



# TOTEM TIMES



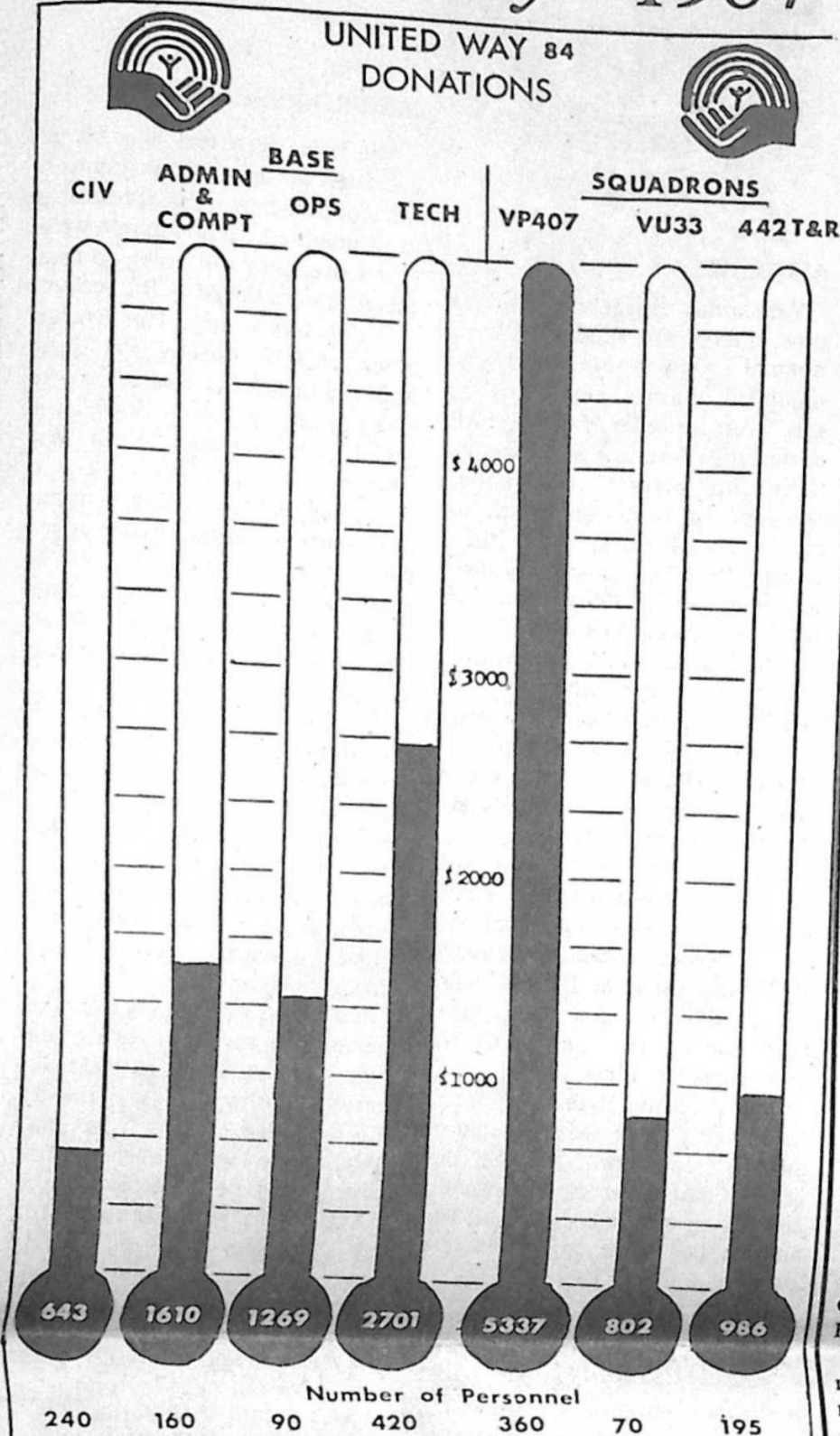
Vol. 26 No. 21 CFB COMOX TOTEM TIMES

THURSDAY November 8, 1984

Deadline is Monday, November 19, 1984

COST: PRICELESS

## United Way - 1984



The Valley and Base United Way campaigns were completed last week. Valley organizers have not completed tallying up the results, but are hoping to reach the 1984 goal of \$100,000. The eight agencies being served by the campaign this year also hope the goal will be reached so that they can continue to provide their vital services throughout the next year.

Donations will be distributed to the agencies only after the local United Way Committee, which consists of volunteers, reviews each agency's budget and programmes to make sure the money is needed and will be well spent. The committee ensures that all other possible sources of funding - government programmes and grants, user fees and other funding organizations - will be exhausted before United Way funds are used. This ensures the maximum benefit is received for each dollar collected.

Donations received from various base sections/units total \$13,348.00 distributed as shown. Many of the civilian workers on base made cash donations to section campaigns as well as through the BCPO so that their total donation of \$643.00 is an underestimate.

The most successful campaign on Base involved the Base Headquarters administrative personnel who donated over \$39.00 per person.

Although the Base total this year compares favourably with last year's base donation of \$12,006.00, consider the campaign of the HMCS Mackenzie or 3 PPCLI in Esquimalt. The HMCS Mackenzie collected over \$6,300.00 from 185 personnel, and 3 PPCLI collected \$19,000 from 750. The key to the success of these campaigns was participation. Participation in the Base campaign was less than 50%.

For those who did contribute, your donation will support services for families, or older people, the disabled, youth and others who need extra help. On behalf of these people I thank you for your support.

### FROM THE ROYAL CANADIAN LEGION

Ottawa -- The annual Remembrance Day Ceremony at the National War Memorial will take place at 11:00 a.m. on 11 November. The ceremony is organized and directed by The Royal Canadian Legion on behalf of the Government of Canada.

During the ceremony, the Governor General will place a wreath on behalf of Her Majesty the Queen, the Prime Minister on behalf of the people of Canada, the Minister of Veterans Affairs on behalf of his department, the Chief of the Defence Staff on behalf of the Canadian Armed Forces, and the Dominion President of The Royal Canadian Legion, Steve Dundon, on behalf of all Canadian veterans.

Included in the vice-regal party will be Mrs. Olive Hunter of Summerland, British Columbia, age 87, a Silver Cross Mother whose son was killed on active service with the R.C.A.F. She will place a wreath on behalf of Canadian Motherhood.

The winners of the Legion's National Literary and Poster Contest, Bonnie Turner of Seaford, Ontario, Nancy Underhill of Campbellton, New Brunswick and Mike Stublar of Mississauga, Ontario will place a wreath on behalf of Canadian youth, assisted by a Girl Guide of Canada, Andrea Hagglund.

Wreaths will also be placed by members of the Diplomatic Corps, many organizations and by the general public.

Also participating in the ceremony will be The Royal Canadian Legion colour party, veterans from the national capital area, and members of the regular and reserve armed forces.

Approximately 150 navy, army and air force cadets will also attend.

The 21-gun salute will be fired by the 30th Field Regiment, RCA (M).

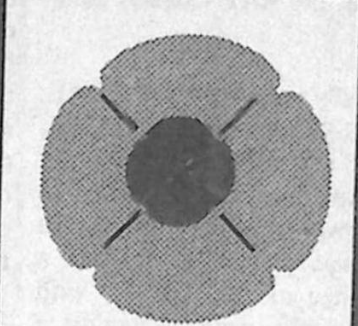
Music for the ceremony will be provided by the Central Band of the Canadian Armed Forces CFB Ottawa, the Cameron Highlanders and CFB Ottawa Pipe Bands, the band of the Governor General's Foot Guards, HMCS Carleton Place, the RCSCC Falkland Band, and the Central Choir of the Ottawa Board of Education.

The parade is under the command of Lieutenant Colonel T. Findley.

There will be national coverage of the ceremony on radio and television.

### The Royal Canadian Legion

# Lest we forget



## They did not die in vain

(NC) — It is Remembrance time again and we will again pay tribute, with appropriate ceremony, at the cenotaphs and memorials erected to our war dead throughout Canada, and beyond.

Eighty-five years have passed since the South African War began, 70 years since the beginning of World War I, forty-five years since World War II broke out, and even the conflict in Korea started nearly 15 years ago. Thus there must be a large number of young people who cannot, from personal memory, have a full appreciation of the meaning of Remembrance, even including some sons and daughters of those being honoured at the Remembrance services.

### Are we informing?

As we participate in these ceremonies — by actual attendance at the services, not in front of television sets, I hope — we must ask ourselves what we are doing to inform our children, our youth generally, of the significance of this occasion.

Perhaps we might go further and ask if we can analyse it for ourselves satisfactorily.

Well, why do we hold Remembrance services? Why should we attend them, especially when the wind is chill or more attractive pursuits beckon.

Undoubtedly the first

"vanished" are commemorated on the great memorials erected by Canada and the Commonwealth War Graves Commission, of which Canada is a senior member. They are but names, a single line to each, on panels of stone or bronze; 11,285 on the ramparts of the majestic Vimy Memorial alone.

Why did they have to die? Was their sacrifice worthwhile?

Their lives were part of the price demanded of the free world for the preservation of freedom. For freedom is never "free". It is the prerogative *only* of those who are prepared to defend it. Failure to resist each encroachment upon it inevitably means that it must be reason is the war dead themselves; more than 112,000 of them in the four conflicts listed above. Their names and their regiments are permanently inscribed in Canada's four Books of Remembrance, and in the hearts of those who knew and loved them.

Their graves are in far-away places and in the seven seas. It is a sobering experience to walk among the serried rows of headstones in the war cemeteries and note their names, sometimes familiar ones, and their ages — 18, 20, 23, 25; truly the flower of youth, its promise unfulfilled.

But not all of them have markers over their final resting places. Those who

deemed, eventually, at an awesome price.

The 15 years that culminated in 1945 are a classic example of that axiom.

Was it worthwhile? Only those who have lost their freedom can adequately answer that. Only those who know the tyranny of a dictatorship, and the darkness that descends when justice is abrogated, know what it is like *not* to be free.

There are many such people in your community. Let them speak!

Let us, on this Remembrance Day, honour those who, by their sacrifice, gave us the right to live in democratic freedom.

### An inspiration

Let us make it our resolve to preserve their memory, and to inspire in our children the ideals for which they gave their lives.

Let us, with sympathy and enthusiasm, do all we can to care for their widows and their orphans, and for their surviving comrades whose wounds and scars were also part of the price of freedom.

These men, and those who marched with them, fought not for personal gain, nor for glory or for conquest.

Their homeland was their love; duty was their creed; meaningful were their lives; truly they are Canada's heroes.

Let us, in our time and in our way, be worthy of their tradition.

## Military Social Work Services

### Part II

#### What do CF Social Workers do?

The CF social worker sees Service personnel, couples and/or families who are experiencing a variety of difficult situations. These situations include, among others:

- Service families who require special consideration from the military (i.e. compassionate postings and Service Air flights, other career action consultation) because of family problems;
- Those military families who are experiencing marital or parent-child problems;
- Those Service families experiencing the negative effects of alcohol and/or drug abuse;
- Service families having difficulty adapting to certain environments or conditions of military commitment.

The CF social worker may be involved in preventative programs within the community. They work closely with community services and other professionals in providing family life educational

programs for people. Some of these may be: marriage enrichment groups, parent-child communication workshops, family life education sessions, alcohol sessions and others.

We offer a professional counselling and referral service for CF members and their families; we provide reports to Commanding Officers whose members may be requesting compassionate posting status; we are involved with the functioning of the six Canadian Forces Alcohol Treatment Centers across the Forces and because we emphasize not only treatment but also the prevention of problems, we try to work closely with all support and operational services within the Canadian Forces including: medical officers, chaplains, personnel selection officers, personnel administrators, DND school officials and teachers, etc. We have become more conscious over the years in appreciating the impact family life has upon the Service member's career and vice versa. Helping professionals see in-

dividuals and families from a holistic perspective and therefore, the physical, emotional, social and spiritual aspects of the human condition must receive co-ordinated attention if the person and/or family is to be restored to good health and functioning. Towards that goal, there are approximately 26 social work officers together with several civilian social workers in the Canadian Forces located at designated Headquarters and Bases in Canada and Europe. The aim of the Social Work Service is to contribute to the achievement of a high level of morale, efficiency and mental health in the Canadian Forces through the provision of a professional social work service to military members and their families. This resource is also intended to assist those in leadership or supervisory positions in the discharge of their responsibility for the well-being of those under their command.

It is recognized that the Service person's satisfaction with military life is highly related to the family

satisfaction and family functioning. Since dependants exert a significant influence on member's military effectiveness, they, too, are entitled to Social Work Services. Military social workers exist to enable personnel who experience social or personal problems or to resolve these problems so that members are better able to come once again ready to take their place in the overall aim of the military organization. This recognizes the existence of military families and their human qualities.

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# Section News

## Fincastle-1984

Each year since 1961, anti-submarine crews from Canada, Britain, Australia and New Zealand compete in friendly competition for the coveted Fincastle Trophy.

The trophy, a silver tray, was presented in 1960 by the late Mr. & Mrs. Aird Whyte, in memory of their son, Sergeant Nairn Fincastle Aird Whyte, who was killed in action in 1943 while serving as an Air Gunner in the RAF Coastal Command.

Originally, crews from the RAF, RAAF, RNZAF and then, RCAF, competed annually in a single bombing competition for the trophy. In 1970 however, the competition format was altered to include a wider range of ASW skills, with crews actually working against a friendly diesel submarine. Since then, the competition has remained basically the same, though changes have been made over the years with the constant aim of improving it. One such change was that each nation involved would be required to host the competition on a rotational basis each year. Last year Canada hosted in Greenwood, N.S., with the RNZAF taking home the trophy. This year the competition was held in Australia.

After winning the National ASW competition this past May, VP407's Crew Six, led by VPCC Maj Fred Bishop, and VPC Capt Dave Wright departed Comox on 22 Sep for RAAF Edinburgh and Fincastle 84. Since the change in 1970, Canada tied Australia in 1971 for the trophy and won it twice since then, the last time was with the introduction of the Aurora in 1981. The crew was most anxious to bring the coveted silver tray home once more.

This year the competition was made up of a day and night sortie flown against the Australian diesel submarine, HMAS Oxley, in the waters south of Australia. The first trip for crew six was the night sor-

tie. Though contact was gained on the target sub, the crew returned disappointed, as they were unable to localize and carry out an attack on the illusive Oxley. (Equipment problems didn't help the crew's endeavours). The day trip on the other hand, was much more successful for the crew, and they were able to carry out two good attacks on the submarine. With both trips completed, it was now just a matter of time before the crew would see if their efforts would be good enough to win the trophy. As no nation had any idea of how their crew had done, (beyond the many rumours one would hear), the members of crew six felt quite happy with their results.

Before the winning crew was to be announced on the final day of the competition, an ASW Symposium was held. Each nation was required to make two presentations on ASW related topics. The symposium proved most interesting and served as an ideal opportunity for all nations to exchange ideas and views, on topics that affect everyone in the world of anti-submarine warfare. At the conclusion of the symposium all competitors gathered together for the announcement of the 1984 Fincastle winners.

Despite the hard work put in by all competing crews, there could only be one winner, and this year it was the competition crew from 92 Squadron representing the RAF. Though there were a lot of disappointed competitors, no one was a loser. The opportunity of competing in such a competition, the experience gained from it by all, the ideas and views exchanged, and the new friends made, all added up to everyone coming home a winner. Each nation was well represented by very professional and well-trained crews, and though it was only the Brits who brought the tray home, each nation can be proud of their representatives.

For the members of VP407's crew six, the trip to Australia was reward enough for their efforts. With stopovers during their transits, in places such as Hawaii, Pago Pago, (in the American Samoa), Rarotonga, (in the Cook Islands), and Tahiti, everyone enjoyed what most believed to be the trip of a lifetime.

Down in Australia, the hosting of crew six by RAAF's 10 Squadron was, what can only be described as superb. When the crew wasn't flying, they were taken on tours of the local area, including a visit to nearby Adelaide, and the world famous Barossa Valley, with its many wineries. As an added treat, the entire Canadian contingent were taken to the Cleland Conservation Park, where many crew members were able to hold and pet Koalas and Kangaroos.

All in all, the trip to Australia and, of course, the competition, have provided those fortunate enough to represent their country, with memories that will most likely last a lifetime. On behalf of all members of crew six and the rest of the Canadian contingent, many thanks to all members of 407 Squadron, and those base personnel who helped crew six prepare for their three week adventure "down under". Your support was very much appreciated.

And finally, while thanks are being given, it should be mentioned that once again, the competition ground crew did a super job of keeping the planes flying, even with the problems that arose. Without their support, there wouldn't have even been a competition. So to the guys, (and gal), who seldom have the spotlight, but deserve it most, thanks for the hard work and constant support you gave the air crew.

To everyone else, wait 'til next year!

## Demon

### ARMAMENT

A little trivia news from the humble shop of 407 Armament. Pte Wilson is finally going to know what sunny Greenwood means. He is going on an all expense paid trip to Greenwood for the 06 course. Good luck, Steve. The guy known as the leader of the Torp Shop fun bunch, of course we are talking about Cpl Ron Burrows, is heading off to Borden for the EOD HA course. For those that don't know what EOD is, it means Explosive Ordnance Disposal. Can you believe Ron Burrows being on an explosives course. . .this could be dangerous for everyone when he gets back to Comox.

One of the group that does most of the hard work in the shop, a Cpl of course, is soon to return from four months at the Holiday Inn of Quebec known as CFB St. Jean, where he is taking his POET course. Welcome home, Cpl Mike Labrie, and ladies beware.

Also, soon to return from the POET course in Kingston is one of our fearless leaders MCpl Bill Johnston. He now knows everything about electronics. MCpl Bud Englund is just starting his course in Kingston. Pretty soon everyone will have their head full of electrons, etc.

And Last, but not least, we have some good news and some bad news. The good news is that MCpl B.J. Gaudet is going on the 6A course to learn all about admin. The bad news is that he is transferred to Bagotville, our loss is their gain, all the best B.J.

### SERVICING

Here we go again. Another edition of Servicing gossip. No. 1. Crew bids farewell to S.S. Tech Pte (W) Wilson. We shall miss her smiling face. We would like to welcome Photo Tech Cpl (W) Mackay and S.S. Tech Cpl Peters.

We have all survived the recent OPEVAL, to varying degrees. Some members were dispersed to Prince George and had a good time as N.P. (Non Participants) for the remainder of the exercise.

We have a few people throwing pineapples at one another on Fleetex. Sgt Jake Dyck had it tough, having to go commercial.

Saturday night the annual J.R.C.'S Halloween Dance was a trip into the comedy zone. A couple of #1 Crew members changed gender for the evening. No names mentioned but their initials are H.B. and P.U.

Congratulations to MCpl Ubsdell on his recent promotion.

### DIAC MAINTENANCE/ TRAINING

The section is up to full strength for the first time in several weeks but everyone seems to be keeping a low profile, hence not too much news, not even a sick report for a change.

The AOSE course is in the final week of the UYK-7 computer phase and everyone is looking forward to a slightly easier pace until graduation on 13 December.

Mike Coulombe returned from JLC broke but happy to have it over with. He had several adventures while in transit, including hitting a deer (Mike 1, deer 0), and a couple of run-ins with the highway patrol (Mike 0, RCMP 2).

### FORMER RCAF OFFICER DIES

Squadron Leader (retired) Paul Lewis Gibbs DFC, AFC, CD a former officer commanding 430 (F) Squadron died in London, England on 21 October 84. A memorial service will be held at Lloyminster, Sask.



## Doins

### AMCRO-RESEARCH

We have been feeling a bit put out lately as none of our inputs to this column have ever appeared in print unedited, so this month we've taken over and are going to completely ignore the AMCRO section.

We've had a large (for us) turnover recently, losing Sgt Terry Steele to Litton Systems in Toronto and gaining Sgt Owen Coffell and MCpl Bob Shentaler. Both were dragged up here kicking and screaming but are fitting in nicely now that the initial hysterics are over. They are playing tag with the same desk as each returns from course just long enough to rearrange everything before leaving on another course.

The lovely Ed Denton and the not-so-lovely Roche St. Pierre have spent the last couple of weeks in the bush wildly blasting away at anything that moves. So far they have murdered three "Bambi's", one elk, a Datsun and two Chevy trucks, four other hunters, and a veritable blizzard of assorted small, furry animals and birds.

Bob Earl is (still) trying to get his Jaguar back together. He recently went to Vancouver to help his almost-brother-in-law pick-up another Jag. Now, he has something to look at when he can't remember where all the pieces go.

And what about that short little guy that rides hard on us? He narrowly escaped being dragged onto a boat out on the east coast. The inscrutable WO Kyle Jones managed to diplomatically weasel out by lying through his teeth.

Next month look forward to a report on the AMCRO's annual Christmas party and nude bubble bath.

## Base Supply

Speaking of snow--The Supply football game was a near victory last Thursday. The spontaneous strategies that could and would have been seen from the Jr Ranks team is now pending a rematch, providing the Sr Ranks do not grow feathers!!!

And as for Pte Bailey, this is the second game he has missed. This dutiful duty supply tech has spent yet another weekend supplying peoples' demands (?)

Pte Bulmer would like everyone to know that NEVER AGAIN will he work the front desk shelter staff with 5 women. Could it be they talk too much?

Sgt Beachey says everything is going well in her section and everything else was censored.

A new safety policy dictates that all scissors will be kept out of the reach of MCpl Armstrong, it seems he cut himself working on his paper doll collection.

I guess Clothing Stores is THE place to work nowadays. I mean with the extra issue for an airmatress and snorkel, and then there is always the extra long coffee breaks

beside their new pool. No wonder we have to make appointments.

And the idea of the month award has to go out to POL. The rules say "No Smoking within the compound". It just so happens their office falls inside of the fence. So....they just moved the fence! Now they can enjoy cigarette after cigarette with their coffee after coffee break.

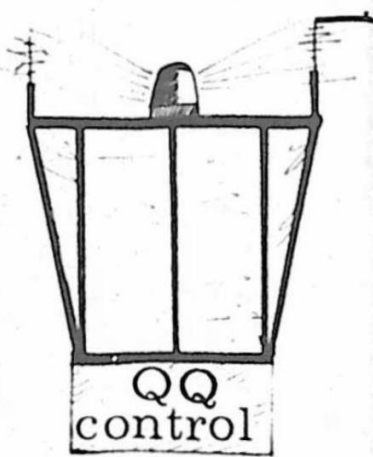
As for the question of the month - "Is Borden ready for Cpl Cipelletti? Well they must be because he's leaving for his TQ5s this month. Have fun Claude and I hear you plan on getting some good skiing in Germany this year.

After tense anticipation Ptes Heath and Segriff have finally rolled over to the Reg Force. And our winner of "YTEP of the hour" due to sole participation, goes to Pte Parrot - congratulations.

CENSORED - Everyone in supply would like to wish Christine and Daniel a 'Happy Birthday', but that is only because we all want some of the cake.

Well I guess that tells all the happenings of another busy week by the Supply Techs.

## As The Beacon Turns



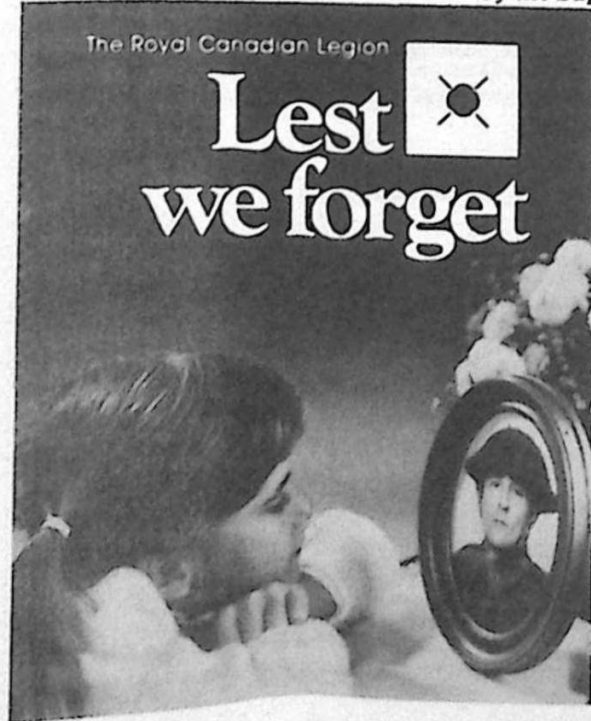
Congratulations were flying through the section over the last couple of weeks.

First, MCpl Dave Rychly is back in Comox after coming 1st on his JLC course. Congratulations, Dave.

Also, congratulations to Cpl Jane Gourley on her new addition of a lovely 10 lb. 6 oz. baby girl, born on the 25th of October and named Janesta Marie.

Last but not least, the ATC annual curling bonspiel in Portage provided the section with some winners and losers. The team of Sgt Neil Garlough, WO Nash, Cpl John Koidhis and Pte Joe Gibbons were the runners-up in "C" division. That means 6th overall out of 32 teams. Well done guys! The other team, we won't mention where they finished.

The section played host to both the occupational analysis team and the officers career manager last week. The time spent in briefings and interviews was minimal compared with the time spent on the rumours which are flying through the section now.



## Jr. Ranks Club

NOVEMBER 1984						
SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
				1	2	3
					DJ	
					AUDIO EXPRESS	
					TGIF:	
					EUCHRE	
	4	5	6	7	8	9
						10
					*BAND*	
					PASSION PLAY	
					TGIF	
					CRIB	
11	12	13	14	15	16	17
REMEMBRANCE 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

November 9 & 10

PASSION PLAY

5 piece band from Victoria. 2100 - 0100 hours.  
Cost: \$3.00 per person.

11 November

REMEMBRANCE DAY

Dress - S3 with name tags (no medals) -- 1400 - 1600.  
1600 - 2200 hours -- informal dress.

All ranks & guests. Buffet lunch. D.J. - Nine Tonight.  
1600 - 2200 hours. \$3.00 per person.

November 23 & 24

LAZY SPIRIT

This will be your last chance to come up  
and see "Lazy Spirit".

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.



# Section News

## VU



### 33

#### OPS

While our Cub Reporter (henceforth referred to as CDF) and his Buddy, the Botanical Major, were away on a field trip - of which more later - those of us left behind who had felt the gentle brush of his pen thought some revenge was in order. After all, how could he compare our benevolent leader to Harold Ballard? Thus yours truly, aka, Hoot Owl, volunteered to be the guest scribe for this week's news from the little squadron that tries harder.

Several weeks ago Rapid Rollie - our efficient XO and recent winner of the Whidbey Is. 100M Dash - received a strange request from the hard working people at DND 01 in Esquimalt. It seemed a budding young photographer of the female persuasion from Vancouver wished to photograph a fighter pilot and his mount to complete her portfolio. DND 01 searched the entire province for such an animal, and all they could come up with was a T-33 from VU33. Thus the word came forth from MARPAC, "VU33 will provide etc, etc." RR saw in this a mission for heroes, and was sorely tempted to nominate himself; However wary of Shirley's potential wrath, he turned the matter over to our paragon of PR - good old CDF.

CDF had his friends the gendarmes check the lady out, and discovered that she normally did the centrefolds for Fighter Pilots Monthly, or some other arcane tabloid. Thus prepared, on the appointed Saturday afternoon he met the photog at the gate and took her to the flight line to meet the Lockheed bullet. Having worn his helmet with the O2 mask tightened down all morning, unzipped most of his zippers, and assumed an insouciant yet alert pose, CDF felt ready to pose. To his surprise, the young lady appeared to be less interested in his face than with other parts of his anatomy; in fact, she coyly suggested that perhaps his flight suit was coming between her and the picture she really wanted. For once CDF was speechless we are led to believe, and the photo session ended shortly thereafter. Our hero was so shook up, he states that he even forgot the number of the room at the Westerly where the lady was staying, when she so subtly mentioned it.

A few weeks later CDF received some proofs in the mail, together with a rejection slip from FPM. He looked too intelligent to be a real fighter pilot they said, or so CDF claims. At any rate, he guards the proofs very closely.

Last week two notable events took place at 33. Firstly, we greeted Capt Bob Ouellette, a refugee from lovely downtown PEI. Just prior to leaving Slumberside Bob and Louise won a snow blower, a handy piece of kit for the Island winter but, Bob lamented, hardly likely to be much use on the West Coast Island - until last Thursday AM that is. Welcome to Lotus Land Bob and Louise. It never snows here; well, almost never.

The second event of the week was CDF's safari to the Queen Charlottes. He and the botanical Major planned a week of frolics in the boonies, shooting Bambi's and hooking giant steelhead. They travelled first class, our northern fish-pat dropping them at the Sandport Armpit last Monday, and a pilot trainer was arranged to pick them up on Thursday. CDF complained that one stoof would probably not be enough to bring back all their booty, and requested a two-plane. Harold Ballard declined. Come last Thursday everyone was snowed in - CDF in Masset, us in Comox. Come Friday we could not open the hanger doors as the rain and snow had shorted the motors, thus CDF and friend fulfilled a longstanding dream - Friday night in Sandspit. Was it as good as we think it was Craig? We are all anxiously awaiting your rating in the next Fishwrapper.

On Saturday they returned. A crowd gathered to watch the venison and fish unloaded. The unloading didn't take long. The "Flewellin Luck" had finally deserted CDF, and it is unlikely that the Botanical Major will ever again be taken in by CDF's stories of the fantastic fishing/hunting just over the next ridge. Take that, Cub Reporter! H.O. MAINTENANCE

No sign of Len yet. Guess I'm it for this week's column!

What can one say about OP-Eval? Not much except "Thank God, it's over". With the number of infiltrators the squadron bagged, we should change our motto to "none shall pass"! Special thanks to Bob and Merv who I'd walk down the back alleys with any day! Everyone gave 100% which was reflected when the great scorecard in the sky was handed down.

Those sun tanned faces we've been seeing around the squadron lately aren't the result of two weeks in the Bahamas. Movie Arclites have worked their wonder on George, Harry, Glen and Jenny, who are starring in a movie epic

rumoured to rival "Cleopatra" and "Gone with the Wind" in its scope and magnitude. We'll be looking for the rushes people!

Everyone has their own story to tell on how they made it to work during "the big storm". The thing is everyone made it out and that definitely deserves a "well done".

Congrats to Mike on getting his Cpl hooks, Dennis and Cal on winning the squadron 50-50 draws and to Al for a clean smoke room!

Answer to query: Yes Len, the 8:30 flight does leave at 9:30.

When questioned about his recent hunting trip Fred was rather non-committal about his luck. However, I have it on good authority he just purchased two new 23 cubic foot freezers.

With the number of people interested in chasing after that elusive yellow metal, Dave will have to increase his panning classes to two a week!

News on the health front: We're just holding our own. Al got his cast off and Chris came down with a bad back.

Rumour has it that Al, recently returned from JLC, is giving Dennis a little rifle drill in his off duty hours! Nice to see you back Al.

Just a little announcement from your friendly Entertainment Fund Rep's: If one wants a shiny squadron fund membership card with all its attendant privileges, one must pay up all outstanding dues. Thank you!

As Merv would say, "Think Snow".

R. Morrison

## Cinematic Crew At Comox

BY MCpl N. V. Blondel

"Quiet on the set! Roll'em." It doesn't quite work in the noisy cavern of number one hangar, but they try. Sitting on top of a Labrador helicopter, Cpls Dave Guay and Jim Gaylor face the maw of a video camera. A bank of glaring TV lights and a film crew are perched high up on a maintenance ladder.

Dave and Jim are part of a National Film Board vignette on the Human Factors in Aircraft Maintenance, part of a continuing series of video productions aimed at improving our performance as technicians and aircrew. How? As production co-ordinator Capt Carl Marquis puts it: "By dramatizing the Five Ps - Physical, Psychosocial, Physiological, Psychological and Pathological - all aspects of human behaviour, in the form of filmed vignettes, we acquaint aircrew and technicians with some of the things which affect their performance on the job, and point out why such esoteric factors as peer/boss relationships, common afflictions like a common cold or headache, personal attributes like strength and co-ordination, pathological effects from the use of drugs and alcohol and ordinary worries like a sick child at home, state of mind at work and so on, may cause us to do less than we should at our profession, and thus be part of a flight safety hazard."

This particular Comox film series deals with the ground crew, but the process dates back to 1979, when the first trial production received such favourable response from NATO and other allied forces that - thus encouraged - Canada's research into human factors and their implications toward flight safety now leads the world.

In 1982, the Directorate of Flight Safety appointed a full time flight surgeon, Major Stephen Liang, to lead the Human Factors project. In 1984, the first film, dealing with

the aircrew environment, appeared and is now in military circulation. At Comox, the films are about maintenance related errors, the performers are our fellow technicians, the aircraft are a Labrador helicopter from 442 Squadron and a VU33 Tracker. The purpose is to educate the maintainer with a story on each of the five mental and physical states previously mentioned.

In describing the project and its philosophy, buzz-phrases abound. We have, for instance, 'Man, machine and environment, working in concert for successful mission.' Taken on its own, this phrase would induce instant eye-glaze in the intended recipient, but the NFB, using a local film unit, Cinetel Productions of Parksville and a group of seven principal actors - Lt Greg Caws, Sgt Gord Kehoe, MCpls Dick Lathige and Harry Weeds, Cpls Dave Guay and Jim Gaylor and Pte Jenny Martinez, has dramatized the buzz-phrases in a way that will get and hold the interest of the people who matter - in this case, the maintenance crews.

Capt Marquis does not hesitate to praise a lot of people at Comox who have, in his words, "Provided the most outstanding degree of support thus far, and we have been to seven other bases before this." He mentions the 35 supporting actors in general and the Comox co-ordinator Major Don Harrington, 442's Major Ron LaGrange and Lt. Greg Caws and VU33's Capt Dave Bekolay in particular, with more appreciation going to the folks in Tyee Park (used for a sequence about a Halloween party), and for the equipment and other help supplied by CE, Base Transport, Air Traffic Control and Base Ops. So many other individuals and sections were involved, he would like to thank them all, he said.

The film is due for release soon after Christmas, but advance copies will be available for squadron viewing soon.



#### FROM THE MAIN FLOOR

Our volleyballers are now doing better than the 'sort of ok' quoted in the last column. Their record is now two and two, the last two being against the unashamedly professional and blatantly excellent Fire Hall. Our better games were against VP407 (14-16, 15-5, 15-10) and Supply (15-11, 15-6). The 442 diggers and spikers are now getting good support.

An up and coming marriage of note, is that of our canteen lady, Cheryl Fulleton to Pte Kirk Snook of MSE. She will be back at the counter in early December, after which we may, I suppose, address her as our canteen 'Old Lady'.

We did well on OPEVAL, after a shaky start in practice, during which an intruder slipped upstairs and got the CO bombed... or did he bomb the CO? On the succeeding practice, our intrepid security team, headed up by Sgts Gaudet and Uhlenburg, unmasked a masquerading general (none of our generals could be that young, could he? Unless, he was a seaweed). He, a bogus MWO and a lady Captain whose I card did not match her other particulars, were prevented from doing further damage to 442. Impressed by our tight little ring of guards, the villains left 442 alone during OPEVAL proper.

As a final comment, there is a rumour afoot that we may not speak directly to Gord Kehoe and the other NFB film stars. We have to go through their agent...

N.V.B.

## OFFICERS' MESS

Fridays, November 16, 23, 30

REGULAR TGIFs

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

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

## WOs' - SGTs' MESS

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 16, 23 and 30

TGIF. Food. Game. Relaxed dress.

November 18

MINI GREY CUP

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

November 19

MEETING

WIVES CLUB MEETING

2000 hours

Premas Craft & Bake Bazaar.

Guests welcome!

November 30

Food. Games at 1930 hours. DJ at 2100 hours.

## UPCOMING EVENTS

December Christmas bingo and PMCs available at the bar. PMCs draw tickets are available at the bar.

December At home to the Dec Officers

For further information contact

K.I. Paulsen, local 2465.

M. S. E. Driver Safety

Missed  
deadline  
What would you do??



# Editorial

## Lest We Forget

While looking for some thoughts are always at home. material for an editorial I came across the following article and it expresses my thoughts much better than I could.

RKF

(NC)—Remembrance Day 1984. Lest We Forget.

What is there to forget? Maybe we should ask ourselves what are we supposed to remember;

The sights; the sounds; the memories; the fear.

Can you remember the countless searchlights panning the skies like long thin fingers probing the darkness, seeking to touch the elusive night bombers?

Can you remember the operational take-off? It was 'thumbs-up' to your buddy. A sign of good luck, yet it also meant, 'take-care, friend'.

Can you remember the thunder of the guns, the thump of the ack acks...your face in the mud? A different mud from the Canadian prairie or the familiar red of Prince Edward Island. But still it reminds you. Your

thoughts are always at home.

Can you remember night watch on the North Atlantic? The loneliness, the biting cold, the ever-present enemy, the monotonous roll of Her Majesty's Canadian Ship as she speaks to you through the smell of diesel oil.

Can you remember "why" we remember?

Was it for something good? Was it for peace, freedom, security, the threat of tyranny?

Was it because you were a Canadian or was it more personal?

Can you remember the sacrifice?

World War I...66,655  
World War 2...44,893

Korea...516

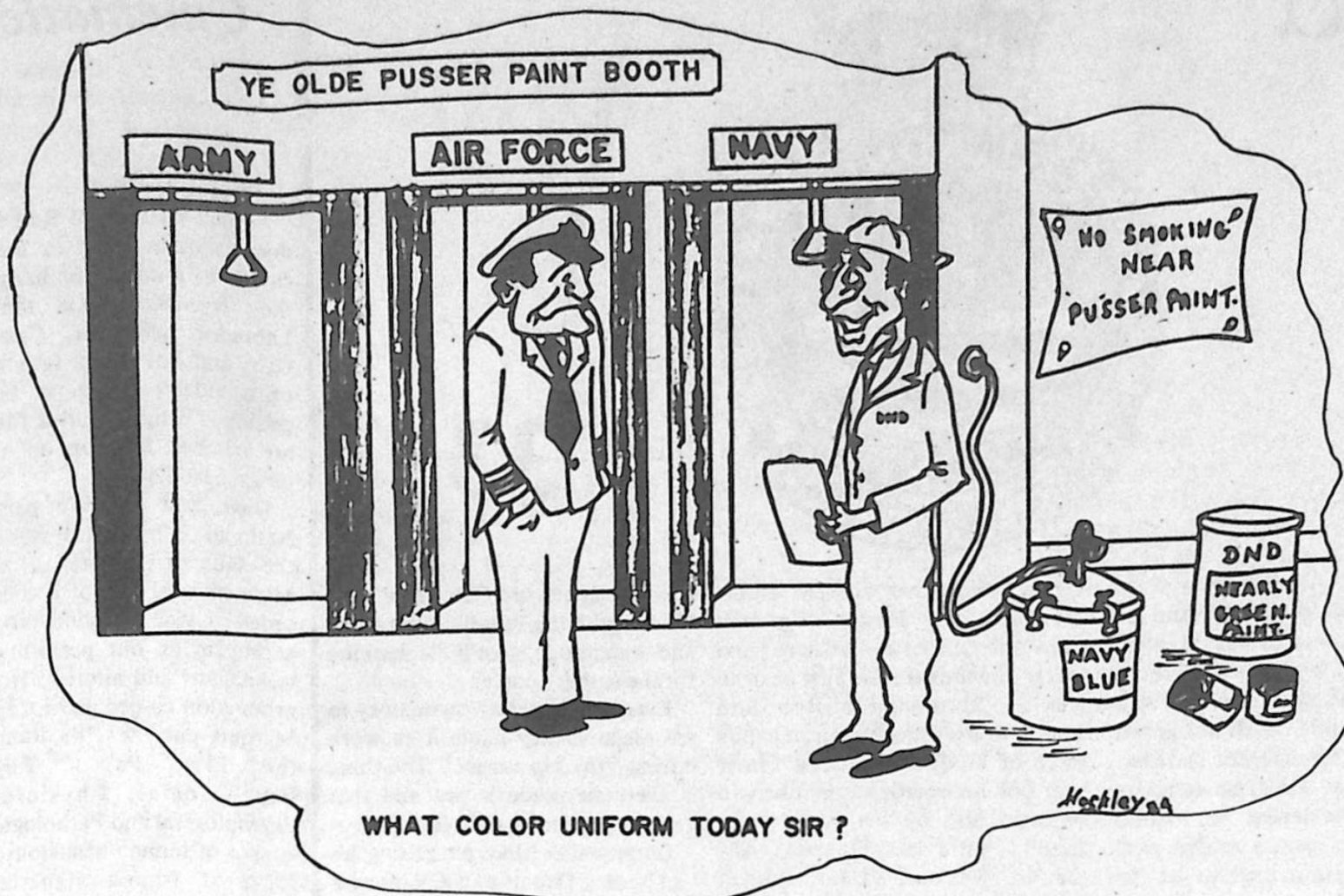
More than 100,000 men and women who lived and died as Canadians.

If you can't remember... You're lucky!

If you can remember... thank God...you returned.

Remembrance Day 1984.

Lest We Forget.



Courtesy Maritime Command Trident

## Remembrance

For most people over 55 the message of Remembrance is simple, direct and needs no adornment. It is part of their experience and they can still react to it in varying degrees.

But younger Canadians can't. Remembrance is not part of their experience because they have not experienced war. For them the message of Remembrance needs rethinking and reshaping.

The themes used in recent years have been a big step in this direction. They invited young people to think about their civic responsibilities. They also invited them to participate in Remembrance on their own terms.

This concept has been extremely well received by the press and by youth. It suggests that there can be a significance for Remembrance today which acknowledges a debt to the past but at the same time looks to the future.

It attempts to put citizenship at the core of Remembrance because that's exactly what 114,000 Canadian war dead exemplified in the highest order.

The poppy is the symbol of Remembrance. Traditionally it has been the flower of war and death. Every year Christian Churches go through the cycle of death and resurrection. Is there any reason why the poppy can't be regarded as the flower which won the peace, and a reminder that the hope of future lies in continued peace?

This is essentially the prime purpose of the poppy. Simply remembering the war dead is not enough. Remembrance has to be combined with a concern for the present and the future peace of the world.

The message therefore, is that the poppy represents sacrifice, peace and hope for the future. It's a symbol of citizenship because that's what Remembrance is all about.

Comox parade...Fall in 10:30 am, 11 November in front of Legion Hall. Program at 11:00 am followed by the March Past. Open House 11 am to 8 pm.

The above article was submitted by Branch No. 160, Royal Canadian Legion.

Who may see a CF Social Work officer?

Any CF member or any member of a military family may contact a Social Work Officer; as well, a member's unit may suggest this course of action and/or make a referral. Where the member and/or his family have a problem which can be resolved without making demands on the individual's unit, the matter goes no further.

Obviously, however, if some career action is requested or seen to be necessary, certain authorities may have to be involved. A member may, with or without disclosing details, request an interview with a Social Work Officer on a personal matter. Often, all it takes to resolve a particular difficulty is a chance to talk things over. And again, as long as the individual hasn't committed

an offence and provided there is no risk factor or request for special action (e.g. a compassionate posting), the matter goes no further.

Who, where and how in Pacific region?

WHO? The Canadian Forces Social Work Office in Pacific Region is responsible for CFB Esquimalt, CFB Comox, CFS Holberg, CFS Massett, CFS Baldy Hughes, CFS Kamloops, CFB Chilliwack, Vancouver Detachment, Nanaimo Detachment, CFS Aldergrove, 3PPCLI Work Point, HMC ships and Associated units. Lieutenant Commander T.R.P. (Terry) Totzke, BA, BSW, MSW is the Regional Social Work Officer who is assisted by Captain N.N. (Neil) Deringer, BA, BSW, MSW.

WHERE? Building 11 Naden at CFB Esquimalt, telephone 338-1831. The Regional or Area Social Work Officer visits Comox and Chilliwack every four weeks, Nanaimo Detachment every other month, CFS Aldergrove once each month, CFS Kamloops, Baldy Hughes, Holberg and Massett once each quarter, Vancouver Detachment as required. This results in temporary duty trips to outlying units which means the RSWO AND ASWO travel for approximately 45% of their available duty time. Anybody know of a good social worker for the social work office? Emergency referrals are accepted as rapidly as possible from all the above mentioned units.

HOW? An interview with the CF Social Work Officer can be

arranged by phoning the Social Work Secretary in Esquimalt at 338-1831 or by dropping in to the Regional Social Work Office in Naden at CFB Esquimalt.

- at CFB Comox . . . call the Chaplain's Secretary at loc.2274
- at CFB Chilliwack . . . call the BPadmO Secretary at local 3207
- at CFS Aldergrove . . . call the AdmO at local 3011
- at Vancouver Det. . . call the Detachment 542-4104
- at Nanaimo Det. . . call the AdmO at 544-6920
- at CFS Holberg . . . call 288-3322
- at CFS Massett . . . call 626-3902
- at CFS Baldy Hughes . . . call the CADO 562-1141
- at CFS Kamloops . . . call the CADO at 374-0371.

Next Totem Times Deadline - Monday, November 19, 1984



# Law Talk

By Gordon Hardy of the People's Law School

The first of four articles on crime prevention.

A stitch in time saves nine. Apply that old homily to crime and you have crime prevention. And, given the state of crime in Canada, there are plenty of reasons for you to be concerned about crime and its prevention. According to one victims study done in 1981, there were more than a million and a half crimes in Canada involving victims. These crimes ranged from assault and robbery to theft of household property and vandalism.

Increasingly, the police are looking for assistance from the public in the prevention of crime. In order to stimulate public awareness of crime prevention, the federal government has declared the week beginning November 4, 1984, National Crime Prevention Week. More than 40 municipalities have also made the declaration local. R.C.M.P. detachments and municipal police departments will be participating in workshop displays and other activities throughout the province.

But it's not the police alone who will be active: as Carlos Charles, Regional Consultant to the Solicitor General of Canada, says, "The public has to become more

active in preventing crime. The police can't do it alone because they don't have the resources. Crime Prevention Week is meant to make the public more aware of what crime prevention measures are available in their community and how ordinary citizens can take part."

Crime prevention programmes in B.C. vary with the needs of each community and with the problems afflicting them. In some communities, such as Burnaby and Coquitlam in the Lower Mainland, they may focus primarily on the prevention of house break-ins and vandalism by means of Neighborhood Watch, a system of patrols by local residents who keep an eye on the neighborhood. In other communities, such as those in the Okanagan and the Williams Lake area, this programme may be adapted to very particular local needs; here you find Range Patrol, a network of volunteer ranchers who, in the course of their regular tours of the ranch country, keep an eye out for vandals, thieves and, of course, cattle rustlers.

No matter the programme, the key ingredient is involving ordinary people. Most crimes, after all, take

place out of the view of the police. Increasing the number of police officers or the amount of hardware they carry is not the answer. Rick Steele, president of the B.C. Crime Prevention Association and a police officer himself, says, "We with the police agencies can't do it alone. We can only put so many eyes on the road. But, where crime prevention programmes exist in a community, that's where law enforcement works best. If the community doesn't care about the problem, then we're not going to have any great impact."

Community involvement in crime prevention, he says, doesn't mean that members of the public take the law into their own hands. If an ordinary citizen witnesses a crime in progress, "We say, 'don't interfere - just get the details.'"

"It's a simple idea," he says. "It just takes one person to develop a crime prevention programme and then, bang, it takes off. You start it in one community but soon it spreads to others."

Steele points to the success of Realtor Watch in Nanaimo, a community with 92 hard-pressed police officers and 400 realtors. As participants in Realtor Watch, the

realtors agreed to keep an eye out for possible break-ins and property damage during their business visits throughout Nanaimo. The result of this partnership was that police capacity to fight crime in that community was greatly improved.

"Now it looks like Realtor Watch is going to go province-wide, if not nation-wide," he adds. Carlos Charles says the federal Ministry of the Solicitor General, the sponsor of National Crime Prevention Week, considers community-based crime prevention a "major initiative" of the Ministry: "We're interested in stimulating communities by providing information about crime prevention programmes. We also help groups obtain funding for these programmes."

Groups or individuals who wish to receive more information about crime prevention programmes should contact the Consultation Center, 1320 - 800 Burrard Street, Vancouver V6Z 2J5. Alternately, your local police department may have material available. The R.C.M.P. have crime prevention units in most of their detachments.

Next: concepts of crime prevention.

## TOTEM TIMES

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# A.F.V.C.

## N'oublions pas

(NC) — Dès les premiers balbutiements de notre nation, il y a de cela 117 ans, les Canadiens ont aspiré à trois choses fondamentales: la paix, la liberté et la sécurité.

Nous nous sommes battus pour les conserver, et continuerons à le faire. Il a été dit que la paix est le rêve du sage, et la guerre, l'histoire de l'homme.

Trois fois déjà au cours du siècle, les Canadiens sont partis combattre pour ces choses auxquelles nous aspirons.

En 1914, un Canada tout jeune encore se tient à côté d'un Empire britannique quelque peu vieillissant alors qu'il faisait face à la plus terrible menace ayant jamais pesé sur notre vie de tous les jours.

C'était le moment où la nation canadienne était prête à prendre son essor et la liberté de l'Europe se voyait menacer.

Des Canadiens de toute condition accoururent des quatre coins du pays — des villages, des villes, des écoles, des usines et des bureaux — pour répondre à l'appel désespéré de la patrie. Et ils le firent encore en 1939.

Il portaient outre-mer vers des guerres dont plusieurs ne savaient

presque rien, pour servir le Canada afin d'assurer sa paix, ainsi que la sécurité et la liberté du monde.

Nos soldats ont essuyé le feu de l'ennemi au cours des batailles de Saint-Julien et d'Ypres en 1915, de la bataille de la Somme en 1916. Ils ont combattu à Vimy en 1917, et à Arras en 1918, et à maintes autres endroits encore. Les souffrances et les pertes furent inimaginables. Mais finalement la victoire se manifesta et avec elle un nouveau sens de la nationalité. Un Canada plus indépendant et plus fort naissait. Le Canada renaquit, tel un phénix, des cendres du combat, de la souffrance et des pertes innombrables, resplendissant de l'éclat de l'ultime victoire, pour devenir une nation puissante et indépendante.

Cependant l'importance et la dignité acquises par le Canada au sein de la collectivité mondiale l'ont été au prix du sang. En 1918, des milliers de foyers avaient été dévastés par le bras en apparence interminable de l'ange de la mort.

A peine vingt-et-un ans après, au cours d'une guerre plus terrible encore, des milliers d'autres furent

frappés par la souffrance, les pertes et le deuil.

Des hommes et des femmes de toutes les parties du Canada s'enrôlèrent dans la fière Armée canadienne, la Marine Royale canadienne et l'Aviation royale canadienne, pour combattre dans la Seconde Guerre mondiale. Ils servirent jusqu'en 1945.

Finalement la menace à la paix du monde avait disparue. Le prix à payer pour la guerre fut exorbitant: 66 655 hommes et femmes ont payé cette liberté de leur vie pendant la Première Guerre mondiale, 44 893 au cours de la Seconde Guerre mondiale et 516 au cours du conflit de Corée. Des dizaines de milliers d'autres furent blessés.

Tant au cours de ces deux guerres qu'au cours du conflit de Corée, avec un ensemble parfait nous avons montré au monde entier ce que valent les Canadiens, et aussi en quoi nous croyons et pourquoi nous sommes prêts à donner notre vie.

Les actes de foi et de courage posés par nos anciens combattants et nos morts de la guerre font partie de l'histoire de l'expansion du Canada. Ils

ont tout donné pour aider à bâtir un avenir plus prospère au Canada et dans le reste du monde.

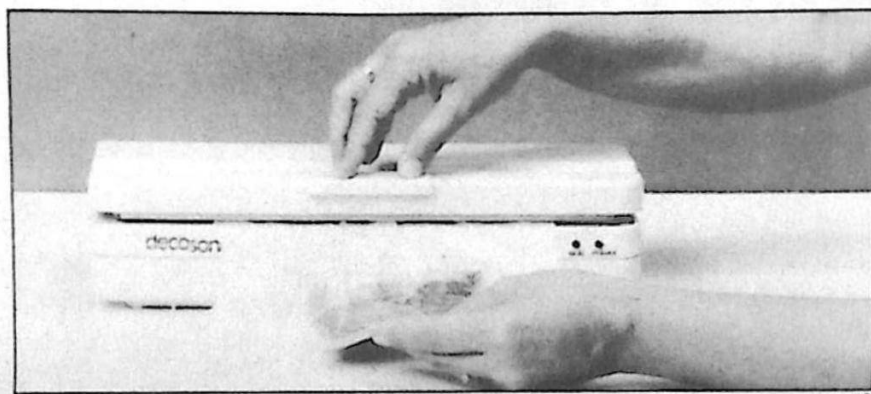
Le 11 novembre est un jour dédié au souvenir de ce sacrifice. Nous ne l'oublions pas. C'est à nous, en tant que Canadiens, qu'il appartient de réaliser les rêves pour lesquels trois générations d'hommes et de femmes ont donné leur vie.

Si, ici même au Canada, nous devons faire tout en notre pouvoir pour bien utiliser l'occasion qui s'offre de construire un monde meilleur, nous devons faire plus d'efforts pour faire l'unité nationale.

Nous devons également être plus conscients de la place du Canada dans le monde. Nous devons œuvrer pour une meilleure harmonie parmi les peuples.

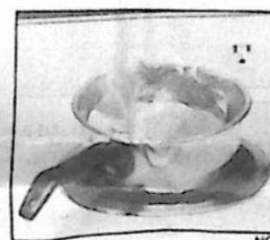
Nous devons aujourd'hui nous souvenir de trois guerres et des héros de trois générations. Nous devons faire face à l'avenir.

Ayons le ferme espoir que nous serons en mesure de réaliser les rêves pour lesquels ces Canadiens ont servi, combattu et donné leur vie.



**L'emballage sous vide: un procédé à la portée de tous les foyers**

(NC) — Vous pouvez maintenant, à peu de frais, emballer vos viandes, mets préparés et légumes dans des sacs de plastique scellés à vide. Ces sacs iront ensuite dans l'eau bouillante ou au four micro-ondes, si désiré. Ils conserveront la fraîcheur des aliments pendant de longues périodes parce qu'ils préservent l'humidité tout en réduisant les risques de contact avec les bactéries de l'air. Grâce à eux, vos restes ne seront plus desséchés, ni brûlés par le gel. Ces sacs sont plus économiques que les sacs traditionnels parce que vous choisissez vous-mêmes leurs dimensions. Vous n'avez donc plus à



vous servir d'un sac de grande taille, car un sac plus petit fait l'affaire.

Ces sacs sont faits à partir d'une pellicule de polyéthylène repliée en deux et mise sur rouleau. Le tout est intégré dans un scelleur automatique et les sacs sont coupés aux dimensions voulues à leur sortie de l'appareil. Une fois le sac rempli, vous remettez le côté ouvert dans le scelleur; celui-ci aspire l'air et scelle le sac hermétiquement.

Le scelleur de sacs hermétiques s'accroche au mur en un tour de main. Il accepte toutes sortes de pellicules de plastique et la largeur des rouleaux va de 1 pouce à 11 1/2 pouces. Vous êtes maintenant en mesure de protéger tous vos aliments grâce au scelleur de sacs hermétiques Decosonic qui se vend au prix de 35,00\$. Le scelleur de sacs Decosonic et les pellicules de plastique sont disponibles dans tous les grands magasins.

### LES MÉTRIQUES

1 cm est environ la largeur de l'ongle de votre petit doigt

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Pour plus de renseignements, contacter une de ces personnes.

**ASSOCIATION FRANCOPHONE DE LA VALLÉE DE COMOX**  
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Tel: 338-6125

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**LA PROCHAINE RÉUNION DU COMITÉ SERA JEUDI 15 NOVEMBRE à 7:30 P.M.**

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(EFFECTIVE UNTIL Nov. 30)

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**Buy books locally! Sixty Years - RCAF & CF Air Command 1924-1984. \$50.00.**

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**339-6111**

**Buy local books! Lands-owne's Birds of the West Coast, Vol. I and II, were \$45.00 each, now \$19.00 each. Limited number. Please order!**

**Blue Heron Books**  
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**NOW SHOWING - Thursday, November 8**

**TERI GARR, PETER WELLER**

**FIRST BORN** (MATURE)

"Warning - Occasional violence, coarse language & swearing." - B.C. Director

**OPEN FRIDAY - November 9, 10, 11, 12, 13, 14, 15**

**JOBETH WILLIAMS, TOM CONTI**

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**NOW SHOWING - November 8**

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**November 9 to 15 - STEVE MARTIN**

**ALL OF ME** (MATURE)

"Warning - Suggestive scenes & coarse language." - B.C. Director

### CFB COMOX

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# Sports

## CFB Comox Ski Club

Hello again powderhounds. Things are really looking up this week; there is 70 cm of snow at the lodge on Mt. Washington. There has been a strong rumor circulating that the mountain may open on Saturday the 10th of November. Thats this weekend! Give Mt. Washington a call (338-1386) on Thursday or Friday to find out.

Our ski swap went really well, grossing over \$7300.00 for the swap. The club will see between 10% and 15% of this total, about \$800.00. Needless to say the club has a bit of money to help subsidize our fun days and trips.

The Ski Waxing Clinic will be held at Comox Sports at 7:30 pm on Wednesday the 14th November. Bring your skis as this is an excellent chance to pick up good ski tuning tips and a good opportunity to get your skis up to snuff for the coming season.

### Handy Ski Tips

One of the determining factors between being an intermediate skier and an advanced to expert skier is the way the upper body is held. I'm sure you've seen numerous movies

of a mogul champ blasting through 4 foot bumps at 20 mph. "How does he do it?? He looks so smooth!" you say. Well there is no trick. The key is having a quiet upper body. All movement from your belly button up, including your shoulders and arms, is minimized. Skiing is a leg sport and that is where the movement should stay, in the legs. A good way of practising to keep a quiet upper body is to grasp both your poles in front of you so they are perpendicular to your direction of travel. When you ski (best to start on a beginner's slope) pretend you are holding a tray of raw eggs. Don't drop them by bouncing around or swinging your shoulders!

This so call egg technique will allow you to learn what it feels like to let your legs do the work. It will force your shoulders to stay perpendicular to the fall-line (the shortest way down the hill) it will force you to bend your knees and your arms will not do any swinging.

After trying the "Egg" for 2 or three runs, try the "beach ball". After you get off the tow put on your poles as per standard. Pretend you have a 2 foot diameter beach ball and are holding it in front of

you with your two hands. As you go down the hill keep your hands in front, remember to hold onto that beach ball. If you wish to plant your poles, don't reach, flick the pole out with your wrist. Not only does this flicking action stop you from dropping the beach-ball, it also minimizes the amount of movement done by your arms and shoulders.

The "egg" technique and "beach-ball" technique are two very good exercises utilized by most CSIA SKI INSTRUCTORS. They enable you to get a feel for what you should be doing. As you get better you find that a lot less energy is expended if you don't move your torso and flick the pole out when planting.

The end product is this; You are skiing down the bumps on OH-Henry. Everyone is watching you (eeek). Your upper body is barely moving at all, your head and shoulders are perpendicular to the fall line at all times. You smoke down leaving 3rd degree burns in the snow, your legs are a moving blur. You smoke it to the bottom and swoosh to a stop. It's miller-time. Its only the 10th of November.

## Base flag football

There will be no play-off position for the base team this year. The base ended up in last place out of a five team league downtown. We were edged out by losing the final game Sunday October 28th against Fifth Ave. This years team played very well and many of our games were only lost by a few points, a vast improvement over last year.

Although we were all very disappointed with the outcome, most of us are glad it's over as it was a hard fought season and the wounds need healing. A lot of the guys put out a hundred and ten percent, and it is these fellows that made it all worth while, Win or Lose.

Thanks goes out to the Rec Center for their support. To the fans who came out to watch the games, we toast. To a great bunch of guys that call themselves football players, THANKS!!! Coach

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## Pac Region Soccer

On 11th - 14th October CFB Comox Soccer Team travelled to Victoria for Western Regional Soccer Tournament. Comox went to the tournament with lots of heart, little experience and a severe lack of players.

Early on Friday morning the Totems arrived at the field ready to go with all 11 players leaving no room for injuries. The first game put Totems against Esquimalt. The game was a very well played game with Esquimalt coming out on top with a 2 - 1 victory. That afternoon Totems came up against one of our favourite opponents CFB Chilliwack. Early in the game we lost Bob Chappell to a torn muscle which cut our strength down to 10 players; but Comox kept pouring on the power and at one point were up 4 - 1 on Chilliwack. Then Totems lost another player Al Mackay to severe cramping of the legs. This left Chilliwack wide open and they scored two more goals, but Totems held them off for their win of the tournament.

On Saturday Totems had 2 more players arrive to help them through the rest of the tournament. This time their opponents were the dreaded PPCLI. After a hard fought game PPCLI came out on top with a 2 - 1 victory.

Sunday saw Totems come up against the Fleet. Once again the game was pretty well back and forth, but due to some bad luck Comox just couldn't put the ball in the net. The fleet came out on top with a 2 - 1 Victory.

In the goal scoring dept for Totems Glen Rooke came out on top with 3 goals, then Gerry Antle with 2, Mark Wilson and Gord Jones with 1 each.

## Intersection Flag Football



Flag football champions - BTelO

Canadian Forces photo by Cpl M. Robert



LCol Jackman presents the flag football trophy to Cpl MacDonald of the BTelO team.

Canadian Forces photo by Cpl M. Robert

Intersection Flag Football got off to a fast start this year but ended rather shaky. One team had to fold due to lack of support therefore leaving three teams to finish off the season. As it ended up Btelo finished in first, 442 Sqn (the Generics) in second and VU-33 in third. The first place team received a bye, leaving the second and third place to the semi-finals which began at 10:30 Saturday, October 28. Due to a large search, the

Generics ended up being short-handed and so the onslaught began with VU-33 coming up victorious 35 to 6. The finals began at 13:00. To make a long story short the final outcome was very much like the first game only the BTelO team came out on top 39 to 8. I would like to take this time to thank the Rec Center for their support but special thanks to the players and fans that supported their teams.

## CF NATIONAL SPORTS

### HOSTS AND DATES

Curling, CFS Carp - 18-24 March 85  
Broomball, CFB Edmonton - 1-4 April 85  
Hockey, CFB Petawawa - week of 25 March 85.  
Badminton, CFB Toronto - 15-19 April 85  
Volleyball (M/W), CFB Halifax - 22-26 April 25  
Softball (M/W), CFB Cold Lake - week of 20 August 85  
(Alternate week - 27 August 85)  
Running, CFB Chilliwack - October 85  
Soccer, CFB Cornwallis - 3rd week October 85  
There will be no Oldtimers Hockey in 85.

## NOTICE

Glacier Greens Golf Club

## GENERAL MEETING

Wednesday, 28th November 84  
1930 hours in the Clubhouse.

ALL MEMBERS ARE URGED TO ATTEND.

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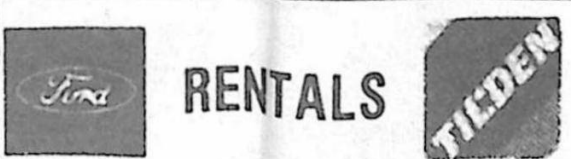
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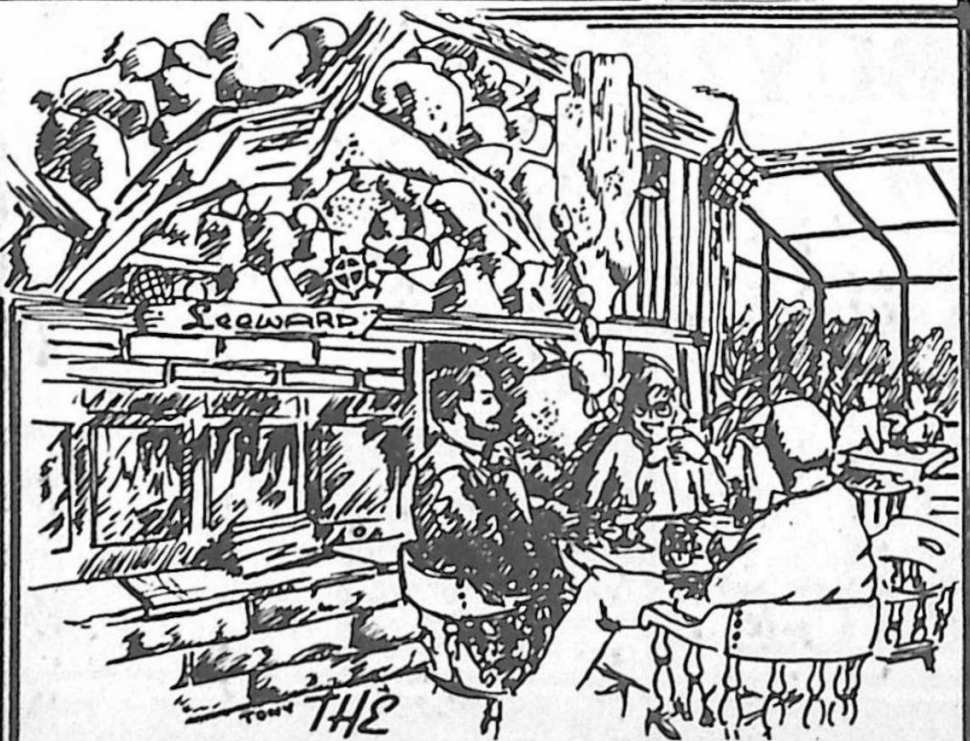
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# Promotions and Awards



The Base Commander, Col Kadonoff recently presented Air Command Commendations to Petty Officer Peter Leblanc and Master Seaman Ken Wiebe for their efforts in a marine rescue off Cape Lazo in February, 1984. The third member of the crash boat crew, Leading Seaman Bill Thibault, since posted, received his award in HMCS Provider.



LCol Doug Stuart, CO 442 Squadron presents WO Bill Krier with an ATG certificate for an operational parachute descent made during "SAR Bradley".



Cpl Pete Thowey, a 442 Squadron SAR Tech, is presented with two Boeing Rescue Citations by LCol Doug Stuart, CO 442 Squadron.



LCol Doug Stuart, CO 442 Squadron, presents "Wee Dougie" Strachan with his 1,000 hour Boeing Certificate and pin for having flown 1,000 hours in the CH113 helicopter.



Leading Seaman Dave Grant was promoted to Master Seaman in June 1984. Presenting Grant with his new badges is the STNO Major G. Rose, looking on CWO G.K. Hunter.



VP407 Crew Six at Fincastle '84 prior to their night sortie.



VP407 Competition Groundcrew in Australia at Fincastle '84.



On 05 October, 1984, Major General G. MacFarlane, Associate ADM (MAT) presented a retirement scroll to Major (Bud) Faubert who had 32 years service. Major Faubert, the retiring Detachment Commander of 403 Canadian Forces Technical Services Detachment will enjoy retirement in Courtenay, B.C.



LCol Doug Stuart, CO 442 Squadron, presents Capt Mike Dorey with two Boeing Rescue Citations for his dedication and participation in two major rescues off Canada's east coast, while a member of 413 Squadron, Summerside.

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# Around the Base

## WOs' & Sgts' Mess Retirement Mess Dinner

A Retirement Mess Dinner was held in the WO's and Sgts' Mess on Thursday 04 October 84 to honour five retiring members. Saying farewell to old friends is never a pleasant chore but when one must do so, what better way than, a Mess Dinner, where old war stories can be re-told, old songs re-sung and old hangovers renewed.

The festivities commenced at 1815 hours and before the smoke of battle had cleared at approximately 0600 hours, food stocks in the mess hall had been all but depleted and the stock behind the bar was at a critical low level.

The high point of the evening was when we were given the opportunity to pay tribute to the retiring members who had a cumulative one hundred and forty-five years of service to Queen and Country.

It turned out that the "Old Man of the Mountain" was WO John Wood with an impressive record of 35 years of service and 15,000 hours of flying to his credit. When given the opportunity to do so John was able to refute the statement that he had earned his wings flying supplies to the Pole for Beatty in Ford Tri-Motors.

Don Knight entertained the assembly with a rendition of "Sea Ditties" and attempted to organize

a period of drill instruction. There was little interest in parades except for Ray Pearce who felt we should give him one more chance at attending an "Air Force" parade. He promised that should we entertain his request he would not cry on parade.

Ted Hall was provided with a short time to do some impromptu advertising for his computer business during which he offered the lowest prices in the Valley to his old friends.

CWO Jim McCaffery's farewell was saved until the end of the dinner because he was hoping for a last minute reprieve. This did not occur and he accepted his fate gracefully and commenced taking on a full load of fuel to sustain him through an early morning flight to Nova Scotia, where, rumour has it, he and Frankie will do a bit of house hunting. As Jim has become so accustomed to the title of "Chief" he was presented with a "Crafted by Frankie" chief's headdress for wear during his declining years on the cruel outside.

To all the retiring members we bid a fond farewell, wish you best in to coming years. May the wind always be fair and your sails always full.



MWO Wayne Peavey presented WO Ray Pearce with a gift from the Mess. Ray retires after 28 years of service.



MWO Wayne Peavey presents WO John Wood with his retirement gift from the Mess. John has amassed 35 years of service and over 15,000 flying hours. Did you really fly in the Silver Dart, John?



MWO Don Knight receives his retirement gift from MWO Wayne Peavey. Don retires after 28 years of service.



MWO Wayne Peavey presents a gift to WO Ted Hall who has decided to retire after 24 years of service.

### Dollars for ideas

In 1975 a Warrant Officer at CFB Petawawa recognized that the Canadian Forces was expending many dollars to train technicians in the use of Vibrex B Strobex blade tracker and phazer balancer used on our helicopters, as a serviceable aircraft and a full run-up crew had to be used for every student. He suggested that a readily available synthetic trainer be purchased to permit the task to be performed in a classroom instead of on an aircraft.

In 1978 the CF purchased five trainers at a cost of \$934.90 each, and during the first two years of their use it was calculated that

\$630,878.00 in training costs were saved.

In recognition of the suggestion NDHQ presented MWO DeFabro, our present Base Warrant Officer, with awards totalling \$8,250.00.

All awards aren't that large but who knows what the military could do with one of your ideas. The best way to find out is to submit any suggestions that have been running through your mind to the Base Suggestion Award Committee. Use one of the yellow forms located in the boards around the base or simply put your ideas on a piece of paper and mail to BSAC.



CWO Jim McCaffery receives a "Whale of a Salmon" carving from the BWO. Jim is retiring after 30 years of service.



"Chief" McCaffery sports his new "Crafted by Frankie" headdress which was presented by the BWO.

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**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.



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**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.



Girl Guides  
of Canada  
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### KWAH-NICE DISTRICT

Don't forget our newspaper drive on Saturday, 10 November at 10:00 a.m. The Guides and Brownies will pick up the bundles of dry newspapers and bring them into the collecting point at Airport School. The drive is part of a scheme to create an awareness of global environment focussed at a community level.

Dolores Racine was interested in our plan for a Newspaper drive and will pass on our success story to a meeting in Toronto of all the provincial

Commissioners for Canada later this month.

The 2nd Kwah-nice Brownies will hold their enrollment ceremony on Tuesday, November 6. The 1st Kwah-nice Brownies recently received a letter of thanks for their colourful place settings and cards that they have made during the last year for Glacier View Extended Care Home.

The 1st Guides held a very successful Halloween party that was visited by the "Headless Horseman". They plan to make gingerbread houses at their next meeting.

Everyone seem to be busy and enjoying themselves. Many thanks to the ladies who have come to help ensure that the units can operate.

Pat Jackson  
District Commissioner

## Officer's Wives Club Just a Reminder



November 21, 730 for 800

There will be a wide selection of  
ceramics, X-mas decorations,  
knitting, crocheting, + much more.  
Come + do your X-mas shopping.  
See you There!

## WO & Sgts' Wives Club

November's here and with it a busy month of activities planned for you and your guests. There are still a couple of seats available on the bus to Nanaimo - November 15th. Vicky LeFort is our bus driver and she will be leaving Airport School promptly at 8:15 a.m. The cost is \$10.00 per person and Ardith MacLean will be there to collect the travel costs as passengers are boarding the bus. A tentative departure time from Nanaimo is 6:00 p.m. If you have any questions or would still like to register for the trip, call Ardith MacLean at 339-7218.

If you can't make the shopping trip, you still have a great opportunity to find some of those special gifts at our Craft Bazaar and Bake

Sale on November 19th in the Mess Lounge. Come out and bring some friends to see the Cabbage Patch Dolls and a variety of clothes, Christmas decorations, ceramics, quilting, flower arranging and paper tole. We'll also have bead ornaments and knit and crochet articles as well as a large assortment of novelty items.

Don't forget to price your own goodies for our Bake Table and we will have our Christmas basket ready for donations of food items for those less fortunate at Christmas.

If you are interested in coming to the Craft And Bake Sale but don't know any of our members, please give me a call - Gay Gray - 339-6705 Secretary

Mowing your lawn  
is a lot cheaper than  
joining a health club.

PARTICIPATION

## The Thomas Bros.



### BENEFIT DANCE

## CROSSROADS CRISIS & FAMILY SERVICES SOCIETY

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 Dunsmuir Avenue, Cumberland Serendipity Boutique - Driftwood Mall The sound Station - 286 5th Street, Courtenay The Ice Box - 279 Puntledge, Courtenay For further information call: 338-0512

## Across my kitchen table.

- by Rosemary Gibson



I can see why a person could pine for these eastern autumns. What a spectacular show! Sadly, we see the colours fading and the leaves flying in the wind. The mild weather is still with us, but we wait for the curtain to fall; lovely autumn is giving her last performance.

Here's another recipe from our niece who is babysitting our home while we are here in Borden. Sue prepared it for dinner before we left, and I talked her into giving me the recipe. It is really delicious.

### JAPANESE CHICKEN

#### Ingredients:

3 lbs. cut up chicken  
1 beaten egg  
1 cup flour  
1 cup butter

3 tablespoons soy sauce  
3 tablespoons water (SCANT)  
1 cup white sugar  
1/2 cup white vinegar  
1 teaspoon accent  
1/2 teaspoon salt

#### Method:

Dip chicken in slightly beaten egg and then in flour. Fry in butter until deep brown and crisp. Put in shallow roasting pan and bake 15 minutes at 350° F.

Drain chicken well. Mix together sauce ingredients and pour over chicken. Bake at 350° F. for 30 minutes more, occasionally spooning sauce over chicken to coat. Serve with rice and salad.

#### HINT:

Save old socks for polishing silver and shoes; they'll keep your hands clean, and do a good job.

#### THOUGHT FOR TODAY:

Wealth consists not in having great possessions, but in having few wants.

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# Etc.

## Wallace Gardens Community Council

The Community Council, under the direction of Mayor Al Rice, would like to welcome all the new members of our community. We hope that you will enjoy your stay here at Comox and we will do what we can to help you with any problems within the PMQ area.

For those of you who are new to PMQ life, the Community Council is made up of Councillors who are elected, or volunteer, to represent the various wards into which Wallace Gardens is divided into. We deal with any problems or

projects of interest that relate specifically to the PMQs. The Council meets every third Thursday of the month in the Protestant Chapel Hall at 1900 hours and visitors are most welcome. You can also bring suggestions or complaints to our attention by either contacting your respective Ward Councillor or by sending a note to us through P.O. Box 460. Announcements will be made through the base newspaper.

There are two announcements this month. The first concerns a

Flea Market that is being organized for Nov. 24th at the Airport School. This is a chance for those of you so inclined to empty your house of those "treasures" you have been collecting over the years. Tables will be rented for five dollars and the sale itself will run from 10am to 4pm on the 24th.

Those interested should contact Steve Harrison at 339-6663 (PMQ 91) or at Local 2308 as soon as possible.

The Council was approached earlier this year to select a young lady between the ages of 16 and 18 to represent Wallace Gardens in some of the local Winter Carnivals. We would like to congratulate Susie Beals, daughter of Susan and Gary Beals, for having been selected to represent the community. We are sure that she will do a fine job.

That is all of the news that we have for now. So once again, we extend a sincere welcome to those of you new to the valley and we hope to see you soon.

## 103 Rescue Unit Best!

Air Command of the Canadian Forces has selected 103 Rescue Unit of CFB Gander, Nfld., as this year's winner of the Mynarski Trophy. The annual award named for Pilot Officer Andrew Mynarski, who won a posthumous Victoria Cross in a rescue attempt in a Lancaster aircraft during WW II, is emblematic of excellence in Search and Rescue (SAR) activities.

The trophy was presented to Maj Keith Gathercole, officer commanding the unit, at the annual general meeting of the Royal Canadian Air Force Association in Saskatoon, Sask., October 2-6, 1984.

The selection was made on the basis of the "high success rate of the unit's SAR missions, often in very difficult conditions which attest to the skill and determination of all members".

As well, Air Command cited a number of programs initiated by 103 RU to teach SAR techniques to civilian agencies and helicopter operators working offshore.

One SAR mission which illustrates the activities which Air Command found exemplary occurred about 60 miles south of Cape Dyer, NWT, where four people in a fibre glass boat were caught in a storm and stranded on a small island. There they clung precariously to a small ledge, just above the stormy water.

Flying a Labrador SAR helicopter, the crew of Capt Rob Butler, pilot, Capt Kirk Sunter, first of-

ficer, Sgt Doug Gardner, flight engineer and Master Corporals Bill Moore and Andy Ainsley, SAR Techs, left Gander at 6:00 a.m. Flying via Goose Bay, they arrived at Frobisher Bay 16 hours later. Since it was August and the time of the midnight sun, the crew decided to push on at 11:00 p.m.

Finding a hole in the clouds, the crew managed to hover over the ledge. The two SAR Techs were then lowered by hoist and helped the first two people get lifted to the helicopter.

Before the others could be hoisted aboard, the helicopter filled with smoke from a heater malfunction. The flight engineer quickly discovered the problem, shut off the heater and the rescue operations was completed.

A short while after, however, the weather closed in and the helicopter set down on a small island to await improvement. By this time, the crew had put in 26 flying hours, plus the two hour rescue time.

Without heat in the cabin, the crew and passengers huddled in the helicopter waiting for the weather to lift. During their long wait they were awakened by scratching from the outside. Capt Butler looked out to see three Polar bears sniffing around until curiosity waned and they wandered away.

When the weather finally cleared, the helicopter continued to Cape Dyer to deliver their charges to safety.



576 England Ave., Courtenay, B.C. Phone: 334-3124

## LEST WE FORGET

THE MANAGEMENT AND STAFF AT NANAIMO REALTY GRATEFULLY ACKNOWLEDGE THOSE WHO SO BRAVELY AND UNSELFISHLY GAVE THEIR LIVES, THAT WE MAY CONTINUE TO LIVE IN THIS GREAT COUNTRY, IN FREEDOM, PROSPERITY, AND PEACE.

WE REMEMBER THEM

## SLEEPY HOLLOW INN COFFEE SHOP OPEN

7 DAYS A WEEK  
6:30 a.m. - 1:30 p.m.

1190 Cliffe Avenue - Courtenay

334-4476

Complete Breakfast \$3<sup>75</sup>

2 fresh eggs, any style, with ham, bacon, or sausages, pan fries, toast & jam, coffee or tea



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## BASE EXCHANGE

HOURS:  
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Saturday: 9:30-4:00

PHONE: 339-5342  
VIDEO CLUB: 339-6424

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