



# TOTEM TIMES



Vol. 26 No. 20

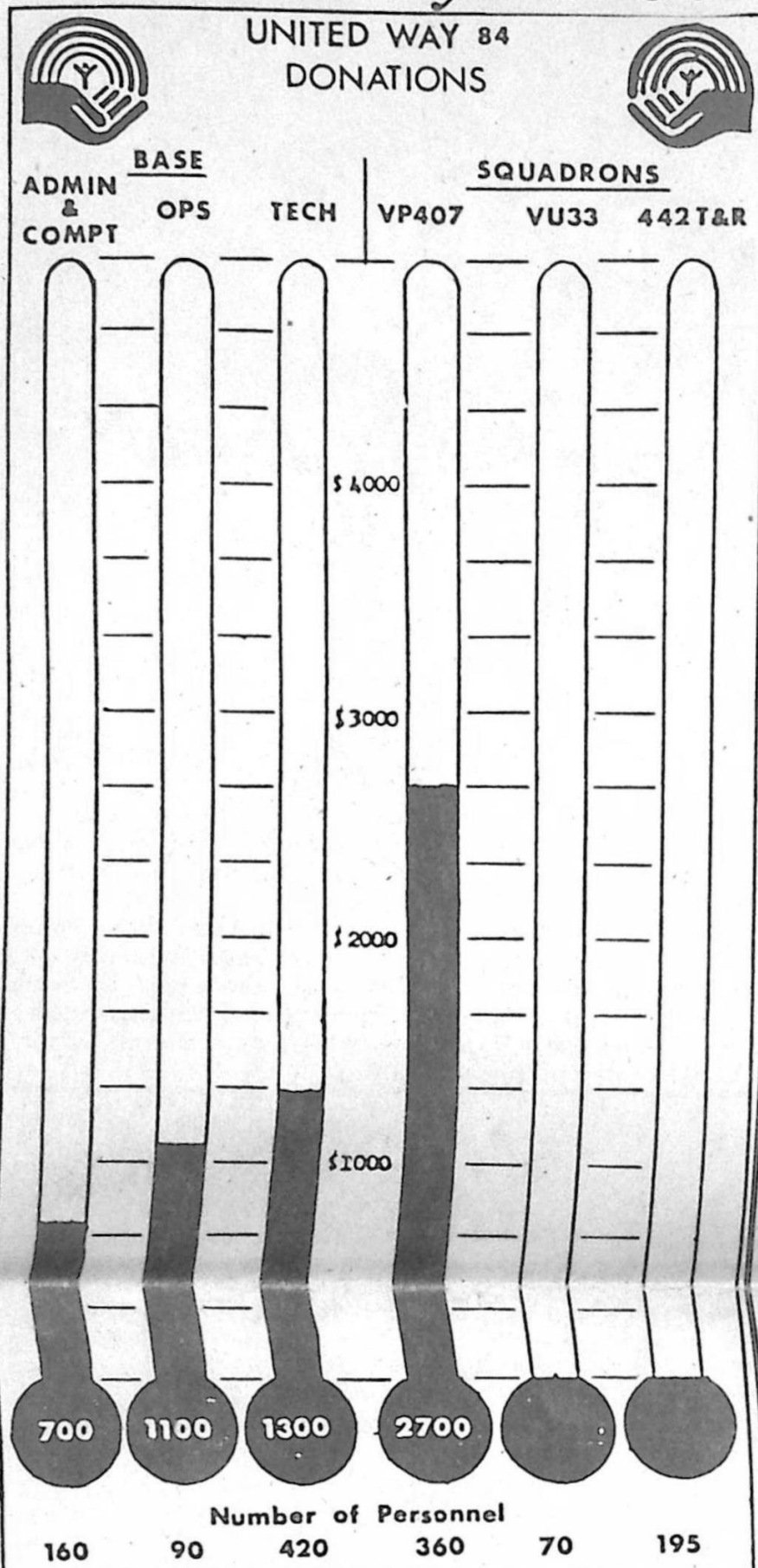
CFB COMOX TOTEM TIMES

THURSDAY October 25, 1984

Deadline is Monday, November 5, 1984

COST: PRICELESS

## United Way - 1984



The official kick-off of the Valley's United Way campaign occurred Monday, 22 October, with a 1984 goal of \$100,000. Organizers are intent on coming as close as possible to Campbell River's realization of \$120,000 that came about last year.

Last year a very limited campaign was held in the Valley. The campaign that did occur was largely inspired by the efforts at CFB Comox, and once again, this year, CFB Comox is making an all-out effort to support local charities through the United Way.

Section canvassers have started turning in donations collected, and it has become readily apparent that some sections are strongly supporting the base campaign, already

reaching the base goal of 2 dollars per person per month, whereas other sections have made only minimal contributions. As of 19 October, donations received from various base sections/units total \$5,800.00 distributed as shown. The Base Met and Ops section is commended for its excellent support making donations in excess of \$24.00 per person per year.

Once again, all personnel are encouraged to donate. We are fortunate enough to have a steady income and good health, and it is our social responsibility to help those in our community less fortunate than ourselves. The key to a successful campaign is participation so:

GIVE A LITTLE OR GIVE A LOT - BUT GIVE!

## Hallowe'en safety

Motorists are urged to exert extreme caution Hallowe'en night. To be sure, some children will not have been briefed on safety issues and there will be a little goblin dressed in black, not readily visible, or a pirate darting from one house to the next, criss-crossing the street, or a hobo daydreaming of candy kisses and potato chips, oblivious to his surroundings.

Home-owners should check their property for toys or fallen branches that could trip a child. Give out treats that have been commercially manufactured and wrapped, and keep porches and stairways well lit.

Parents -- you can share in the Hallowe'en fun too by escorting children door-to-door. Upon your return, be sure to check all treats, throwing out all unwrapped or loosely wrapped candy, washing fruit well and slicing it into small bits before serving it to your child.

Have a safe and happy Hallowe'en!

Hallowe'en is the biggest night of the year for many of our young ones. Before children set out trick-or-treating, review their Hallowe'en safety rules. It is better to do this over the days leading up to the big night -- children who are anxiously awaiting friends are unlikely to give their full attention to your last minute warnings.

Remind children to stick close to their group of friends, even if this means waiting for a straggler; never enter cars or strange houses; trick-or-treat down one side of the street, then the other -- no criss-crossing; use sidewalks, and if there are none, walk on the left side of the road facing traffic; for youngsters who will not be accompanied by an adult, parents and children should together map out a safe route to avoid strange and uninhabited areas, and set a time limit; and warn children not to nibble until after their candy has been inspected by Mom or Dad. Some parents find that serving dinner before trick-or-

treating helps to avoid the temptation of snacking en route.

Costumes should be designed with safety, as well as creativity, in mind. To improve visibility on the street, have each child carry a flashlight and attach retro-reflective tape to their costumes. The tape can be purchased at most sporting goods stores; any left over can be put onto schoolbags, rain-wear and bicycles.

Costumes should be short enough to avoid a tripping hazard, preferably no longer than knee-length, and close-fitting. In billowy, tattered outfits children risk catching the fabric on bushes or fences, or brushing against the open flame of a jack-o-lantern. Shoes should be comfortable and well-fitted -- flippers, floppy clown shoes and high heels contribute to sore feet, falls, spilled treats and tears.

Masks with narrow eye slits hinder a child's ability to see oncoming

traffic, curbs, or obstructed pathways. Make-up is a better idea and more fun for the child. If a mask must be used, enlarge eye-holes and tighten the mask so it will not slip up and down.

Props, like swords, magic wands and laser guns, add to the Hallowe'en gaiety, but be sure your little one, in his quest for an authentic-looking costume, has not left home with a real knife. Be sure too, that props are made of pliable materials that will not cause injury if your child tumbles onto them.

Fires do not take vacations Hallowe'en night. To prevent clothing ignitions, handmade costumes can be flame-proofed: dip fabrics into a solution of 2 quarts (2.5L) warm water, 7 ounces (200mL) borax and 3 ounces (85 mL) boric acid; drip dry and iron. To preserve flame resistancy, this must be repeated after each washing. If costumes are store-bought, be sure they bear the flame resistant label.

## Military Social Work Services

(Part 1 of 2)

Everyone knows the Canadian Forces employs many types of specialists to deal with unserviceabilities in our aircraft, ships, land vehicles and other equipment. But, it seems not as well known that "helping" specialists are employed specifically to help prevent or resolve difficulties that occur from time to time in what is perhaps our most valuable commodity - our Service personnel and their families.

On the equipment side, we have a variety of specialists: aircraft technicians, vehicle technicians, electronic technicians and, of course, many others. On the personnel side, we also have a number of different specialists including: doctors, lawyers, dentists, chaplains, social workers, personnel administrators and personnel selection officers. Each base usually has a number of other persons designated to cover particular areas of personnel concerns. These areas do not necessarily require a specialist, but do require a person with the ability to gather information and act as a valuable resource person to the Base. Examples of this would include financial counsellors, drug and alcohol education officers and counsellors, etc.

Just as no one expert has all the answers on the technical side of

things, no one specialist on the personnel side can deal totally with the various kinds of complexities of personnel/social problems. Certainly no doctor, chaplain or social worker has a magic pill to relieve us all the troubles we may encounter. But each does have specialized knowledge, training and experience which can assist individuals and families to deal with a wide range of difficulties they may bump up against during their Service careers and family life situations.

Commanding Officers and supervisors alike may be able to benefit from specialist staff assistance. However, the specialists are in no way intended to detract from a supervisor's responsibility for the general well-being of his or her personnel. The supervisor is the one to see when a problem arises that is, for the moment, beyond our ability to resolve. Part of that person's job is to find the help you need, when you need it, and to protect confidentiality, when that is necessary. In the case of sensitive personal matters, all a supervisor needs to know is that there is a problem and what, in general, it involves. Then she or he can make an appropriate referral to a staff specialist if that is appropriate.

It should be noted that dependents also may contact specialists such as social workers and chaplains for assistance and counselling.

My purpose here is to introduce you the Social Work Services in the Canadian Forces social setting.

### Social Work - What Is It?

Most of us want to lead more satisfying lives. All of us want to be happier. For some that means more money, a better job, prosperity. For others, it means getting along better with other people, having more friends, being successful, and achieving personal growth in the process.

Whatever happiness means to each of us in all our lives, when it seems to be unattainable, at times when things get out of hand and get to be too much for us to handle, at times when we just don't seem to be able to get it all together. That is when the social worker may be of assistance.

Social work is a discipline of people, sometimes of professional status, dedicated and trained to assist people in getting it all together so they might lead more satisfying lives in this complex world.

Social workers are employed in a variety of settings - even in the Canadian Forces. Some work with

children, others with husbands and wives or with total families. Some assist older people or handicapped or sick people. They can be found working with small groups of people or large groups such as neighbourhoods and even government.

Wherever they are employed, all social workers have the same general belief in a person's potential and capability to improve his situation. In other words, if you want to improve your lot in life, only you can do it; however, you may need some professional help to reach that goal. The social worker's job is to give you a boost and head you in the right direction.

### Why Social Work In The CF?

The Serviceperson and family have just as much a right to lead a satisfying life as their civilian counterpart. This, however, is often difficult for Service families because they are called upon by the "System" to live under potentially stressful conditions such as extended separations, frequent moves, life in strange environments, etc. When problems occur due to these Service requirements, it often takes someone within the System to help people obtain what they need to relieve the pressure. The Service employs social workers who are specialist officers to assist in these situations. The military social worker often has many years of Service experience as well as his professional training to rely on when Service families approach him. Not unlike other people, the social worker is also learning through personal contact with people.

Part 2 - What do CF social workers do? Who may see a CF social work officer? Who, where and how in Pacific region?

## Airman of the Year

Ottawa -- Maj Frank J. Fay, formerly with 435 (Transport) Squadron, Edmonton, has been selected as Airman of the Year by the Canadian Forces Air Command.

As Airman of the Year, Maj Fay was guest of honour at the annual general meeting of the Royal Canadian Air Force Association held in Saskatoon, Sask., Oct 2-6, 1984.

Maj Fay's selection was based on his acknowledged expertise and long experience in tactical airlift operations. Air Command cited in particular his central role in the development and implementation of the CC-130 (Hercules) low altitude parachute extraction system (LAPES).

This versatile aerial delivery method was first used in 1975 in support of the airfield construction in Canada's North. Its inherent advantages were fully exploited during the clean-up operation which followed the COSMO 954 accident.

As well, Maj Fay is honoured as founder and commanding officer, on three separate tours, of the Tactical Airlift School in Edmonton.

These achievements according to Air Command "attest to the significant contribution he has made to Canadian military aviation".

After 30 years of service with the Canadian Forces, Maj Fay is on terminal leave prior to retirement.

## LYNX One pays visit



We recently had a visit from a strange aircraft, a CF101 Voodoo from Chatham. This could be the last real live Voodoo to visit Comox.

## "Fishwrapper" Exposed

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# Section News

## Demon

**AIRCREW**  
Crew 6 has returned from Fincastle competition in Australia. The crew flew in 2 competition flights and made 1 exercise kill. The British crew flying the Nimrod MK2 won the Fincastle trophy with one more kill than Crew 6.

The globetrotters from Crew 1 have returned from Australia, Halifax, Greenwood, Hawaii and points in between. Maj Hansen successfully completed his VPC check-ride on the trip to Hawaii. Congratulations!

The first camouflaged Aurora is out of DLIR (Depot Level Inspection & Repair) in Halifax and is alive and well in Comox. CP140101 is painted in the new Maritime Air Group low-visibility paint scheme. The paint scheme is similar to the F-18's except the Aurora has darker paint. VP407 has been hosting a VP405 crew from Greenwood for the last few days. The crew is down to use the facilities at Nanoose Bay. Apparently the VP405 crew has enjoyed Comox more than the Comox crew's enjoy Greenwood. It has something to do with the fact that Comox has good food, barracks, climate, etc. It also gives them a chance to drop torps which they can't do on the East coast.

Capt Jenkins has been seen studying his grammar and spelling lately as he is our next pilot candidate for Staff School. Just think of the Totem Times articles he can write when he returns.

**MAINTENANCE**  
After leaving an A/C and crew behind, Marian, along with myself

have just returned from "Down Under", fortunately, I turned my rubber boots and velcro gloves in just before I left Aussie, Marian however, undaunted at not finding a ram to molest, took it upon herself to spend a few sleepless nights enroute from the Outback.

The rumour mill has it that our steadfast bastion of airframe excellence and his Pierre Burton look-alike will be moving on to servicing in return for a fine attractive blonde and a player to be named later. I suppose I'll have to open up another bottle of couth and initiate another flock of airframe recruits. Finally another woman in Maintenance, should we ask for two?

In earnest, I must pass on best wishes to Reg Levac and express my great pleasure at having had the opportunity to work with him, best of luck back on the other side.

Well, it is said that he who is wise knows the value of silence so on that note, until next time, I bid our readers adieu!



**ENGINE BAY**  
By now it must be evident that it is exercise month and the new powers that be have not missed a trick. Half of our section have been drafted into guard duty probably on some lonely foreign post untouched. Let it be known that we of the rear guard, coffee cup in hand, have the home front well protected.

On a new note, Maintenance/Engine Bay extends a hearty welcome to Marian Coulombe and Denis Guay who joined our ranks from servicing; and congratulations to a "surprised" Cal Jefford on his promotion to Sgt. Meanwhile Bev Kolins and Cpl Steve Kneitl are off to Victoria for a week TD, Sgt Al Sinclair is in Vancouver for eight months, and Bernie Miller and Red Langval are doing their thing in Greenwood. Some people get all the good ones.

**PHOTO**  
In the Photo world, not too

## Doins

much has developed since the last article. A Base shelter exercise was called on the 11th of October, and the air Photo people offered shelter to their cousins in Base Photo. Our downstairs neighbours readily accepted and quickly assembled on the top floor of 7 Hangar to wait for further instructions. While the Warrant Officer and the Sergeant held a summit conference in the Sergeant's office, the techs took care of such tasks as *Euchre* and *hearts*. Another exercise was started on the 15th, and techs will certainly grow to love their beds in the next few days as rumours speak for 12-hour shifts.

Still away on her JLC is MCpl Joanne Paul who is expected back some time after the 25th of this month.

Cpl Mike Giroux has just left us for CFB Borden where he will be attending an XG course between the 16th of October and the 21st of November. Good luck, Mike!

Leaving shortly is Cpl Holly Ford, who has just won an all-expense-paid trip to CFB Greenwood. Holly will be taking her second line maintenance course from the 2nd of November to the 13th of December. Our best wishes go out to her as well.

Back from course is Cpl B. Lamblin who just returned from Borden where he picked up a few "tips" on soldering from the high reliability soldering course.

Well, that's about it for Photo news for now. See you next time.

## VP407 Demon Tech of the Month



Meet Cpl Serge Peters, our Demon Tech for October. Cpl Peters works in the VP407 Air Photo Maintenance Section, where he carries out second line maintenance and repairs on airborne photographic equipment for the Aurora and Tracker aircraft. In his spare time Serge enjoys hiking, bicycling and skiing with his girlfriend Jan.

Serge hails from Montreal, Quebec, where he joined the Canadian Forces in May 1977. He arrived in the sunny (?) Comox Valley in February 1982 from CFB Greenwood, and in January he will be leaving for a nine month course at CFB Summerside as he has remustered as an Airborne Electronic Sensor Operator (AESO). We hope he will enjoy the cold snowy P.E.I. winter. Good luck in your new occupation, Serge.

## Base Supply

One way to get around and find out what is going on is to write this little newsletter. As an outsider, on the spot reporting was required.

The report from General Stores is that Pte (Mario) Seguin is on leave in Ottawa but is still missing our B.C. weather. 1 Supply Group has lost Cpl (Wolfgang) Theurer to a stint of DST. Wolfgang is not too unhappy about it. BDF personnel are finding that the Army way of life has something to be desired. Cpl (Les) Roe thanks Mary-Jo for improving his score on the range last week. Cpl (Deanna) Graham is back from her "fives" and is itching to use her new found knowledge. MCpl (Diane) Earl is also back from JLC, Robert is very happy to have her back and won't be climbing the walls anymore.

Ex-Sup Tech Ray Robert seems quite happy to be working again and is finding the outside world has changed "just a little". Not too much happening in Rations, Sgt (Pete) Chellew has been given his walking papers as of April 26, 1985

but if he has anything to say about it he won't be gone completely. Cpl (Les) Roe is finally settling in and asking everyone "What rain are you talking about?"

Now for the month's riddle section - who is the female in Clothing who won't leave Cal's buns alone? Who's the Pte due to go on her Pay Level 5 and is 25 years old? Sgt Beachey (Starr) has a new rock - maybe a secret admirer!

Sports briefs - Supply bowling is going well. We have a noon hour volleyball league and if anyone is interested the times are from 1130 to 1215 hours and 1215 to 1300 hours. Anyone interested in broomball, contact Pte Harvey at POL 2301. We need someone to head and organize this activity.

In closing I'd like to wish Hutch good luck in his new endeavours as a seaman. Also, congratulations to Cpl J.P. Ullock, married right after getting back from the Middle East and a welcome goes out to his new bride Dawn.

**VU33 OPS**  
The hockey season has once again started and so has our winning streak. Our two games have been against MSE and ATC. The score at the end of the MSE game was 10-4 for us. The high scorer of the night was Maj Owen as he picked up five goals and two assists. The second game was against ATC who lost 5-3. ATC was able to field a competitive team but were a little weak down the center ice (sorry, Dave Clark and Paul Anderson, I couldn't resist).

Recently our resident Training Officer has had his name plaque stolen from his office door. If anyone knows the whereabouts of this plaque, please contact Capt Farrar at local 2240.

That's all for now. Next week, look for a report on the Opeval and on the upcoming TGIF.

**VU33 MAINTENANCE**  
I've been asked by the "budding bard of VU33": Len Comeau to pinch hit while he's enjoying the LRO surf down east. I've enjoyed Len's

## VU



## 33

column through these many months as I'm sure other squadron matelots have.

To paraphrase Len's line; "here's all the new's from your favourite squadron".

Things appear to be falling in place after our uprooting from 3 hangar. To confirm this I watched Harry, Ken and George make it from the servicing desk to the hangar floor without making one wrong turn!

Personnel wise, the squadron is beginning to look like a scene from M.A.S.H. as Al joins Tom and Woody on the injured list. Good taste prevents me from asking how you injured your paw Al, but hope it mends soon.

Gold fever is still running high through the squadron as stories of 2 pound nuggets picked off the

ground at random continue to circulate. Know anything about this Dave??

A belated thanks for an excellent Rock Bay Camp must go to BVD and Wayne, who even though so-so crib players have proven themselves excellent organizers. Thanks also to Pete, John, Capt F and the myriad of others who contributed.

Anyone having a nominee for "Tech of the Month" can contact Clive. Enjoyed the pix of last month's winner Clive!

Fred is up north, stalking his usual 4000 pound (dressed) moose; best of luck Fred.

Al got a haircut....unfortunately by the time this goes to press he's going to need another.

Kind of hard to pin people down these days as I haven't located all the hiding places yet, however Merv assures me his recent trip down south was not to drop leaflets advertising Comox as the "ski capital of Canada".

Our token armorers: Dave and Glen (Mario Lanza) L. are ensconced in their new digs, safely removed from the clutches of the servicing types, however a telephone call is more than enough to make them shoot into action (little play on words here).

Rather than press my luck I better wish everyone a good Op Eval and say "Goodnight Durango, wherever you are".  
RCM

## As The Beacon Turns

Air Traffic Control had its first Annual Shipwrecked Party in honour of the *Sundancer*.

It was a come as you were when the ship went down. There was a wide variety of outfits, ranging from Mike and Charlene Maillet who arrived a bit worse for wear in their wedding clothes to Dave McLeod who arrived in a nice jacket, vest, fancy shirt and tie and his undershorts. The merchants in the Valley were pleased as they sold every tacky loud shirt in stock to the ATC types.

Mike and Charlene won the prize for best costume.

The food was pot luck. The guys cooked! Catherine Guedj, our single OJT and Corine Hunter, one of the single nurses, were the judges for the food prizes. It was decided the single girls would not be prejudiced in judging. As it was, the boss, Ed Montgomery, won best appetizer for his shrimp salad. John Myers won best main course for his Hawaiian meatballs and Greg Threaders' Nanaimo bars were the best dessert. All in all, it

was a super party. Thanks goes out to 442's Sar techs, from the bottom of my heart, for providing the decorations.

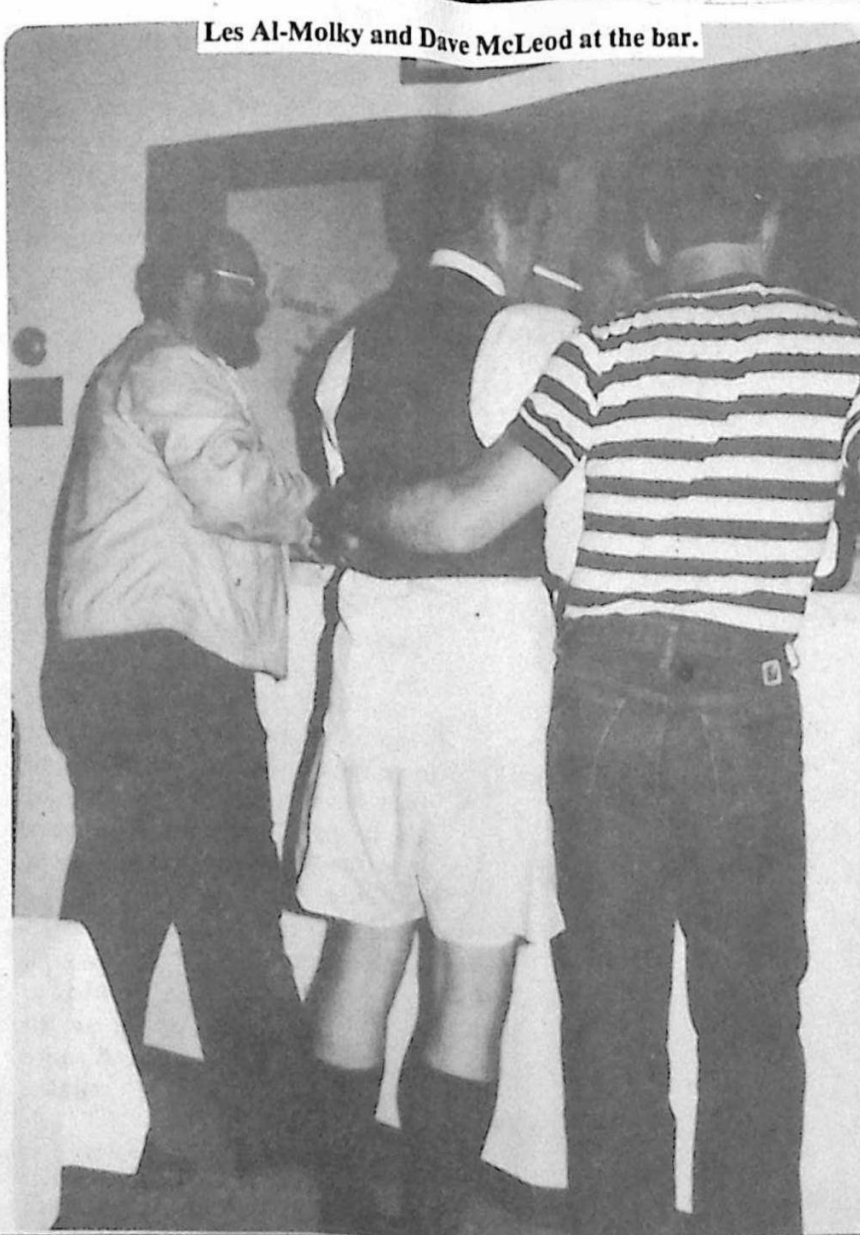
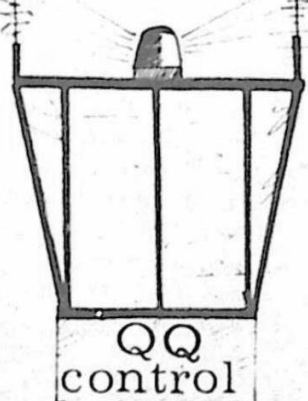
Congratulations are in order for Peter Merkel. Pete, who recently checked out as a terminal controller, was so keen, he spent all his days off at the section bright and early.

Welcome goes out to J.P. Litchman. JP is on loan from RCC Victoria for his ATCA OJT.

Doug and Tracy Crumback are having a few early mornings. No, not up early for recall but to say "Good morning" to Stephanie Dawn, their new addition to the family.

Monty's Mauraders were on top of things during the last exercise. They caught four infiltraters. Well done guys!

SH



## Jr. Ranks Club

NOVEMBER 1984						
SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
				1	2	3
					DJ AUDIO EXPRESS	
					TGIF: Euchre	
	4	5	7	8	9	10
					*BAND* INNUENDO	
					TGIF CRIB	
11	12	13	14	15	16	17
REMEMBERANCE DAY					DJ SUMMIT	
					TGIF: DARTS	
18	19	20	21	22	23	24
					*BAND* LAZY SPIRIT	
					TGIF EUCHRE	
25	26	27	28	29	30	
					DJ NINE TONIGHT	
					TGIF: CRIB	

SNACK BAR: 339-4333

11 November 84 --REMEMBERANCE DAY. All Ranks & guests. Buffet Lunch. DJ - Nine Tonight.

All bands and DJs start at 2100 hours and finish at 0100 hours. Entrance to DJ dances is \$1.00 and to dance bands \$3.00 per person.



# 442 Squadron



Capt Mike Dorey, a Labrador pilot at 442 Squadron receives his 1,000 hour Boeing pin and certificate from the Commanding Officer, LCol Doug Stuart.



MCpl Gerry Boucher receives an ATG certificate for a recent operational parajump from LCol Doug Stuart, CO 442 Squadron.



Master Corporal Dave Davies (left) and WO Harry Gillard (right) receives Boeing Rescue Citations for the rescue of a poison victim off a freighter located 300 miles off the coast on 9 December 83.

Presenting the awards is LCol Doug Stuart, CO 442 Squadron.

Rudy reaches a milestone



Capt Rudy Preus recently became the second Labrador pilot to achieve the plateau of having flown 5,000 hours in the CH113 helicopter. Rudy is seen here receiving his pin and certificate, forwarded by Boeing Vertol, from LCol Doug Stuart, CO 442 Sqn.

442

Sqn



## 442 SQUADRON

## FROM THE MAIN FLOOR

CWO Doug Ford, our new AM-CRO/AMADO and Squadron Discip., arrived on September 16 from 1 Air Maint. Squadron Baden-Sollingen. His career extends from 1952 to a projected retirement date of 1991 - just short of a CD3. He began as a radio technician with REME at Kingston, Montreal and Gagetown. In 1958 he served in Egypt, and possessing an air radio specialty, he was then attached to the RCAF in 1961. In 1962, he went with the first helicopter squadron (Hiller CH112s) to Germany. From a tour at Rivers in 1965, he joined 403 Squadron (Iroquois CH118s) at Petawawa in January, 1968, as a Corporal. In April, 1970, he was in at the beginning of 3FTTU Chopper school. He had become a Sergeant in March, 1969, back to Trenton briefly, and then to his most recent posting with 1 CAG. On the way, he was promoted MWO in 1978, and CWO in July, 1980. By all accounts he was one heck of a hockey player, who is remembered by varying degrees of kindness by his team (the Baden Knights) and his opponents (the Vandoos and RCR) from one of his tours in Germany. Now his body checks will likely involve a glance at your D and D.

Our ex-FE, whose name is Zee, will be off to be a TQ3 (Admin.) in January. She is posted to Base in the meantime.

On a Thanksgiving weekend, is there any difference between a Buffalo and a Turkey? Don't ask our Servicing techs. Four days of frustration, fourteen and sixteen hour shifts, and finally, they found an engine that worked. That's performance guys, please don't leave.

In sports, our volleyballers are doing sort of OK, but could use more support. The flagfooters continued their winning ways with a 22-20 squeaker over BTelO, and a 32-7 romp over VU33, who must be tired from moving their furniture and aeroplanes over to the Big 7. Danny Sanscartier was big in game 1 with 3 TDs, after our side was down 14 points. Against VU33, Doug Strachen's first half major preceded a second half explosion, in which Rick Parent, Dave Biehn, Doug Strachen (again) and Jerry Howe scored TDs. The defence, in producing 13 QB sacks by Tom Furlotte and JF Breton, really folded VU33's wings. Ironically, our hitherto unbeaten flagfooters lost the championship, not entirely on the field of battle, but due to the operational requirements of 442 Squadron. Rick MacNab and co. were off on a search, while our remaining six players put up a heroic but losing fight against VU33. We, therefore, challenge the champions, BTelO to a real game. Then, we'll see who's boss.



LCol Doug Stuart, CO 442 Squadron, presents MCpl Barry Dickson with his CD at a recent ceremony held at 442 Squadron.



LCol Doug Stuart, CO 442 Squadron presents MCpl "Gator" McCluskey with an ATG certificate for an operational parajump on a recent search.



MCpl Dave Davies receives a Boeing Vertol Rescue Citation from LCol Doug Stuart, CO 442 Squadron for his participation in the hoist rescue of a heart attack patient from the oil tanker "Exxon New Orleans" on 15 March 84.

## Wos' - SGTs' MESS

October 27  
HALLOWEEN DANCE



Live band -  
munchies.  
costumes please -  
No cost.

November 2, 16, 23 and 30  
TGIF. Food. Games. Relaxed dress.

November 9  
1600 to 1800 hours. TGIF -- no games.

WESTERN NIGHT -- DANCE WITH KENNY SHAW"  
2100 hours. Cost: advanced tickets - \$20.00 per couple for regular and associate members; \$25.00 per couple for honorary members and guests.

November 18  
MINI GREY CUP  
1030 hours WOs & Sgts vs Officers -- Sign up at the mess.  
GREY CUP PARTY - Food.

November 19  
MEETING  
2000 hours -- WIVES CLUB MEETING -- Pre-Xmas  
Craft & Bake Bazaar. Guests welcome!

November 30  
MIXED TGIF  
Food. Games at 1930 hours. DJ at 2100 hours.

## UPCOMING EVENTS

December 8  
Christmas bingo and PMC's draw. PMC draw tickets are available at the bar.

December  
At home to the Officers  
Date TBA.

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

## OFFICERS' MESS

Fridays, November 2, 16, 23, 30  
REGULAR TGIFs

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

November 2 - TGIF BURGERS & FRIES  
November 9 - MIXED TGIF HIP OF BEEF  
November 16 - TGIF SPAGHETTI & SALAD  
November 23 - TGIF BBQ BEEF ON A BUN & SALAD  
November 30 - TGIF CHILI & CHIPS

Wednesdays, November 7 & 21  
OFFICERS' WIVES CLUB BRIDGE

Friday, November 9  
MIXED TGIF  
Hip of beef buffet - 1930 hours. Music by DJ "Nine Tonight" - 2100 - 0100 hours. Dress Casual. Cost per couple: members - \$10.00; guests - \$15.00. Reservations to the Mess Manager by 1200 hours 06 November 84.

Sunday, November 11  
REMEMBRANCE DAY  
Lest We Forget

Sunday, November 18  
MINI GREY CUP  
Come and join the "Annual Mud Bowl" between the Officers' Mess and Senior NCO's Mess on the Base playing field at 1030 hours. Players required. Names to Lt Irvine, local 2354.

GREY CUP PARTY  
Come out and support your team. There will be clam chowder, sandwiches, chili and a free keg of beer.

Wednesday, November 21  
OWC CRAFT FAIR  
1930 for 2000 hours. There will be ceramics, knitting, crochet and much, much more. Come and do all your Christmas shopping now. You will be certain to please your whole family once you see the selection of items.

Thursday, November 22  
MIXED DINING-IN

## M.S.E. Driver Safety

### What would you do??

You're driving 80 kph (50 mph) on a country two-lane highway and you come upon a deer about 200 feet ahead standing beside the road. What should you do?

- ☐ Sound horn, hard brake, and ease off to medium brake to stop and proceed cautiously.
- ☐ Medium brake to slow down to 65 kph (40 mph) to pass.
- ☐ Medium brake to swerve right behind the deer if he moves.

Answer on page 8



# Editorial

## Eastern papers copy

It's snowing on the Prairies. Hold that thought! Back to those places where the only mountains they have they had to grow themselves from molehills, it's cold. In every concrete canyon from Calgary to St. John's, the wind is blowing winter.

Recipes for Sunday Brunches, back East, now feature the addition of jalapeno peppers to the eggs and brandy in the coffee. Baby, it's cold outside.

In the Comox Valley, we're preparing for winter, too. A bare fifty percent of the sports fishing fleet goes out when the weather is good: the rest are tired of eating salmon. Golf, too, has changed. Rain slickers hang from gaudy umbrellas on the golf carts, and a fellow can take a divot again, now that the ground isn't so hard.

The beans are about picked out. The tomatoes won't either quit growing or ripen. The roses are getting hippy and the hippies cheeks are rosy. (It's weird-mushroom season.) Ducks and geese are assembling in backwater bays of the Straits: arguing for flight, squadron and wing leader positions with all the noise and bravado of an anarchists' airforce.

In Comox and Courtenay, chainsaws and mauls cut firewood six months later than first planned. An advertisement has appeared for

antifreeze. Hunting's poor because we need some snow in the high country for tracking.

At the Base, the Career Managers have begun to check in; easing their chilblains with moist, Pacific air.

Moist? Did we say moist?

Fall is in the Comox Valley, alright. We know it: eight hundred centimeters of moistness fell on our car just driving to work today.

The real reason that all those boats are out of the water is because their owners are wearing their lifejackets at the golf course and in the garden.

And those career managers? They're here to see how will we adopt to the cascades of rain we daily face. If, after observation, it looks as though we can cope with all this water, we might get transferred to the Navy. Or, if you've learned to walk on the stuff, promoted.

Oh, we're right at the sharp-end, out here in the far, far west. You Easterners take note: you're a lot better off thawing your feet in a bucket of hot water than confirming, daily, why they call our bush a rain forest.

Cutting grass 12 months of the year is no picnic, either. It is tough on Vancouver Island.

Pass us another mushroom, Mabel. One gets tired of eating lotus.

Guest Editor - name withheld by request.



## Mayonnaise Myth

\*\*\*\*\*

You're preparing salads or sandwiches for a summer outing where there's no refrigeration. You'd like to add mayonnaise but you're afraid that it will hasten food spoilage. Should you take the mayonnaise along and mix it in at the last moment or leave it out altogether? Neither, says E.M. Foster of the University of Wisconsin-Madison Food Research Institute.

"The popular belief that mayonnaise stimulates the growth of food poisoning bacteria in food is false. In fact, just the opposite is true. The sooner you add the mayonnaise, the safer your food will be," advises Foster. Salmonellae and staphylococci bac-

teria frequently cause food poisoning. Salmonellae are often found in poultry, eggs and other animal products. Staphylococci grow in soft creamy foods, roast fowl, baked ham and chicken, ham and potato salads.

Foster explains why these bacteria won't grow in mayonnaise. By law mayonnaise and salad dressing must contain vinegar, and it often contains lemon or lime juice. These ingredients make mayonnaise very acidic. The pH of American mayonnaise, a measure of acidity, is below 4.1. Salmonellae and staphylococci need a pH of about 5.3 to grow. In mayonnaise alone, these bacteria will die off in a few days.

"Pasteurization destroys salmonellae, but the U.S. Food and Drug Administration doesn't require manufacturers to pasteurize the eggs they use in mayonnaise because they know that salmonellae and staphylococci can't live in an acidic product like mayonnaise," says Foster.

Food Research Institute scientists recently conducted an experiment to demonstrate mayonnaise's effect on these food poisoning bacteria. They added the bacteria to plain chopped up chicken and ham and to chicken and ham salads prepared with mayonnaise.

After leaving the foods at room temperature for 24 hours they mea-

sured the bacteria levels. The bacteria grew very little in the salads containing mayonnaise, but they grew rapidly in the plain meat, reaching millions per gram.

This proves that mayonnaise inhibits bacterial growth, explains Foster. It does not stimulate growth as many people believe.

N.B. It is still a worthwhile objective to ensure that salads and sandwiches are transported in a cooler and maintained at 5 C (40 F).

— Reprinted from "Ounce of Prevention."

Next Totem Times Deadline - Monday, November 5, 1984

## Letters:

### To The Editor:

1984 marks UNICEF's 30th annual Trick-or-Treat campaign!

Over the past 29 years Canadian children have collected a total of TWENTY MILLION DOLLARS Trick-or-Treating for UNICEF with collections reaching \$2 million last year alone.

Funds raised at Hallowe'en directly benefit UNICEF's projects in the developing world that help the most needy children and their mothers. UNICEF depends entirely upon voluntary contributions to

finance this work. As a fundraising program, the Hallowe'en campaign has the lowest administration costs (8.8%).

Canadian support of UNICEF is the highest per capita in the world and we hope to continue this outstanding record in 1984. I remind all of your readers to have their coins ready when the children come Trick-or-Treating with their UNICEF boxes this Hallowe'en.

Sincerely,  
Mrs. Bridget Trerise  
Provincial Chairman  
UNICEF British Columbia

## TOTEM TIMES

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

Second Class mail registration is 4098. Office phone: 339-2541.

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PHOTOGRAPHY: Base Photo

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



## Law Talk

By Gordon Hardy of the People's Law School

Law in the Middle Ages.

Can you imagine a society in which it was an act of treason to raise your hand not only against the king but also against your employer, landlord, or husband?

In medieval England - where your justice system was born - acts against the established order, such as the murder of a parent by a child or a master by a servant, were considered a form of treason and punished severely. Counterfeiting was also a form of treason, punishable by death. It was not till the last century that these offenses ceased to be treason.

Such laws only make sense if we understand the society from which they sprang. Medieval England was a feudal society; each person owed allegiance to his or her direct superior in a long chain beginning with the mass of lowly peasants through the land-owning aristocracy and, finally, to the king who was thought to be ordained by God to rule.

Feudalism, when introduced in full scale to England by the conquering Normans in 1066, resulted in profound changes in the forms of land-ownership and social organization. Naturally, laws reflected this. Legally, the king retained final rights to all the land (we still call land owned by the government Crown land). In practice, however, the king turned most of it over to his vassals, or loyal nobles. A noble did not absolutely own the land but merely held it in trusts or "tenure" for the king or a

greater noble in return for loyalty and services. In doing so, the vassal recognized the overlordship of his superior. This was in contrast to the Anglo-Saxon who owned land in a less cumbersome way. For two centuries after the Conquest it was usually not possible to take possession of land without recognizing someone's overlordship. Such feudal relationships extended down the social scale to include everyone in society. Ordinary folk owned their allegiance to the local landlord; in return for permission to work his land, peasants were obliged to surrender part of their crops, as well as provide other services. The landlord, on his part, was expected to protect his peasants while fulfilling his obligations to his superior. Acts which threatened these feudal relationships were thus seen as treasonous.

Many of our legal concepts relating to real estate date from this period, as well as legal terms such as "tenant" and "fee simple". Tenants-in-chief were often powerful barons who held land in tenure directly from the king. While there were several kinds of tenure, the most permanent was tenure in fee simple; this meant that as long as simple; this meant that as long as there was a surviving relative the land did not revert to the king's ownership. To this day, no one in Canada owns land absolutely. If you buy real estate, you hold it in fee simple; if you die without an heir, it returns or escheats to the Crown.

Clearly there was little room for our concept of the individual in

such a scheme. Peasants were bound by law to the land of their forefathers and sons were usually required to take up their fathers' occupations. John of Salisbury (1120-1180), a medieval philosopher, considered feudalism morally and politically just. He wrote that society was like a human body; the king corresponded to the head, the soldiers to the hands, and so on. In his analogy the peasants were especially important and required protection from the sovereign: "The husbandmen (farmers) correspond to the feet, which always cleave to the soil, and need the more especially the care and foresight of the head, since while they walk upon the earth doing service with their bodies, they meet the more often with stones of stumbling, and therefore deserve aid and protection all the more . . ."

Time did not stand still in the Middle Ages and neither did the development of law. An early contributor to its evolution was Henry de Bracton. In the early 13th century, Bracton, a circuit judge, wrote a treatise which consisted of digests of thousands of court decisions. The treatise, called *On The Laws and Customs of England*, was an important step in the creation of English common law and served as one of the first text books on law for the newly-emerging legal profession. Bracton stressed the importance of having judges interpret the law (a principle we retain today). He also suggested that there should be limits on the

king's absolute power.

There were other far-reaching changes, as well. In the early Middle Ages, England was a patchwork of small feudal courts, each dispensing justice according to local custom and wisdom. For several reasons these were gradually displaced by the courts established by the king. The royal courts, firstly, made stronger and more binding decisions, backed as they were by the muscle of the central government, while decisions made by local courts could be thwarted or overturned. In addition, trial by jury, an attractive novelty at the time, was only available in the king's courts.

The collected decisions of the royal judges, recorded on parchment scrolls at Westminster, came to form laws which were common to the whole kingdom and not merely one shire. They were the basis of English common law. In time, a judge's decision came to establish a precedent which other judges followed in similar cases, a principle which we retain today in Canada.

The greater appeal of the king's courts meant that fewer and fewer people bothered to go to the feudal courts; though bereft of most of their powers, the remnants of the feudal courts lingered on for many centuries and were only finally abolished in England in 1971.

End.



# A.F.V.C.

Ottawa -- Les parachutistes-secouristes des Forces canadiennes ont remporté trois des cinq trophées internationaux lors de la compétition SAREX 1984. L'événement, tenu à l'Eglin Air Base, à Fort Walton Beach (Fla.) du 21 au 28 septembre a réuni quelque 200 membres du personnel américain et canadien en recherche et sauvetage pour une semaine de compétitions d'habileté en assistance médicale, en parachutisme et en exercices de recherche.

Les membres de la 103e Unité de sauvetage, sise à la base des Forces canadiennes de Gander (T.-N.) ont remporté aux dépens de onze autres équipes américaines et canadiennes le trophée Saunders-Mackenzie en tant que meilleure équipe dans l'ensemble de la compétition. Cette unité s'est aussi vue décerner la coupe Allison, pour la meilleure équipe de parachutistes. C'est l'équipe représentant le 424e Escadron de transport et sauvetage, à la base des Forces canadiennes de Trenton (Ont.) qui s'est méritée le trophée SAREX présente à la meilleure équipe lors de la compétition de recherche et sauvetage.

Le 55 Aerospace Rescue and Recovery Service (ARRS) Squadron de la US Air Force, à la Eglin Air Force Base, a gagné la coupe Sullivan pour la meilleure équipe médicale.

Les prix individuels tels que le trophée Pararescue Memorial attribué au meilleur parachutiste de la rencontre a été décerné au sergent J.L. Ergish du 303 ARRS, sis à la March Air Force Base, à Riverside (Calif.). Le capitaine R.J. Mondeville du 440e Escadron de transport et de sauvetage, à la base d'Edmonton, a pour sa part remporté le trophée Warrant Officer en tant que meilleur parachutiste des Forces canadiennes.

Le trophée Armstrong Proficiency décerné à la meilleure équipe canadienne a aussi été gagné par la 103e Unité de sauvetage. Parmi les autres équipes canadiennes participants, on trouvait le 442e Escadron de transport et de sauvetage, sis à la BFC Comox (C.-B.), le 435e Escadron d'instruction des étudiants et le 440e Escadron de transport et de sauvetage, tous les deux basés à la BFC Edmonton et le

413e Escadron de transport et de sauvetage, sis à la BFC Summerside (I.-P.-E.).

La compétition SAREX, tenue chaque année depuis 1976, permet aux représentants des nations américaines et canadiennes de se rencontrer et discuter des développements particuliers au sein de la profession.

Ottawa -- Le Commandement aérien des Forces canadiennes vient de décerner le trophée Mynarski à la 103e Unité de sauvetage (103e RU) basée à la BFC Gander (T.-N.). Nommé en souvenir de l'officier-pilote Andrew Mynarski, qui s'est mérité à titre posthume la Croix de Victoria lors d'une tentative de sauvetage pendant la Seconde Guerre mondiale alors qu'il était aux commandes d'un Lancaster. Ce prix annuel symbolise l'excellence dans le domaine des activités de recherche et de sauvetage (R et S).

Le trophée a été présenté au major Keith Gathercole, officier commandant l'unité, lors de la réunion annuelle de l'Association de l'Aviation royale du Canada qui s'est tenue du 2 au 6 octobre, à Saskatoon (Sask.).

C'est grâce au "haut taux de succès des missions de R et S effectuées souvent dans des conditions très difficiles attestant ainsi l'habileté et la détermination de ses membres" que l'unité s'est méritée le prix. De plus, le Commandement aérien a tenu compte, lors de son évaluation, des nombreux programmes initiés par la 103e RU visant à enseigner les techniques de R et S aux employés d'entreprises commerciales et au personnel naviguant à bord d'hélicoptères travaillant en mer.

Selon le Commandement aérien, l'une des missions de R et S illustrant bien le travail exemplaire des membres de l'unité s'est déroulée à environ 60 milles au sud du cap Dyer (T.N.-O.), alors que quatre personnes qui avaient pris place à bord d'une embarcation de fibre de verre se trouvaient aux prises avec un orage et durent se réfugier près d'une îlot. Elles furent obligées de s'agripper tant bien que mal à un récif en saillie dans une mer houleuse.

Parti à leur recherche à bord d'un hélicoptère de R et S de type

Labrador, l'équipage qui comprenait le pilote, le capitaine Rob Butler, le premier officier, le capitaine Kirk Sunter, l'ingénieur de vol, le sergent Doug Gardner, et les techniciens de R et S, les caporaux-chefs Bill Moore et Andy Ainsley, quittait Gander à 6 h via Goos Bay et arrivait à Frobisher Bay seize heures plus tard. On décida à 23 h de bénéficier de la lumière du soleil de minuit du mois d'août et de poursuivre les recherches.

Après avoir découvert une perçée dans les nuages, l'équipage réussit à maintenir l'appareil au-dessus du récif. Les deux techniciens de R et S utilisèrent le treuil pour hisser les deux premières personnes à bord de l'hélicoptère.

Mais avant que les deux autres naufragés aient eu la chance d'être hissés à bord, l'appareil fut envahi par une fumée provenant d'une chaudière défectueuse. L'ingénieur de vol découvrit rapidement l'origine du problème, ferma la chaudière et l'on put ainsi terminer l'opération de sauvetage.

L'opération était à peine achevée que le mauvais temps forçait l'hélicoptère à se poser sur une petite île. L'équipage venait ainsi de compléter sa vingt-sixième heure de vol en plus des deux heures consacrées au sauvetage lui-même.

L'équipage et les passagers réfugiés à bord de l'hélicoptère attendirent donc que le mauvais temps passe. Durant cette longue période d'attente, ils furent réveillés par des grattements à l'extérieur. Le capitaine Butler aperçut alors trois ours polaires qui reniflaient aux alentours. Leur curiosité satisfaite, les animaux quittèrent les lieux.

Dès que les conditions météorologiques le permirent, l'hélicoptère fut en mesure de poursuivre sa mission et de ramener les rescapés à bon port.

**MINIMÉTRIQUE**  
250 mL font un peu plus qu'une tasse

**MINIMÉTRIQUE**  
5 mL font environ une cuillerée à thé

Ottawa -- Le ministre de la Défense nationale, M. Robert Coates, et l'ambassadeur au désarmement, M. Douglas Roche, se sont rencontrés hier pour initier des discussions visant à développer une stratégie commune qui permettrait d'accroître le rôle du Canada dans la promotion de la sécurité mondiale.

Ils se sont dits d'accord que pour obtenir une réduction substantielle des armes nucléaires dans le monde, la sécurité de l'Occident doit être renforcée par des forces classiques.

"La prévention d'une guerre nucléaire est la question la plus importante de nos jours", ont affirmé MM. Coates et Roche dans une déclaration conjointe. "Le Canada peut jouer un rôle important au sein de l'Alliance atlantique pour réduire les tensions et créer les conditions propices à une paix durable. Pour remplir cette mission, nous devons d'apporter une contribution entière à l'Alliance", ont-ils ajouté.

MM. Coates et Roche ont déclaré que le gouvernement mettrait de l'avant des propositions permettant au Canada d'assumer un rôle de premier plan dans le cadre de nouvelles initiatives multilatérales des petites et moyennes puissances.

"nous croyons qu'il est essentiel de poursuivre simultanément les objectifs de paix et de liberté.



**LA PROCHAINE RÉUNION DU COMITÉ SERA JEUDI 1 NOVEMBRE à 7:30 P.M.**

## Devriez-vous investir?

(NC) — Certaines personnes ne devraient pas investir. Malgré les faibles sur les oeufs d'or et les citrouilles qui se transforment en carottes, certaines personnes feraient mieux de garder leurs économies en banque, dans leur matelas ou encore dans la jarre à biscuits.

Une bonne raison de cette abstention serait la personnalité. Toute personne qui tend à trop s'inquiéter des événements, que ce soit du match de hockey, de la politique, des contingents de vente ou du mal de gorge des enfants, n'a pas besoin de perdre le sommeil à cause de ses placements. La vie est trop courte! Un comptable général agréé peut aider à déterminer la valeur de placements pour une personne ou lui recommander un courtier de bonne renommée.

Bien que ceux qui ne devraient pas s'engager dans les placements sont très nombreux, le véhicule qui convient devrait être déterminé en fonction de la personnalité de chaque investisseur éventuel. Et il est plus difficile de trouver le véhicule qui convient qu'il n'est de décider si une personne devrait investir.



**LA COMPTABILITÉ ET VOTRE ARGENT**  
Wilf Caplan, f.c.g.a.

D'une part, vous avez les placements sans risques à faible rendement où les obligations d'épargne du Canada se placent à un rang légèrement supérieur aux dépôts à terme et aux comptes d'épargne. Par la suite, l'échelle est ascendante et le potentiel de bénéfices (gains en capital et revenus, habituellement) est fonction des risques assumés.

D'autre part, il y a les titres très spéculatifs, les opérations d'options et les marchés à terme qui, si la personne est très avisée, bien conseillée et investit au bon moment, peuvent être très rentables mais il y a toujours le risque de perdre la totalité ou une partie du capital.

Ainsi, il faudrait appuyer sur une règle qui doit s'appliquer surtout dans le cas de placements spéculatifs: ne jamais spéculer ou faire des placements à risque élevé si vous ne pouvez perdre les sommes engagées sans être affecté notablement. Même lorsqu'il s'agit de risques que vous pouvez vous permettre, assurez-vous d'avoir au préalable des bonnes épargnes et des placements sûrs.

Devriez-vous investir? Jamais avant d'avoir pris soin de ces éléments essentiels. Pour plus de détails, consultez le comptable général agréé de votre localité ou écrivez-moi aux soins de l'Association des comptables généraux agréés, 740-1176 West Georgia St., Vancouver, C.-B. V6E 4A2.



Wilf Caplan, f.c.g.a., est le président de l'Association des comptables généraux agréés du Canada.

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Pour plus de renseignements, contacter une de ces personnes.

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# Sports

## CFB Comox Ski Club

To early for an article? Not likely. With all the rain we've been having there is probably 3 feet of snow on the slopes now. I can hardly wait!

The CFB Comox Ski Club is looking forward to an exciting season this year. Mt. Washington has expanded the facilities in its lodge and Forbidden Plateau will be open. Get ready and take out your chains and skis, sharpen their edges and get set for an exciting season with the club.

Our first event will be the "Meet and Greet" at 1900 hours, Tuesday, 30 October 84 in the Glacier Greens Social Centre. This is the opportunity for old members to update their membership and to welcome and initiate any new members. If you wish to sign up, this is your chance! Membership is \$5.00 for students, \$10.00 for singles and a reduced rate of \$15.00

for a family. At the Meet and Greet, presentations by event organizers and others will be given. Following this there will be ski movies and displays. Last year, SKI TAK HUT, COMOX SPORTS and MOUNTAIN MEADOWS had excellent displays of their newest skis, boots and other equipment. There will be presentations as well as displays by the area ski resorts Mt. Washington and Forbidden Plateau. Bring the kids, yourself and the neighbours. See you there!

The next event will be our annual ski swap. Here is the chance for you to sell your old gear and pick up new or used gear at greatly reduced prices. An overwhelming success last year, we are looking forward to it. It will be run at the Airport School on 3 November. Equipment will be accepted for sale from 0830 - 1200 hours and the sale will run from 1300 - 1600 hours.

We expect to have a ski waxing clinic in mid-November. COMOX SPORTS will provide us with a top-notch presentation as well as help us tune our own skis. Definitely a worthwhile lesson. Our first Family Funday will be held in early December, the second being held in April. The whole club turns out to compete in fun events such as an obstacle course, mini Molstar racing, as well as cross-country racing. That evening we will have an excellent dinner at the Social Centre and receive all the prizes we've won during the day. With over 70 people participating last year, it should be another great success.

Two trips in the works for this year. The first will be to Whistler Mt. or Mt. Baker at the end of January. This trip is always booked full, so plan now. A possibility of a trip to Lake Tahoe with the Mt.

Washington Ski Club is also in the works.

Last, but certainly not the least, is the CAF regional and national ski championships. CFB Comox has submitted their bid and are the odds on favorites for hosting these events. Sharpen your skills as we need many male and female competitors for the base team.

As well as the discounts provided by the area ski shops to club members, we have downhill equipment available from sports stores for every body's use. Once again we will be looking into providing transportation once every weekend from the Canex up to the ski hill.

All in all, our club will be very active once again. Look forward to more articles and more information every 2 weeks in our Totem Times newsletter.

See you at the "Meet and Greet"!

## Banner year for Ken Wiebe



It was just one of those wild and crazy seasons for the Marine Section's Master Seaman Ken Wiebe. Ken is our resident pitching star, and he had an outstanding season this past summer while playing for the CFB Totems fastball team.

The Totems play in the Bill Moore Fastball League and the team finished the year on top. In the playoffs a tough Courtenay Shell Farmers team sidelined the Totems in the final but all in all it was an outstanding season.

Much of the team's success was a direct result of the strong arm of Ken Wiebe. This was recognized at the year ending league banquet as Ken was rewarded with the Most Valuable Player Trophy and All Star Pitcher Award. He was also presented with the Bill Moore Memorial Trophy which is given annually by the Comox Valley Umpires to the player in the league who best displays a combination of sportsmanship and ability.

A big "Bravo Zulu" goes out to Ken on his success and it does go to show that all the gold is not in California - some of it is on Ken Wiebe's trophy shelf.

by Gord Kruger - BP10

## Comox Valley Ski Fair '84

This year's Comox Valley Ski Fair is once more sponsored by our two local ski patrols - Forbidden Plateau and Mt. Washington.

It will be held in G.P. Vanier Gym on Sunday November 4th from 1 to 6 p.m.

Bigger and better than ever. Last year's enthusiastic crowd enjoyed all the fun of the Fair and this year the operation hopes to have more for you to see and do.

The ski shops will have all the latest in ski equipment for Alpine and cross-country, plus the very latest in clothing.

Stress will be on warmth and keeping dry, plus, of course, the very special touch of class.

New ideas and trends in bindings. The fashion show at 4 p.m. is something to look forward to each year as all the ski shops put forth their very best and latest for you to see.

Contests will be held with good prizes. How long can you ride a Bongo Board?? How many jump on short skis can you do without fouling out?

Watch a great fitness display, learn how to care for your own skis, see video films of great skiing areas and some fantastic powder skiing in the famous glaciers of Alberta and B.C.

Get information on local ski areas' programs, for lessons, etc., information for disabled skiers and those who would like to learn. Enjoy a cup of coffee, a donut - all proceeds to disabled skiers.

If you have used equipment, Alpine or cross-country or ski clothing all in good condition, we can sell it for you just bring it to the Vanier Gym on Saturday November 3rd from 1 to 5 p.m. or on Sunday November 4th from 9 a.m. to 12 noon closed sharp at 12 noon - no exceptions over.

Admission to Ski Fair '84 is \$1.00 donation to your local ski patrols. No inflation here you get better quality bigger quantity and the price is the same as it was 6 years ago.

Take part in Ski Fair '84.

## 5th Annual Totem Times Run

On Sunday, 7th October, 1984 the Fifth Annual Totem Times Ten Kilometre Race was held on the Base. With registration at 1200 hours inside the gym, B.T.N.O. pitched in and provided a bus to bring the runners from the gym to the start line, in the wind and a rain storm.

The race got underway shortly after stepping off the bus at 1300 hours. The route started 200 metres past B.B. 80 followed the perimeter of the air field and finished at the Rec Centre. Eighteen started and eighteen came across the finish line.

### RESULTS

1	Adrian Wellington...	34.42
2	Al Niezen.....	35.11
3	Capt Nelson Hui....	37.50
4	Ken Hicks.....	38.58
5	Cyril Rodgers.....	40.04

6	Clive Hetherington...	40.17
7	Paul Anderson.....	41.34
8	Paul Dubois.....	41.51
9	Gorden Davidson....	42.52
10	Greg Folliott.....	44.27
11	Owe Jespersen.....	45.15
12	Sonja Hanelt.....	45.31
13	Jeonnifre Rodgers....	45.34
14	Danny Kilpatrick....	46.24
15	Bent Harder.....	46.29
16	Uschi Hanelt.....	47.10
17	Jim Henderson.....	47.27
18	Jerri Zanussi.....	47.28

Winners in the following categories: Mens Jr. - Greg Folliott; Womens Jr. - Sonja Hanelt; Mens Open - Adrian Wellington; Womens Open - Jeonnifre Rodgers; and Mens Masters - Clive Hetherington.

There were no competitors in the Womens Masters category.

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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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Bonne nouvelle pour tous les membres autorisés et pour ceux que deviendront membres de notre plan d'huile à chauffage domestique. Pendant la saison de chauffage 1984-85, du 1er septembre 1984 au 31 mai 1985, vous obtiendrez...

**2¢ LE LITRE PLUS 5¢ LE LITRE**

**Déduit de la facture (Au moment de la livraison)**

**7¢ LE LITRE (31.82¢ LE GALLON) De remise totale**

Obtenez de plus amples détails sur la façon de devenir membre du Plan d'huile à chauffage Économats à votre débit Économats ou communiquez avec le bureau du C Écon.

Merci de votre appui! C'est en groupant leurs achat d'huile à chauffage que les Économats parviennent à vous offrir de meilleur prix.





# Promotions and Awards



Capt John Dillon receives his Certificate of Service from the CO of VP407 at his recent retirement Mess Dinner.



LCol A. C. Brown (BOPSO) presenting CD to Capt L.M. McQuade (ATC).



A CD for Sgt Cyril Rodgers from LCol Mack, BTSO.



MCpl W.S. Leslie, Tfc Tech, receives CD from BTSO, LCol Mack.



Cpl S.A. Harlock, Fire Flr., receives CD from BTSO, LCol Mack.



CO 1FSU, Major Hunt presents MCpl Mike Ward with his Canadian Forces Decoration.



WO "Slim" Boyd -- CFB Comox, Safety Systems Supervisor (BAMSO) was awarded the Commander of Air Command Commendation prior to departing from Cold Lake. Presenting this award is Brigadier General Sutherland former Base Commander, CFB Cold Lake. WO Boyd received this commendation for his dedicated service to the Canadian Forces and for his outstanding contribution to the CF18 Maintenance Training program at CF18 Det. St. Louis and 10 FTTU Cold Lake.



Cpl Darrell MacKinnon, an Aeroengine Technician at VU33 received a Suggestion Award and \$250.00 for his suggestion that a small portable step be made available to allow refueling of the T-33 to be more easily and safely accomplished. Capt Acorn, DCO made the presentation.



Sgt Rodgers, a Radio Technician 221, has recently received the Gold Seal for aerobic excellence. This seal, the sixth and final level of achievement, represents 7,200 aerobic points, with each 1,200 point level being reached in two years or less. This is truly amazing, and made even more *sole* shattering when one realizes each aerobic point equals a mile run. Sgt Rodgers is a member of the BTLO's staff, and his fleet *feat* truly represents winged mercury, the communications and electronics branch emblem. To Sgt Rodgers, we extend our heartfelt congratulations, especially from those of us to whom a two mile run is a noteworthy achievement.

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## Clocks go back Sunday



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# Around the Base



## Kwah-nice District

help from Wendy Gibson. Wendy is a member of the Ranger Unit. The Pack made Thanksgiving The Brownies and Guides are favours and presented them to planning a newspaper drive on Saturday, 10 November between 10:00 am- 12:00 pm. They will pick up the bundles of dry old newspapers from your driveway. Please save your papers and help The 1st Kwah-nice Guides have the girls. The newsprint will be recycled through a mill in Burnaby. The 1st Kwah-nice Brownies children's ward of St. Joseph's have a new Tawny Owl and also Hospital.

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for  
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SOUND PRODUCTION PROVIDED BY: HOWLING PRODUCTIONS

**WHERE:** C.R.I. Hall, Cumberland  
**WHEN:** Friday, November 16, 1984  
**DOORS OPEN:** 8 p.m.  
**TICKETS:** \$6.00 per person/\$10.00 per couple

Tickets available through Volunteers at CROSSROADS, or  
HELEN'S HERBS & THINGS  
2702 Dunsuir Avenue, Cumberland  
For further information call: 338-0512

## VPI (VP International) Comox Wing Newsletter

For those of you who have no idea what VPI is all about perhaps a brief explanation and journey back to the organization that started it all; the "P 2000" Club. The following copy of the charter says it all.

### 1. Charter the P 2000 Club

**Charter**  
**"THE P2000 CLUB"**  
ON THIS FIRST DAY OF MAY IN THE YEAR NINETEEN HUNDRED AND SIXTY SIX THE FOLLOWING FOUNDING MEMBERS INSTITUTED (THE P2000 CLUB) AT COMOX BRITISH COLUMBIA CANADA.

PRESIDENT-FLIGHT LIEUTENANT RM HEALY  
VICE-PRESIDENT-FLIGHT LIEUTENANT ES SHAK  
SECRETARY-FLIGHT LIEUTENANT VE LEWIS  
LIEUTENANT COMMANDER TR WILY USN  
FLIGHT LIEUTENANT FC ROSSMAN  
FLIGHT LIEUTENANT DE DONALDSON  
FLIGHT LIEUTENANT JR WOOD  
FLIGHT LIEUTENANT JR CARSON  
FLIGHT LIEUTENANT AM MACKINNON  
FLIGHT LIEUTENANT AE SMITH  
FLIGHT LIEUTENANT RD STEWART  
FLYING OFFICER JL SAUTIER

FLYING OFFICER JS SLATER  
FLIGHT SERGEANT CA VIVIAN  
FLIGHT SERGEANT ESC ELDRIDGE  
FLIGHT SERGEANT CH CHAPMAN  
SERGEANT JH KINGSTON  
SERGEANT WT PRESLEY  
SERGEANT T MCCORMACK  
SERGEANT DP LOVE  
SERGEANT W PROKUDA

ALL THE AFORESAID SHALL BE KNOWN AS CHARTER MEMBERS AND SHALL HAVE LIFETIME MEMBERSHIP IN THE CLUB.  
ON THIS OCCASION MEMBERSHIP WAS EXTENDED TO ALL AIRMEN WHO HAD LESSER THAN 2000 FLYING HOURS IN THE NEPTUNE P-2 AIRCRAFT.

### OBJECTIVES

- 1- TO FORM AN ASSOCIATION OF AIRMEN WHO HAVE LESSER THAN 2000 FLIGHT HOURS IN THE NEPTUNE P-2 AIRCRAFT FOR THE PURPOSE OF PROMOTING HARMONY AND GOOD FELLOWSHIP.
- 2- TO FOSTER AND ENCOURAGE THE FORMATION OF ADDITIONAL BRANCHES OF "THE P2000 CLUB" THROUGHOUT THE WORLD AND ELSEWHERE.

### MEMBERSHIP

- 1- SUB-BRANCHES OF "THE P2000 CLUB" MAY BE FORMED UNDER THE CONDITIONS OF THE ORIGINAL CHARTER SUBJECT TO APPROVAL OF THE COMOX CLUB.
- 2- ANY INDIVIDUAL COMPLYING WITH THE PROVISIONS OF THIS CHARTER MAY BE CONSIDERED FOR MEMBERSHIP IN "THE P2000 CLUB" UPON WRITTEN APPLICATION TO THE PRESIDENT OF THE LOCAL BRANCH.
- 3- EACH LOCAL MAY APPROVE MEMBERSHIP PROVIDING ALL CONDITIONS OF THE CHARTER ARE MET.

SIGNED THIS DAY OF May 1986  
PRESIDENT

About the time the RCAF was deciding to retire the P2V Neptune in favour of the "Aluminum Overcast" Argus; VPI was formed using as its heart and soul the P 2000 organization. Its purpose also is the promote harmony and fellowship among VP Airmen wherever they may be. Today there are VPI Wings at a number of bases across Canada and beyond including USA, Australia, France, Japan, Netherlands, New Zealand, Norway, Spain, United Kingdom and West Germany totalling approximately 1,500 members.

The VPI Comox Wing held its last meeting 16 October 84 at Glacier Greens Golf Club. The business portion consisted of welcoming new members and those whom we haven't seen for awhile. A review of the Wing membership and establishment of a membership committee should help to increase attendance and encourage new members to join us. The evening ended with a debriefing session where old friendships and new acquaintances gathered for refreshments and a story or two contributing to a very enjoyable evening of VP fellowship.

It was decided that for the next meeting if a current member brought a new member the Wing would buy them both their first refreshment.

The Wing will be holding a VPI meeting on the 3rd Tuesday of every month and will attempt to obtain the use of the RCAF Association hall for this purpose.

Members attending the meeting 16 October 84 were:

Bernie Poole.....President  
Al Pasanen.....Vice President  
Al Scott.....Secretary Treasurer  
John Wood.....Holy Mackerel  
Mike Gibbs.....Membership Chairman  
Steve Bale.....Membership Committee  
Tom Proctor.....Membership Committee  
Fred Goldie  
John Sefton  
Bruce Trainor  
Tom Dandeno  
Glen Hooge  
Nick Mykitiuk  
Doug McKean

The next meeting will be 20 November 84 at 1930 hours.



## WHAT IS HYPERTENSION?

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

**B.C. HEART  
FOUNDATION**

## Answer to MSE safety quiz

Sound horn, hard brake, and ease off to medium brake to stop and proceed cautiously.

You must have had some experience with deer. You know how

unpredictable they can be. They're quick and if you see one deer you'll probably see a second one. All too often people have found themselves so preoccupied with watching the deer that just jumped in front of them, that they don't see the one yet to come. Proceed cautiously. Crawl past the deer. And even here, if the deer jumps just as you get up to him, you may hit him going 20 kph (12 mph), but you'll keep control of the car.

## SERVICE DIRECTORY

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# Around the Base

## ST. MICHAELS AND ALL ANGELS PROTESTANT CHAPEL

**CHAPLAIN:** Padre Bob Risch (UCC) Telephone: 334-3575  
**CHAPEL:** St. Michael and All Angels Protestant Chapel, Bldg. No. 88  
**OFFICE:** Headquarters Bldg., No. 45, Room No. 48. Telephone 339-2211, local 2273.  
**ORGANIST:** Nancy Nowosad, telephone 339-9843.  
**PUBLIC WORSHIP:** Sundays at 1100 hours.  
**COMMUNION:** First Sunday of the month.  
**FAMILY SUNDAY:** Second Sunday of the month.  
**SUNDAY SCHOOL:** Sundays from 0930 hours. Superintendent: Mrs. Gay Gray, 339-6705.  
**NURSERY SERVICE:** Provided each Sunday during Worship Service.  
**JUNIOR CHOIR:** Director, Mrs. Julie James, 339-6948.  
**BIBLE STUDY:** Every Thursday in Chapel Annex from 1000-1100 hours.



## 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.  
**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.  
**PARISH COUNCIL:** Second Wednesday of the month at 1300 hours in the Parish Hall.  
**CATECHISM CLASSES:** Each Wednesday in the PMQ School from 1830 to 1930 hours.

## CFB COMOX MILITARY CHRISTIAN FELLOWSHIP

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

## SAREX '84

Ottawa -- Canadian Forces pararescue specialists won three of five international trophies at the 1984 SAREX competition. The event, held at Eglin Air Force Base, Fort Walton Beach, Florida, from September 21-28 brought two hundred Canadian and American search and rescue (SAR) personnel together for a week of competition in skills such as medical aid, parajumping and search exercises.

Members of 103 Rescue Unit, CFB Gander, Nfld., edged out eleven U.S. and Canadian teams to win the Saunders-Mackenzie Award as the best team in the overall competition. The Allison Cup, awarded to the best parajump team, was also won by 103 Rescue Unit. The team representing 424 Squadron, CFB Trenton, Ont., brought home the SAREX Trophy given to the best team in the SAR event.

The U.S. Air Force's 55 Aerospace Rescue and Recovery Service (ARRS) Squadron, Eglin AFB, won the Sullivan Cup for the best medical team.

Individual awards such as the Pararescue Memorial Trophy for the best jumper of the meet was awarded to Sergeant J.L. Ergish of 303 ARRS, March AFB, Riverside, Calif. Master Corporal R.J. Mondeville of 440 Squadron, CFB Edmonton won the Warrant Officer Trophy given to the best CF parajumper.

The Armstrong Proficiency Trophy awarded to the best CF team was also won by 103 Rescue Unit. Other Canadian Teams participating in this year's SAREX included 442 Squadron, CFB Comox, B.C., 435 Student Training Squadron and 440 Squadron both from CFB Edmonton and 413 Squadron from CFB Summerside, P.E.I.

## Officers' Wives Club

The second meeting of the Officers' Wives Club was held October 17 and included a Tacky Tourist Party and a Penny Auction. A lively auction took place thanks to Laurel Harris as auctioneer. Prizes were awarded to Diane Harrison for *Most Colourful Costume*; Marie Jenkins for *Most Bizarre Costume*; and Robin Macauley for *Most Original Costume*. The door prize went to Nan Clarke and Eleanor Duguid took home the raffle prize. Pam Holbrook, President, also conducted a short business meeting and Celine Eggleston was welcomed as a new member.

The next meeting will be November 21 with the Annual Craft Show being the highlight. A special reminder to all those interested in setting up a craft or display table for the show, please contact Laurel Harris, 339-6790. Remember, Annual Craft Show, November 21, all members and guests welcome! Bring a friend.

## WO & Sgts' Wives Club

Our Halloween Evening was well attended with the majority of members dressing-up to join in the fun and games which a Halloween party provides. Our judges chose Raggedy Ann and Pumpkin Head as winners for best costumes and we thank all of you who came out and enjoyed the evening.

With Christmas just around the corner, our thoughts now turn to getting ready for the holiday season and we may be able to help you with our scheduled bus trip to Nanaimo on November 15th and our pre-Christmas Craft and Bake Sale on November 19th. It isn't necessary to be a club member to participate in either of these activities, so if you are interested you can get more information by calling Ardith MacLean at 339-7218 regarding the bus trip. Rose Jorgenson is still interested in having more people contact her if they would like to sell their own crafts. More information and all necessary arrangements can be made by calling Rose at 339-7533.

Be sure to read our column next time around for more details with regards to our upcoming activities!

Gay Gray  
Secretary

The SAREX competition, held each year since 1976, allows representatives from both nations the opportunity to meet and discuss developments unique to their profession.



## Learn about Lupis It may save your life

People in B.C. who suffer from lupus will have good reason to celebrate during National Lupus Awareness Week, October 21 through 27, because the outlook for people with this life-threatening type of arthritis is more promising than ever before.

"Life expectancy for people with lupus has doubled in the last 20 years," says Dr. Andrew Chalmers of The Arthritis Society. "They can now live nearly normal lives, thanks to better methods of diagnosis and more effective drugs."

As many as 50,000 Canadians -- predominantly women between the ages of 20 and 40 -- have lupus (systemic lupus erythematosus), an inflammatory disorder of the body's connective tissue that can damage such vital organs as the brain, heart, lungs and kidneys. Lupus can also attack the joints, muscles, skin, stomach and intestines, nervous system -- and in particular, the immune system (the body's natural defence against disease).

"Basically, lupus is a case of the body's immune system going haywire," says Dr. Chalmers. "The symptoms vary a great deal from person to person and are often similar to those of other diseases, sometimes makes diagnosis very difficult."

Some warning signs of lupus include fever, weakness, unexplained weight loss, stiff and swollen joints, and a characteristic rash over the bridge of the nose and cheeks (often as a result of exposure to sunlight).

Though lupus is not nearly as life-threatening as it once was, it is still a very serious chronic disease for which a cure has yet to be found. Treatment and control of lupus involves a combination of medication, exercise, rest and avoiding exposure to the sun. Some of the drugs used to treat lupus can have serious side effects. Women, who are affected by lupus nine times more often than men, may have special problems with pregnancy.

National Lupus Awareness Week is a time set aside to help people be aware of and understand this particularly vicious type of arthritis. Each year, The Arthritis Society sponsors more research into the causes and cures of lupus than any other national volunteer health agency. If you would like to learn more about lupus, arthritis and the activities of The Arthritis Society, please contact: The Arthritis Society, 895 West 10th Ave., Vancouver, B.C. Phone 879 7511.

## Across my kitchen table

— by Rosemary Gibson



We're nicely settled in to our little abode. Our temporary quarters are taking on some semblance of home, with plants, flowers and pictures to relieve the monotony of four white walls. Days and evenings are falling into a pattern; much work for my husband, much time on my hands for me. Lots of people dropping in to say hello and trying to make us feel at home -- a blessing of this military way of life is friends and acquaintances wherever we go.

We have promised ourselves to make the most of this unrequested episode in our lives and, to that end, spent our first weekend exploring the beautiful Wasaga Beach area, and Canada's Wonderland Park just north of Toronto. Thanksgiving weekend we drove to Ottawa for delightful visits with dear friends in our nation's capital. Lovely, but hard on my determination to return to Comox a much thinner person!

## MARY'S CHICKEN BREASTS NELSON

### Ingredients:

2 tablespoons butter  
 1 medium onion, diced  
 1 cup shrimp meat  
 1 cup crab meat  
 1/4 cup dry white wine  
 2 tablespoons flour  
 1/2 cup chicken stock  
 1/2 cup whipping cream

4 chicken breasts, boned and pounded flat

2 tablespoons flour  
 1/2 cup butter

1 tablespoon butter  
 1 tablespoon flour  
 1 cup chicken stock

### Method:

Saute onions in 2 tablespoons butter until golden. Add shrimp and crab and mix well. Add wine. Simmer one minute and add 2 tablespoons of flour. Stir well. Add 1/2 cup chicken stock and simmer 3 minutes. Add cream, bring to a boil, season with salt and pepper to taste. Remove from heat and cool 30 minutes. Season breasts with salt and pepper. Divide seafood mixture into 4 portions, and put in centre of each breast. Fold chicken around seafood mixture. Chill in fridge to help retain shape. When ready to cook, sprinkle breasts with 2 tablespoons of flour. Melt the 1/2 cup butter in fry pan. Brown the breasts well. Put chicken in 400° F. oven and bake 15 minutes. Meanwhile, melt the 1 tablespoon of butter and mix in the 1 tablespoon of flour; stir until flour is cooked. Stir in 1 cup of chicken broth and cook until thick.

To serve, place each chicken breast on a plate. Pour 1/4 of sauce over each. Garnish with parsley.

Takes a little time, but it's not difficult, and the results are well worth your effort!

### HINT:

Shower clean-up: a squeegee! And: to remove mineral deposits from shower doors, polish with a cloth dipped in liquid fabric softener. It works like a dream!

### THOUGHT FOR TODAY:

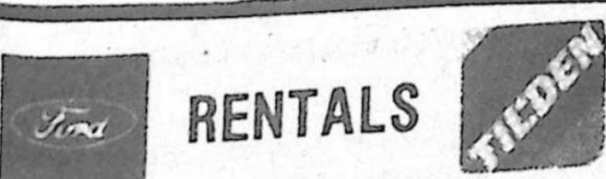
Be dissatisfied enough to improve but satisfied enough to be happy.

## Pet Peeve

My current pet peeve is people who let a ragged, tattered, remnant of the National Flag keep flying.

The one I'm thinking of flies over what is now a Crown Corporation, so I guess they can no longer wallow in the Public Works trough for a new one. At least take the rag down and give it a decent burial. Or I'll buy another stamp so they can afford a new one!

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Thousands of motorists will get in their cars this winter only to find they won't start. You don't have to be one of them, says BCAA. A little prevention can save frustration as well as possible repair bills.

"If you haven't taken your car in for a pre-winter tune-up, do it as soon as possible," says Bob Blair, manager of BCAA's emergency road service fleet.

A tune-up and other commonsense precautions will prevent most of the following wet, wintery problems:

\* **Dead battery:** A week battery can recharge with normal running in warm temperatures, but it takes longer when the weather is near freezing. In the winter you'll probably be running the heater, defroster, rear window defogger, windshield wipers and lights. All of these put extra drain on the battery.

Check your battery's specific gravity and charging system, keep the terminals clean and the battery topped up with water.

\* **Damp ignition:** Moisture in the ignition system increases dramatically when leads running from the distributor cap to the spark plugs are old and cracked, or if spark plugs are worn.

\* **Frozen fuel lines:** Condensation in the gas line can freeze, preventing gas from reaching the engine. the solution - gas-line antifreeze.

\* **Frozen radiator and engine block:** Use antifreeze to suit your coldest driving destinations. Check radiator hoses and fan belts for cracks or wear.

\* **Frozen doors:** Spray door locks with an antifreeze and lubricating compound, and use a silicone lubricant on rubber mouldings.

\* **Tires:** Install winter or all-weather tires on the drive wheels. If studs are to be used on front-wheel-drive cars, they must be on all four tires.

\* **Cold starts:** "If you have difficulty starting your car, be careful not to crank the starter too long," says Blair. "you could damage the starter and drain the battery. Crank it for 10-15 seconds only, and if it doesn't start, let it sit for at least two minutes to allow the starter to cool."

Don't pump the gas pedal while trying to start the car as the unburned gasoline can flood the engine.

With winter near, BCAA advises drivers to prepare their vehicles ahead of time.

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