA. Well actually, it was the 318th FIS from McChord AFB, whose F-15 flyboys were guarding Cumberland from the manned bomber threat at the time. Never mind, our boys won 14-7, with quarterbacks Rick MacNab and Rob Walker throwing TD passes to Rick Parent and Danny Sanscartier, respectively. The rest of this fearsome eightsome was Dough Strachan, Wayne Parhac, Wayne Jenkins and Jerry Howe.

by MCpl Blondel

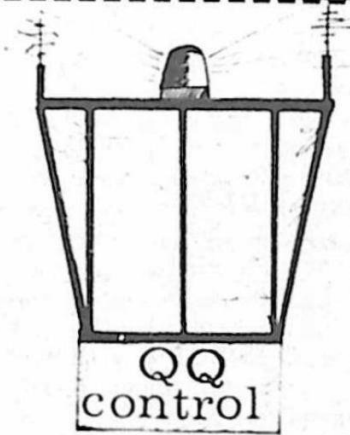
Beacon Turns

Pacowski won Most Sportsman-Like. The plaque for Most Valuable Player went to our pitcher, Capt Lloyd Friesen. For her continuous support of the team, Lloyd's wife, Donna won Best Fan.

The kids were kept active with games for most of the afternoon both to tire them out and to give the parents more exercising time. The favourite game of all (my idea) was egg toss. After going through two dozen eggs, there were lots of broken eggs and a few messy kids. (I refuse to pay the dry cleaning bills!)

The day was a huge success and got everyone geared up and keen for the ATC Standards team visit this week.

S.H.



some serious exercising.

The boss made a few presentations to the ball team. Unfortunately, 2 of the players were on TD and missed their own awards ceremony. Fortunately, it meant fewer speeches for the rest of us. OCdt Dean Krall won Most Improved Player, Capt Joe (Pac-Man)

M. S. E. Driver Safety

What would you do??

You're running the legal speed limit, coming up to an intersection. There's no traffic ahead. A car is approaching on your right but it has a stop sign. You're in the intersection before you see the car is not stopping. What should you do?

- ☐ Floor accelerator and honk.
- ☐ Hard brake to stop and honk.
- ☐ Hard left.

Answer on page 10

Section News

VU

33



The engine turned over, slowly, rumba-rumba-rumba, the magnetos engaged, click-click-click, the mixtures ignited, bang-bang-bang. Immediately the crisp early morning air was violated by a cloud of dense, blue smoke. I selected my radio to the proper frequency and with an eye of professional accuracy, ensured all other systems were functional. I proceeded to ease "her" out of "her" spot, ensuring that no one was precariously close. Once enroute, I realized that I had inadvertently selected the Free Church Broadcasting station of North America on my radio. With my catechumen like attitude, I listened intently as the evangelist described the decision each one of us must make in life and the resultant destinies we might achieve. Reaching my decision, I selected my newest "Quiet Riot" tape and settled back for the rest of the drive to work.

As I enter the hangar, I remembered that today was *Family Day* at VU33. In the crew room we had set up a video machine and were displaying pilot training films for the children's enjoyment. Afterwards we all agree that the Pluto film was the winner over the Mickey Mouse film. *Flying all morning*, we were able to familiarize 44 dependants with the necessary superior skills and talents required to fly the Tracker. Also included was the BComd and the BWO. The BComd displayed no problems while flying the Tracker for the first time while the BWO discussed haircuts with the co-pilot. Rounding up the day was a barbecue at Air Force Beach where Barry Van Dusen displayed his culinary talents. At that point, those who were not sick in the aircraft were standing in droves behind the pavilion. As it turned out the day was a great success due to the work of most squadron personnel especially Barry. Until next week.

C.F.

MAINTENANCE

Well, here we are, back again with another two weeks of news from everyone's favourite squadron, VU33. We've had everything from promotions to births. I know that you're all waiting in excited anticipation for the news, so without further adieu, here it is.

For promotions, we've only had one. I heard that it came of a bit of a surprise, but we could all see it

coming. MCpl J. Diamond has turned in his coveralls for a set of Sgt's stripes, and that's a fact Jack!!! Tell us Jim won't you miss getting your hands dirty on all our modern aircraft? Well, no worry Jim, no matter how high you get, us little people will always watch where you step.

Maintenance is getting kind of small, what with people going on course and all. So to keep a better eye on his sandwiches, Harry W. is going over to maintenance. I guess Harry doesn't believe that we in Servicing consume that amount of sandwiches which he brings in. Just be careful Harry, you might end up being your own best customer.

Congratulations goes out to Michelle V. Rumour has it that she gave birth to twin boys. Seeing the way that she handles paper work in the office, we're all confident that this new chore will be handled with the same grace.

I also have some great news, my wife, Mrs. L.J.C. is also expecting. So hopefully, by the end of next May I'll have my own little news scooper to keep up with.

With people going off on course it's good to see someone return. Woody W., has returned to us from a short course in Borden. As some of you know, Woody is 2 Crew's Supply rep. So tell me Woody, have those parts arrived yet? What parts you ask? ... I don't care which parts, any ones will do!

As you all can tell from the lack of noise, the Yanks have left our sunny valley again for the second time in a year. I wonder if it's something that we're doing?

Well the leaves have turned their fall colours and the hours have shortened considerably. Even though it's still the middle of September, the squadron has just completed another fulfilled *Family Day* for our loved ones. The weather was cooperative as per normal, so you couldn't see the glacier. With Barry V. cooking up the hamburgers and hot dogs, everyone had ample of each, including Eno -- just kidding Barry. There were plenty of games for the kiddies and everyone had a wonderful time. So you see kiddies, daddy does a lot more than just play cards at work!

Well, I guess that just about wraps things up for this week. If I survive this article then I'll be back to report more exciting happening for our squadron.

L.J.C.

Base Supply

We are back with many new events which have taken place in Supply since our last appearance in the Totem Times.

First of all Hutch and Shelly were happily married on Saturday, September the 8th in Comox. After the ceremony a great party was held at Glacier Greens and a good time was had by all.

Hutch must have been surprised to find his car in the parking lot all nicely giftwrapped for him by his friends. They took 13 rolls of paper towels, confetti and all, even the inside was loaded with it. I heard their hotel room was pretty well taken care of, too. Was the bed comfortable Shelly? Hutch, who still doesn't tuck in his shirt tail, was told about it by many that night. But all in all it was lots of fun and we can easily say that Hutch and Shelly make a nice couple together. Let's wish them lots of luck in the future.

Down in 1 Supply Group we will be losing Pte Luke Rolland, our Navy boy who is leaving on his TQ3 course in Borden. His choice of posting will be in Quebec. Take care Luke and have a good time in Borden and remember that the beard will have to be shaved off. Luke says he loved CFB Comox.

We will be celebrating Bob Cotton's birthday this week. He will be 30 years old and still in fairly good shape but I don't know about the mood as he is quitting smoking also. Better watch out 1 Supply Group.

Carol Greaves was unlucky last week playing football as quarter-back. She badly sprained her left thumb but she's handling it pretty well because she'll be playing on the Supply football team if they accept her.

Chuck Harvey has his own place now in Tyee Park with his girl Sharen. Hope you like it Chucky.

Up in Customer Services we have WO Fredrickson who has been hobbling around. She is going to therapy and we all hope you get well soon Francine. By the way, how's the *Practical Joke*?

MCpl Dianne Earl has gone on her JLC course and she'll be back with us at the end of October, maybe sooner, if she misses Nicole too much. Then we have Frank who will be departing from Supply at the end of this week to go back to his easy life for 9 months.

Hazel was in Vancouver for 3 days on a Word Processing course. Welcome back Hazel!

Well Supply folks this was the social news and gossip section for this week's paper.

Sandra Belanger
1 Supply Group

Fire



Plugs

Missed

deadline

BADO BURBLINGS

It's that time of year again when a variety of annual campaigns take place. Although these campaigns are ones that hit us in the pocket book they are also ones which, in the long run, have something to offer in long term savings. The 1984/85 Canada Savings Bonds Campaign kicks off on 1 October under the leadership this year of Lt C.O. Ogrins. He and his representatives throughout the Base will be offering us all a chance for some *enforced* savings. A small contribution each month will result in the delivery of a paid up Canada Savings Bond next November. May of us will be receiving last year's Bond in a few weeks - what a nice feeling it is! For those personnel who have made a regular habit of buying Canada Savings Bonds will find themselves with a nice nest egg which not only gives one a feeling of security but one which can often be used as the collateral for an inexpensive bank loan. Banks are never loath to lend money to folk who do not need the money - on the other hand when one has the collateral to cover the loan it is possible to be more demanding when negotiating terms and interest. The first time I ever got ahead in the money business was in the late 50's during an isolated posting to a

Radar Unit where it was not possible to take a car. The two years we were without the expense of buying and running a car resulted in \$3,000.00 worth of Canada Savings Bonds. This next egg gave us an edge and the confidence to manage our finances in such a way that we have never looked back.

The other campaign soon to be underway is our Base United Way Appeal. United Way has been a method to provide a single method of raising money for charitable purposes. For us in the military it has been a system that has protected us from a mass of individual appeals. United Way is the only officially recognized appeal which is provided with official support each year. CFB Comox has always supported this appeal in an outstanding manner and we have raised a significant proportion of the total amount generated in the Comox Valley. I

am sure that this year you will continue to throw your full support to this worthwhile campaign. It is now worth remembering that your donation is annotated on your official T4 slip and is all the proof the income tax authorities require for you to obtain a deduction for Charitable donations. Remember that the former system of being allowed up to \$100.00 of charitable donations without receipts has gone by the boards. You must have a receipt for all donations to obtain tax relief. Again in the long run you save money by making a generous donation, or more accurately perhaps, you do not pay so much income tax.

One final thought. In the D and D Game the RCMP/MPs continue to win. The score this year is RCMP/MPs 17, us Zero. Please use the taxi service or have someone not playing the game drive you home.

Jr. Ranks Club

September 1984

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
						1
2	3	4	5	6	7	8
					BAND	
					STREET WORK	
9	10	11	12	13	14	15
					DJ NINE	
					TONIGHT	
					TGIF:	
					Euclere	
16	17	18	19	20	21	22
					BAND	
					SPELL BOUND	
					TGIF:	
					CRIB	
23	24	25	26	27	28	29
					DJ NINE	
					TONIGHT	
					BOSSSES	
					NIGHT	

SNACK BAR: 339-4333

September 21 & 22
Band "SPELLBOUND"From Seattle - top 40 Rock. Featuring Kathy Brainard.
Admission only \$3.00 - 2100 to 0100 hours.

September 14, 15 & 29

DJ NINE TONIGHT

Admission \$1.00 - 2100 to 0100 hours.

September 28

BOSSSES NIGHT

Come on out with the "oldtimers". Free DJ - Nine Tonight.
Combination of games will be played.NOTE: TGIF GAMES will begin again on September 14th
starting at 1730 hours.

WOs' - SGTs' MESS

Fridays - September 7, 14, 21 and 28
TGIF. Food. Games. Relaxed dress.



Friday, September 14

Mixed TGIF. DJ. Food. Games. Relaxed dress.

Saturday, September 29

WINE AND CHEESE PARTY

DJ. Cost: regular member - \$10.00/per couple; honorary and guests - \$15.00/per couple.

COMING EVENTS IN OCTOBER
Details will be announced at a later date.

- ✓ Mess dinner
- ✓ Dance with "The Shades" - 7 October
- ✓ Octoberfest

For further information contact Sgt K.I. Paulsen, local 2465.

OFFICERS' MESS

Fridays - September 7, 14, 21 and 28

REGULAR TGIFs: 1600 - 1700 hours.

Food: 1700 - 1800 hours.

September 14 - TGIF BBQ RIBS/RICE

September 21 - TGIF SPAGHETTI/SALAD

September 28 - TGIF CHICKEN & CHIPS

Free taxi - ask at bar.

Wednesday, September 19

OFFICERS' WIVES' CLUB - MEETING

WINE AND CHEESE MEET AND GREET

1930 hours for 2000 hours. The perfect opportunity to welcome new members and renew old acquaintances. Members: \$2.00 and guest: \$3.00 at door. (Membership fees are still only \$5.00 for the season.) See you there!

Thursday, September 20

RETIREMENT MESS DINNER

The retiring officers to be honoured are: Maj Bob McPhail, Capt Wayne Fisher and Capt John Dillon.

Saturday, September 22

MEET AND GREET DINNER DANCE

Come out and enjoy a "Dinner Dance". Say hello to new members and greet old friends. The menu for the evening will feature a "Hip of Beef" and trimmings. Dinner will be from 1900 - 2030 hours. Dance to the music of the band "Flashback" from 1900 - 0100 hours. The evening starts at 1800 hours. Dress is casual. Cost: members - \$10.00/per couple and guests - \$15.00/per couple. Reservation should be in to the Mess Manger's office by 1200 hours Wednesday, 19 September, 1984.

Editorial

The Joy of Producing a Newspaper

Getting out this paper is no picnic.
If we print jokes, people say we are silly,
If we clip items from other papers, we are too lazy to write.
If we don't, we are stuck on our own stuff.
If we omit news that we're never told about, we should have picked it up from local newspapers.
If we print news about anyone who reports it to us more than once, we are showing favouritism.
If we can't print contributions, we can't appreciate true genius.
If we do print them, the paper is filled with junk.
If we make a change in the other fellow's write-up, we are too critical.
If we don't we are asleep.
Now, like it or not, some guy will say we swiped this from some other paper.
We did

(Swiped from Trenton Contact who swiped it from the Cornwallis Ensign.)

How you can help

Now that you can see some of the problems of producing a newspaper there are ways you can help to make it easier.

Please have your articles in on time and either typewritten or legibly printed, doubled spaced. Incidentally, it is unlikely that articles received after the deadline will be in the current issue, so if you want news and not history printed - use your two weeks between issues advantageously.

At times we are hard pressed to fill the "Grip and Grin" page, other times we must leave pictures out. If there are multiple presentations made - how about individual and group pictures to give the staff some flexibility. Pictures without captions will be returned as it is impossible to write a caption if you don't have the background information.

Our plea for help in the last issue had some results but additional help is still required. It doesn't have to be a service person, dependents are also most welcome. A few hours every other week are all that is required and you would probably fit in better with the rest of us if you're not inclined to be a genius, your spelling is only fair and you cannot envision what a page will look like until it is finished. This invitation to help produce the "Fishwrapper" is a request for volunteers and not the being volunteered as was the case for most of us.

Have a happy day!!

Letters:

416 Reunion (or the pussycats meet)

After 22 years of flying the CF101 Voodoo at CFB Chatham, 416 All Weather Fighter Squadron will be temporarily stood-down at the end of 1984 awaiting conversion to the CF18. The Squadron will be hosting a Reunion/Close-out Party, now to be held on the 23rd and 24th of November 1984, at CFB Chatham, New Brunswick. This occasion will also be used to bid farewell to the CF101, as 416 AW(F) Squadron is the last remaining operational Voodoo squadron in the world.

The Reunion/Close-Out Party is open to all past and present Lynx Squadron members and will be comprised of a Meet and Greet function on the 23rd and a Dinner and Dance during the evening of November 24th. Anyone wishing to obtain further information should contact Capt Darrell Synnott, 416 AW(F) Sqn., CFB Chatham, Curtis Park, New Brunswick EOC 2E0, or telephone (506) 773-4421, local 316.



TOTEM TIMES

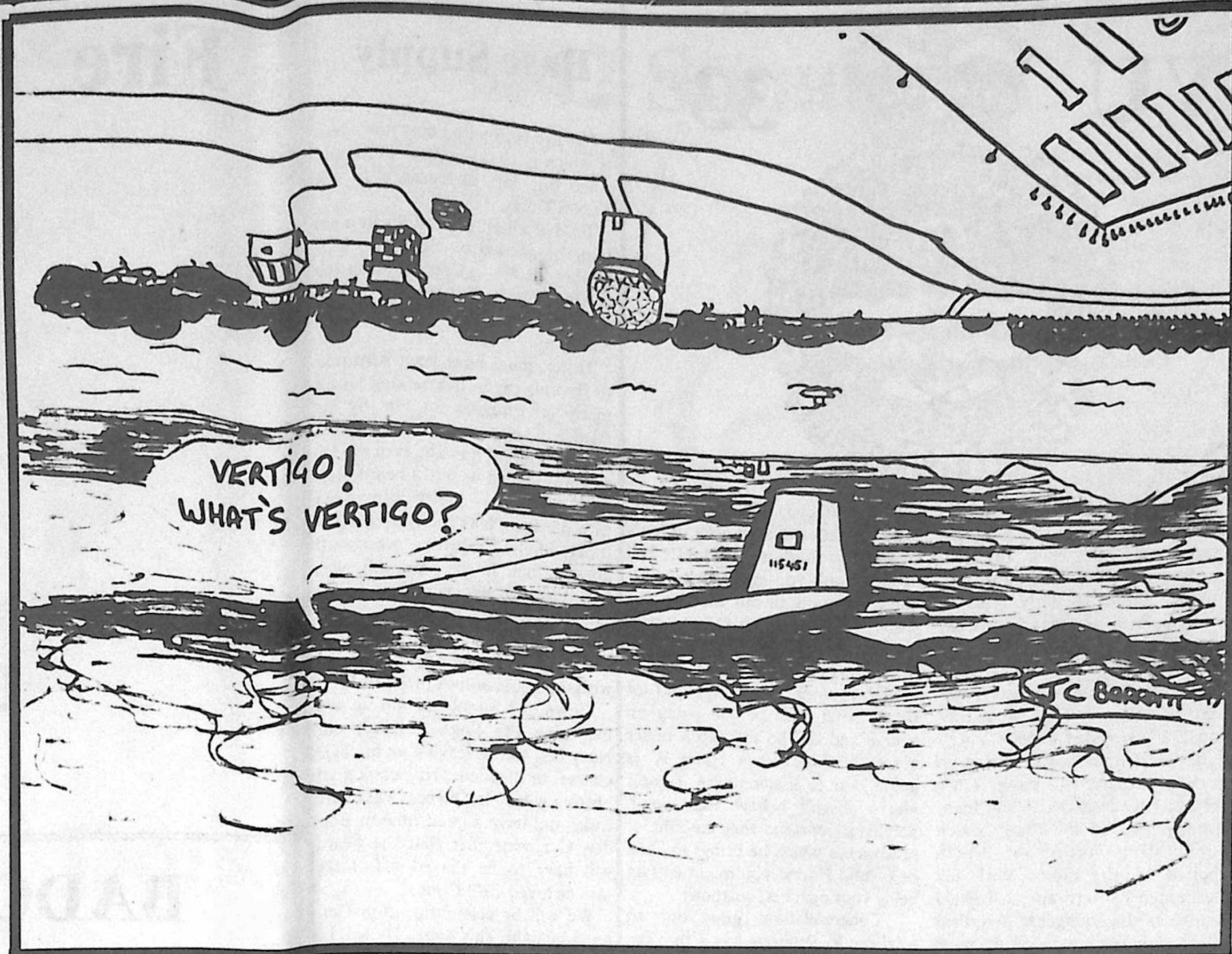
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INTERIM EDITOR: Ron Fisher (local 2560)
BUSINESS MANAGER: Margrit Buchholz (loc 2595) or 339-5468
CIRCULATION MGR: Shawn & Susan Johnson: 339-0580
SECRETARY: Kathy Pincombe: 339-3497
EDITORIAL STAFF: Jack & Rosemary Gibson, Gilles Dorion, D. McArthur & Lloyd Gernack
PHOTOGRAPHERS: Dave Blamire & Glenn Freeman

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.

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More letters

To The Editor:

The new federal government will be in power in a few days and it is hoped that it will live up to the election promises of the party. As a member of the Air Force I am looking forward to wearing a blue uniform again. In a military outfit it is important to be clearly identified with whatever element you serve in. For too long decisions have been made that have the narrow view of cost and nothing else.

Morale is a most important element in the performance of a military body and "identity", that feeling of belonging, is supported by distinctive uniforms. In times of adversity members of all factions of the military need all the assistance they can get to boost their morale.

Since the black day of unification the three universal elements of the forces have been striving to display their differences by modifying the "green suit". The navy have their anchors, the army the beret, shoulder flashes, buttons and boots, and the Air Force has its wedgie.

It is heartlifting that at least some politicians realize the importance of identity in the military, time will tell if the new government can live up to its promises.

There are other promises that will help us to do our job better - more personnel and better equipment - but for me personally the new uniform is most important.

Yours truly,
Major Disaster
(Squadron Leader)

To The Editor:

I think you have a crummy paper.

Yours truly,
Corporal Punishment

Editors note:

Either get a bigger bib or don't eat it.

Ed.

Next Totem Times Deadline - Monday, September 24, 1984



Law Talk

By Gordon Hardy of the People's Law School

Elizabeth Fry, Prison Reformer



The first of two articles on the life and times of Elizabeth Fry, prison reformer.

Elizabeth Fry's first glimpse of prison conditions in 1812 was two women prisoners stripping the clothes from a dead child in order to clothe their own children.

The impact of this macabre scene was to give the 32-year-old Englishwoman a commitment to prison reform which lasted the remainder of her life. Her efforts to improve prison conditions for women are carried on today in Canada by the Elizabeth Fry Society.

Prison conditions at the turn of the last century were horrible and particularly so for women. Women prisoners and their blameless children were frequently confined in filthy, overcrowded prisons. Since prison authorities provided no food or clothing, poorer women were often forced to prostitute themselves to the guards or male prisoners in order to obtain the necessities of life. One visitor wrote of the women's section of Newgate prison before Elizabeth's reforms: "When I first entered, the foulness of the air was almost insupportable... I found many very sick, lying on the bare

floor or on some old straw, having very scanty clothing over them, though it was quite cold; and there were several children born in the prison among them, almost naked."

The reform of such pestilential conditions was work cut out for Elizabeth Fry. Born in 1780 (nine years before the last woman was burnt at the stake for counterfeiting), Elizabeth Gurney grew up a "gay" Quaker, ie: one of those members of the Society of Friends who enjoyed music, dance, books and the theatre. In her teenage years however, Elizabeth, feeling a "desolation of spirit", moved towards the strict piety of the "plain" Quakers who renounced the worldly joys of their less devout brethren.

Elizabeth's profound religious beliefs were to gird her for a life of action and challenge. As one who saw the divine spark in every human being (a Quaker creed), she felt impelled to regard everyone - even the most wretched or rotten - as worthy of reform. The Quaker belief in the equality of the sexes, as well, gave her a freedom of thought and movement denied most other women of the times.

Prior to her marriage to Joseph Fry, a wealthy banker of the plain

Quaker variety, Elizabeth had already founded a school for poor children on her father's estate. When she moved to her husband's estate some years later, she organized the distribution of clothing and hot soup to impoverished Irish laborers and their families nearby. She also learnt how to vaccinate them against small pox, a procedure which had only just been introduced.

As mother to a growing brood of children, Elizabeth feared becoming too involved in household duties, writing in her journal, "Sometimes I feel like an earth-worm. I find we may be employed in arranging laundries, kitchens and such things, until our heart is too much in them." (In 1822 when her eleventh child was born and her prison work at its height, she wrote, "I am much engaged in nursing my babe, which is sweet employment, but takes time.")

In 1816, spurred by what she had seen at Newgate Prison, Elizabeth now turned to prison reform in earnest. Gathering together a group of eleven Quaker ladies, she went among the women prisoners, gaining their confidence by picking up a little boy and saying, "Friends, I too am a mother. Is there not

something we can do for these innocent little ones?"

In a remarkably short time real progress was made. Children and illiterate prisoners now attended a little school in a spare cell. Instead of toiling on the tread-mill, a make-work device which produced nothing, the prisoners now were busy knitting socks for sale outside the prison, thereby gaining some small income. The prison officials, who had originally tried to discourage Elizabeth and her companions out of fear for their safety, now provided inmates with food, bedding and warm, easily-washable prison uniforms. Ironically, our age has come to see prison uniforms as symbols of drab uniformity when, in fact, they were introduced as a humanitarian measure.

Prison numbers, likewise, are now considered coldly impersonal but were encouraged by Elizabeth. When she had first visited prisons, she found the prisoners a milling, faceless mob in which individuals could not be recognized or rewarded for good behavior. What was needed, she argued, was classification by numbers so that individual prisoners could be singled out for special treatment or praise.

NEXT: prison reform extended.

A.F.V.C.

Avis Aux Interresse

Rallye Automobile

Bonjour,
L'Association francophone de la vallée de Comox se propose d'organiser un Rallye automobile (participation) suivi de la remise des trophées et soirée dansante pour le 28 Octobre 84.
Vu que cette activité demande une organisation d'envergure, nous vous

demandons de téléphoner a votre association si vous êtes intéressés a participer avant le 4 Octobre 84.
Si l'intérêt est grand, nous mettrons cette activité en branle, et les détails sur le Rallye vous seront communiqués plus tard par les médias.

Nous nous voulons une association active... Nous comptons sur votre support et participation!

Du mardi au vendredi, de 1:00 p.m. a 4:30 p.m.
338-6125
Après ces heures, contacter Jacques au numero: 338-5670

Sachez organiser vos documents personnels

(NC) — Ya-t-il quelqu'un qui puisse se vanter de garder tous ses dossiers personnels dans un ordre impeccable?
Il faut en douter: le classement des papiers personnels constitue assurément le talon d'Achille de la grande majorité des gens. D'ailleurs, c'est avec effroi que les comptables évoquent les clients méticuleux et habituellement ordonnés qui se présentent à leur bureau pour y déposer tous leurs reçus de l'année, soigneusement classés dans des sacs d'épicerie!

De la discipline
Le rangement des documents personnels requiert une certaine discipline mais, fort heureusement, très peu de temps. Vous n'avez qu'à établir une méthode de classement simple, puis à ranger les documents à mesure que vous les recevez.

Une fois l'an — pour-quoi pas le 1er avril! — passez tous vos dossiers en revue et jetez les pièces inutiles.

Si vous ne disposez pas d'un tiroir de bureau ou

de classeur qui soit libre, vous pouvez très bien utiliser une boîte de carton rigide. Achetez au moins une douzaine de chemises ou encore, une chemise à soufflets. Regroupez ensuite les documents de même nature et classez-les en prenant soin d'étiqueter chaque chemise. N'oubliez pas qu'il vaut mieux avoir un grand nombre de dossiers peu volumineux que quelques dossiers trop pleins: il vous sera bien plus facile de vous y retrouver!

Nous vous suggérons de diviser vos documents comme suit:

Dossier de banque: relevés de compte, livrets, relevés d'intérêts, relevés de REER ou de REEL, dépôts à terme. Il vaut mieux conserver les certificats, les obligations et tout autre document de valeur dans un compartiment de coffre et en garder des copies à la maison.

Documents personnels: certificats de naissance, de mariage ou de divorce, diplômes et prix, passeport. Vous pouvez peut-être placer les originaux dans un compartiment de coffre et conserver des copies à la maison.

Polices d'assurance: ces documents sont très importants; assurez-vous qu'ils sont bien rangés. Conservez quelque temps les polices échues, surtout si vous avez présenté une



À PROPOS D'ARGENT

demande d'indemnité.

Reçus: Conservez toujours les reçus dans le cas d'achats importants. Ce reçu pourra vous être utile quand viendra le moment de déposer une demande de règlement à l'assureur ou d'assurer le bien en question, par exemple un bijou ou une oeuvre d'art. Faire appel à un évaluateur peut être très onéreux!

Liste des principaux biens: Un relevé de vos principaux biens peut s'avérer fort utile, surtout dans le cas de perte ou de vol. Inscrivez le nom de l'article, une brève description, la date et le lieu de l'achat et annexe une copie du reçu. Précisez de plus le numéro de série, par exemple s'il s'agit d'un appareil photographique.

Garanties: Prenez l'habitude de remplir et d'expédier les cartes de garantie. Conservez le talon dans vos dossiers jusqu'à ce que la couverture prenne fin.

Entretien de la maison et de l'automobile: Quand viendra le moment de vendre la maison ou l'auto, vous serez bien content d'avoir conservé toutes les factures d'entretien.

Dossier "impôts": N'oubliez pas que le gentil représentant du ministère du Revenu pourrait très bien se présenter chez vous pour examiner vos reçus de dons à des organismes de charité, de soins médicaux pour les enfants, les dépenses de l'entreprise, les dépenses pour soins dentaires ou médicaux, ou tous autres frais déduits de votre revenu.

Avantages du classement

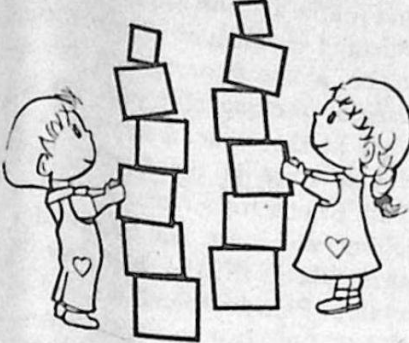
Ouvrez de nouveaux dossiers pour tous les documents qui ne relèvent pas des catégories précitées. Il vous faudra un certain temps pour bien organiser votre système de classement, mais songez au plaisir que vous aurez à répondre à l'agent d'assurance ou au vérificateur fiscal: "Bien sûr que je peux justifier cette demande: voici mes dossiers."

La Banque de Montréal offre des brochures gratuites sur la planification financière. Pour les obtenir, écrivez-à: Informations auprès du consommateur Banque de Montréal C.P. 6002 Montréal, Qué. H2Y 3S8

Le Monde Enchanté

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

Sonia Hauser - 339-2637
Margot Doiron - 339-3802



ASSOCIATION FRANCOPHONE DE LA VALLÉE DE COMOX

PRÉSIDENT: Gilles Doiron Res: 339-3802
VICE-PRÉSIDENT
TRESORIER Marc Beaulieu Res: 339-4258
SECRÉTAIRE: Sonia Hauser Res: 339-2637

DIRECTEURS
ÉDUCATION: Gérard Gagné Res: 337-5787
Bur: 286-3282
SUPPLÉANT: Jean-Charles Lemieux Res: 338-8815
LOISIRS ET SPORTS: Jacques Côté Res: 338-5670
CULTUREL: Marie-Paule Gregor Res: 337-5785

SECRÉTAIRE: Claudette Potvin

Pour plus de renseignements, contacter une de ces personnes.

ASSOCIATION FRANCOPHONE DE LA VALLÉE DE COMOX
493 Fitzgerald
Courtenay, C.B., V9N 2R1
Tel: 338-6125

HEURES D'OUVERTURES
MARDI - VENDREDI: 10:00 a.m. - 3:00 p.m.

LA PROCHAINE RÉUNION DU COMITÉ SERA JEUDI 20 SEPTEMBRE à 7:30 P.M.

ATTENTION FRANCOPHONE PARENTS

The Programme Cadre de Français (French Language Core Curriculum) is presently situated at Comox Airport Elementary. There are currently three classes.

French is the exclusive language of instruction except for the time given to English Language Arts.

Registration for September 1984 are required now.

Please register at Comox Airport Elementary, Oak Street (PMQ), CFB Comox, Lazo, B.C.

For any additional information please contact: Comox Airport Elementary principal at 339-3721, School Board Office 338-5383, Parents' Association for PCDF 339-2637 or 337-5787.

Note: Where a non-francophone child has already followed a program equivalent to the PCDF curriculum or Immersion, he/she may be admitted to the relevant grade level of the Programme-Cadre de Français (PCDF) if Immersion at that grade level is not available.

Association des Francophones de la Vallée de Comox

ATTENTION PARENTS FRANCOPHONES

Le Programme Cadre de Français est offert à l'école Comox Airport Elementary. Il y a en ce moment trois classes.

Le français est la langue d'enseignement sauf pour le cours d'anglais.

Les inscriptions pour septembre 1984 sont maintenant requises.

Veuillez inscrire vos enfants à l'école Comox Airport Elementary, Oak Street (PMQ), CFB Comox, Lazo, B.C.

Pour renseignements supplémentaires veuillez contacter: le Directeur de l'école Comox Airport Elementary à 339-3732, Bureaux de la Commission Scolaire à 338-5383, l'Association des Parents pour le Programme Cadre de Français à 339-2637 ou 337-5787.

Remarque: Ou un enfant non-francophone a déjà suivi un programme équivalent au Programme-Cadre ou d'Immersion, il/elle peut être accepté. A un niveau équivalent de Programme-Cadre de Français si la classe du Programme d'Immersion n'existe pas.

Unclassified

RATES

First Insertion - NO CHARGE
Subsequent Insertions - \$2.00 per inch

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- 1 1/2 baths with Jacuzzi tubs
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1 BEDROOM FROM \$320.
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(After Rebate)

\$30 rebate on 1 bedroom
\$60 rebate on 2 bedroom
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Bob Emmerson
Nanaimo Realty Insurance
Courtenay, and call
334-3124 or home 339-5259

Buy books locally! Sixty Years - RCAF & CF Air Command 1924-1984. \$50⁰⁰.

Blue Heron Books
1777 Comox Ave., Comox
339-6111

Buy local books! Lansdowne's Birds of the West Coast, Vol. I and II, were \$45⁰⁰ each, now \$19⁰⁰ each. Limited number. Please order!

Blue Heron Books
1777 Comox Ave., Comox
339-6111

For sale: 1968 20 Century travel trailer. 18 1/2' long. Sleeps 6. Comes with fridge, stove & heater. \$2,000. Call 339-4485.

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Courtenay, B.C.
Phone 334-4416

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Bonded reliable crews. All materials supplied. Contract or hourly prices, from ovens to laundry included. Gift certificates available. Phone 338-9582.

TOMORROW'S FORESTS... TODAY'S CHALLENGE



PSORIASIS SUFFERERS

Are you finally fed up with everything that you're using to control it? We can help 110%.

CALL our Hotline No.
1-814-231-1800

Boxes wanted. Coming from Europe? Did you have any boxes that were custom made and you have no further use for them? If so please call Friendly Visitors at 334-4701.

For sale: 1 NEW officers mess kit. Chest: 38", waist: 30", Leg length: 30", height: 5'5". Contact Base Tailor at 339-2447 or Base Tailor Shop Bldg. 16.

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WANT TO
SELL? BUY?
RENT?
TRADE?
THIS IS
THE SPACE

YOU DON'T

NEED WORDS

...JUST CARE!



2 SEPARATE SHOWS
EACH EVENING AT
7:00 p.m. & 9:00 p.m.
OPEN 7 DAYS A WEEK

Adults \$3.75, OAP \$1.75, Child \$1.75

NOW SHOWING - Thursday, September 13

"TIGHTROPE"

CLINT EASTWOOD

"Warning - Some violence, nudity and suggestive scenes." — B.C. Director

(MATURE)

Friday to Thursday, September 14 - 20

"DREAMSCAPE"

"Warning - NOT SUITABLE FOR THOSE UNDER 14. Some violence, occasional nudity and very coarse language." — B.C. Director

(14 YEARS)

WATCH YOUR LOCAL NEWSPAPER FOR THE NEXT EXCITING FILM FEATURES

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Drive-In Theatre

ALL ADMISSIONS \$4.00
ALL-NITER \$4.50

BOX OFFICE - 7:45 p.m.
SHOW STARTS AT DUSK

NOW OPEN - Thursday, Friday, Saturday & Sunday ONLY —
Showing September 13, 14, 15, 16
"RED DAWN"

"Warning - Not suitable for under 14. Frequent violence."

—PLUS—

"WAR GAMES" - "Warning - Some coarse language & swearing." — B.C. Dir.

(MATURE)

CFB COMOX RESTAURANT GUIDE

MR. MIKE'S

COME AND GET A REAL MEAL

Mon.-Sat.: 10 am-9 pm
Sunday: 12 noon-8 pm

Sports

Glacier Greens report

I would like to start this report with a special *Thank You* from all the Glacier Greens golfing fraternity past, present and in the future to our retiring general manager Major Bob Elder, who's untiring, unselfish efforts have brought the Golf Club complex to what it is today, both on the course and the Social Center.

Bob took over as Club President just four short years ago when it was about to be closed due to lack of funds and poor membership due to the poor shape of the course. Under his amazing stewardship we now have about the finest nine hole golf course in the Canadian Forces not to mention the Island, and without a doubt a social center that is the envy of all those who behold it.

All this was not done at the stroke of a pen or at a couple of short meetings in the headshed, after his terms of president, Bob was appointed General Manager by one of the more clever potentates, for he must of been able to see that Bob had a vision and the energy needed to turn the club around and turn it into a well organized, money making golf complex.

Bob never had an easy time in his quest for the very finest facility; of course, there was the miles of paper work that any large project generates, the hours of meetings with people who's sole purpose in life seemed to be to hinder instead of help. Then there were the members themselves who could not always see the light at the end of the tunnel (myself included). There was even one who's hobby seemed to be blowing cigar smoke in Bob's face. We bitched about the price of memberships, the food and most of all the price of the booze. Now, however, when we play the course, sit in the clubhouse or hear the plaudits from visiting golfers, we must all say **BRAVO BOB**.

Here are some of the things that Bob did while in office: 1. he retained Steve Bailey as head greens keeper; 2. he shopped around and found the best golf course supervisor in the business in the person of

John Ferguson; 3. he submitted applications to the government and was successful in garnering help from the NEED program and since their arrival things have gotten better and better, the fairways are fairer and the roughs sure aren't as rough; 4. the old clubhouse was remodeled and then; 5. the new addition was built last year, and then of course, 6. the solarium was added this year, 7. the workshop area was enlarged and completely refurbished adding lots of cart storage and a good safe working environment; 8. the locker rooms were remodeled and 9. a new locker storage building was constructed; 10. the PRO SHOP was refurbished; 11. 700 feet of drainage ditches were put in place on the course; 12. the course watering system has been improved upon; 13. the course was open to year round golfing, with the Greens being cut at regular intervals; 14. as mentioned the roughs have been cleaned up; 15. a bridge was built between #6 and #7; 16. all our equipment was overhauled and is now in good working order; 17. a Cushman Greens Keeper was purchased. I could go on about the things Bob accomplished during his tenure but space does not permit.

We can only hope that Bob's long range plans for Glacier Greens are carried out, things like a new PRO SHOP close to #1 green so that the course can be easily regulated, that the drainage of the course be completed, the watering system is modernized and made adequate to keep the course green year round, the banquets that Bob hosted so well with the help of his bar staff and Larry Blais continue, the PRO AM in September is a success, the satellite dish comes to happen, the Curling Club gets built and the many more plans he had for the complex come to pass.

Once again from all your friends in the golfing fraternity *Thank You very very much, Bob*, congratulations on your retirement and we sincerely hope your horn of plenty is always full to overflowing.

Pro Am Tourney

The two club PRO AM tournament is fast approaching, it will be held at the Comox Golf Club on 19 September with a banquet following at Glacier Greens in the evening. Second round play will be at Glacier Greens on the 20th with the awards being presented immediately post play. If you want to see golf at its finest plan to come out and follow a group around or pick a hole and see them all. The best time to be a spectator should be on Tuesday evening at 5 p.m. on the 18th, at that time there will be a Horse Race at the Comox Golf Club. Briefly for a Horse Race sixty golfers will start and elimination takes place as the high scores develop. Plan to attend, it could be a lot of fun. Just to mention some of the 30 PROs who will be here, they are Cec Ferguson - 3rd in the C. Open from Quilchina, Norm vis qualified for both the U.S. and Canadian Opens from Point Grey and Muncie Booth one of B.C.'s top club PROs from Mission along with 11 other PRO's from the Vancouver area. Hope to see you there.

BTSO Fastball Tourney

The first annual BTSO Fastball Tournament was held on August 29 with six teams involved -- Base Supply, BAMSO, BTnO, BTelO, 740 Comm Sqn Det & CE and Fire Hall making up the sixth team.

The day was perfect for ball and the first pitch was thrown at 0900. After the first round two teams dropped out; 740 Comm Sqn and BAMSO. Then when the semi-finals were over two teams were left: Base Supply and BTelO.

Base Supply were just too powerful for the BTelO team. Supply achieved a 16-0 victory, winning the first annual BTSO Fastball Tournament.

I would like to thank all the teams for their turnout and their operation and the best of luck for next year's tournament.

The results of the General Lett Tournament held on the 26 August are: General Lett Champion Steve Roy, 1st Low Net Ernie Langois, 1st Low Gross Steve Bailey, 2nd Low Net Jack Bowers, 2nd Low Gross Doug McArthur.

Last weekend the Mens Club Championship was held and the 1984 Club Champion is Dave Ronaldson, A Flight Low Net Jim Wilson, B Flight Low Gross Nick Mykitiuk, B Flight Low Net Fred Schwaab, C Flight Low Gross Ray Hunter and C Flight Low Net Stu Mohler.

Upcoming events are the Ladies Open Championship - September 22 and 23, the Mixed Two Ball windup - 30 September, the Men's Nite closing - 7 October and the Left Right Tourney date TBA.

Your help is sorely needed with the TV as things are not going as well as expected so if you can help please do so.

Good luck to the CFB Comox Golf Team who are currently playing in the PAC Region Championships at McChord AFB Washington.

Badminton Club

The first meeting of the CFB Comox Badminton Club will be held on 16 September 84 at 1830 hours in the Recreation Centre gym. Sunday and Wednesday nights from 1800 - 2200 hours have been allocated for club use. New members are always welcome.

★★★★★

Softball equipment

All softball equipment on loan from the Rec Centre Sports Stores is to be returned by 27 September 84.

★★★★★

Winter pool schedule

Monday - Friday: 1130 - 1300 hours
— Military, DND and full-time NPF employees
Monday - Friday: 1300 - 1400 hours
— Master Swim - members only
Monday, Wednesday, Thursday: 1800 - 1900 hours
— Open Swim (Military, DND and full-time NPF employees and their dependants)

★★★★★

Pacific Region

Running Championships
CFB Comox was well represented by the following runners at the Pac Region Running Championship held at CFB Chilliwack on the 30-31 August.
MCpl B. Whillans: 15 km - 55:30; 10 km - 35:05; total time - 1:30:35; final position - 7th.
Sgt Rodgers: 15 km - 58:30; 10 km - 36:57; total time - 1:35:25; final position - 11th.
Congratulations on a job well done.

Dependants hockey program

Once again the Community Council is running a Dependants Hockey School. This year the program will commence as soon as ice is put into Glacier Gardens. The tentative date for ice is the 15th of October.

Registration for the school will be held at the CANEX on Saturday, September 29th from 10:00 a.m. till noon. Cost per child has yet to be finalized, but the anticipated fee will be approximately \$30.00 per participant.

This program is basically designed for children ages 5 through

12. Emphasis will be placed on skill development with some game scrimmages. The program will run from 4:00 to 5:45 p.m. Mondays and Wednesdays. Approximately 40 youngsters participated last year and the program was a great success. Hopefully the program will be even more successful this winter.

If you have a child who wants to play hockey and learn more about the game, come and register on the 29th. If anyone has any questions contact Marv Macauley at local 2442 or 339/0468.



EACH STEP TAKES US A LITTLE CLOSER TO HIS DREAM.

Terry Fox had a dream. He wanted cancer to be stopped. Standing on the shore of a small lake in Nova Scotia, he decided to walk across Canada with his right leg in a cast. He walked for 147 days, 10 months and 11 days, covering 5373 kilometers. He died on June 7, 1984, but his dream lives on. The Terry Fox Run is a tribute to his courage and determination. It is a chance for us to help him achieve his dream. We can raise money for cancer research by participating in the run. We can also help by donating to the Terry Fox Foundation. The Terry Fox Run is a great way to get involved in a good cause. It is a chance to make a difference in the world. It is a chance to help Terry Fox achieve his dream.

TO ORGANIZE A RUN:
Ask your local club, CFB, school, or neighborhood association to help. Write to the Terry Fox Run Office for an application form. Apply by September 15th, and we'll send you the Terry Fox Run Kit with everything you need to organize a Terry Fox Run in your area.

TO PARTICIPATE IN A RUN:
Write or call The Terry Fox Run Office. They will have a list of all runs in your province.

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The Terry Fox Run
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10 - 11 a.m. -- Comox Rec Center
1 - 2 p.m. -- Courtenay Rec Center

NOTE: Pledge forms and registration certificates are available from Base Rec Center.
(W.O. Dupuis - local 2542)

GET INVOLVED!

1984 Intersection Flag Football Schedule

DATE	HOME	VS	VISITOR	TIME
Mon 17 Sep	442	vs	Supply	1700 hrs
Wed 19 Sep	BTelO	vs	VU33	1700 hrs
Mon 24 Sep	442	vs	BTelO	1700 hrs
Wed 26 Sep	Supply	vs	VU33	1700 hrs
Mon 1 Oct	442	vs	VU33	1700 hrs
Wed 3 Oct	BTelO	vs	Supply	1700 hrs
Mon 8 Oct	VU33	vs	BTelO	1700 hrs
Wed 10 Oct	Supply	vs	442	1700 hrs
Mon 15 Oct	BTelO	vs	442	1700 hrs
Wed 17 Oct	VU33	vs	Supply	1700 hrs
Sat 20 Oct	1	vs	4	1000 hrs
	2	vs	3	1000 hrs
	Winners			1300 hrs

TEAM REPS

Supply - Pte Chuck Harvey, local 2414
BTelO - Cpl Ken McDonald, local 2406
VU33 - Cpl Bruce Driver, local 2505
442 - Pte Rick McNab, local 2329

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Sharing the Housework

Housework is considered a trivial matter. But it is right up there with sex and money as a major issue in the marriages of working couples, says Lois Richardson, author of *Working Couples*. One half of a couple can't do everything. It is practically impossible physically and emotionally.

For many people, the easiest way to share the load and make sure that everything gets done is to make up a labor contract. Something down on paper is usually more helpful than a verbal agreement. It helps during your discussion of the contract to have a list of the jobs you're talking about.

Begin by making a list of all the household tasks you can think of. Include everything that either of you considers a chore. It also helps to have some agreement about how well things should be done — some quality control guidelines. In order to get agreement, both of you may have to compromise on your standards, but on the other hand you may find that your partner does something better than you have done it. You may want to decide approximately how long each job takes and how often it should be done. Again, you may have to compromise.

Remember, no one is right in these discussions. You just have different opinions. You can only talk about what each of you wants and what you will settle for.

Working Couples by Lois Richardson is published by International Self-Counsel Press Ltd. For their free self-help directory, write: Dept. NC, Self-Counsel Press, 306 West 25th Street, North Vancouver, B.C. V7N 2G1.

DECISION

Canadian Radio-television and Telecommunications Commission
Conseil de la radiodiffusion et des télécommunications canadiennes

Cablenet Ltd. Decision CRTC 84-670. Courtenay, Comox, Cumberland and Comox Valley, B.C. Pursuant to public notice CRTC 1984-154 dated 22 June 1984, the commission approves the application to add the carriage of the signal of WTVS (PBS) Detroit, Mich. on the broadcasting receiving undertaking serving the communities noted above. This signal will be received via satellite from the CANCOM network. The Commission also approves an amendment to the licence for this undertaking by increasing the maximum monthly subscriber fee from \$6.68 to \$7.11. The \$0.43 fee increase may only be charged to subscribers at such time as the above-noted service is available to them. This increase is justified based on the charge to be paid by the licensee to CANCOM for its new service and to cover the direct incremental costs related to the exhibition of the CANCOM signal.

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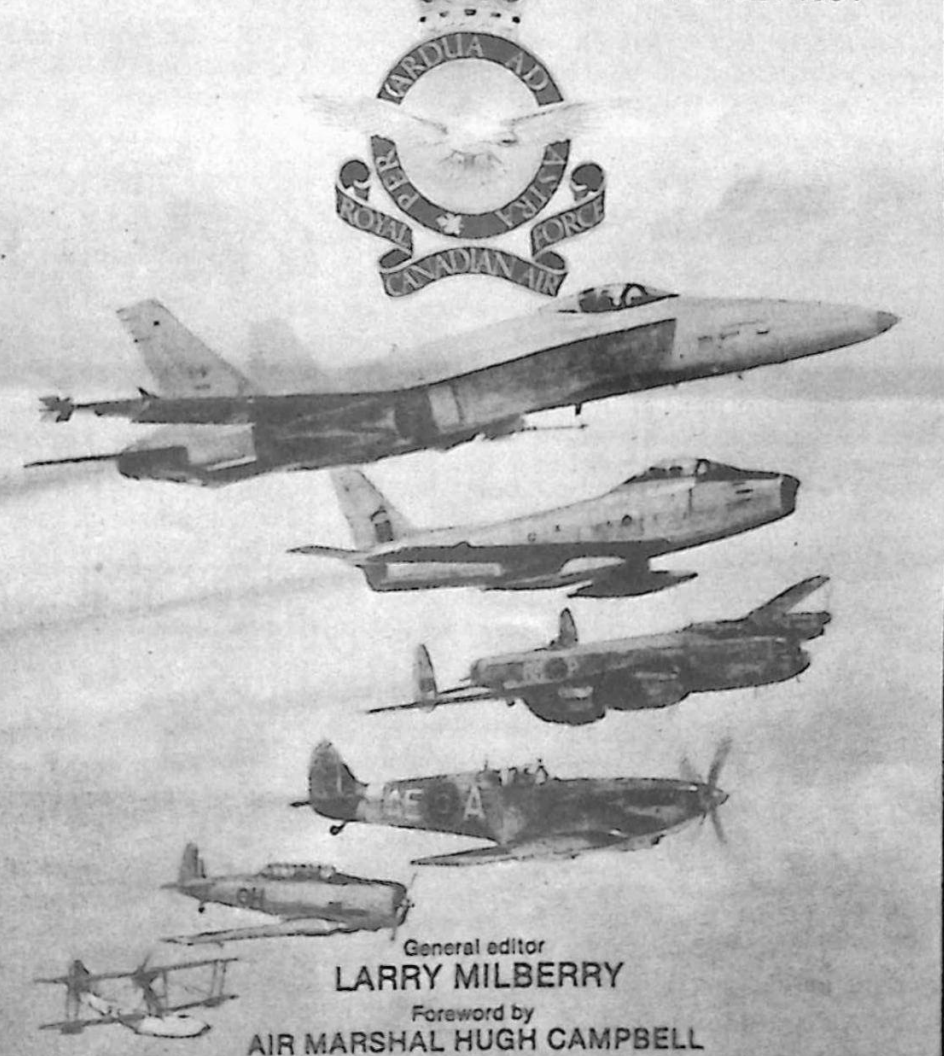
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Promotions and Awards



MWO Hetherington is retiring after 35 years of service. He is seen here with the BTSO, LCol Mack receiving his Certificate of Service.



Sgt Horochuck call it quits after 30 years in the RCAF/CF. LCol Mack is presenting him his Certificate of Service.



The BTSO, LCol Mack presenting Capt Fred Mills with his Service Certificate upon his retirement from the CAF after 32 years of service.



MCpl Hall is being presented his Certificate of Service by LCol Mack, the BTSO. MCpl Hall had 22 years of service.



LCol Mack is presenting Cpl Bray with his Certificate of Service. He has 33 years in the Service.



Sgt Fleming being congratulated on her promotion to WO by Maj Finn, the BSUpO.



Be tough when buying a house

Listen up, kids.

More and more young couples will be taking advantage of various outrageous government offers to get them into new housing. This is as it should be. Opportunities like the \$3,000 federal grant come once in a lifetime.

But the housing jungle is fraught with danger. Be careful.

We have a healthy respect for the people who build houses. We also have a healthy suspicion of them. We have certainly seen too many poor young and trusting souls get beaten badly because they trusted some smiling salesman in a trailer, who seemed to vanish when things went wrong.

We've also seen the kids buy half-finished houses from builders who later went bust. People walk into a complex and important thing like home ownership and they do it with their eyes closed and their defences down.

Sure, it's an emotional buy. But be tough.

The building industry does not want you to be aware of the following rules. Other attempts to publicize this simple list have led to confrontation. But we owe it to you:

□ When buying a new home, never make a deposit of more than \$20,000. Because, should the builder go bust, HUDAC — the Housing

and Urban Development Association of Canada — will not guarantee anything more than that.

Note we're not talking about the downpayment, which changes hands when the deal closes (and you move in), but the cheque you give the builder or his sales agent to commit you to that house.

□ Get a lawyer. Get a good lawyer — which is usually not the one the builder or the salesman recommends. Get one who specializes in real estate transactions, and who comes with references from someone you trust.

Don't try to cut corners with the cheapest shopping plaza legal

hack you can find. All you'll cut is your throat.

□ Get this god thing you sign. Before you sign it. And I mean everything.

If something seems too restrictive to you, and the lawyer tells you to sign it anyway, then get a new lawyer.

□ Do not agree to sign any additional clauses on the offer to purchase — for example, something stating a closed mortgage rate is subject to change to reflect 'prevailing market conditions' 30 days before closing. Or that the builder (without penalty) is entitled to delay finishing the house for 'reasonable' cause.

□ And make sure you watch the closing date. That's the biggie. Don't push — give the guy time to build the house. Three months or more would be ideal, because anything less and you're probably going to get a cut-corner job.

□ On the other hand, you can never assume the builder will honor his commitment to deliver a house at a certain time (and quite often doesn't). This is because the offer to purchase (which you forgot to show your killer lawyer) gives him a big loophole.

Plug it. Insist on financial penalties for late closing — or don't sign the paper. (There are other builders, other

houses. Stop being emotional.)

If the house is six months late, for example, where are you going to live? And what if mortgage rates take off in that time?

Protect yourself.

□ If closing is delayed, sue immediately.

□ Signing the papers is half your job. The other half is policing the development of the property. Monitor the local building office and make sure a building permit is taken out. Monitor the building site, noting when excavation starts, when footings are poured, when the structure is roofed and closed in.

Ask ceaseless questions and, if the pace of construction is too slow, disturb until it quickens.

□ Don't, under any circumstances, move into the house until it is completely finished. And that includes landscaping and painting — everything. After all, you've paid for it when the deal closes, in full. Get your money's worth. Once you're in, the builder has a good case for saying you accepted the job the way it was.

□ Finally, don't trust anyone.

This may be harsh, but so what? We're talking about the largest single investment you're probably ever

going to make. We're talking about massive amounts of borrowed money at outrageous rates of interest and protected by ironclad legal agreements.

You must also stop thinking about the color of the bathrooms, and start concentrating on contract law and sound construction techniques.

If that's too much trouble, you deserve to lose.

Excerpted from *Your Financial Rescue*, edited by Garth Turner. To order your post-paid copy, send \$4.95 to Rescue, Box 345, Station A, Toronto, Ontario M5W 1C2.

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Promotions and Awards



Colonel Dobson presents Sgt Paul Hiebert, a Weapon Tech(air) in BAMSO, with an Air Command Certificate of Achievement for his initiative and efforts in assisting the Department of Veterans Affairs in the establishment and dedication of a cairn to commemorate the crew members of an RCAF B24 Liberator that crashed near Bamfield on 13 July 45.



Colonel Dobson presented Sgt George Stecko, a Radar Systems Tech in BAMSO, with an Air Command Certificate of Achievement for his initiative and efforts in assisting the Department of Veterans Affairs in the establishment and dedication of a cairn to commemorate the crew members of an RCAF B24 Liberator that crashed near Bamfield on 13 July 45.



Col Dobson is seen presenting a Base Commanders Commendation to Cpl A.F. Shanks for his prompt and decisive actions when he found an unconscious injured cyclist in the ditch.



Upon his departure from Comox, Col Dobson was presented with a 888 Wing RCAFA plaque by Wing president, Doug MacKean, in appreciation of the many favors he had done for the Wing. Capt Dubois, the RCAFA liaison officer, looks on.



Colonel Kadonoff presented the Base Commanders Commendations to Cpl G.E. Makowski (left) and Cpl R.D. Walker. These were in recognition of the outstanding performance of duties displayed during SAR Fairchild.



Base Commander Commendation is being presented to MCpl M.R. Wohlgenuth by Colonel Kadonoff for his efforts in developing a Course Training Plan for the Fast Time Analysis Systems Controller.



MWO Don Knight sips champagne on completion of his last Aurora flight and 29 years of service. Looking on are CWO Bale, Maj Bishop and LCol. Rogers.



After 21 years of service and over 7,000 flying hours, Capt Jon Dillon celebrates his last Aurora flight with Maj Bishop and LCol Rogers.



LCol Mack presented the CD to Sgt Stacenko.



MCpl Hall is seen receiving the clasp to his CD, it was presented by the BISO, LCol Mack.



Cpl Eichler receives CD from LCol Mack.



Maj Finn is congratulating Cpl Earl on his recent appointment to MCpl.



MCpl Barry Whillans is seen accepting an Aerobic Award from Colonel Dobson. How many times do you put one foot in front of the other to cover 19,200 miles?



LCol D.G. Stuart of 442 Squadron congratulates Bruce Davison on his promotion to MCpl.

Around the Base

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PUBLIC WORSHIP: Sundays at 1100 hours.
COMMUNION: First Sunday of the month.
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 and nursery service from 1100-1200 hours during worship service. Classes commence in September with registration taking place on Sunday, September 2 and regular classes taking place on 16 September 84.
JUNIOR CHOIR: Commencing in September.



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

CHAPLAIN: Padre J. Dabrowski (RC). 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 Parish Hall, preceded by Mass in the Chapel at 7:30 p.m. (commencing in September).
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 commencing in September.

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.

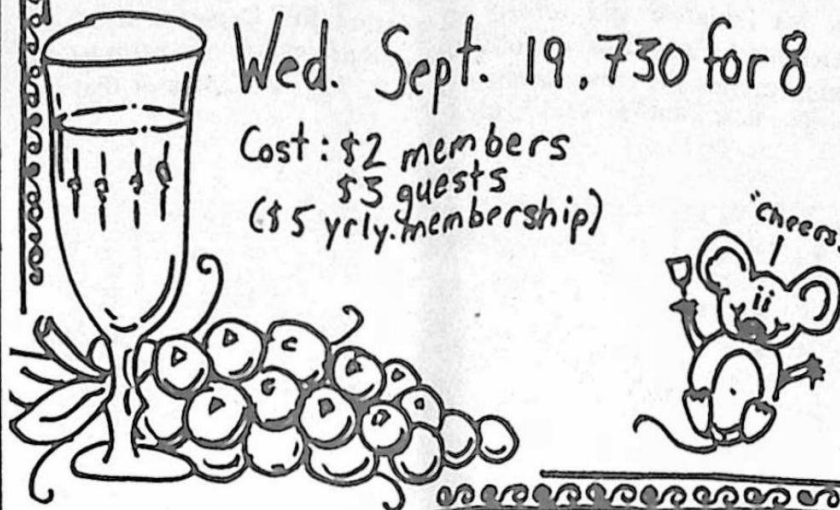
JUST A REMINDER!

OWC
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MEET & GREET

Wed. Sept. 19. 730 for 8

Cost: \$2 members
 \$3 guests
 (\$5 yrly. membership)



888 Wing RCAF Association

It looks like 1984-85 will be a big year for 888 (KOMOX) Wing RCAF Association. With membership at 225 and growing, the local Wing has embarked on a fund raising drive for a new building, which will include quarters for 386 Air Cadet Squadron.

September is a busy month for the Wing and some of the highlights are:

Saturday, September 15 at 1000 hours -- Garage Sale. Knights of Pythias Hall in Comox. Remember "one man's junk is another man's treasure", so if you have any junk you would like to get rid of, please contact Bob Driscoll at 339-3289.

Sunday, September 16 -- Battle of Britain Parade with march off from the Wing at 1030 hours followed by a Remembrance Service at 1100 hours in the Protestant Chapel. Base personnel, Legion members and civilians are invited to join 888 Wing members in this service.

Saturday, September 22 - 2000 hours. Meet and Greet at the Wing.

888 Wing welcomes all service and ex-service personnel to join with us and participate in this year's program. Our "Hangar" is open on Fridays and Saturdays and we hope you will drop in and enjoy our facility with the Air Force touch. Thank you very much.

Across my kitchen table

— by Rosemary Gibson



Things are really in a turmoil around our house. We are off on a temporary posting to Borden for three months -- now just what do you take along for three months?? My husband seems to think that you only require the same number of things that you need for a weekend. Well, perhaps that theory is applicable to uniforms and service-related items, but it sure doesn't compute insofar as a household is concerned. To further complicate matters, the things we take along must include only those things which will fit into a small car. Now this I consider an interesting challenge! So far, I have made -- and discarded -- at least a dozen lists. I have assembled -- and disassembled -- enough items to fill a small warehouse. No doubt I will do more packing and unpacking in the next two weeks, before the final load is ready.

We are enjoying the company of our niece who has come to stay in our home for the time we will be away. She loves to cook, and we are certainly enjoying her efforts. The following recipe is for delicious muffins she made for us the other day. She has promised to make us another batch to take along in the car on our trip East.

SUE'S WHEAT GERM MUFFINS

Ingredients:

2 eggs, beaten
 1 1/2 cups milk
 3/4 cup flour
 1 1/2 cups wheat germ
 1/2 cup bran
 2 teaspoons baking powder
 2 teaspoons baking soda
 1/2 teaspoon salt
 1 cup raisins
 1/2 cup sunflower seeds
 1 1/2 cups stewed dates

Method:

Beat eggs, add milk. Mix together flour, wheat germ, bran, baking powder, baking soda and salt. Stir into liquid. Add raisins, sunflower seeds and dates.

sunflower seeds and stewed dates. Grease muffin tins. Fill muffin tins 3/4 full. Bake at 350° F. for approximately 15 minutes. Makes about 15 muffins.

When something you bake doesn't turn out quite as you expected, you could turn to the following poem for solace.

EASY AS DUCK SOUP ISN'T EASY

I'll never be a gourmet cook,
 Instinctively, or by the book.
 It's not because I do not try,
 But when I do, things go awry.

My wild rice is extremely tame;
 My shish kebabs refuse to flame;
 My cherries jubilee won't light,
 And thus, their jubilee is slight.
 My wilted lettuce will not droop;
 My lobster aspic turns to soup;
 And guess who almost always gets
 My crepe suzettes? — Our blameless pets.
 Why, even when I serve champagne,
 Nobody eats my *quiche Lorraine*;
 And all the family is agreed,
 My baked Alaska should secede.

But, really folks, I get along;
 Not everything I do is wrong.
 With pot roast, steak or stew, I shine;
 And, oh, my hot dogs *they're* divine!
 — Kay Nelson

HINT:

To remove wax from the top of jam or jelly, use a corkscrew.

THOUGHT FOR TODAY:

To watch the sun set in the west
 without regretting;
 To hail its advent in the east --
 the night forgetting;
 To have enough to share -- to
 know the joy of giving;
 To thrill with all the sweets of
 life -- is living.

Answer to MSE safety quiz

Floor accelerator and honk, is the of that car will react to your wise one. If you really floored it and honking and chances are he'll honked, chances are you'd get brake. That'll give you more time to through and not be hit. The driver get out of his way.



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Around the Base

Pet Peeve

There are many drivers on the road who do many things that are aggravating. My pet peeve is against the drivers who drive with parking lights turned on. Lights have two functions: it allows the driver to see and his car to be seen. Parking lights are sometimes difficult to see because of their varied size, colour and intensity. When a car with parking lights turned on is behind or in front of other vehicles, with or without lights turned on, it is most difficult for oncoming drivers to see it. This is made even more difficult when there are background lights such as in a town.

It is against the motor vehicle act to drive with parking lights turned on. They are, after all, for parking.

This pet peeve is directed at the MP section of CFB Comox. My hackles rise when I see MP vehicles parked in "no parking" areas that are clearly marked or when they park half on half off the grass. Any other vehicles would be ticketed. Come on guys; play the game.

This is one aspect of the B.C. auto insurance that I believe to be unfair and stupid. I refer to the additional cost if you drive your vehicle to work. This is nothing but a rip-off. Surely there is an even greater risk of accident to a vehicle driven by a retired person or a housewife who makes a number of trips in the day to shopping centres, etc. than by a working person who drives to work and back home. This is my pet peeve - this week.

Dear Pet Peeve,

Seems who ever spent several hours and days to up grade our cablevision for the Base and PMQ area has wasted their time, I think it has been down graded rather than an improvement, I think this is one definite case where they should have left well enough alone.

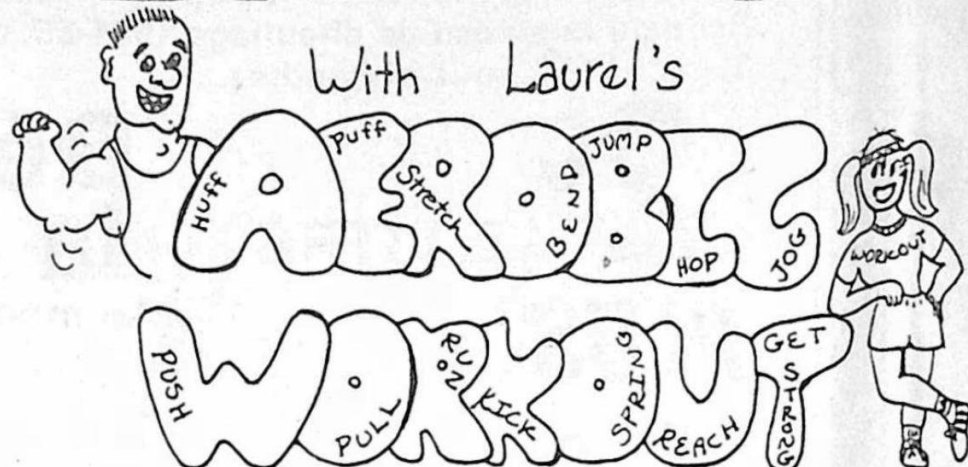
REGISTRATION

FOR THE BROWNIES, GUIDES & PATHFINDER UNITS WILL BE HELD AT THE BASE EXCHANGE ON SATURDAY, 15 SEPTEMBER FROM 11:00 a.m. - 1:00 p.m. Fee - \$18.00.

AT THE MOMENT THERE ARE 2 BROWNIE PACKS & 1 GUIDE UNIT MEETING ON THE BASE. THE BROWNIES' PACKS ARE IN NEED OF NEW LEADERS. IF YOU WOULD LIKE TO HELP THEM AND ENJOY YOURSELF, PLEASE CONTACT ME.

Pat Jackson, District Commissioner -- 339-5091

SHAPE UP



With Laurel's
Taught by Y.M.C.A. - Y.W.C.A. Certified
Fitness Instructor Laurel Harris
(Member of "Participation Canada")

WHERE? = C.F.B. Comox Rec Centre (on Base)

WHEN? = Mondays, Wednesdays, Fridays
9:30 - 10:30 a.m.

COST? = \$10.00 per month (approx. 13 classes)
\$2.00 drop-in

REGISTRATION = Friday, Sept. 14th, 1984 (Participants
Rec Centre 9:00 - 10:30 a.m. must Register!)

{Classes Begin Monday Sept. 17th, 9:30 - 10:30 a.m.}
For Further Information Phone: 339-6790



Community choir needs singers

The Comox Valley Community Choir will start rehearsals for the fall season on September 25 at 7:30 p.m. in St. John's Anglican Church hall. Last season the Messiah and the Gloria were successfully performed. Christine Purvis, Director, welcomes all those interested in singing to come and join the groups, experience is not necessary, just an enjoyment of choral music. For more information call 334-2092.

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Help keep our children safe

If your child is entering school for the first time this year or enrolled in a primary grade, consider this advice from BCAA: take advantage of the warm, fall weather to teach them safe walking rules -- and on rainy days, provide them with well-fitting, reflective rainwear. If you drop children off on the way to work, do so within a safe walking distance.

Plan to walk children to school for the first little while and meet them afterward. If they take the bus, walk with them to the bus for the first few days and meet them at the stop when they arrive home. Get started in plenty of time, so there is no need to hurry or run. This way, they'll learn to walk safely.

To help youngsters get to school safely, BCAA recommends parents

map out the safest route, keeping the following in mind: wherever possible, choose controlled intersections for children to cross. The control may be by a mechanical traffic signal, an adult crossing guard or a member of the school safety patrol.

Explain the meaning of the red-yellow-green sequence of traffic signals, and the walk/don't walk signs. Teach children to start across only at the beginning of the appropriate signal. Instruct them also to watch carefully for turning cars and explain that while the signal is an aid to safe crossing, it cannot be relied upon totally -- they should look in all directions before and during crossing.

If the crossing is controlled by a crossing guard, children should

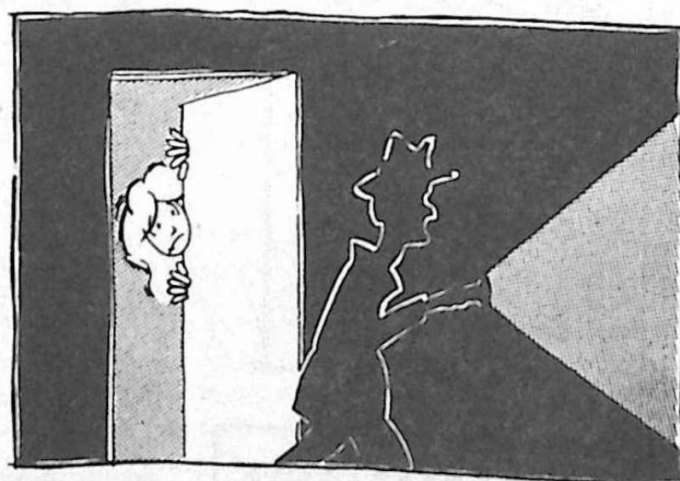
Finally, impress on your children that the walk to schools is no time to play. Playing tag or other diverting games while walking can be hazardous.

Remember that youngsters are imitative. A parent's own actions in traffic influence the child's development in traffic habits.

learn to watch for the "go" signal, and stay at the curb until the signal is given.

In the case of unpatrolled crossings, teach youngsters to look in all directions before stepping off the curb and to proceed only when there is a good break in traffic. On two-way streets, they should check carefully to the left until reaching the centre, and to the right as they complete the crossing.

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CNI Please call for more information.

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Information on how you can become a member of the Canex Home Heating Oil Plan is available at your Canex outlet, or you may wish to contact your Base Exchange office.

Thanks to you, it's working! By grouping our purchase of Home Heating Oil, Canex can continue to offer you better prices.



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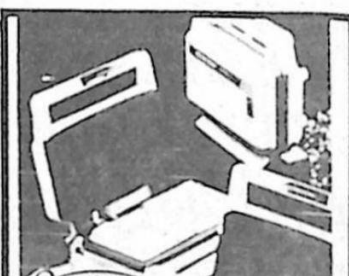


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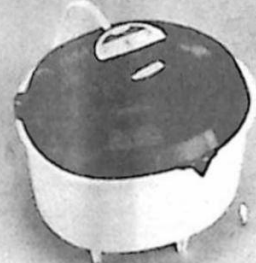


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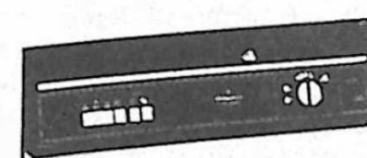
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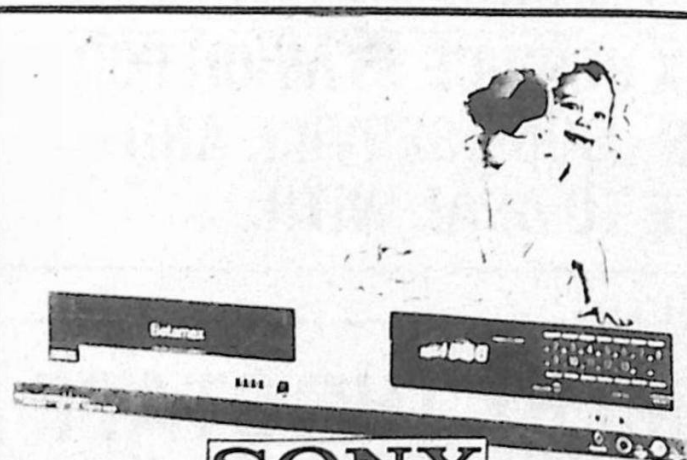
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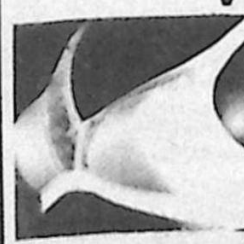
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