



TOTEM TIMES

Vol. 8

CFB COMOX, THURSDAY, OCTOBER 5, 1967

No. 21



121 KU AIRMEN HONOURED



Cpl. BJ Fitzgerald (l.) and Sgt. JPRG Lemieux (r.) are shown shortly after receiving the Queen's Commendation for Brave Conduct from G/C KC Lett. — DND photo

A hazardous rescue mission last January in the frigid waters off the British Columbia coast has won the 'Queen's Commendation for Brave Conduct' for two Canadian airmen.

They are Sergeant J.P.R.G. Lemieux, 32, of Ottawa and 34 year old Corporal Bernard J. Fitzgerald of Summerside, P.E.I.

The two airmen, members of a helicopter para-rescue team from Canadian Forces Base Comox, plucked an exhausted man from rough seas just as he lost grip of a small wooden crate. A crew man from the sunken tug 'Gulfmaster', he had been clinging to the piece of debris for more than three hours, about one mile off Roberts Creek.

The man, 24-year old Rodney Edward Seymour, died in hospital shortly after the rescue.

In winds of excess of 35 knots and 10 to 15 foot high waves, Cpl. Fitzgerald was lowered on the helicopter hoist to retrieve the victim. A struggle ensued during which the panic-stricken man locked a grip on the Corporal, making it impossible to effect the rescue or break away.

At this point Sgt. Lemieux jumped into the water and managed to separate the two. All were lifted into the helicopter, where the Sergeant applied mouth to mouth resuscitation until arrival at a nearby hospital. It took 12 minutes from the time the

man was first sighted from the helicopter until he was admitted to hospital.

Sgt. Lemieux' citation says that "without regard of his personal safety, he went to the aid of his fellow airman, making it possible to recover a survivor from the sea."

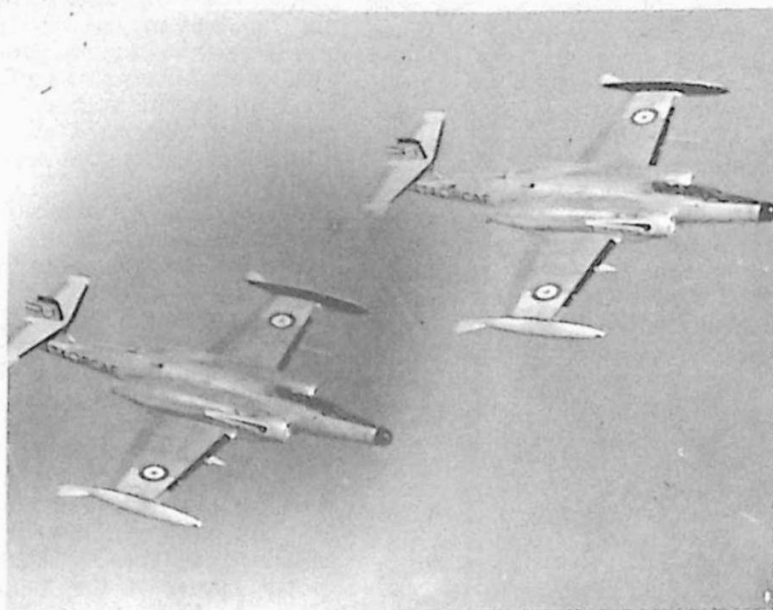
It went on to say that "by this fine display of gallantry, Sgt. Lemieux unhesitatingly ventured his own life, without the aid of underwater breathing equipment, persevering under adverse conditions to save the life of another."

The citation to accompany Cpl. Fitzgerald's award relates that as the helicopter manoeuvred over the drowning man he disappeared beneath the waves. The Corporal immediately released himself from the aircraft hoist and jumped 15 feet into the water. In the struggle the airman was drawn underwater several times while attempting to keep the victim afloat.

Once inside the helicopter, Cpl. Fitzgerald administered heart and limb massage while his partner applied artificial respiration.

Cpl. Fitzgerald, the citation states, "had full cognizance of the dangers to which he exposed himself by attempting the rescue without benefit of underwater equipment". It added that "by this fine display of courage, Cpl. Fitzgerald unhesitatingly ventured his own life to save that of another".

New Unit on Base



WITH WINGS swept fully forward in the low speed configuration, these two ultra-modern swing wing all-Canadian aircraft prepare for a landing at CFB Comox as the advance guard of 414 Squadron. Capable of speeds in excess of 1800 fph with their wings swept fully aft, these aircraft will soon be a common sight in the Comox Valley. Note the deceptive numbering technique which is used to confuse the enemy.

— WJM photo

414 Det. to Comox

Now there is a headline that ought to send rents spiralling up, grocery costs soaring, and cause a host of other panicky results. Just think, hordes of new airplanes, swarms of new people, and all that attendant confusion. But just when the confusion hits its peak, someone is bound to ask, "What, what, what is this 414 jazz, anyhow. What do they fly? How many of them are there?"

And that is where the whole thing falls apart. Not all of 414 will be coming here. Just, in fact, a small detachment of them. And they are already here. Have been for years.

You might wonder why you have never heard of them before, if they have been here for years. Well the reason is simple. For years, they have been operating under the title of Elderly Warplane (or Warriors) unit.

Flying their trusty CF100s which are lovingly referred to as "Kerosene Cansos," the Elderly Warriors have lumbered into the sky day and night since the beginning of recorded time to provide targets for some fly-by-night outfit operating out of #7 Hangar. It has been a job devoid of glamour and all that razzmatazz dearly beloved by Hollywood script writers.

Now, this will all change. Wearing the look of eagles (or is that albatrosses?) the keen, alert young members of 414 Squadron will leap into their sleek fighters to do daily battle with the air defence forces of the country.

Does anyone have some old 414 crests to spare?

121 Grows More Wings

Picks Up Two Albatross

Shrewd horse trading with CFB Winnipeg netted 121 two more Albatross A/C last month. Increasing the fleet to five will greatly increase the units search and rescue capabilities. This will be good news to hunters, fishermen, tourists, weekend flyers and other wayward souls.

In "on the spot" interviews, 121 maintenance personnel were asked "what does the acquisition of two more Albatross mean to you?"

FO Jack McNeil, coach of the repair team answered "Happiness."

Cpl. Ivan Grant of Safety Systems, "6 more dinghies."

LAC Rene LeBlanc of the 121 OR "Whats an Albatross?"

Cpl. Pete O'Monaghan of the Base Tire Bay, "Six more tires and they're very hard to get you know."

Cpl. John Shepherd, Chief shepherd of the flock in the Engine Bay, "Four more engines and shorter coffee breaks."

Cpl. Al Hanis, metal basher in workshops. Two more leaky hulls to patch."

Sgt. John Muir, maintenance supervisor, "2/5ths more work for the same number of Riggers."

Cpl. Art Seely, fitter in repair, "28 more cylinders, and I wish I had a course on the darn things."

New Sgt. Buckland, Instrument Tech. "Nothing man, as soon as I get this new third hook sewn on I'm never going to work again."

Cpl. Pete Kury, fitter, repair and ex-mule skinner, "I hadn't really thought about it, but I'm certainly not going to tow any of them."

Cpl. Robinson, Rigger, "What do ya mean Albatross? I'm a chopper man."

Cpl. Pat Fogarty, servicing, "Pumping about another thousand gallons of gas a day."

And finally FS Murray who said "It could be worse, they might have sent us two extra choppers."

Fatter Wallets for Forces Pockets

They might still be eating hamburger, but servicemen from coast to coast will now get a chance to eat twice per month rather than once as a result of the four per cent (approximately) pay raise which went into effect Oct. 1. This was the second stage of the over-all revision of the pay structure which began Oct. 1 1966.

The first stage of the boost involved an addition to the forces' payroll of approximately 9.8 per cent and totalled \$48.5 million in the last six months of the last fiscal year. The second stage is expected to add about \$12.5 million to the payroll this year.

The new pay structure did away with the myriad allowances grants etceteras and so-forths by which servicemen had previously been paid, and replaced them with one large (or not so large) sum, all of which was pensionable. Not only did this result in an increase in wealth for the average airman, but it considerably simplified accounting and administration, allowing the forces to pension off several gross of goose-quill pens which had been in use since the days of Wolfe, or in the case of Quebec, Montcalm.

The two-stage pay boost has achieved a better relationship between pay and rank and skill requirements. It has also assured a better relationship with the credit union or various finance companies, as the case may be.

A regular cyclical review of armed forces salaries is scheduled for Oct. 1, 1968, so it is conceivable that next year, hamburger will be on the menu three times per month. Provided, of course, it hasn't inflated out of sight.

Reserve forces pay arrangements are being reviewed separately, and an announcement will be made in due course.

Hellyer To Transport

New Minister for DND

Prime Minister Lester B. Pearson last week announced the appointment of the Hon. Leo Cadieux, 59, MP for Terrebonne, Que., as Minister of National Defence, replacing the Hon. Paul Hellyer, MP for Toronto-Trinity, who has been transferred to the post of Minister of Transport.

Mr. Cadieux is no stranger to defence matters. Since Feb. 1965 he has served as Associate Minister of National Defence, and thus is well informed on the current state of the armed forces, and the progress which has been made in unifying them.

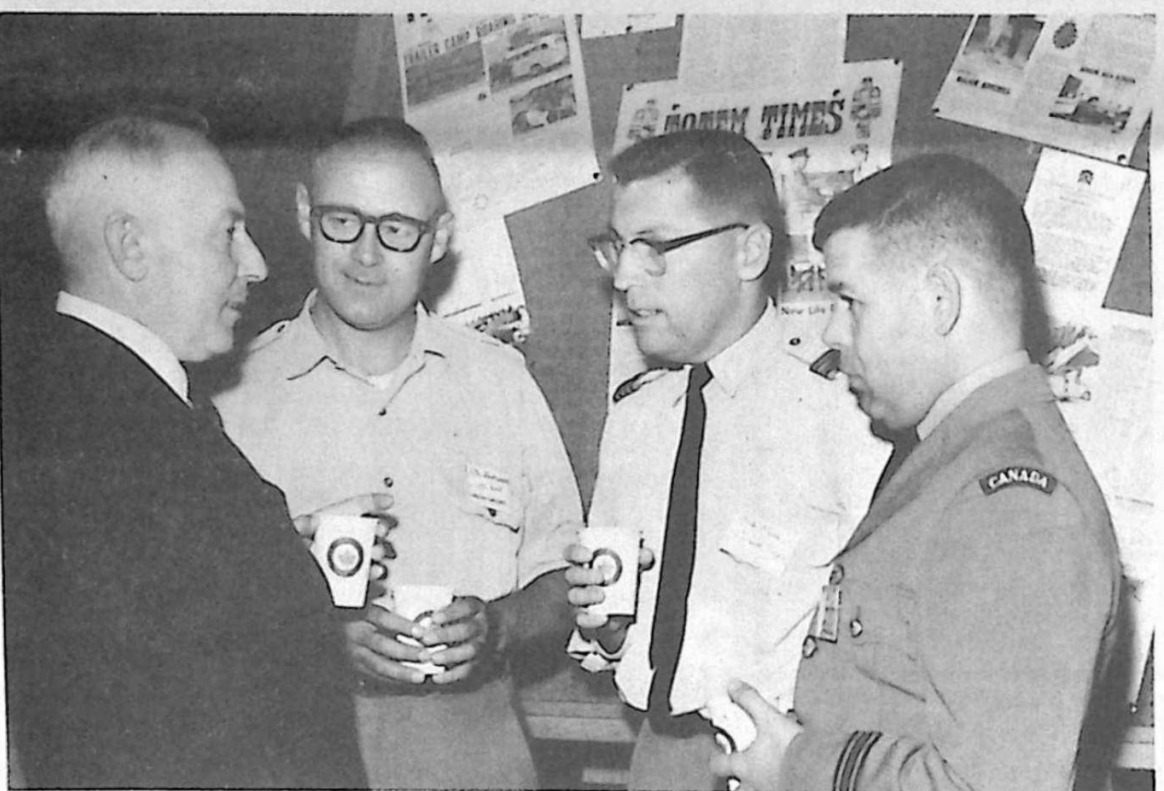
His appointment as associate minister was not his first contact with the Canadian Armed Forces. In 1941 he was loaned by the Montreal daily La Presse to the Department of National Defence to serve as associate director of public relations, which was a civilian appointment, until 1944. In 1944 he returned to La Presse as a war correspondent

and reported the war from the UK and France.

Following the war, Mr. Cadieux became a director of the publications L'Avenir du Nord and La Revue Moderne. In 1948 he was elected mayor of St. Antoine des Laurentides, for a two-year term.

When asked what changes could be expected during his tenure as minister Mr. Cadieux replied that the major change, that of abolition of the post of associate minister, had already been made. He further stated that abolition of the associate minister would require some streamlining of administrative procedures as, under the old set-up, both he and Mr. Hellyer had always been busy.

Many servicemen, who had just been informed of an imminent cut in service strength, made for budgetary reasons, were somewhat awed at the vision of cuts being made at this high level.



"Let's see you smart Alecs think up a gag caption for THIS picture," Defence Minister Leo Cadieux seems to be telling TOTEM TIMES editor Bob Merrick (centre) as Cpl Vic Routledge of Val d'Or's Voodoo Drums, and F/L Gerry Beauchamp (r.) of the Beaconville Bagel wait their turn to question the minister.

— DND Photo

DIS PLOT FAILS

In a brilliant plot designed to improve the newspapers published by various Canadian Forces Bases around the country, DIS invited all the editors to Ottawa for a two-day conference. However, the plot backfired when the bomb which was planted in the classroom failed to explode, and the editors are now all back in the field, wreaking their usual gross indignities upon the English language and the sensibilities of their readers.

Throughout the two-day session the visiting editors were able to learn a lot. Talks from the vice-chief of defence staff, and the director of social welfare services gave the editors invaluable background information which they will be able to distort to suit their own purposes when writing editorials.

Norm Avery, from the Ottawa Citizen gave the assembled editors some valuable hints on newspaper layout, while Doug McIntyre, from the Canadian Weekly Newspaper Alliance outlined the advantages of membership in that organization. S/L K.G. Roberts, the editor of Sentinel provided advice on the drawing of cartoons, and Major Tom Sailman of DIS gave much good advice on the production of readable, accurate copy.

W/C Mo Morrison, Director of Internal Information and Lt/Cdr. Howie Wallace who looks after service newspapers at DIS

gave a great deal of help during the conference, and promised more assistance from DIS in many ways. Some of the ways suggested were editorials, book reviews, anniversary stories and profiles of some of the senior officers. One type of support which was not promised was financial support. There is about as much chance of direct government support for base newspapers as there is of John Diefenbaker becoming premier of Quebec. Not that this broke too many hearts. In the opinion of many of the editors present, direct government support was not really required in any event, and there was always the possibility that those who paid the piper (in the appropriate payfield, of course) would want to call the tune.

Perhaps the most valuable aspect of the conference was the chance that the editors had to get to know one another and the information that they were able to exchange. All the editors who attended were able to pick up valuable tips from their colleagues in their own service and in the other two services.

It is hoped to make the conference an annual affair so that future editors of service papers will have this same opportunity to get to know their fellow Hallyuts and to gain the benefits of some professional advice. Many of the editors had been shanghaied into the job and knew little more about it than the fact that papers are normally read from

left to right and top to bottom. Production of a guide-book complete with suitable arrows, should solve this problem.

Let's have another conference.

Let's Prevent Fires

By Royal proclamation, Fire Prevention Week will be observed October 8-14 this year. But as a practical matter, we should all look upon fire prevention as a year around job.

In 1966, the nation's fire losses hit a peak of nearly 154 million dollars, according to the Canadian Underwriters' Association. In 1966, 571 persons died as a result of fires, and thousands more were injured. Indications are that when the 1967 totals are in, they will reflect an even bleaker picture.

W. W. Owen, General Manager of the Canadian Underwriters' Association, says the rise in fire losses is causing growing concern. Fire Prevention Week is an appropriate time to think about preventive measures... to reshape our thinking in terms of taking greater care to avoid fires... to take inventory of our properties and eliminate potential fire hazards... and to resolve to practice fire prevention actively and regularly in the future.

One place where every citizen can do his bit is in the home, checking electrical connections and appliances, heating and cooking equipment, or having them checked by a qualified service man. Fires in homes average more than 100 every day of the year, and cause a large portion of the total death toll.

Fire Prevention Week can and should be a meaningful occasion, one on which we should all dedicate ourselves to be more careful where fire, or the threat of fire, is involved. We help ourselves, we safeguard our homes and places of business, when we do. We have everything to gain and nothing to lose.

Fires can be prevented, and we can do it!

CELEBRATE
FIRE
PREVENTION
WEEK
—
OCTOBER
8 - 14
—
BUY A
MATCH
A
DRINK

See Your
Local
Fire Hall
For
Details.



A MAJOR problem with the increase of the Albatross fleet is the increase of major equipment. Here FS Senft, 121s Supply Co-ordinator passes still another piece to Cpl. George Fenwick. FS Senft estimates he has about two and a half cubic acres of major equipment stashed about the base. There are so many aircraft seats atop the Avionics Section that Fenwick has been thinking of converting it to a theatre. The project should be a hit with the younger set as it would be the only theatre on the coast with all balcony seats.

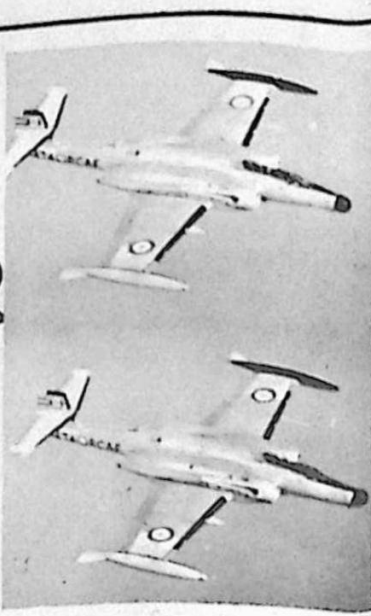
— Times Photo

UNITED GOOD NEIGHBOUR
HOUSEHOLD BLITZ - OCT. 23

Night Hawk's Nest



CHAFF CHATTER



Rest easy lad's you've nought to fear; the "S.S. Fishcatcher" is still here. Fat Lennie has called in the armed guards to keep the thrill seekers and general public away from his aquatic exhibit. The price of the barge, trailer and pick-up truck is now rumoured to be one full tank of gas for his slightly dented Fury VIP Mark VII.

A few Fridays ago, Gary "Player" Tomkins organized a golfer non-golfer tournament. A veritable bery of golfers, in varying stages of sobriety, and weighing between 104 and 281 pounds showed up for an afternoon of cursing and replacing divots. Very prominent in the group was Clutch Stoddart who threw his clubs away after the first hole explaining that he gained minus yards on one as he hit the ball on his backswing. Paddy "the rat" O'Sullivan quit after the first nine holes as he lost \$21 worth of golf balls during his stirring effort to capture the golfer of the hour title. Ken Mitchell and the Blue Flash won the tournament by virtue of the Flash's 29 stroke on the last hole. They returned to the club house with an overall handicap of 81 — even Freddie Williams could not beat that score.

The Unidentified Flying Safety Officer, Eric the Red, has been transferred to Upper Rubber Boot, Sask. which is about half a shoe lace from Moose Jaw. Eric will be leaving us in January to proceed to Foolish Instructors School. Eric offered \$500 to anyone interested in taking his place and the response has been so great he has been forced to take an unlisted telephone number.

There have been many organizational changes in the regiment lately. The Beetle has relieved Gary Player as the minister of Public Relations and Gary has taken over as the al-time champion "birds in the bush" player in light of the fact that he lost 8 games in a row. Blue Flash is now the only Unsafe Flight Safety Officer on the unit and Bob Mouldy-hill is the new Personal Safety Environment Officer. The Colonel has been relegated to the position of Lump O as Fat Walley has taken over in the Confusion Always Centre and taken control of the P.A. system. Fat Lennie came to work to look for a new job but was promptly sent home as there is just no room for a man of his calibre on the squadron. We're right up to strength in the exam making department.

Nicky the Greek has left for a few weeks at Expo, leaving Bob Burma Shave alone in that big office. Bob incidentally gave an ecstatic lecture on the Sarah set at ground school. During his 20 minute oratory he was counted to have blurted out 239 "ahs".

Beware lads, Cha Cha Marsh is slowly being overcome with Tac Eval fever which seems to strike at this time every year. Next Friday we have a real special — everyone bring their own salt and pepper as the highlight of the morning is going to be a mass breakfast of well done Red Book. There must be easier ways of getting indigestion.

Members of the Dirty Dozen, Little, Putland, Barker, and Cooper have returned triumphant victors in their quest for a weekend drunk. The chaps after drinking that east coast beer all weekend can be found in the different men's rooms scattered throughout the station.

Confucious say "Get 100 percent on all exams or ground school could become a little more frequent". Cheers Beetle.

Most of the troops celebrated the onset of squadronhood by promptly going u/s. Bob Wheeler, who had been terrified by the thoughts of plump Dr. Thatcher attacking him with his super-sharp sinning lance finally succumbed to incipient rot and checked in at the hospital. Not far behind him was Gerry Knight, who was still suffering from having Pat see him posing in the Totem Times with Miss Matsqui. Chances are both of them should be serviceable just in time to miss the exercise this weekend.

Dick Taylor also succumbed to a severe attack of something or other but rather than go to the hospital he went on leave. This wasn't brought about solely by a distaste for doctors. He also wanted to embark upon a unique Centennial project. What he had in mind was to find, repair, restore or replace all the furniture which his moving company had contrived to lose or smash in the course of the voyage from St. Humbug to here. When you see what the lowest bidding mover can do it makes you wonder about flying in airplanes, the parts of which are supplied by the lowest bidder.

Jim Davies is still in Austria, unaware that he is now a squadron type instead of an Elderly Warrior. There has been no report of unrest in Austria, but perhaps the lines are down. It seems unusual for a Caper Bretoner to go anywhere and not make headlines.

The excursion to San Francisco was not exactly an unqualified success. Only half of those scheduled to go actually made it, and the boss

man himself had to opt out. Merrick and Wheeler made it though and added considerably to the coffers of the Greater San Francisco cable car works. Working with the Elderly Warplanes has given them an attachment to old machinery.

With the number of people sick or on leave, Vic Rushton and Johnny Sorfleet have not had time to do anything newsworthy, and your genial correspondent hasn't had time to invent any interesting lies, so we just won't mention them this time.

W/C Steacy has been helping out to such an extent the chief scheduler rewarded him with a Saturday T-bird trip. The rewards for clean living are sometimes indistinct.

As part of his initiation to the local area, 409's exchange type, Bill Mason was fired off on a PEGE in a Clunk. Some people get all the jam trips.

ROUMOUR OF THE WEEK: DOT pilots are all getting green uniforms.

Don't forget to ask about our Back-to-School Specials— For appointment call: 338-8712

Tell Baby Sitter What To Do If A Fire Occurs

Do your baby sitters know what they should do in case of fire? It's your responsibility as a parent to inform them, the Canadian Underwriters' Association emphasized today.

The Association urged parents to:

1. Select a baby sitter who likes children and has a sense of responsibility.
2. Show her all the exits from the house or apartment.
3. Provide her a flashlight in case of a power disruption.
4. Tell her that her main job, if fire occurs, is to get the children out of the house or apartment quickly. Then she should notify the fire department, or ask a neighbor to do it for her.
5. Leave with the sitter a telephone number where parents can be reached and advise her when they will return.

It should be stressed that under no circumstances should the sitter or the children re-enter a burning building.

Keep Matches Away from Children

Always put matches or lighters away, out of the reach of children, urges the Canadian Underwriters' Association.

Too many fires are caused by children playing with matches. One-fifth of all fire fatalities are those of children under five years of age.

end of the conversation. The results of their efforts should be known before the next issue of the Totem Times.

What ever happened to Grant Dunsby?

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Fire Prevention Week Goal

Fire prevention time has come around again, as this week we observe Fire Prevention Week.

In thousands of towns and cities across the nation there will be addresses on fire prevention in schools, service clubs, and other organizations.

In many communities, teachers are taking their students to visit the local fire department station house to see the fire apparatus at close range, and the firemen who man the equipment.

Amazingly some people will ask why we observe Fire Prevention Week every year.

The answer is simple. Three out of every four fires are the result of carelessness. By using ordinary care, we can prevent fire from happening. And if we do that, Fire Prevention Week will have been worthwhile.

Fire Prevention Week October 8-14

Special Invitation

— TO VERY SPECIAL PEOPLE —

The Bonnie Lass Beauty Salon

Proudly announced its Grand Opening on TUESDAY, 29 AUGUST, 1967

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Ask about our special "Bonnie Lass" shampoo and set! For a tingling scalp massage and expert set, you will agree we try harder!

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COBOC CACAPHONY

The late, great, writer of this column, Locke Paterson, has left us. Locke has not only taken leave of the Totem Times, CFB Comox, the airforce, and COBOC, but perhaps his senses as well. Maybe not, he's going bumbling in the south seas for a while before settling down, something that everyone threatens to do but never does. For over a year Locke has assailed his comrades in COBOC in this column and the young men who are left will be hard pressed to find a worthy successor for the good Reverend and/or Doctor.

A soiree of some proportions was undertaken last Wednesday night to honor the departing Brother Paterson. As everyone of any consequences knows, snifter parties are always held in the mess. This time, however, it was felt that since there was very little to be a final sermon from Brother Paterson, to keep it to ourselves would be selfish and maybe even irreligious. Accordingly, the happy throng gathered at the home of one of the countless new schoolies in the area. Unfortunately, it being the middle of the week, the lads were careful to leave early, but look forward to a longer, more drawn out affair with the new ladies at

the earliest opportunity.

A goodly number of the COBOC people are in San Diego with 407 Squadron at the present time, the most outrageous one among them being Bob Richter. It is said that Al Ford actually contributed funds to the Squadron's T.D. resources on the condition that Richter be taken away for a couple of weeks and/or his stereo set dismantled and shipped along with him. There have even been reports to the effect that Al attempted to organize a tour of the Tijuana bakeries for Bob, who, not being as dumb as he may appear, declined.

The two club foreigners, Nobby Bartels and Joe Barnes have been holding tete a tete lately in their native tongues. COBOC is proud to include among its members, these two men whose thirst for linguistic excellence is unparalleled in COBOC historical records, with the possible exception of good old Serge Cote who is married now and doesn't count anymore. The two foreigners have succeeded in communicating with one another while one, believed to be Barnes, speaks Afrikaans, and the other, most likely Bartels, speaks Dutch. This process is of great interest to the COBOC membership, most of whom speak

only pigeon English. The next step in the relationship, according to both men, is to reverse the order of things with Bartels speaking the Afrikaans while Barnes handles the Dutch



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AMOUNT OF LOAN	60 months	48 months	36 months	30 months	24 months	12 months
\$100	\$10.00	\$10.00	\$10.00	\$10.00	\$10.00	\$10.00
200	20.00	20.00	20.00	20.00	20.00	20.00
500	50.00	50.00	50.00	50.00	50.00	50.00
1000	100.00	100.00	100.00	100.00	100.00	100.00
1500	150.00	150.00	150.00	150.00	150.00	150.00
2500	250.00	250.00	250.00	250.00	250.00	250.00
3000	300.00	300.00	300.00	300.00	300.00	300.00
4000	400.00	400.00	400.00	400.00	400.00	400.00
5000	500.00	500.00	500.00	500.00	500.00	500.00

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407 Press Ganged



TO POINT out the extreme shortage of trained Navy personnel, 40 407 Sqn. found themselves spirited aboard HMCS Columbia to help work the ship on an extended cruise between Comox and Campbell River. Seen above are some of the more despondent members glumly contemplating jumping overboard.



ALL NAVAL privileges were given to the press ganged airmen, including Walking the Plank, Splicing the Mainbrace. Seen enjoying his tot is Cpl. Jones.



"YOU KEEP the sharp end of the boat in front of you at all times and when the XO calls for a noise-maker he isn't referring to the Captain."

Hail to the Chief

Wing Commander Payne was born in Leamington, Ontario, in April 1925. He obtained his schooling in London, Ontario, prior to attending the University of Western Ontario.

Initially, he joined the RCAF in Hamilton in May 1942 and graduated as a pilot at Camp Borden in 1943. Following his conversion to Hurricane fighters, he proceeded overseas and converted to Spitfires and Typhoon aircraft. He converted to Lancaster bombers in 1944 and shortly thereafter, while on operations with 428 (RCAF) Bomber Squadron at Middleton St. George, was shot down and taken prisoner-of-war for a short time. When liberated he returned home and took his discharge.

He re-entered the RCAF as an airman in the Flying Control trade. He was re-commissioned shortly thereafter and joined 426 (Transport) Squadron where he flew as captain of North Star aircraft. His flying with this unit included many trans-Pacific crossings during the Korean conflict. He subsequently instructed at Central Flying School for five years.

Among his several subsequent transfers, he flew jets with 427 Squadron in Zweibrücken, Germany, and completed a ground tour at Air Division Headquarters in Metz, France.

Prior to reporting to his present position of Commanding Officer of 121 KU, Search and Rescue Flight, W/C Payne was Chief Pilot at Winnipeg.

His wide experience in flying is understood more fully when one sees the long list of aircraft he has flown. The very new and very old are both shown in his log book the F5 and then most recently - the old faithful Dakota.



Demon Doins

Crew #7 recently returned from Kodiak and Adak and apart from the comments "These ten pound boxes of crab are getting lighter all the time" it was strictly routine. Later in the week the flight line was the scene of a happy occasion when the Commanding Officer, W/C Smales presented eleven CD decorations to F/L G. Foster, Sgt. P. Dunn, Cpl's Belliveau, Haney, Hildebrand, Jepsen, La Prairie, MacDonald, Tremblay, Vaughan, and a rosette went to Cpl Fulton. Missing but eligible were F/L Carson and Cpl Wells.

F/L Stu "Crash" Smith got his own key to the executive washroom a couple of days ago when he learned that he is to be the new 407 Sqn. UICP and Flight Safety Officer thus filling the hole left by the departure of F/L John Sefton. F/L Lynn Winn was immediately railroaded into replacing Stu as Crew Seven's intrepid leader with F/L Chuck Smith as Co Joe. It is rumoured that both are well versed in the art of flying upside down.

Just back from summer bush Survival is F/O Doug McArthur

(which will give you some idea how far some people will go to stop him playing that electric guitar). F/O John Scott has gone on a similar course, though at this time of year it is questionable whether it is summer or winter.

Flight Engineer Bob Lynch has departed 'B' Flight and has returned to his old trade in the hangar. We will miss him and wish him every success in his new field.

'A' Flight is presently away to San Diego on exercise. The story of their activities will be in the next issue of Totem Times. Crew One stalwarts F/L Don Hansen and F/L Jim Pettman did not go, due to personal commitments.

If you have noticed any injured people wandering about lately, they are the result of playing in the Flag Football league. Tom Griffin has a badly pulled leg muscle and Bob Richter got a separated shoulder after being bopped by a Teeny Bopper.

Finally Crew #5 is off to local survival, the theory being that if Crew #5 can hack it, anybody can?

Miss Maritime Pageant

Fourteen charming service-women from across Canada are vying for the title of Miss Maritime Command and an opportunity to represent the Command in the forthcoming Miss Canada Pageant.

The girls represent Canadian Forces Base Halifax, Shearwater, Esquimalt and Canadian Forces Station Shelburne and Mill Cove.

The participants will spend the next week attending functions and preparing for the contest on Friday, Sept. 29.

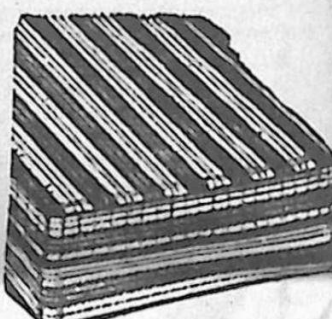
On Monday, a luncheon will be held in their honor onboard HMCS Cape Scott followed by a tea at CFB Shearwater giving the judges an opportunity to meet and talk to the girls. Rehearsals take place on Wednesday and the final judging will begin at 8:30 p.m. on Friday at the Fleet Club in Halifax.

During the contest, the girls will appear alternately in street clothes, bathing suits, and evening gowns and each one will be required to demonstrate a talent. The winner will be selected for her beauty, figure, talent, intellect and personality. Miss Maritime Command will take part in the Miss Canada Pageant at Toronto in November.

The contestants are: Lesley Golding, 20, of Harlam, Ont.; Denise Collier, 23, of Victoria, B.C.; Sandra Eccles, 20, of Barrie, Ont.; Ciel Johnston, 19, of Canora, Sask.; Ann Payne, 20, of Hornings Mills, Ont.; Nora Taylor, 21, of Carleton Co., N.B.; Lenore Penley, 19, of Chamberlains, Nfld.; Cheryl Thompson, 21, of Mount Brydges, Ont.; Frances Menzies, 20, of Tottenham,

Ont.; Judith Ronney, 19, of Sault Ste. Marie, Ont.; Karen Sterling, 20, of Melita, Manitoba; Sheila Toop, 20, of Pakenham, Ont.; Jutta Galicki, 18, of Denman Island, B.C.

Smooth Top Continental Bed Unit

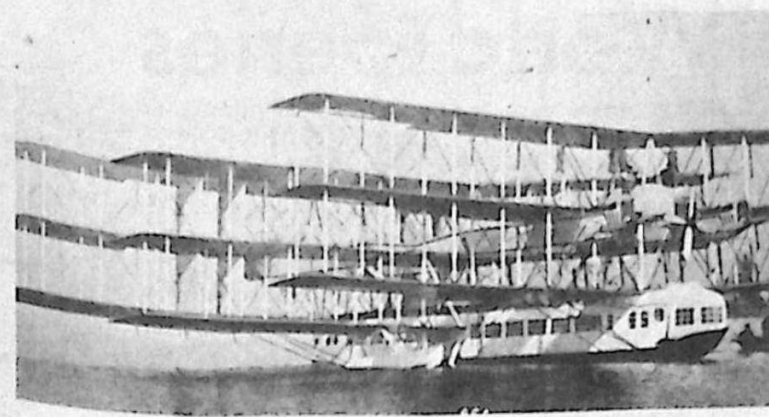


Quality construction features smooth-top mattress, sisal insulation, sewn border, 232 coils. Matching box spring. Reg. 64.50. SPECIAL 49.95

Legs... 2.00

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347 Fifth Street
Phone 334-4711

Pre 40 by Flyin' Chuff



Late in 1918 the Italian Caproni company set to work to build the largest and certainly the strangest looking aircraft which had ever been attempted up to that time. Two years later in the winter of 1920-21 there appeared an enormous flying boat, the "Ninelandem Caproni Hydrali". Resembling nothing more than a huge houseboat surmounted by three sets of triple wings, it was 10 feet long and driven by eight engines totaling 3,000 h.p. These were mounted

four along the front wings driving tractor airscrews and four along the rear wings driving pusher airscrews. A covered corridor suspended above the hull on level with the middle wings allowed access to any of the engines in flight. Intended to provide comfortable accommodation for 100 passengers, it did fly, but was badly damaged when alighting on Lake Maggiore during trials. The aircraft was repaired then accidentally destroyed by fire before further tests could be made.

Open House at Fire Hall

The Fire Hall will be open for visitors each day during...

FIRE PREVENTION WEEK

Visiting hours will be from:

9:00 to 11:00 a.m. - 1:30 to 3:30 p.m.

and 6:30 to 9:00 p.m. daily.

A parade of Fire and Crash Vehicles will tour PMQ's on Sunday, 8th Oct. at 1:00 p.m.

Do your Best to make this week and every week a FIRE FREE WEEK.



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Pork Pack 28.95

Cut - Wrapped - Frozen - FREE

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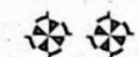
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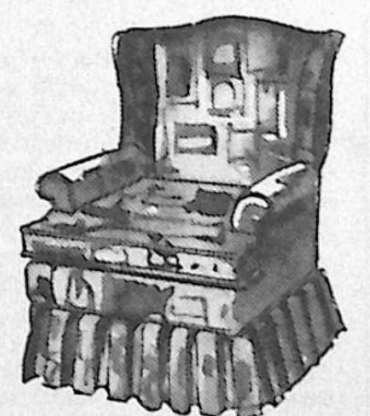
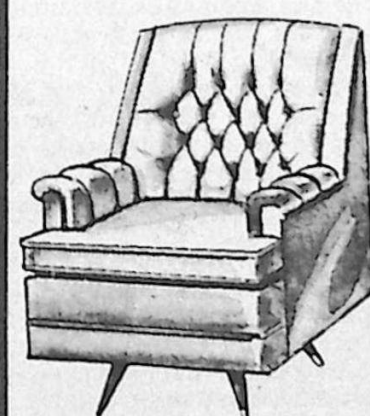
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Cumberland Hotel



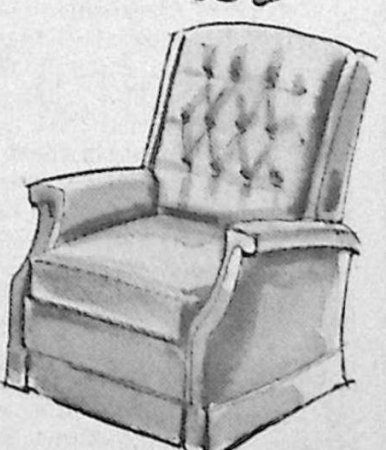
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Fifth Street Courtenay

GLACIER GARDENS NEWS

ICE SKATING

Starts This Saturday



PUBLIC SKATING TIMES

Saturday 2:30 p.m. to 4:30 p.m.
(All ages)

Sunday 12:15 p.m. to 1:15 p.m.
(Tots and under 12)

1:30 p.m. to 3:30 p.m. (All ages)

Tuesday 8:00 p.m. to 10 p.m.
(All ages)



Clubs and teams should check with arena office for ice times now allocated.

TOTEM HOCKEY

First game Friday, October 13 - 8:30 p.m.

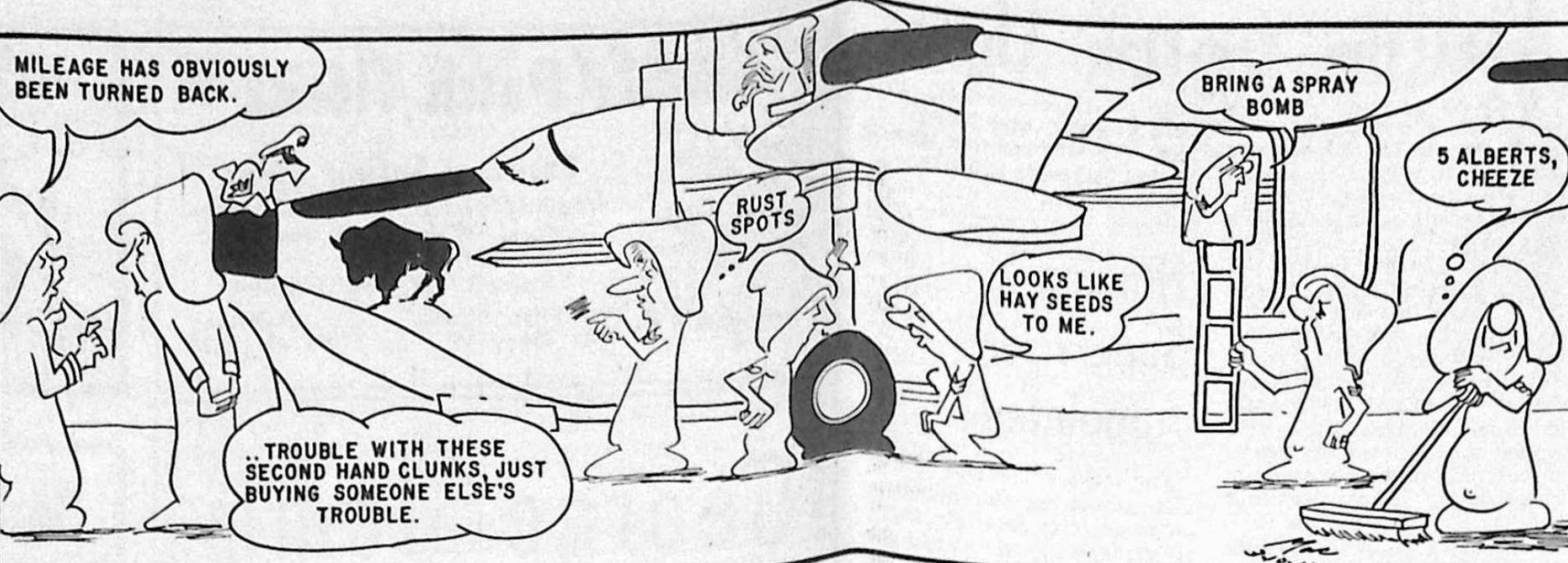
TOTEMS VS. ROYAL ROADS

Popular prices.

(CLIP THIS AD FOR FUTURE REFERENCE)

FUNGUS FEATURES

by Mac



from up in my perch



Last week as I dug in my trunk past my Siskin gun sight and fabric patching kit retrieving my winter "Blues" I couldn't help thinking about the one "boob" who always misses the word and shows up on Monday - morning dressed in his summer uniform. You can imagine the mental battle that's going on in his head behind his obvious embarrassment, should he go home and change and be charged with being late or stay and be charged with improper dress? I wonder who it was this year?

Shaking the mothballs out of my own uniform, checking the fit and general condition I was able to sign the "Fall Ensemble" as serviceable. The stripes and CD had to be entered in the minors, however, as they don't look like they will survive yet another season. Turning away from the smell of mothballs I noticed;

Things are cooling off over at Darnbroughs' Discoteque.

ATC has been switching Daks on 121 so often that 121 is beginning to suspect that they are being used as a Dak maintenance base for ATC.

New cigarettes made of lettuce leaves. A few years ago they used to put cabbage grindings into the cheaper brands until the Food and Drug people put a stop to that.

Congratulations to Cpl. Phil Trofimuk new secretary to the Cpls. Club. I hear Phil is looking for a railroad engineer by the name of Morrison. Congratulations also to Lacie Bob Nance-Kerville, new secretary to the Totem Inn. Bob took the news in his usual good natured manner and has been squawking ever since.

There is an Avon lady in PMQs who has hit on a new system for stretching her grocery money. She quit feeding her husband. In the last five months she has saved \$463.34, and Tiny lost 43 pounds. Its hard to believe but lil ol' Tiny once weighed 7 pounds 12 ounces.

Sgt. Norm Wright is in the automotive news again. This time he is installing dual carbs on his latest acquisition, a '57 Nash Metropolitan. I hear he is also installing an off-on switch in place of the standard accelerator pedal.

Have you tried the new canned beer? My favorite brand is "Old Hand Grenade" which comes in the snap top can. You put your finger in the ring, pull hold for 7 seconds and it goes flat.

Happy Birthday to Mrs. Jean Stamm, who gets younger every year, the way she tells it.

Walk past the Base Psychedelic Accounts Section these days and you will notice the roar of the adding machines and the smell of musty ledgers being turned over as the boys labour long into the night to get the new pay raise

to us before someone figures how to take it away from us. Keep up the good work men, you may not always think so, but your work really is appreciated.

How to win friends and influence people; I bumped into the RC Padre, S/L Lahaye the other day and it was the first time I had seen him in uniform for some time. I congratulated him on what I thought was a new bar on his shoulder. He graciously thanked me but said he didn't think it was necessary as he had had it for six years. You can't win them all, Father.

With all the noise and smoke over Jericho I noticed someone came up with the bright idea that it be moved to (where else) Sea Island.

Shocking news from Command last week. After straining myself to the limit trying to please the man who writes my R211A and ignoring my Sgt. completely, Command now decrees that Sgts. will write Cpls. R211As. I take comfort however, in that the F Sgts. had nearly finished that difficult task when the news broke and a lot of Sgts. are walking around smirking to themselves.

Why did they give the trial JGG uniforms to only skinny people? Do the wheels realize there are a few plump ones in this outfit? Will we have to starve ourselves just to save a little cloth when the new issue is out?

Seemore Predicts: Lacie Bob Bruce, who took a roll of pictures at 121's party last July 28 will develop same before he retires.

With Jerry Lemieux, Sonny Fullbrook, and Ed Tomchuck buying motorcycles the Para Rescue section is starting its own Club in competition to Hells Angels, Satins Saints and others. They're going to call themselves "Doc's Savages." Their most spectacular stunt to date was performed last week when Sonny, taking a last puff on his banana, donned a back pack parachute, hopped on behind Tomchuck and roared off to Fishermans Lodge. As they turned into the lodge at about 65 mph Sonny pulled the rip cord. This caper gave Sonny time to be inside the place, have two in himself and two on the table by the time Tomchuck had parked the bike.

Rumour of the Week: When the Legal Beagles are through with the Hippy News Paper "The Georgia Straight" the Totem Times will be next.

Runner up for Rumour of the Week: Those blue and also the black, ball point pens in common use in the three branches will soon be replaced with a new "Unified" ball point pen using green ink.

And finally: Bill and Terry Grey, soon to move into PMQs after a lengthy wait, will soon be posted to Chatham N.B.

Mail Award to Expo

The direct mail advertising association of the United States has awarded its first prize for direct mail publicity campaigns to the Information Services of the Public Relations Department of Expo 67.

It is the first time in the 50-year history of the DMAA that a Canadian company has received the award. More than 400 campaigns from around the world were considered.

Pierre Forget, director of information services, received the award at a luncheon of the DMAA in Atlantic City, N.J.

During the campaign, aimed at grade school, college and university students, more than 1,000,000 information kits and "wheels" describing the different pavilions at the Exhibition were sent out to 20 American states and throughout Canada.

As a result of the Expo 67 campaign more than 700 school groups, at times representing 25,000 students a day, visited the Exhibition. They came from the United States and Canada, particularly from Quebec, Ontario, and the Atlantic Provinces.

Both the United States Postal Department and the Canadian External Affairs department have requested background information on the type of campaign that was organized. The success of Expo's direct mail publicity

in schools and universities may influence the organization of their own campaigns.

3 Wing Tours Inc.

ZWEIBRUCKEN, GERMANY (CFP) - The air force's 3 Wing in Zweibrücken, Germany, bought its own 44-passenger touring bus in September, 1967.

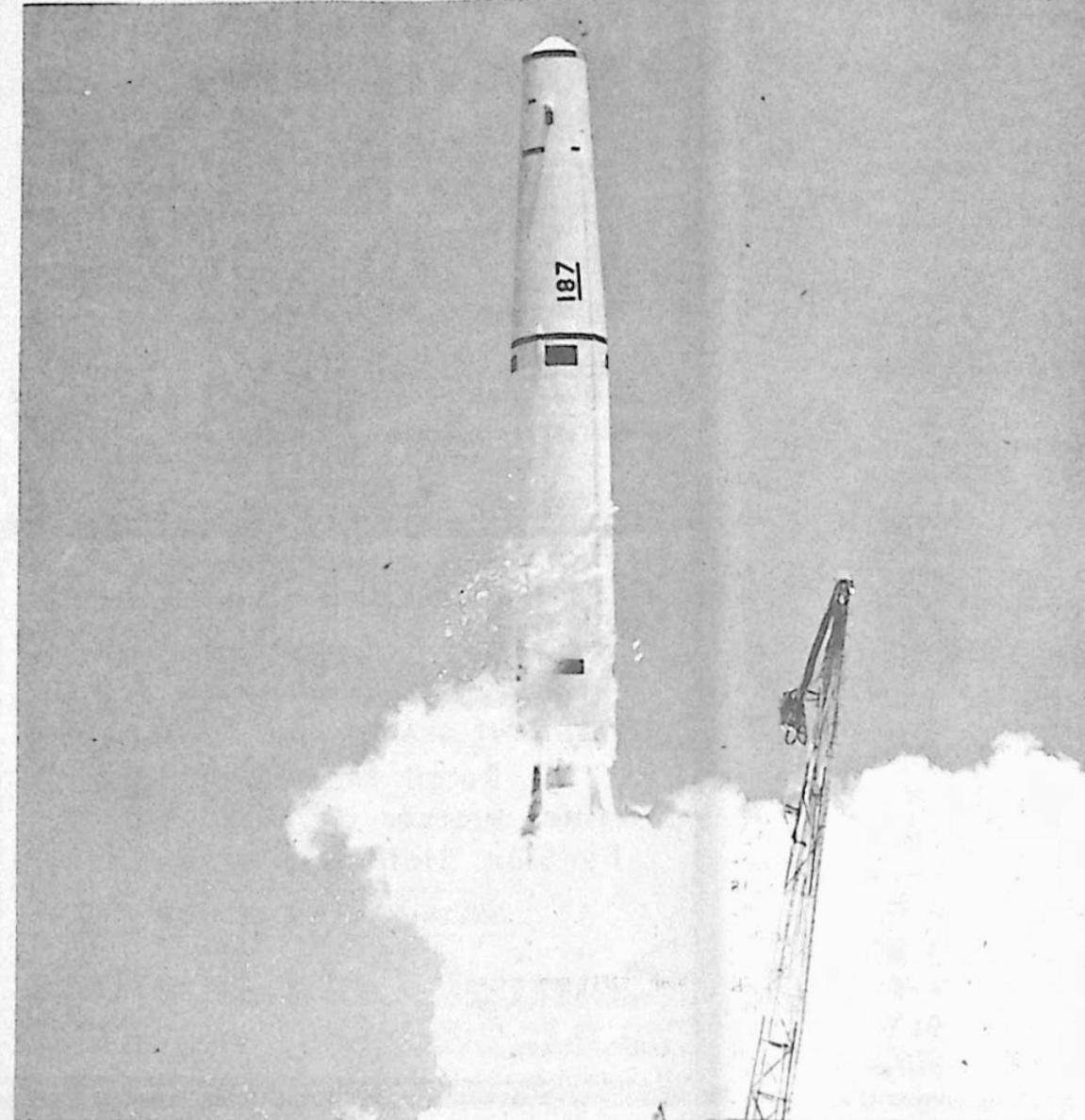
It is available for tourists trips up to a fortnight long at a dollar a seat per day. Bookings are arranged by the wing recreation officer and 3 Wing service and civilian employees and their dependents are eligible.

The model has reclining seats, automatic swinging doors, Swiss upholstery, radio and PA system. It cost \$24,000.

Help fight

MULTIPLE SCLEROSIS

Support Your UGN Campaign.



Ebenezer Strawsucker, a farmer in the peaceful Ottawa valley community of Cider Jug, Ontario, was horrified recently when his silo launched into outer space. "If I told Hettie onct, I told her ten thousand times not to store her damned sugar in with the rye, particularly when it rains." Mr. Strawsucker was quite concerned about the possibility that the inter-galactic activity of his silo would bring down upon him hordes of little green men, but the only thing that happened was the appearance on his farm of DOT inspectors, dressed in green, who violated him for operating a spaceship without a licence. Mr. Strawsucker was able to offset the fine by selling his propulsion method to NASA for use in future moonshots.

— NNS photo

Indian Act Under Review

Indian Affairs Minister Arthur Laing said today that work is far advanced on preparation of a new Indian Act. "Working papers which will guide the legislative drafting people in the Department of Justice have been discussed with the National Indian Advisory Council and are now being reviewed by an inter-departmental committee," the Minister said. "When the final review has been completed, the Act itself will be prepared and representatives of the Indian people will be consulted further."

The Minister said that the Act is being given highest priority both in the department and by the government but that there is a long standing commitment to consult the Indian people and this has inevitably slowed the process down a little. "The Indian people have a right to examine the Act and to play a part in the formulation of the final version" he went on to say.

When the legal version is drafted it will provide Indian bands with much more scope for development. An outstanding feature of the suggested new Act will be provision so that Bands may incorporate and manage the affairs of their reserve community independently. "The new act will provide a flexibility which was lacking in the old statute," the Minister said. "It will enable each Band to choose the level of management best suited to their needs and will permit them to progress at their own speed."

It is proposed to delete the sections of the existing Act which cover questions of liquor as well as other discriminatory provisions which work against Indian people.

There is some controversy among the Indian people about those parts of the Act which govern Band membership. Decisions have yet to be made on the question of membership and adopted children and those born out of wedlock. The status of Indian women who marry non-Indians is also contentious. At present Bands can contest membership for illegitimate children if they believe the child's father to be a non-Indian. The present law provides that Indian men who marry retain their membership and bring their wife, whether she was of Indian status or not into full membership while an Indian woman marrying a non-Indian automatically loses her status as an Indian.

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Haddon Hall Park Royal Broadloom...

An extremely attractive floor covering with cut and loop pile woven from continuous filament nylon with extreme resistance to wear and freedom from pilling, fuzzing or shredding. Simple spills and soil wipe up quickly and the double jute backing ensures you years of service in your home. Mothproof, mildewproof and crush-resistant in beautiful shades of antique gold, Egyptian gold, pine green, cypress green, Nubian brown, spice brown, copper, copper brown, red, mandarin red, ocean aqua, mushroom, dark beige, electric blue.

12' width sq. yd.

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Port Augusta Motel

COMOX VALLEY'S NEWEST MOTEL

★ Centrally located in Comox overlooking beautiful Comox Bay.

★ 23 Modern Units

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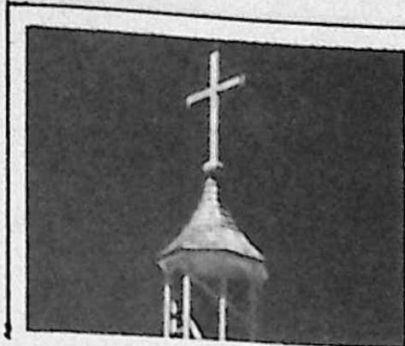
IDEALLY SUITED FOR -

Service personnel between transfers or moves
If you have friends or relatives coming to visit

Reserve Now At The Port Augusta

PRICES ARE REASONABLE

For Reservations Phone 339-2277 or 339-3110



Chapel Chimes

PROTESTANT CHAPEL

SUNDAY Oct. 8 - Thanksgiving Sunday: - Special Thanksgiving decorations arranged by the Ladies Guild, and special music from the Senior Choir will mark the celebration of thanksgiving in our Chapel. You are invited to attend and return thanks unto God at the 11 a.m. service this coming Sunday.

SUNDAY Oct. 15 - In keeping with the happy event of a pay increase recently announced by the Accounts Section, the sermon on this Sunday will be entitled "Pay Raise Christianity".

CHOIR PRACTICE - Juniors, age 9 and up, meet each Thursday in the Chapel at 6 p.m. and attend Church every Sunday. There are still a few openings left in this Choir. Seniors, for teen-agers and adults, meet each Thursday in the Chapel from 8 to 9:30 p.m. under the direction of WO Yeomans. He needs more members as yet, particularly men. **LADIES GUILD** - A good turnout was present for the first meeting of the Fall two weeks ago, and many exciting plans were made for the activities of the fall and winter season. Next meeting of this group will be held in the Chapel rooms on Tuesday, Oct. 17 at 8 p.m. It will be in the form of a work party and any women willing to help prepare for the Guild Bazaar in November are asked to attend. There will be ample material on hand and ample work for all to do. Come and bring your scissors!

SUNDAY SCHOOL - Classes have begun for all age groups. Children 3 to 11 years meet in the PMQ school during Church (1 to 12 a.m.) every Sunday. Young people age 12 and older meet in Padre Archer's Bible Class in the Chapel office each Sunday at 9:45 a.m.

If you children have not yet begun to attend Sunday School, this coming Sunday would be the best time for them to start. Children from Tee Park, Comox, the Trailer Parks etc. are most welcome. Children under the age of three are cared for in a special nursery operated by the Ladies Guild in the Chapel each Sunday during the Church service.

For further information about Sunday School, do not hesitate to phone F/L Bob Sibbert, superintendent or Padre Archer.

RC CHAPEL

SUNDAY MASSES: 0900 hours and 1100 hours
SUNDAY MASSES: 1930 hours
WEEKDAYS: 1930 hours
SATURDAY: 0900 hours

CONFESSION: Saturday evening 7 to 8 p.m. and before each mass
FIRST FRIDAY: 1930 hours
FEAST OF OBLIGATION: 1130 hours and 1930 hours

CWL: First Tuesday of the month at 8 p.m. in the Parish Hall at 8 p.m. following Mass in the Chapel at 7:30 p.m.
CATECHISM CLASSES: Saturday 1245 to 1345 hours in the PMQ School.

CHOIR PRACTICE: In the Chapel Saturday at 2 p.m.
BAPTISM: By appointment. You are requested to phone the Chaplain's office local 274 one week ahead of time and give full particulars.

COMMUNION FAST: One hour for solid food, alcohol and beverages. Water at any time.

NOTE: St. Joseph's Missals in English are obtainable from the Chaplain's office in the Headquarters building.

Van's Verbality

by WO1 JW Van Buskirk
MAN ABOUT TOWN

The bright city lights are dazzling and the poor, old eyes dimmed through years of threading lines through fishing hook eyelets have not yet adjusted to the new sights. Mini skirts are even semi mini sometimes which seems to help considerably in eye training generally and in re-focusing. I hope the eyes won't be like an electric light bulb just before it burns out - one blinding flash and then total darkness. I have obtained a set of dark glasses for preservation purposes which should help.

The traffic whizzes by incessantly and in haste. Many motorists give you the impression of drag racers and their challenging, flendish leer, as they scrape the paint of a heretofore virgin fender seems to cause them great delight. And you can't take your eyes off the road long enough to make a face or shake your fist, either.

There are all types of uniforms around here; brown, blue, green, etc. Some with red sashes and others with red flashes! I have stopped asking what they all represent as the answers are too confusing. Much to my chagrin I saluted a milk man the other morning but he was a good sport and tipped his cap.

BE A
GOOD
EGG...

GIVE BLOOD
FOR GOODNESS SAKE.

TV reception is wonderful but I will have to take a French course to understand most stations. The programs sound good and look interesting so I just laugh when everyone else does and boos in unison, too.

I find the barracks real modern and sophisticated. The BWO asked me if I wanted a suite and I thought that he meant "sweet." I was a minded man but we soon got that straightened out. The food is excellent and my tunic is already tight from lack of table restraint. If it keeps up I'll have to discard my uniforms and go to work with my raincoat over my foundation garment.

I see a number of familiar faces and meet old acquaintances all over the place. I had no idea that there were so many affable geniuses located in one area working out difficult and complex problems. I too am learning to play that game X's and O's!

When I left home I told the heli apparent that he was the man of the house so he should act like his father I hope he didn't take me literally and get into the juice.

How about that!

Fire and You

So Mrs. O'Reilly's cow kicked over the lantern on October 9, 1871 and burned down Chicago. What does that mean to you?

In these days of brush fire wars, air disasters and weekend death tolls, the thought of 200 dead and 100,000 homeless doesn't make much of an impression. Even the \$168,000,000 loss doesn't raise much of an eyebrow in these days of billion dollar deficits and such.

Fire Prevention Week has to be reduced to a personal thing before it begins to rate your attention. You have to imagine yourself standing in a snowdrift, unsure of the whereabouts of your family, watching your home go up in smoke, and even then you say, "It can't happen to me."

But it can. As long as there is a mother who "only stopped for a quick cup of tea next door", leaving her sleeping baby at home. As long as there are those tidy souls who pile great heaps of combustible materials under basement stairs, it can happen to you.

Fire is not something that happens to nameless, featureless people millions of miles away. Fire is something that can destroy your home and your happiness today, right now.

Think for fire, check for fire, and watch for fire. Then pray that it isn't your turn.

Life with the Hatch Family

Hatch's Mill, hacked out of the 19th century Upper Canada backwoods by patriarch Noah Hatch and his family, is a cross roads for the adventurers, the wayfarers, the military and professional men in pursuit of their duty, the immigrants, the com men in search of a sucker, the clowns of the road.

Life is colorful, boisterous and tough in Hatch's Mill - a new CBC-TV series of 10 one-hour comedy-dramas, in color, scheduled to debut on the network on Tuesday, October 24, at 9 p.m.

Starred are Robert Christie, Cosette Lee, Marc Strange and Sylvia Feigel as the Hatch family - Nov (the father), Maggie (the mother), Saul (the son), and Silence (the daughter). They operate the mill, the inn, the general store, and it is around them that the community revolves. Noah is also the local magistrate.

The village is situated on the rough and lonely road that leads south to Toronto, north of the hinterland of bush and waterways. The time is somewhere between the War of 1812 and the Mackenzie Rebellion in 1837.

Created by George Salverson, who wrote an earlier half-hour pioneer drama series for CBC-TV's The Serial (it was titled The Road) Hatch's Mill grew out of a pilot production, Hero at Hatch's Mill, seen on the network two seasons ago. Scripts for the new hour series are by Salverson, Munroe Scott, Donald Jack and Leslie McFarlane.

Filmed at Studio City, Kleinburg, Ont., last fall and winter, the series is produced by George McCowan, who directed all but one of the episodes. Associate producer is David Peddie; executive producer, Ronald Weyman (of Wojtek, and Quentin Dur-

Rags will Send Boys to Camp

Those torn sheets, pillow cases and curtains; those shirts with worn collars and sleeves; those kneeless pants; in fact, all kinds of cotton rags can still be put to good use.

Dig them out of the cupboards, the drawers, and the basement, make sure that they are clean, and have them ready for pickup Monday morning, October 16th, when the mothers of the 2nd Comox Scouts, Cubs, and

Venturers will be visiting all PMQ's. If this pickup time is inconvenient, call 339-3489 and we will arrange for pickup at an earlier time.

There will be a sorting and cutting bee at the Scout Hall during the evenings of the 16th and 17th of October. Bring your scissors, we need all the help we can get, and perhaps we can find time for a cup of coffee and a chat.

Why Are There No Men...

Even the youngest cub in the pack may be able to answer that question, but how many other questions about the Mothers' Auxiliary could you answer?

"One that is frequently asked is 'Why do we need a Mothers' Auxiliary at all?' There are several reasons, but some of the more important ones are; to help the group committee by raising funds, to act as a go-between the mothers and the group committee, and to enjoy the sociability of some strictly feminine chatter over a cup of coffee at the end of the meeting."

How is the money raised? Any and every method that a group of mothers can dream up, but the major source is the twice-yearly rag drive. Rags to riches becomes a reality when we convert these rags into wiper cloths that sell for up to 25 cents a pound. So if you want to help us raise money, please have your clean cotton rags ready for pick-up on Monday, October 16.

How is the money spent? In

the past we have provided neckerchiefs for the boys and leaders, books for assisting leaders in program planning, and pack totem poles. We have also financially assisted boys travelling to Jamborees and Camporees, bought thank-you gifts for departing Scouts, put on refreshments for special pack and troop meetings, and provided money for many other worthwhile activities in support of scouting.

Who can become a member of the Mothers' Auxiliary? Sorry Dad, not you, but any mother with boys in the 2nd Comox Group be they in Cubs, Scouts or Venturers. We need your support if you qualify because we want our group to continue being one of the most active in the District. Meetings are held on the 4th Monday of each month at 8:30 p.m. in the PMQ School. The elections have been held for this year so don't worry about being railroaded into a job that you don't want.

Remember, though, have your rags ready on the 16 and come to the meeting on the 23 to see how we did!

Classified Ads

FOR SALE - Corsa conv. 140 h.p., 4 speed, new tires. F/O Davis Loc 241 or Rm 215 BB79.

FOR SALE - 1 pair girls figure skates, size 12, good condition. \$400 PMQ 67 or phone 339-3947.

FOR SALE: 1964 Honda 90cc Model C-200 \$150. Call Local 295 Cpl. Wagner.

FOR SALE: Transistor radio, Eatons Viking 10 transistor AM/FM new, never used. Catalogue list \$69.95. Take best offer around \$50. Call Cpl. Wagner Local 295.

FOR SALE: 35mm Reflex camera, Kodak Retina 2.8 with 135mm lens and close-up lenses. Cost over \$300. Sell for \$150. Call Local 295 Cpl. Wagner.

WANTED - Girl's bicycle. PMQ 67 or phone 339-3947.

WANTED New style Guide uniform size 12. Ph. 339-3829

RELIABLE babysitter available evenings or weekends. Call 339-3887.

WANTED Your clean cotton rags by the 2nd Comox Mother's Auxiliary. Shirts, pants, shets, drapes, etc. can all be turned into cash. You'll never use them again anyway so clear out those cupboards and have them ready for pickup Monday, Oct. 16th.

FOR RENT: Furnished one-bedroom duplex, \$90 close to town on 11th street Courtenay. Available now. Phone 334-2626. Mrs. G. A. Kirk, Box 879 Courtenay

FOR RENT: 2 Bedroom house, south edge of Courtenay, space heater. Water and garbage included for \$65 per month. Cable TV for \$3.50. Call 334-4386.

1 bedroom furnished cottage south edge of Courtenay. Water and garbage included for \$60 per month. Cable TV at \$3.50. Call 334-4386.

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Sizes 32 - 38 **\$2.00**

Also matching colours in Girdle and Panty Girdle.
Sizes 32 - 38 S-M-L **\$4.00 to \$5.00**

Shift Dresses - In bright Autumn colours. Turtle neck style with long sleeves.
Sizes 10 - 16 **\$9.98**

We also have a fine selection of ladies' Pant Suits in two and three pieces. Assorted colours and sizes.
Prices
From **\$19.95 to \$42.50**

DOWNSTAIRS

Boys' Corduroy Shirts - A fine selection of solid Fall colours. Tapered fit styling with Perma Stay collar.
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Satin Bound Blankets - Non-allergenic, warmth without weight. Brushed Viscose, rayon and nylon blend. Machine washable.
Assorted colors. Only **\$4.69**

MEN'S WEAR

A fine selection of **Casual Jackets** in nylon and corduroy with pile lining.
New Fall styles and shades. From **\$19.98**

Perma Press Dress Shirts in white and pastel colours. Price **\$3.98**

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CHRISTMAS AND NEW YEAR?

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Come and see them at Laver's Fabric Floor and plan your own individual Coutura Gown.

LAVER'S

"THERE'S A REASON MOST PEOPLE ON NORTH V.I. SHOP AT LAVER'S"

Fire Feeds on Careless Deeds, as well as on wood and other combustible material. Will your home look like this today? ... tomorrow ... ? Fire Prevention Week is a good time for you to start a continuing program to rid your home of fire hazards.
- DND Photo

Only You Can Decide

If you seem to be having trouble with your drinking, or if your drinking has reached the point where it worries you a bit, you may be interested in knowing something about Alcoholics Anonymous and the A.A. program of recovery from alcoholism. After reading this brief outline, you may decide that A.A. has nothing to offer you. Should this be the case, we suggest only that you keep an open mind on the subject. Consider your drinking carefully in the light of what you may learn. Determine, for yourself, whether or not alcohol has truly become a problem for you. And remember that you will

always be most welcome to join the thousands of men and women in A.A. who have put their drinking problems behind them and now lead "normal" lives of constructive, day-by-day sobriety.

WHO WE ARE

We in A.A. are men and women who have discovered, and admitted, that we cannot control alcohol. We have learned that we must live without it if we are to avoid disaster for ourselves and those close to us.

With local groups in thousands of communities we are part of an informal international fellowship with members in more than 90 countries. We have but one

primary purpose: To stay sober ourselves and to help others who may turn to us for help in achieving sobriety.

We are not reformers and we are not allied with any group, cause or religious denomination. We have no wish to dry up the world. We do not recruit members. We avoid imposing our viewpoint on problem drinking on others, unless we are asked to do so.

Within our membership may be found men and women of varying age groups and many different social, economic and cultural backgrounds. Some of us drank many years before coming to the realization we could not handle alcohol. Others were fortunate enough to appreciate, early in life or in our drinking careers, that alcohol had become unmanageable.

All the great faiths are represented in our Fellowship and many religious leaders have encouraged our growth. There are even a few self-proclaimed atheists and agnostics among us. Belief in, or adherence to, a formal creed is not a condition of membership.

We are united by our common problem, alcohol. Meeting and talking and helping other alcoholics together, we are somehow able to stay sober and to lose the compulsion to drink, once a dominant force in our lives.

We do not think we are the only people who have the answer to problem drinking. We know that the A.A. program works for us and we have seen it work for every newcomer, almost without exception, who honestly and sincerely wanted to quit drinking.

Interested persons can make a confidential inquiry about A.A. in this area by writing Box 515 Lazo, B.C.



HUNDREDS OF servicemen queued up recently to get their last look at the Honorable Paul Hellyer prior to his leaving the department portfolio. The above photo shows members of the air arm of the Canadian Armed Forces as their part of the line goes past Mr. Hellyer.



Brig. James Gardiner

COL. James C. Gardner, 46, Regina, will be promoted to brigadier January 1, 1968, and will take command of the 4th Canadian Infantry Brigade Group, Germany, from Brig. E. A. C. Amy, 49, Kentville, N.S., later in the month. Brig. Amy's new appointment will be announced at a later date. Col. Gardner is presently at the Imperial Defence College, London.

SHARE YOUR
GOOD HEALTH



BE A BLOOD DONOR

1968 Postage Stamps

Canada's Wildlife heritage, anniversaries of historic significance, the nation's involvement in international affairs, sport, Christmas and a commemoration of the 1918 Armistice will be themes for Canada Post Office stamps during 1968, Postmaster General Jean-Pierre Cote announced.

Mr. Cote confirmed that, beginning in 1968, contracts for the production of Canadian postage stamps will be shared by the Canadian Bank Note Company Limited and the British American Bank Note Company Limited, both of Ottawa. Canada Post Office stamps for the production of contracts have always been awarded on a tender basis, however, the bidding procedures were altered this year in order that the facilities of both security printing companies would be available to the Department.

The two companies are installing new equipment for the production of multi-color stamps using a variety of techniques. Coincidental with the introduction of new processes, the Post Office Department has developed a design program to take advantage of the printing methods available. The overall total of new issues in 1968 will, however, not be as large as in the Centennial and pre-Centennial years.

Consultations with Officers of the National Museum resulted in selection of the Narwhal, a comparatively little known mammal of the far-north, as the first to be used in a resumption of the Canadian Wildlife series initiated at an earlier date. The Gray Jay as a design subject for a stamp will illustrate an example of bird life in Canada. Long range plans are expected to result in a completion of the animal and bird series during the next four years.

One or two prominent personages from the pages of Canada's

history will also be honoured by stamp issues but at this time the Postmaster General said he could not enlarge on this item by mentioning the names or the dates of issue. This is an area where the Department prefers to have an open period in order to take advantage of such material that could gain importance through current events.

The need for optimum use and conservation of water resources will be reflected in a stamp recognizing Canada's active participation in the International Hydrological decade. The early opening of Canada's West through the fur trade will be marked by a stamp recognizing the 300th Anniversary of the Voyage of the Nonsuch.

As in 1956, when the Canada Post office prepared a hockey stamp, the Department will recognize Canadian sport by releasing a Lacrosse issue. Known to have been played by Indian teams before white men arrived, Lacrosse is recognized as the oldest organized sport in North America. This stamp is planned as the forerunner of others to complete a sport series within a few years. Another issue will emphasize the importance of the nation's meteorological service by commemorating the 200th Anniversary of Canada's first recorded observations of barometer and thermometer. Readings at Prince of Wales, Fort Churchill, Manitoba, commencing in 1768, are recorded by the Department of Transport as the first by established scientists continuing over the period of a year.

Christmas stamps in two denominations, to be released in October for overseas mailings, will constitute the continuation of a policy initiated in 1964 when the first Canadian stamps especially prepared for this season were introduced.

Town Honors Trenton Airmen

The freedom of the town of Trenton, Ont., was given to airmen of CFB Trenton Sept. 22.

The base opened in 1931. Festivities began with a parade through town commanded by Group Captain D.R. Adamson, base commander. On the reviewing stand were the mayor of Trenton, D. James MacDonald; Air Marshal F.R. Sharp, vice-chief of the defence staff and members of parliament George Hees and Lee Grills.

The airmen marched to Centennial park where Group Captain Adamson was presented with an illuminated scroll and the key to the town. The scroll granted the freedom of the town to the RCAF personnel "in grateful appreciation of the services of the personnel, past and present, of this glorious service, to the town, the reigning monarch and to Canada."

Following the presentation, Queen's commendations were presented to Flying Officer Robert Simpson for brave conduct, and to Flt. Lt. Joseph Gagnon for valuable services in the air. The awards, presented by Air Marshal Sharp, concerned an incident in the Middle East in which the two pilots were involved.

Concluding the afternoon ceremonies was a dedication of an F-86 RCAF Golden Hawk aircraft which was handed over by the commanding officer of 6 Repair Depot, Group Captain A.J. Pudsey, to Mrs. John Tripp of Beta Sigma Phi, who then handed it over to the town of Trenton represented by Mayor MacDonald.

Evening festivities included entertainment by the CFB Trenton centennial singout group followed by a social hour for the town and RCAF personnel and a dance.

Brits Join Mallard Project

OTTAWA — The British have joined Canada, Australia and the USA in a project to develop a tactical trunk communications system for the battlefield.

Project Mallard which was publicly announced last February, will take about eight years to complete and will provide secure, fully automatic, switched communications in the battlefield area from an army headquarters down to battalion. All modes (voice, written message, data and facsimile) will be incorporated.

There was a year of meetings among the four countries to produce definitions of the operational and technical requirements and a research and development plan.

In April, 1967, Canada, the USA and Australia ratified an agreement to proceed with the project and Britain became a partner in August after resolving cost and work sharing arrangements.

In the initial phase, electronics industries of Britain and the U.S. will carry out competitive system design studies. Industrial concerns in all partner countries are conducting supporting technique efforts, the U.K. share being phased in with the others.

Project Mallard headquarters is in Fort Monmouth, N.J. Program manager for Canada is Lt.-Col. Douglas C. Coughtry.

Help fight
MULTIPLE SCLEROSIS
Support Your UGN Campaign.

UBC Undertakes Study

What do British Columbians do when they feel ill? Do they consult a physician? Talk it over with the corner druggist? Appeal to neighbors for advice? Go to a chiropractor? And when they're really sick, do they get the kind of help they need, from doctors, nurses, social workers, dentists, rehabilitation therapists?

What pills and medicines do they take routinely, and why? Do they wait too long in their doctor's office before he can see them? Will he come to their home if necessary? How do they feel about doctors and other health workers?

These are some of the questions that will be explored in a major study to be undertaken next spring by the University of British Columbia, in co-operation with the various professions in the health field. The study, including computer-analysis of masses of statistical data, will take three years and will form part of a seven-year project known as the International Collaborative Study of Medical Care Utilization.

The B.C. study will cost an estimated \$500,000. The newly formed Donner Canadian Foundation of Montreal will contribute \$42,000 the remainder will come from the federal government.

The study will be conducted by the Department of Health Care and Epidemiology of the UBC Faculty of Medicine. Dr. Donald O. Anderson, head of the department, will be project director.

Acting as a steering committee for the project will be the B.C. Health Resources Council, a grouping of organizations representing the health professions, the provincial government, and the UBC Faculties and schools concerned with education of health workers.

This will be perhaps the most ambitious project of its kind ever undertaken in Canada. The information it provides should be of great importance to governmental authorities and health planners as they seek to meet the increasing demands of the public for health care.

The UBC study will be an in-depth investigation of the avail-

ability and utilization of all health resources in two typical Fraser Valley communities, code-named Jersey (Langley) and Fraser (Mission).

In general, the study will seek to answer four major questions: 1. What health personnel and facilities exist in these two communities? 2. How are they now being used? 3. How could they be used to better advantage? 4. What additional facilities and manpower (or womanpower) are needed?

The study will be divided into two parts. One will be a complete inventory of health resources in the two communities. The other will consist of exhaustive interviews, covering the whole field of personal health care, with 1,000 families in each community.

Heading the separate studies will be two senior research associates in Dr. Anderson's department: Dr. Hart Searrow for the inventory of resources, and Miss Brenda Morrison of the household survey.

The resources study will be conducted from May 1 to Sept. 1, 1968 by a group of UBC pharmacists, dental and medical students.

They will make a detailed census of all health workers and facilities in the area, and by means of questionnaires, will attempt to establish the total number of man-hours available for personal health care, the time given to each patient, and the length of time patients must wait for appointments with doctors and dentists.

The household survey will be conducted by two teams, each composed of 12 interviewers and supervisors. Each team will interview members of 250 families in each of four six-week periods spread over the 12 months beginning May 1, 1968. Each interview will take about an hour.

All information given by the interview subjects will be kept confidential. Data from the survey will be sent, in coded form to Johns Hopkins University, Baltimore, Md., which will act as the central processing facility for all data collected.

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THURSDAY, FRIDAY, SATURDAY
October 5, 6, 7

TWO BLOCKBUSTERS!

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AS JAMES BOND IN
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SUNDAY, MIDNITE - October 8
TRIPLE Horror Bill!
THREE FEATURES
Curse of Werewolf - Kiss of the Vampire - The Mummy
All in TERRIFYING COLOR

MONDAY, TUESDAY, WEDNESDAY
October 9, 10, 11

BURT LANCASTER · AUDREY HEPBURN
ALL THAT IS UNCONQUERABLE IN MAN... ALL THAT IS UNVANQUISHED IN WOMAN IS IN
THE UNFORGIVEN
Directed by JOHN HUSTON
AUDIE MURPHY · JOHN SAXON · CHARLES BICKFORD
TECHNICOLOR®

THE REVOLT OF THE AGES!



"Give it another flick, Pierre," the colonel seems to be saying to his RSM as the two men shake the world's smallest bedsheet. "You should see the tiny soldier who sleeps in this," added the colonel. The sheet's regular occupant was, unfortunately, cropped out of the bottom part of this photo.

— DND Photo

PETITS OU GRANDS

NOUS AVONS
BESOIN DE
VOTRE SANG.

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MULTIPLE SCLEROSIS
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Give Yourself a LUCKY BREAK

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GOLF TOURNAMENT

October 13th — 1300 hrs. — Comox Golf Club

Entry Fee \$1.00 to Comox Golf Members
\$3.00 to Non Members

For information call Sgt. Trynchuck, local 329

CLUB **ENTERTAINMENT**
for OCTOBER

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THANKSGIVING DANCE
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COMBO NITE
FREE!
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5¢ BINGO
MOVIES every Tuesday

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Dancing
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SUN. 15th **FREE RECORD HOP!**



Van Doos Honored by German Town

WERL, GERMANY - Thousands of citizens of this 1000-year-old town packed its market square to witness a ceremony unique in its history - granting "Freedom of the City" to the 2nd Battalion, Royal 22nd Regiment, the French Canadian unit of Canada's NATO land force in Europe, based near the town.

This honor permits the battalion to march through Werl with "bayonets fixed, band playing and the regimental colour at the carry." Some weeks ago Frau Doctor Rohrer, burgermeister (mayor) of Werl announced the granting of the privilege, first time in the history of the town.

Werl has witnessed men under arms since the Middle Ages including troops of the

Holy Roman Empire, mercenaries, English, French and Russian soldiery and more recently American, British and Belgian armies.

The honour was bestowed "in recognition of the efforts made by its officers, non-commissioned officers and men in developing and maintaining a high standard of co-operation and understanding with town officials and citizens alike during the past two years."

The battalion paraded through the narrow cobbled streets to the market place to hear the burgermeister announce the granting of the Freedom of the City and read the wording of the official scroll before presenting it to Lt.-Col. R. G. Theriault, commanding officer of the battalion along

with a city flag.

Earlier in the day, the official party visited an area in Werl which is being developed by the battalion as a football field, and the Werl forest where the unit has installed five benches and planted six Canadian maple trees.

Recipe of The Week

You can always say, "Stay for lunch or Sunday night supper," and come up with an unusual and attractive company meal in a matter of minutes, when you keep a few cans and frozen packages of Canadian-Oriental food products on hand.

For a quick luncheon idea, try Scrambled Eggs with water chestnuts, created by The Kitchens of Chun King. Bits of crunchy water chestnuts and a dash of soy sauce turn this standard egg dish into something special. Accompany the eggs with some fried rice with chicken (which comes already prepared in canned form for your convenience) and for a touch of color some juicy slices of fresh tomatoes, if desired. Serve tea or coffee, wind up with some fresh fruit, and you'll have a lunch to be proud of.

Unexpected guests for Sunday night supper? Serve Chicken-noodle Chow Mein, a casserole with an exotic flair from The Kitchens of Chun King. The use of prepared frozen chicken chow mein cuts preparation time to a minimum, and you can enjoy your company while the casserole bakes. Round out the meal with a tossed green salad, hot rolls with lots of butter, and a beverage. This "spur of the moment" supper is sure to please you and your company.

Both recipes can be doubled for additional guests.

SCRAMBLED EGGS WITH WATER CHESTNUTS:
6 eggs, well beaten
1/2 tsp. salt
1/2 cup water
1/2 cup sour cream
2 tsp butter
1/4 cup chopped Chun King canned water chestnuts

Beat eggs, salt, water and sour cream together with rotary beater, until well blended. Melt butter in heated skillet; pour in eggs and cook over a medium high heat, pushing them about quickly with a spatula while pan is tilted so that most of the liquid egg comes directly in contact with hot butter (this puffs up eggs, making them light and airy). Add chopped water chestnuts just before serving. Remove from heat while eggs are still moist; they cook to the right consistency in their own heat by the time they reach the table. Serve sprinkled with soy sauce. Makes 4 to 6 servings.

CHICKENNOODLE CHOW MEIN
1 package (17 oz.) Chun King frozen chicken chow mein
1 cup egg noodles (any width)
1 tsp. Chun King soy sauce
1 1/4 cups hot water
1 cup shredded cheddar cheese
Place frozen block of chicken chow mein in 1 1/2 quart casserole, cutting off corners of block to make it fit dish, if necessary. Surround chow mein with noodles; blend soy sauce and water and pour over noodles, moistening them thoroughly. Cover and bake in 375 degree oven for 35 minutes. Remove cover, fold in cheese; let stand a few minutes before serving to melt cheese. If doubling, use 3 quart casserole bake from 35 to 45 minutes, or until heated through; then fold in cheese as instructed. Makes 4 servings.



"April Fools," cries the pilot gleefully as this team of frogmen look around in bewilderment. Having been promised a ride to the seashore the frogmen were bitterly disappointed to find themselves let out at a spot ten miles north of Elbow, Sask., and told to wait until the South Sask. Dam had taken effect. "Hurry up and wait, is one thing," said one of the men, "but this is ridiculous." Three of the frogmen have already packed their fins in disgust, and reboarded the helicopter for home.

— NNS photo

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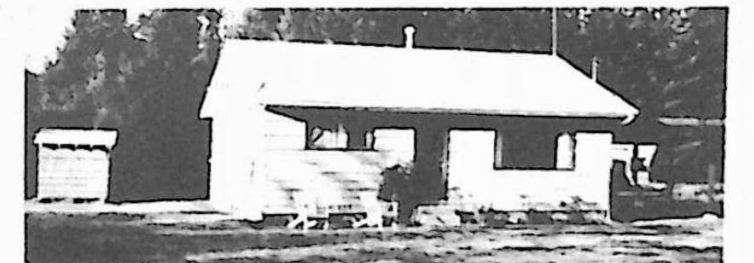
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3 BR home on large, well-landscaped lot — Hardwood floors — Pine panelling — Fireplace — \$21,500.00 — Terms.

Near new — Well-located rustic 3 BR home — 15'x20' living room with w/w carpet — 9'x11' dining room — Double carport — \$21,000.00 — Terms.

3 BR bungalow — Natural cedar exterior — Close to school — \$14,000.00 — Terms.

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EXCLUSIVE — Arden Heights — Smart, stucco, modern 3 BR home — Fireplace — Separate dining room — Can qualify for VLA — \$21,000.00 — Terms.

2 BR home on one acre — Separate work shop — Anderson Road close to ferry turn-off — \$7,000.00 — \$1,000.00 down — Balance \$75.00 per month.

2 BR home, well located south of town on 1 1/2 acres, good residential property, \$12,000.00 — Terms.

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CDS Reviews CIBG

SOLTAU, GERMANY - Enthusiasm and good training make the best soldier, General J. V. Allard, Chief of the Defence Staff, told troops of the 4th Canadian Infantry Brigade Group training near this north German city, during a four-day visit.

The 6,000 troops of the brigade are spending two weeks in the field practising battalion battle group tactics, preparatory to Exercise Rob Roy. This is the climax of the year's exercises when Canadian forces will take the part of the "enemy" in a mock war involving the 2nd (British) Division, Dutch and Danish troops.

General Allard visited the brigade during a tour of NATO defence units in Europe. From September 10 to 17 he attended a meeting of the military committee of the chiefs of staff of NATO in Denmark.

While with the brigade, General Allard visited service units and the 2nd battalion, Royal 22nd Regiment. During his tour, General Allard spoke to many of the 294 militia personnel who joined the brigade in mid-Aug. for two months training with the Regular Force.

**FIGHT
MULTIPLE
SCLEROSIS**
Give to UGN.

Rob Roy Robs Sleep

SOEST, GERMANY - Canadian troops are being branded "bad guys" in northern Germany these days, but under orders.

Along with 2,000 Dutch, British and Danish soldiers, they're the mainstay of a 7,000-man enemy force doing battle with a larger British formation 13,000 strong. Scene of the confrontation is a 35-mile front near the Pled Piper town of Hamelin, but the mythical aspects end right there. They're engaged in a large-scale, no-Exercise Rob Roy.

For the troops, between now and Oct. 5, it's hard rations and sleep on a catch-can basis. Mobility and down-to-earth realism highlight the operation as they tackle assault river crossings and night-time moves at a moment's notice.

Aim of all is to test concealment and phases of war such as the breakthrough and penetrations in strength. To protect newly-constructed bridges from sabotage, 12 combat divers, specially flown from Canada, will carry out underwater patrols.

A team of Defence Research Board scientists and armed forces observers from Ottawa will watch from the sidelines, along with Mobile Command's new deputy chief of operations, Maj.-Gen. J. A. Dextraze.

The exercise winds up a year's training cycle for the Canadians. Earlier they completed a series of warm-up exercises in Germany's north country.

CFB COMOX RECREATION

ALL YEAR	Badminton — Sept. - May
Archery	Basketball — Oct. - Mar.
Camera Club	Broomball — Jan. - Mar.
Cue Club	Bowling — Sept. - May
Golf	Curling — Oct. - Mar.
Gymnastics	Flag Football — Sept. - Oct.
Model Railroad Club	Floor Hockey — Nov. - Dec.
Rifle Club	Hockey — Nov. - Mar.
Soccer	Judo — Nov. - Mar.
Stamp Club	Softball — June - Aug.
Weight Training	Table Tennis — Oct. - June
	Volleyball — Oct. - Mar.

From the Sports Editor's Desk

Well the summers warm rays have vanished and the long dreary days of rain and wind are upon us. This is the time of year when all we sports enthusiasts must exchange our water skis and fishin' poles for blades and brooms.

On the subject of blades, I hear via the grapevine that the Glacier Gardens will be in full swing very soon with hockey and skating galore for those who are so inclined. I am also told that the Demons are going to wipe out the Nighthawks when the hockey season does get underway. Could there be any truth in this rumour? I have not as yet received any word

on the proposed strength of any of the other hockey clubs but consensus up to press time reveals a battle royal between the Demons and Nighthawks with a team from Courtenay thrown in for the sake of competition.

The curling season is also looming on the horizon. The local Comox Valley Club is running a mixed Spiel over the long weekend and there is still time to get an entry in. The president of the club Mr. A. Thompson is the wheeler dealer down at the Elks club in Courtenay and can be contacted there for further information regarding this seasons curling.

Sports Report Tabled

A story of increased success by Canadian athletes in international competition is all in the 1966-67 annual report of the Federal Government's Fitness and Amateur Sport Program.

The report, tabled in the House of Commons, spells out the program's involvement in the 1966 Commonwealth Games in Jamaica, the Pan-American Games, the First Canadian Winter Games, Centennial sports events and other special projects relating to fitness and sport.

Canada's 108-member team at the British Empire and Commonwealth Games earned 57 medals, according to the report. This was 26 more than Canada won at the games in Perth, Australia, in 1962.

The First Canadian Winter Games, held in Quebec City in February brought more than 1,800 Canadian athletes together and represents "one of the most exciting milestones in Canadian sports history." The games were financed by grants totalling \$700,000 under the Fitness Program.

Federal grants that totalled \$2,450,000 were made toward support for the organization and staging of the Pan-American games in Winnipeg, and further grants amounting to \$500,000 were made available for Centennial sports events, including world championships and tournaments in badminton, water skiing, lacrosse, rowing, fencing and lawn bowling.

The Fitness Program was closely associated with the Symposium on Recreation, held in Montreal in June. More than 1,500 delegates representing some 170 affiliated agencies attended the week-long Symposium.

Committees of the National Advisory Council on Fitness and Amateur Sport were involved in two significant studies during the year. They included an in-depth study of the state of amateur hockey in Canada, and its relationship to professional hockey.

Council also probed the state of amateur boxing in Canada, and recommended withdrawal of support for the sport until "adequate supervision of training and competition, safeguards against injury, and changes in rules governing amateur boxing" could be effected. The investigation into boxing is continuing.

The Program took significant steps toward assisting in strengthening the structures of sports governing bodies throughout the country. It has encouraged the organizations to prepare long-range developmental programs, initially on a three-year basis. The plans would be under continual review by a committee that includes a council member and members of the sports-governing bodies concerned as well as university and provincial officials.

Grants totalling nearly one and a quarter million dollars were made to national associations during the year. These grants went to support national and international competitions, leadership training and administrative costs.

One million of the annual five million dollars provided through the Fitness Program, is allocated to the provinces under a federal-provincial agreement that is

worked out on a per capita basis. Under the agreement the federal government pays 60 per cent of the cost of approved provincial projects, the province providing the other 40 per cent.

One hundred and ten scholarships and fellowships were awarded during the year to students pursuing advanced studies in physical education and related fields. The \$188,675 in such awards supported 37 students working toward doctorate degrees and 71 working toward masters' degrees. Since the start of the scholarship program nearly 300 students have received post-graduate assistance.

The Program also supported research projects in fields related to sports and physical education. A total of \$346,000 went toward 16 individual studies and to support research units set up at the universities of Alberta, Montreal and Toronto.

In co-operation with the Queen's printer and the National Film Board the Department produced a variety of audio-visual promotional and instructional aids. They included a promotional film on water sports, track and field wall charts, and several other booklets and pamphlets. Work was also initiated on additional promotional and instructional films on volleyball, badminton and recreation. As well as these informational aids, the program provides a consultant service for the more than 50 national sports organizations receiving assistance through the program. The service includes technical advice on the organizations' programs and assessment of the projects that have received federal support.

Thirteen members were appointed to the 30-member National Advisory Council on Fitness and Amateur Sport. They replace members whose terms on council have expired.

The 20-page report was tabled in the House today by Health and Welfare Minister MacEachen.

BASE SPORTS ROUNDUP

3 MAN VOLLEYBALL
The 3 man volleyball league is just underway and it is running fairly well. One of our original teams has dropped out but 407 has put in a second team. New schedules are now out so let's get those postponed games caught up. Here are the standings up to and including the 29 September.

Team	P	W	L	Pts.
Supply	2	0	2	0
409 "A"	3	3	0	3
407 "A"	2	2	0	2
407 "B" (Just entered this week)				
Rec Centre	2	0	2	0
Accounts	2	1	1	1
Tower	1	1	0	1
409 "B"	3	0	3	0

BASKETBALL
The Upper Island Basket-



VAST STRETCHES of secluded sandy beaches await the sun worshipper in the Comox Valley. With Summer only nine months away, the bikinis should be at the ready and the winter bulge tucked away.

Zone Softball Finals

by GORD PALMER

NAVY WINS CHAMPIONSHIP
CFB Comox competed in the zone softball finals held at Esquimalt from Sept. 20 to 22 and unfortunately were eliminated in a semi final by Esquimalt. The six teams in the tournament were Esquimalt, Ladner, Baldy Hughes, Holberg, Kamloops and Comox.

In the first round Comox played against Esquimalt and was defeated 9 to 8 in thirteen innings. It must be said that this was one of the best ball games seen in a good many years, with both teams going all out and giving it everything they had. The leading batter in the game was Jim Sommen who came up with three big hits, one of which was a home run. Comox pitchers were Frank Britton and John Zigarlick, both turning out fine performances.

In their first round games Ladner defeated Kamloops, and Baldy Hughes defeated Holberg. When Comox took the field to play the second game they were faced with the problem of having to defeat Kamloops as it was a double elimination tournament. They managed to win the game by a score of 12 to 4. During this game they had a couple of players slowed down by injuries. Bill Rough took a foul tip on his bare hand and Jack Mercer came up with a nasty blister on his heel. These injuries along with Jim Sommen's bad leg didn't do much to help the cause. In the second round games Esquimalt defeated Ladner and Baldy Hughes defeated Holberg.

On Friday morning the tournament had reached the quarter finals when Baldy Hughes defeated Ladner to eliminate them from further competition. In the third game Comox faced Esquimalt who

as yet had not lost a game. The game had begun on Thursday night but was called due to darkness after nine innings, the score being tied at three all.

Friday morning saw a renewal of the battle, with Esquimalt finally coming out on top by a score of 5 to 3 in twelve innings. The final saw Esquimalt wipe out Baldy Hughes and so gain the championship and all the glory. A big sincere congratulations goes out to the boys from Comox for an excellent showing and job well done. They proved that they were worthy contenders and had it not been for injuries the score may have been reversed.

This brings a close to the '67 softball season so good cheer, I'll see you in a year.

St. John Ambulance

A dedicated band of men and women — 2700 strong — are getting up some or all of their holidays to help the sick and injured at Expo.

Members of the St. John Ambulance Brigade, they are all volunteers and the service they provide at nine first aid posts is free.

They come from all parts of Canada to put in seven or 14 day tours of duty at Expo. One man took a week's leave with pay to do his bit. Two Brigade members from Great Britain found service at Expo a great way to get to know the country.

Several Expo visitors owe their lives to the St. John volunteers. A young girl's throat began to swell rapidly and she would have choked to death, if the St. John Brigade member had not identified it as a severe allergic reaction and rushed her to the medical clinic. In a similar case a man whose tongue had fallen back into his throat was saved by first aid action.

An off-duty St. John volunteer from Port Arthur came upon a crowd around a girl who had stopped breathing. He immediately applied artificial respiration and was able to restore breathing by the time the ambulance arrived with oxygen. Most of the cases treated are not as serious. They range through nose bleeds, splinters, headaches, scrapes, fainting, twisted ankles, cut feet, blisters, bruises, sunburn and just plain exhaustion — a not uncommon state among Expo visitors. By the time Expo ends, it is estimated that more than 30,000 cases will have been handled.

One of the busiest spots from a first aid standpoint has been the Meditheatre in the "Man and His Health" pavilion, where realistic films of operations are shown. In mid-May, in response to an urgent request from Expo authorities, St. John established emergency first aid facilities in the building. It is manned by four St. John Brigade members who have treated as many as 404 people for fainting or light-headedness in one day.

The reaction of Expo-goers to the St. John first aid service has been one of surprised delight. Many of those treated are Americans who are amazed at the free service — the St. John Brigade not being active in the United States.

While Expo has been in progress, other teams of St. John volunteers have been providing first aid coverage for such functions as the Pan American Games the Canadian National Exhibition the Calgary Stampede and the Centennial Train and Caravans.

Minor Hockey News

The hockey season is fast approaching with registrations just about all in. Cut-off date for registrations was Sept. 30.

The ice is coming along very well and unless we get ninety degree weather everything should be ready by the Oct. 7.

The lads in each division will only have skating drill, no sticks or pads required. The Coaches and Referees will be giving instructions and explanations of different infractions with demonstrations of each infraction so the lads will have a much better understanding of the game.

Dick Merrick, the President of the Hockey Association returned from the B.C. Minor Hockey meeting and reported on a number of changes in the Minor Hockey rules.

One change which is most important is: "The use of suitable mouth guards will be compulsory in all divisions." These mouth guards are available at the Sportman's Centre and at Glacier Gardens.

So please remember boys you must use mouth guards to play hockey this year, this includes practices.

Bill Lothian, our Head Coach, has asked that I pass on to all interested persons that he is still short of Coaches and Assistant. So, if anyone wishes to help out please give Bill a call.

The schedule for skating practice and instructions on Saturday has Mosquitoes from 0700 to 0830. Pee Wees 0845 to 1015. Bantam 1030 to 1200. Midget and Juvenile 1215 to 1400 hours.

So fellows lets get the blades sharpened and we will see you at the rink Saturday, Oct. 7.

The Executive and hockey fans wish to thank the Comox Lions' Club for their generous support of hockey in the area. The Lions' Club Bingo raised a considerable amount of money and I hope everyone will make an effort to let the Lions know how much we appreciate their help. Thanks again fellows.

Flying Club Goes Commercial

The announcement this week that the Base Credit Union has backed the Comox Flying Club's Fly-now Pay-later plan has been met with a clamour for the Club to go public and put its shares on the market. The immediate effect of the announcement, however, is seen as a tremendous upsurge in the number of students which means more instructors, more aircraft, and more hangar space.

While already a twin engine operation (one in each of the Club's two aircraft) no immediate confirmation has been given to the rumour that the club is soon to get jets. A club spokesman who asked not to be quoted was quoted as saying: "When we do go jet we'll go all the way. This ridiculous idea of hanging jet engines on conventionally-powered aircraft is like equipping a girl with falsies. They look great but fall apart under actual operations."

Apart from the tremendous interest shown by the investment world, the announcement now brings a pilot's licence within easy reach of any serviceman. For nothing down and only \$30 a month he'll find himself at the controls of one of the Club's

modern aircraft taking his final licensing test from one of the Club's own instructors. The friendly, relaxed atmosphere of dealing with service pilots with thousands of hours air experience from first flight to final test guarantees the maximum in enjoyment, proficiency and thoroughness of training. No one has lived until he's "Danced the skies on laughter-silvered wings". The experience has never been easier to attain than right now.

Fly-now Pay-later has already generated a great deal of interest amongst the girls in our community. The Club welcomes this interest and everyone else's although it did turn down a request for flying lessons from a group later thought to be radio officers. They had explained the lessons weren't for themselves but for some person referred to only as "The Skipper". The number of hours involved was such that little time would be left for regular training.

The rumour that 409 Sqn. flying training would start a gradual shift to the weekends as a result of the anticipated rise in Flying Club activity is thought to be premature. Search and Rescue operations could increase, however.

NATO Hockey Gets Canadian Touch

SOEST, GERMANY (CFP)—Hockey schools and referee clinics had the professional touch in Canada's NATO brigade in Germany last month. Dicky Duff, Yvan Cournoyer and Jacques Laperriere teamed up with referee Frank Udvari to improve the brand of hockey in the Canadian forces overseas.

The NHL agreed to send the hockey group after Col. C. P. McPherson, commander CFB Soest, wrote to Clarence Campbell, NHL president.

Besides officials and coaches there were more than 2,000 hockey players in the brigade area. There are three adult leagues at the brigade level, four inter-company leagues, and a total of nine children's leagues in Soest, Werl and Hemer as well as a senior boy's team for each of these areas.

Although Canadians have ample opportunity to display their hockey ability in competition with European countries, this is the first time such clinics have been held in the brigade.

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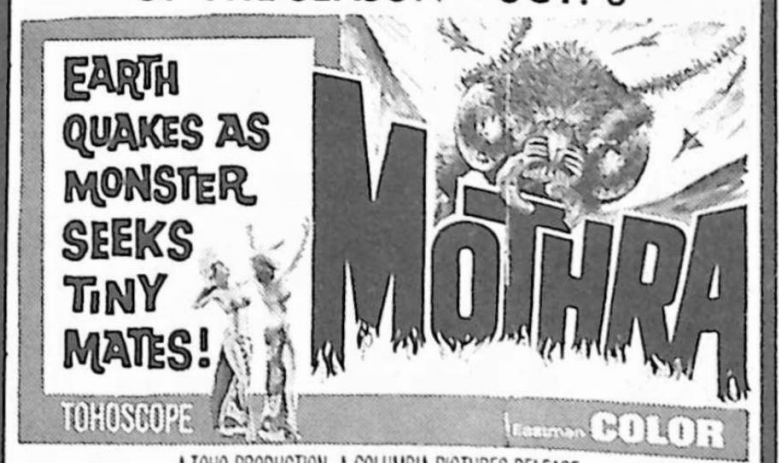
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Sportsmen's Notebook

Sports Editors Notes - The following article appeared in the last issue of the Totem Times but unfortunately not in its entirety. As it is a very worthwhile article and of particular interest to the many outdoor minded people at Comox I have decided to print the article again. My thanks go out to P. L. Bob Rivers and the rest of the Comox Rod and Gun Club for their enthusiasm.

Have you ever been shot at? Not on the battlefield, the sea, or in the air; but in our own "friendly" woods? There are several sportsmen on this base who have been, and it produces varying reactions, like anger, fear, and outright terror. If you enter the woods this fall looking for a trophy rack; or just for freezer meat, and we all appreciate a venison steak, you may be shot at. Not all hunters are sportsmen, some will shoot at anything that moves or makes a sound, thinking they are the only human beings in their selected hunting area. So - What would you do? The first thing to do is take cover, drop to the ground and call out, and if this does not register with the idiot behind the gun, trigger off a couple of shots, not at him, but straight up in the air. He should then realize that someone, other than a deer is involved. Once he realizes this, the idiot will likely take off at a fast pace hoping no one will see him and link him to the incident. The moral of this story is for all hunters to observe the highest possible safety standards while in the woods. The following basic rules should be followed:

- * Don't shoot unless you clearly see and identify what you are shooting at. It may be a cow, or a man.
- * Don't discharge firearms from your car. This is both dangerous and unlawful.
- * Refrain from shooting too near a building, or in the direction of a public road.
- * Protect the property of other persons at all times. This includes road signs, which are public property, and don't cook up at all well.
- * Protect and respect the rights of others. Report all infractions of the law to the local RCMP or a Conservation Officer.
- * Don't enter a car or boat with a loaded firearm.
- * Know your firearm and handle it with respect at all times.
- * Don't drink if you are hunting, and don't hunt if you are drinking. Bullets and booze do not mix.

* Ask for permission to hunt or travel over private lands. Bear in mind that your hunting licence can be cancelled or suspended for a violation of the Wildlife Act. One violation is that of trespass. Have you ever been lost in the woods? Or even unsure of the way back to your car or camp? Not a very pleasant sensation is it? Adequate preparation on your part could greatly ease your mind, should you be faced with this experience. In this regard the following helpful hints are offered, and may help to prevent a needless, costly search:

- * Leave word at home as to the area you will visit, and when you plan to return. In case of a mishap to your car or person, this will make it easier for help to reach you.
- * Make sure you are out of the woods before dark.
- * Obtain a large scale map of your hunting area, and carry a compass. It is not difficult to lose your bearings in rough country, especially if the weather closes in.
- * Keep checking your map so you can locate your approximate position at all times.
- * Carry supplementary rations. Candy bars, nuts or raisins will be welcome if you are delayed or lost.
- * If you lose your way completely, do not panic and wander. Stay where you are, and before it gets dark find a nearby place of shelter, preferably close to an open area where you can be spotted from the air.
- * If you have a gun, remember that three shots spaced at equal intervals of three to five seconds are a recognized signal of distress. The response to this signal is one shot. If you

are hurt and require immediate assistance, repeat the three shots.

As most sportsmen are aware, the major logging operators on the Island MacMillan and Bloedel Ltd., and Crown Zellerbach Ltd., permit access to many hundreds of square miles of wilderness area. These companies also publish excellent roadmaps covering each division of their operations. To obtain maps and information concerning areas adjacent to the Courtenay-Comox area write to Crown Zellerbach Canada Ltd., Public Relations Dept., 1030 West Georgia St., Vancouver 1, B.C. It must be borne in mind that public access to these areas was permitted only after many years of negotiation by Vancouver Island Fish and Game Clubs, and abuse of the regulations involved could result in the gates being locked again. So if you do take advantage of the privileges available, follow the rules, be a true sportsman, and ensure continued access. In general the following guidelines apply:

- * Pick up an entry permit at the Company gate.
- * Access is normally permitted on weekends or holidays only.
- * Do not plan an overnight camping, in most cases it is not permitted.
- * Do not hunt in posted areas where logging is under way.
- * Park your car off the road.
- * Do not proceed beyond a No Entry sign. It could indicate that the road is unsuitable for private cars.
- * Observe fire precautions at all times.
- * Obey all traffic signs. Remember your use of Company roads is entirely at your own risk.
- * Do not leave litter, bottles, or garbage in the woods.

For the winter fishermen, and we live in one of the best, if not the best steelhead fishing areas in North America, a few words of advice. While it is possible to catch a two fish limit of steelhead in local rivers five minutes drive from Courtenay, the ardent fisherman will likely visit more remote areas in search of a "big one". Just remember that the water runs cold from December to March, so don't take needless chances to reach that enticing looking pool. If you are several miles from your car and soaking wet you would be well advised to build a fire and dry out before slogging back. Carry some wooden matches in a waterproof case, plus a couple of candy bars. Its amazing how your outlook will change if you dry out and have a snack. In wading the rivers exercise caution at all times, use a good stout staff to help you over the fast runs, and if in doubt, fish somewhere else. In fact, fish those fast runs, you may hook the big one you are looking for.

All winter sportsmen should obtain copies of the B.C. Sport Fishing Regulations at a sporting goods store or the Dry Canteen. Study them well, they contain much more information than regulations alone. Detailed maps of local areas may be obtained at a reasonable cost from the 'Director, Surveys and Mapping Branch, Dept. of Lands Forests and Water Resources Victoria, B.C.'

For the dedicated sportsman, who wishes to dig a little deeper into Hunting and Fishing literature, the following books are recommended:

- "Big Game Hunting in the West" by Mike Crammond.
 - "Game Fishing in the West" by Mike Crammond.
 - "The Western Angler" by Roderick Haig-Brown.
 - "A River Never Sleeps" by Roderick Haig-Brown.
- These books are all available at local book stores, and they contain a wealth of information on local hunting and fishing. Mike Crammond is the Hunting and Fishing editor of the Vancouver Daily Province, and Roderick Haig-Brown of Campbell River is well-known for his literary achievements. They both write with authority on hunting and fishing on Vancouver Island.

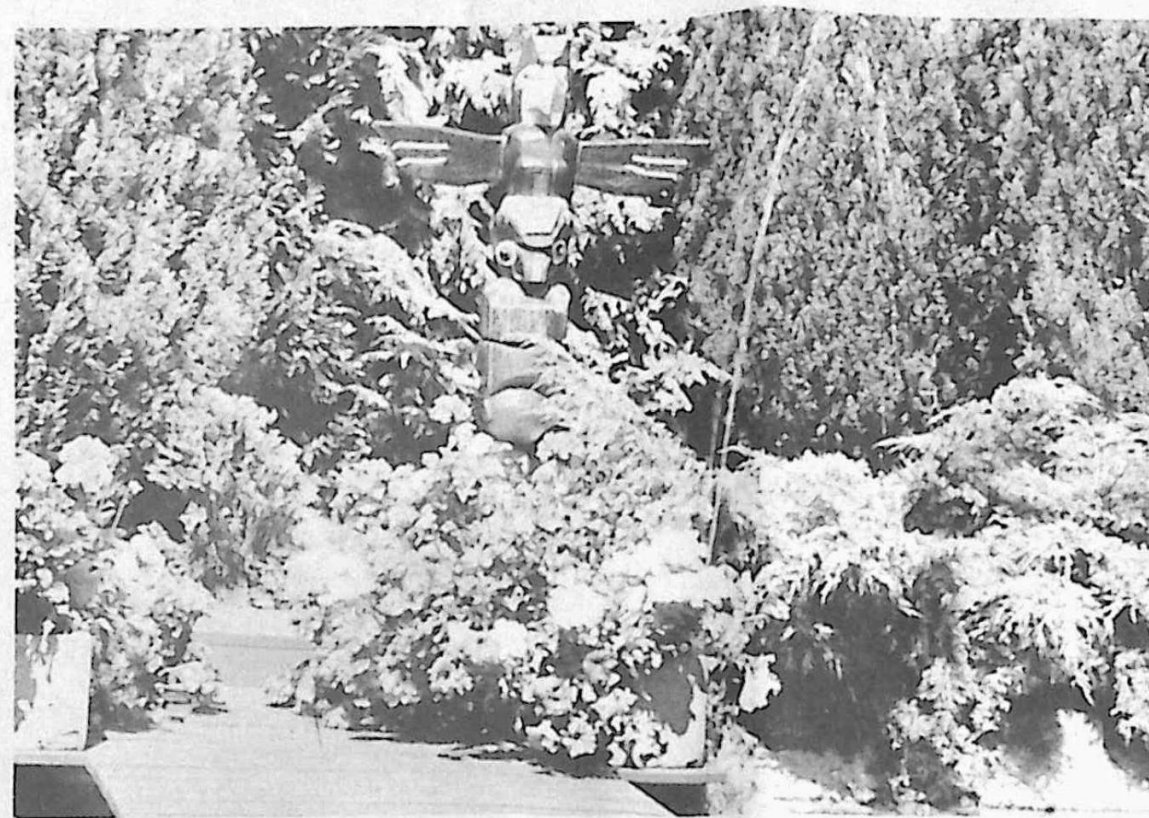
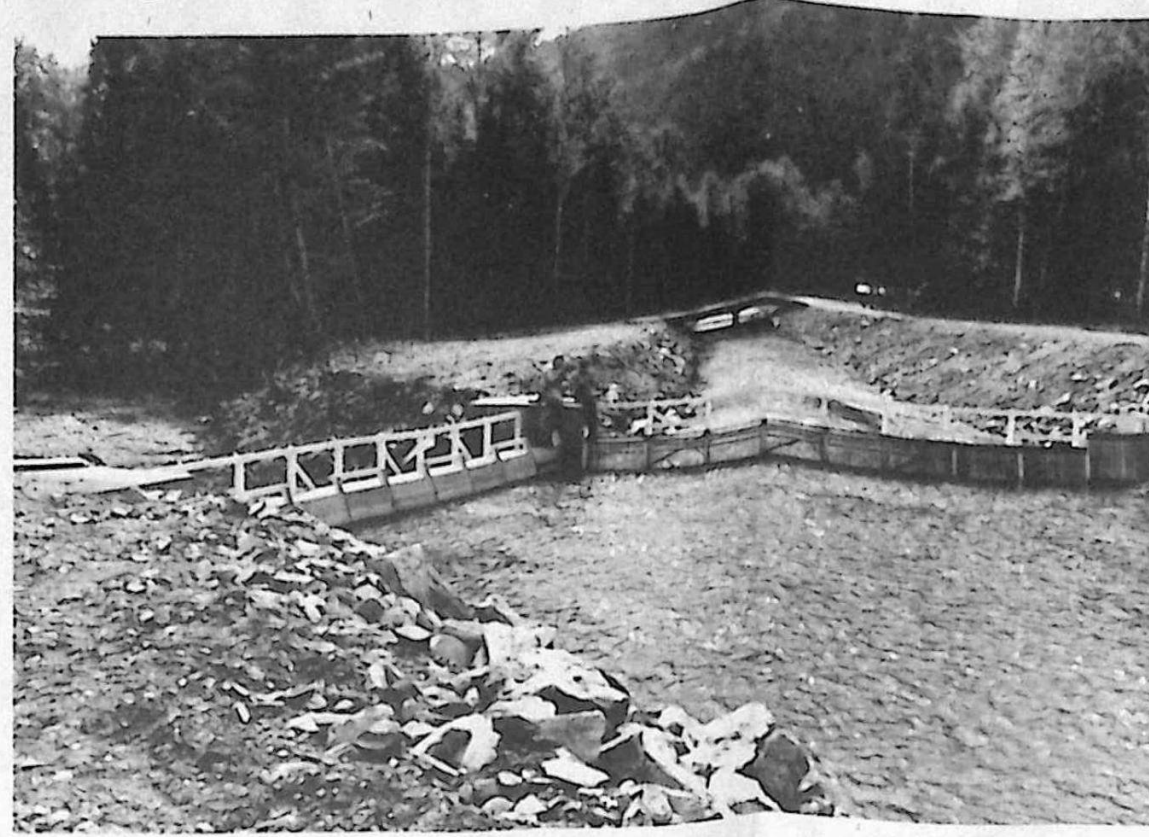
SERGEANT'S MESS GOLF TOURNAMENT

October 13th — 1300 hrs. — Comox Golf Club

Entry Fee \$1.00 to Comox Golf Members
\$3.00 to Non Members

For information call Sgt. Trynchuck, local 329

Big Contest Announced



BIG CONTEST announced by Times sports department. In place of normal sports news, which failed to turn up this week for some reason, the sports editors of the Totem Times have rooted through their "crazy old pictures" file and take pleasure in announcing another big Times contest.

The rules are simple but the contest can be entered for fun and profit by old and young alike. Simply send in your answer to the Totem Times sports editor, the answer to the following questions: "Which of the above bodies of water is the Kokanee spawning grounds and which is the Comox Piranha - pool (also known as Pinkie's Pruning Pond)? Deadline for entries is Wednesday, October 4. So rush along over and make your entry and win a big yet to be announced prize.

Amateur Football Week

OTTAWA - With the football season in full swing, Health and Welfare Minister MacEachen today invited Canadians at all levels of ability and interest to observe the third week of September as "Amateur Football Week".

Mr. MacEachen, through his personal and departmental interest in the Fitness and Amateur Sport Program expressed his continuing support of amateur football, and pointed to his department's support of the game through the Fitness Program.

"For the past three years," said the minister, "Amateur Football Week has been conducted under the auspices of the newly-organized Canadian Amateur Football Association. Each year has proven more successful than its predecessor."

"Nearly 150,000 boys are currently playing amateur football in Canada. From it they are receiving guidance in discipline and team cooperation, as well as the positive benefit of increased physical fitness. It is toward these increased fitness levels that our Fitness and Amateur Sport Program is aimed. And it is because of this aspect of amateur football that I heartily endorse 'Amateur Football Week'."

For the past two years, explained the minister, the Fitness Program has supported amateur football through financial assistance toward the sponsoring of coaching clinics. This program of leadership training has helped to improve the calibre of amateur football being played throughout the country, he said.

"At this time I would ask that all Canadians join me in recognition of Amateur Football Week in Canada as a means of encouraging the youth of our nation to continue to participate in the sport."

Forthcoming Books

Foster Hewitt, Andy O'Brien and Jim Hunt are the authors of three new hockey books to be published this fall by The Ryerson Press.

In Foster Hewitt's "His Own Story: the 'Voice of Hockey'" relates his early days as a boxing champ at Upper Canada College, memorable moments in his career, meetings with interesting personalities, including Winston Churchill, and the highlights of his forty-four years in broadcasting. Fans who have warmed to his familiar "It's hockey night in Canada!" will find this autobiography and his candid appraisal of hockey greats absorbing and enjoyable.

Few, if any, are better qualified to write the story of hockey's Flying Frenchman than veteran sportswriter Andy O'Brien. Written in racy style, his Fire-

Wagon Hockey: the Story of the Montreal Canadiens, tells how all-time superstars Joe Malone, "Newsy" Lalonde, Howie Mor-enz, Rocket Richard and Jean Beliveau worked their magic sur la glace, the team's controversial career and how their fire-wagon hockey - a crime wave on ice - has been the greatest single factor in Canadian Hockey's continuing appeal.

It takes a special kind of courage to strap on forty pounds of equipment and act as human target for pucks fired up to 120 miles per hour. The Men In The Nets: hockey's tortured heroes, have been doing just that in the NHL for years. In his new book, Jim Hunt writes about the personalities behind the padding - Glen Hall, Roger Crozier, Gump Worsley, Johnny Bower - their hopes, their fears and their battle for the coveted Vezina Trophy.

In Sympathy With Curling Widows

Here in the Totem Times Sports Department we are fortunate enough to have our own Ann Landers who after a great deal of coaxing has consented to write her first article on the misfortunes of the curling widow. Written In Sympathy with the Curling Widows:-

The curling season is again upon us, and as the eager curlers trim their favorite brooms and pull their sweaters from the mothballs, in anticipation of the months to come, the wives sigh in resignation, knowing that for the next six months, they must step back and allow their husbands first love to engulf him once again. It is a well acknowledged fact among curling widows that if you can't beat them, join them. But this usually only allows the wife as close as the glass partition, where she waits with all the other wives, girlfriends, etc., for her man to stumble from the ice weary but exalted, only to have him pat her on the head and rush off once again, revived by the knowledge of yet another game.

The curling widow also knows that all social events she will be attending during the curling season will be associated with the curling club, whether it be parties, dances, or bonspiels, more rightly known as endurance tests for the wife. If she is lucky she may get the odd weekend away, at bonspiels sponsored by other clubs. Her wardrobe should consist of slacks warm sweaters, boots and snug-gies.

As the season wears on the women's feelings of submission wears off and feelings of rage and injustice take over. Just when she is near breaking point, the big break through for the curler comes and his dreams are answered, he wins the last bonspiel of the season and with it glorious prizes and most important his woman's forgiveness and approval.



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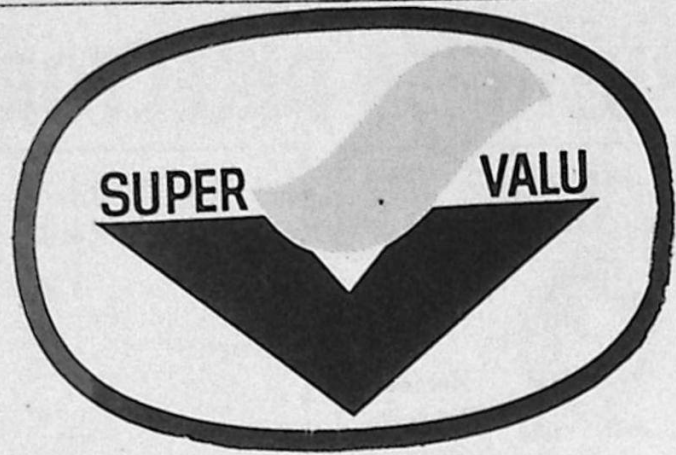
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