

# TOTEM TIMES



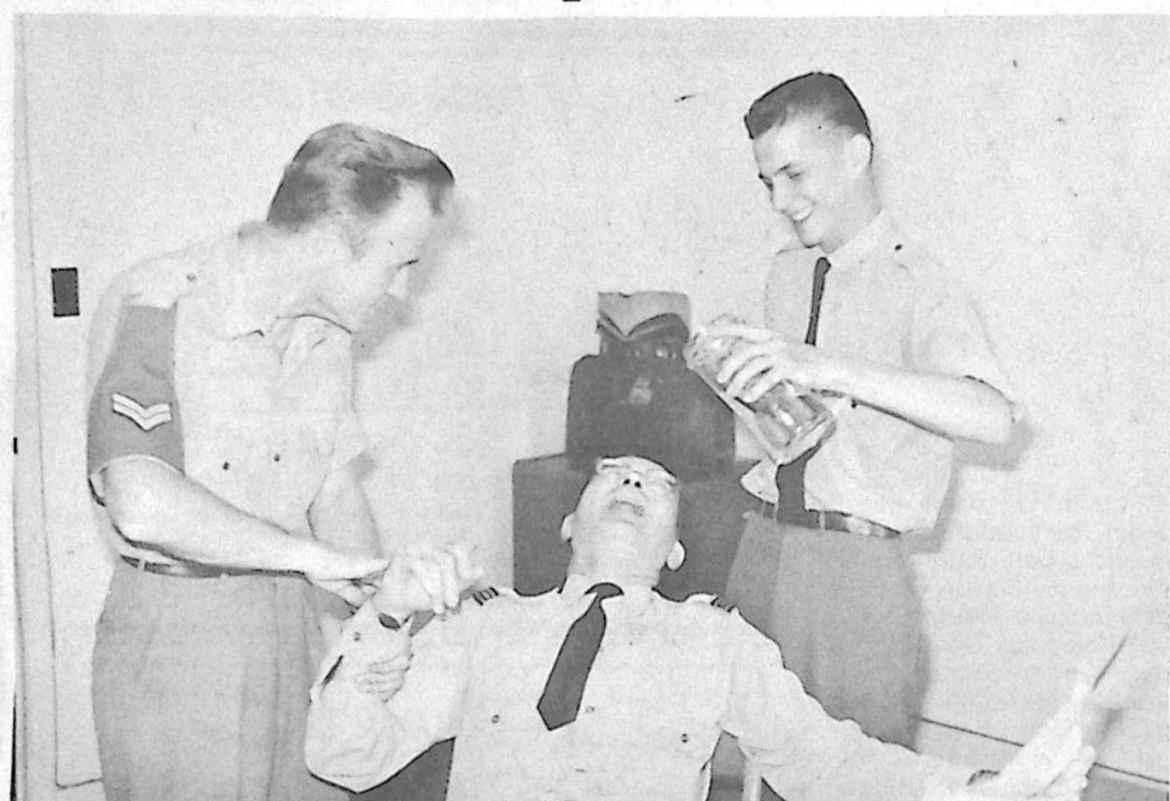
Fewer Fish are Being Wrapped in the Totem Times This Summer

Vol. 9

CFB COMOX, THURSDAY, JULY 25, 1968

No. 15

## 121 GONE; 442 SQN REACTIVATED



WHEN CAPT. JOE CLARK, 121's beloved PAdO received the message ordering the change over of 121 to 442 Squadron, he gave a cry of pure joy, turned purple and collapsed into his early Air Force style chair. Cpl. Moe Mousseau tries to restore circulation to the old vets system, while Pte. Murray is about to reduce the probability of his becoming a corporal by dumping the leftover coffee water on the PAdOs head, in an effort to revive him.

— Times Photo

### Merry Mushrooms Have Busy Day

Starting on Monday the 15th of July 121 KU had the most eventful day in its history since the day that they learned that Sea Island was closing up. In a 24 hour period, 121 was disbanded and redesignated as 442 Squadron, had two major searches underway and carried out two air-evacuations. All this plus their regular scheduled flying and Boat School duties.

The new Squadron is not really a new one at all. 442 Sqn. (City of Vancouver) is an old wartime squadron that was one of the squadrons formed out of Western Air Command in 1943. The complete history of 442 is unavailable at press time, but 442 was a long time neighbor of 121 at Sea Island when 442 was a reserve Sqn. Details of 442s glorious past will be published as they become available.

### Red Knight Changes Mount

WINNIPEG (CFP) — The Red Knight, Aerobatic jet soloist of the Canadian forces, takes to the air in early August for a six-week cross-country tour of 11 shows through Canada.

For the first time in 10 consecutive years of appearing before the public, the Red Knight will perform in a brilliant red Tutor jet, replacing the aging T-33 Silver Star. The high speed, high-altitude trainer is considered much more efficient and manoeuvrable than the Silver Star.

During the centennial year, the famed Golden Centennaires, with eight Tutor aircraft, proved the worthiness of the craft in more than 100 shows in North America.

The Red Knight is named after German first world war ace Baron Manfred von Richthofen, whose daring air exploits in his famous red triplane earned him the title The Red Knight of Germany.

Flying the Canadian Red Knight's colors this year will be 32-year old Capt. David A. Curran of Kingston, Ont., veteran of 10 years' jet flying in Canada and overseas.

Capt. Curran's sleek Tutor, wearing a distinctive crest of a knight's helmet of armor with

flying plumage, will perform 15-minute shows. Trailing white smoke from his exhaust, the Red Knight will etch a high speed pattern of intricate manoeuvres across the sky in a series of 10 designs. The aircraft performs within the confines of an airfield, with a commentator explaining the manoeuvres from the viewers' level. There'll be commentary in French where required.

The Red Knight makes his first 1968 appearance at Powell River, B.C., Aug. 2-4; then flies to the Red Deer, Alta., show Aug. 5; Kelowna, B.C., Aug. 7; and the Abbotsford international air show Aug. 9-11.

The Knight then heads east to Summerside, P.E.I., for a show at Charlottetown Aug. 17; coming west to Quebec City Aug. 25; and on to Toronto Aug. 30-Sept. 2 for the Canadian international air show.

On the morning of Sept. 8 the Red Knight will perform at Smiths Falls, Ont., moving on for an afternoon show at Hamilton. The last show on the tour will be made at Sky Harbour, Ont., near London, Sept. 15. A much known Capt. Curran then returns to his home base at Portage la Prairie, Man.

### Big Soap Box Derby Announced

Big news for the younger residents of Wallace Gardens was announced today when His Honour, Mayor Pulham made known councils' plans for the First Annual Wallace Gardens Soap Box Derby. His Honour said that with so many youngsters constructing soap box cars in Wallace Gardens it was felt that an outlet for these energies should be provided.

Captain Penny, Controller of Special Activities will be masterminding the race which is to be held on Saturday the 24th of August. While Captain Penny has not completed all of the details for the race he has released some of the major details so that aspiring young "Barney Olfields" may start construction of their cars.

The race will be open to all residents of Wallace Gardens,

between the ages of 9 to 14. Cars and drivers gross weight must not exceed 200 pounds. Cars must be equipped with a steering wheel and cable steering system, have a brake and pass a general safety inspection. (i.e. not likely to fall apart, whilst going down the hill). Drivers will be required to wear a Safety Helmet while racing. Helmets will be supplied by the council. A car's team will consist of a driver and one "pit crew".

The list of prizes is to be announced later, but the main trophy will be donated by the Totem Times and will be a perennial trophy to be awarded each year.

Don't miss the next issue of the "Times" when more details will be given along with the entry forms.



### Mailnutrition Strikes Base



WITH HIS FAMILIAR WINNING SMILE on full display, Cpl. Don (Woody) Wood of the Royal Canadian Postal Corps shakes out an empty mail sack to prove to the remaining unbelievers that there is no more mail. As can be seen from the empty pigeon hole in the background the current mail supply is indeed running short. "When that's gone that's all you guys are going to get until the strike is over," Woody chuckles to himself. While Woody is not on strike himself he's all for it. "It may be a bind for some people but it's almost like being on leave for me," Woody said. Some people have been reportedly buying up all the five cent stamps before the price goes up. We hope this type of hoarding does not panic the market.

— Times Photo

### Nude Swimmer Invades Pool for Pre-Dawn Swim



OBLIVIOUS TO THE FUROR she was causing, Daisy Herring Duck swims happily along in her private pool. Workmen discovered Daisy when they reported for work the other morning to put the finishing touches on the base's latest and most popular facility. Reporting the incident to the B.Serv.O., they were instructed to make her pay up or ship out. As Daisy was not carrying any coin of the realm with her she elected to work the price of admission off by putting on a performance of professional diving and underwater swimming. This show, when viewed from another unique feature of our pool, the underwater window drew the attention of all the staff. When interviewed by our reporter Daisy said: "I noticed the fluoride as soon as I hit the water, but other than that it's a delightful pool and I intend to return."

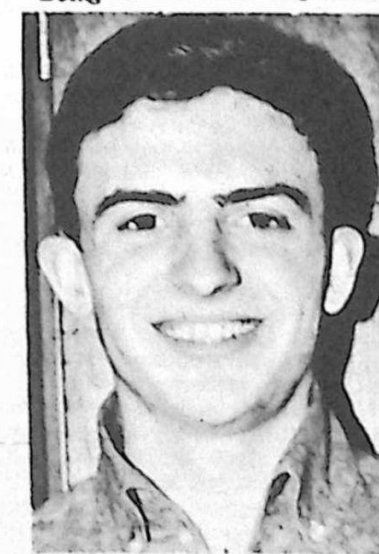
— Times Photo

### PMQ Resident Wins Bronze Medal

Robert Steacy, son of the very proud parents Lt/Col and Mrs. Steacy received word last night that he had won the Governor General's Bronze Medal. The medal is given for the second highest scholastic average in British Columbia.

Robert is a most remarkable young man. Turning 16 on June the first he graduated from Courtenay District Senior Secondary School. He was Editor of the school paper and has written material for the Free Press competition. He was on the team that represented his school on the television program "Reach For The Top". That team incidentally did not win the series but did give the winners the hardest competition during the three shows that they were on the air. He was on the Courtenay track team, president of the St. Peters' Senior Boys Club and was

a Corporal in the Air Cadets. Being a "Service Dependent"



ROBERT STEACY

— Free Press photo

certainly helped Robert in his studies. Courtenay District Senior Secondary is the eighth school he has attended. Robert will continue his education at the University of British Columbia where he will be taking the honors classes in mathematics and physics. He is tentatively planning a career in Aerospace research.

Robert Steacy, the Totem Times extends to you a wholehearted "Good Show" and "Good Luck" in your future endeavors.

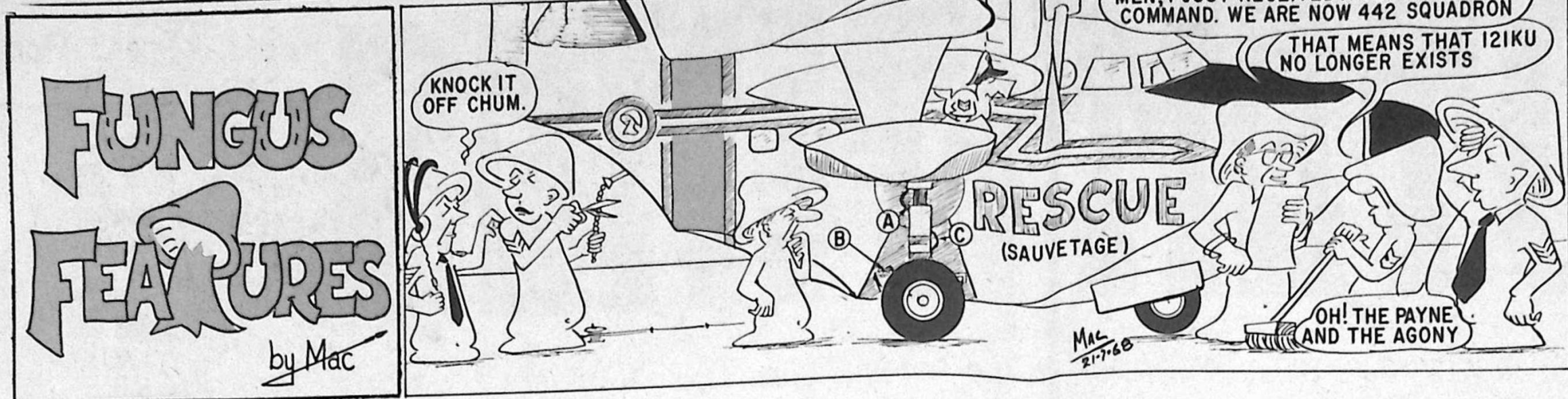
NEXT  
DEADLINE  
MONDAY,  
5th AUGUST

### Totem Times Subscription Policy

Due to an ever increasing demand for copies of the Totem Times we have re-assessed our present circulation policy. As it is no longer economically feasible to continue supplying cost free copies of Totem Times, to all persons on our mailing list, regretably we have been forced to institute a \$2.00 per year subscription charge to cover our handling costs. Persons will continue receiving Totem Times by mailing name, address, and a cheque or money order for \$2.00 payable to Base Fund CFB Comox, to Circulation Manager, Totem Times, 3rd of October issue and will not apply to messes and institutes already on our mailing list.

(Signed) EDITOR.





## Old 121er Heads East



"HERE'S THE KEYS to the office, filing cabinet and the Mushroom lockup," MWO Gerry Dupuis says as he hands over his well worn keys to MWO Gale. MWO Dupuis has been with 121 off and on for about 12 years. When he learned of his transfer to Ottawa he said that he would try it for about a year, then if he didn't like it he'd come back. MWO Gale has just arrived in from down east and has taken over the AMCRs slot in 442 Squadron. Goodbye MWO Dupuis and welcome aboard MWO Gale.

## Competition Makes Longest Mercy Flights

One of the longest mercy flights in Armed Forces history was carried out recently by 102 Communication's Flight from CFB Trenton. A Labrador helicopter flew from Trenton to Nottingham Island in the Hudson Straits, a distance of 1200 miles to air-evac a patient.

The mission was to fly an Eskimo boy who had accidentally shot off the fingers of his left hand, into the Department of Northern Affairs Indian and Eskimo hospital at Moose Factory near Moosonee, Ont. Anir-meurke Kemmerpik 14, had never been off the island and had never seen an automobile or trees before. The accident happened on the afternoon of July 6.

A request that evening was sent to Halifax Rescue Coordination Centre and relayed to Trenton RCC. At 5:45 a.m. July 7, a helicopter was dispatched to the scene with Capt. D. C. Hogan as Pilot, Capt. Roy King as co-pilot, Cpl. Bill Gunmed-ald, and two crewmen, Cpls. Ken McLean and Gene Savole.

Enroute to Nottingham Island the Labrador made refuelling stops at Val Dor, Great Whale, and Povungnituk, arriving at Nottingham Island 12 hours later.

Dr. Savole, Regional supervisor of Northern Hospitals, just happened to be at Povungnituk and decided to go along on the mercy flight to administer any required medical aid. The next day Capt. Hogan and crew flew the boy to Moose Factory for surgery. The entire round trip was completed in 22 hours flying time and covered over 2400 miles. A good effort all around!

## Old Spitfires Reunite

VANCOUVER (CFP) — A Spitfire pilots' reunion with celebrated RAF pilot G/C Johnny Johnson as guest of honour will be held in conjunction with the Abbotsford, B.C., international airshow Aug. 9-11.

The RCAF officers association in Vancouver is hosting the reunion, welcoming former Spitfire pilots. One of the famous fighter aircraft, this one from Chicago, will be on display. The actual reunion event is Aug. 8 at 7 p.m. in the CF officers' mess. Jerry Lloyd at the Abbotsford airshow office has further information.



WHEN 121 KU became 442 Squadron, there was a renewed flurry of activity to get the squadron a suitable crest. For the past two and a half years a crest proposal for 121 has been in the mill with no crest in sight as yet. 442 Squadron has its own crest but an illustration of one is unavailable at this time, as the postal strike has severed communications with the Air Historian. As an interim measure, Captain Tailskid our local Air Historian offers the above. He describes it as the King Mushroom resting on a field of total darkness. The motto "Semper in Obscuris" translates to "Always in the Dark."

## FROM UP IN MY PERCH

By SEEMORE

Last week I moved my family, belongings and my ol' kit bag from one nest to another. The move, while strenuous was successful. The only thing that remains to be done is for me to visit my Chiropactor. Straightening the corner of the nest where I write this drivel, I began to prepare for my work by locating the tools of the trade. Over in the corner, on top of two packing cases and under a pile of winter clothes was my ancient Underwood. The paper, I found in with some spare parts for my car. The ol' kit bag, I couldn't find. For a split second I knew sheer panic. If I ever lost my ol' kit bag I would be out of business and the many historical Royal Canadian Air Force items that I have willed to the Air Museum upon my demise would be gone forever. What a tragic loss to Canadian military aviation that would be!

In a matter of a few minutes I had the whole family turned out for the search. Organized into two man groups we combed both the new and the old nests. From the attics down to the drains in the cellars we looked. As all hope of ever recovering my beloved ol' bag began to fade, my wife, Lucybird tried to calm me. Forcing me to sit on the chesterfield she was in the process of soothing me by playing my favorite record, the 1812 overture on the stereo set, when "Eureka!" she screamed "I've found it." Yes it was true. There, jammed between the record player and my reprint portrait of the last Chief of the Air Staff was my good ol' kit bag. Trying to suppress tears of joy, I returned to my den and began to write this weeks column, happy in the knowledge that I was not to let my readers down.

After finding the ol' bag I began to dig around looking for any information on 442 Squadron. The squadron crest for instance and any bits of gen on the squadrons history. I am saddened to relate that there was nothing to be found. My ol' kit bag had let me down. I put the call out for help.

Have you any of the abovegen? If you have, are you willing to loan it to me long enough for me to have it copied? If so, I promise to return it promptly.

During my search of the more remote corners of the bag I came across my prized collection of keys. Some that I don't remember what they are for anymore. I'm sure everyone has a collection of this type, but mine is rather special. It dates it weighs 43 pounds, 11 ounces. After spending more than 11 years at Trenton alone, I must have a key to most of the locks in the place. Picking through the collection I came across the most prized key of all. It is a rather simple key, built to fit a cheap thirty-nine cent lock. Can you imagine anything costing only thirty-nine cents today?

This lock was on my first locker when I joined the RCAF as a boy, many moons ago. After the most recent move of my domicile I thought back to the days

when I could move all my possessions by myself in the matter of only a few minutes instead of three or four days and requiring the assistance of good types like Yvon Geneau, Sonny Greenlaw and "Flitz" Fitzgerald.

My first home in the Air Force was the lower bunk of a double "H" but and a locker which measured 1 foot by 1 foot by two feet, plus a rod to hang my clothes on and the foot end of the bunk assembly, on which I was permitted to hang and lock my two kit bags. I can remember laying there on a lazy Sunday afternoon while the occupant of the upper bunk snored the time away, thinking to myself, "Boy I'm a lucky fellow. I can lay here and reach everything I own."

On the foot of my bunk are my two wonderful kit bags full of my summer gear. Above me was my locker, full of the essentials of military life. My bottom stick and brush, the ever necessary can of "Silvo" to keep the SWO happy, my shoe polishing gear, my housewife, my first housewife that is! my spiffie, six shirts blue, six socks black, six socks, wool grey, the razor that I used to kill the feeling in my face with, and my pictures of the Commanding Officer. What more could anyone ask for? Today I'm married, have a collection of kids, relatives, furniture, Air Force mementoes, books and rejection slips from just about every publisher in Canada. The total weight of this collection is such that I am constantly being courted by representatives of every moving company on the west coast. They can hardly wait for me to be posted to someplace like Summerside P.E.I. God forbid.

Turning away from such a grisley thought I noticed: 121 KU has been converted into 442 Squadron. If you haven't heard this by now you haven't been listening. Old Mushrooms are retiring left and right. The latest to leave is Captain John of the aircrew end of the team. While most of the aircrew look like they are ready to retire, Captain John is the first to do so in a long time. Sgt. Barnes, who has been with the unit for four years now has gone over to the "Sunshine" coast to retire.

Sgt. Rawluk is going to Edmonton after spending four years with us, and is reported to be growing potatoes. Cpl. Papp, with us for only two years is also pulling the plug. His final disposition is unknown at this time. To all these gentlemen our best wishes and it's been nice having you with us.

Master Warntosser Gerry Dupuis leaves us after spending about 12 years on the west coast. He is on his way to Ottawa. I have many friends who have gone to AMCHQ. They all say that for the first six months that you're there you don't know what's going on around you. After the first six months you begin to wonder how they ever got along without you. We hope he makes good his threat that if he doesn't



Like it there after a year he'll be back.

The combination going away, retirement, and welcome to 442 Squadron party is going on at the Totem Inn just as this paper is being put on the press so I won't be there to say goodbye personally, so, goodbye from here you ol' Mushrooms and all the best from Seemore.

Rumour of the Week. If the postal strike continues and becomes a national disaster, the mail will be handled by Air Transport Command.

Runner up for Rumour of the Week: Air Force beach and the surrounding area is to be stocked with thirty to forty pound Cohos. Mushroom: The conversion of 121 KU into 442 Squadron counts as a transfer and all personnel presently serving with 121 will be here for another four years.

## Shulton Rediscovered Centuries-old Beauty Ingredient...



## Introduces Desert Flower with Aloe Vera for Skin Care

If Mother Nature can keep a plant blooming in the desert, why can't she do the same for a woman's skin? She can. Now Shulton uses one of Mother Nature's own beauty ingredients, amazing aloe vera gel, in new Desert Flower skin care products: Moisture Base, Cleanser, Night Cream, Skin Toner, and Hand & Body Lotion.

This precious gel keeps the aloe vera plant smooth and soft even in intense desert heat. Imagine how moist it can keep a woman's skin!

Shulton has also included other special ingredients that supplement the natural workings of aloe vera and keep the skin even more fresh and supple. Now it's possible to use Mother Nature's own secrets—and to improve on them—all at the same time!

**COMOX DRUGS**

Comox, B.C.

## COMOX VALLEY INSURANCE SERVICE LTD.

Formerly Farrington's and R. N. Carey Insurance Agencies  
Insurance is our "Only" business

Opposite Court House  
Phone: 334-3195

**McCONOCHIE'S**  
FURNITURE AND APPLIANCES LTD.  
430 Fifth Street Courtenay, B.C.  
Your Westinghouse, Speed Queen, Motorola, Admiral Dealer  
WHERE SERVICE FOLLOWS THE SALE

**BEEF IS BETTER HERE**  
*And Lower Priced, too!*  
GOVERNMENT GRADED ALBERTA STEER BEEF  
Retail Meat Sales  
Home, Freezer or Locker Meats  
By Side, Half Side or Quarter  
LOCKERS AVAILABLE NOW  
**Central Cold Storage**  
Fifth Street COURTENAY Phone 334-4921

**Tyee Cartage & Storage Ltd.**  
  
LOCAL & LONG DISTANCE MOVING  
UNDER NEW MANAGEMENT  
Local Cartage & Delivery Night Phone 338-8205 General Freight Service  
**334-3012**  
1491 McPhee, Courtenay

**SUMMER SHOE Clearance**  
  
All white and beige summer shoes 1/3 off regular  
Flats, Illusions, Stacked Heels, Canvas Casuals, Italian Sandals  
**SEARLE'S SHOES LTD.**  
Courtenay Cumberland Campbell River Port Alberni

## Butterworth's

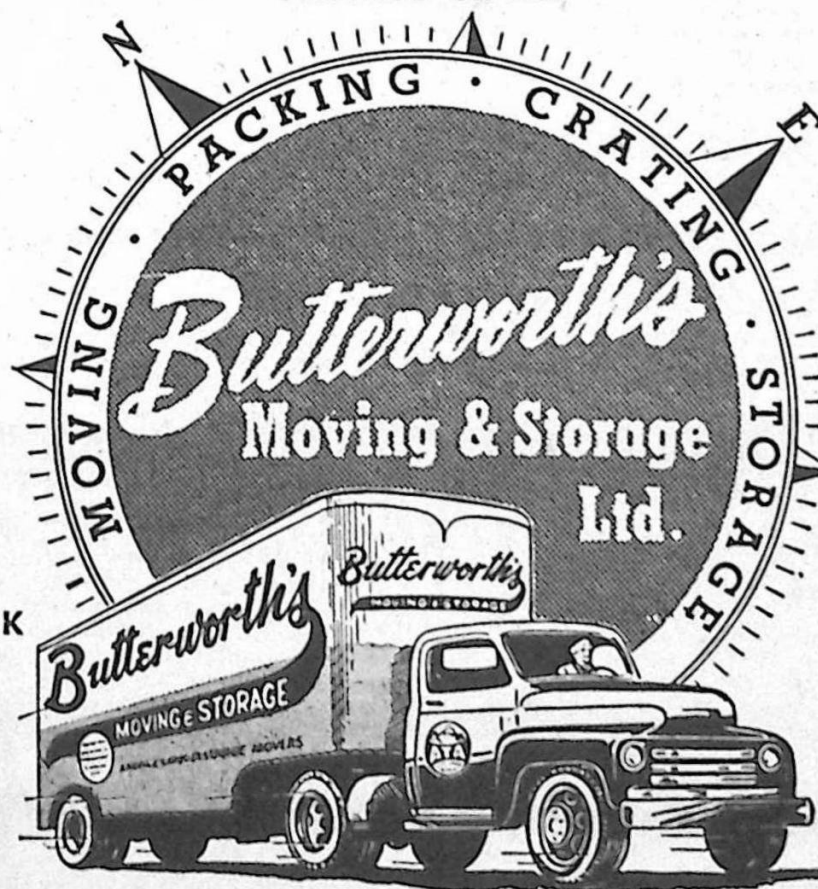
"Moving With Care, Everywhere"  
Agents for United Van Lines

Phone 339-2268  
339-2269

Kye Bay Road, Comox

★ Local and Long Distance Moving  
★ Short and Long Term Storage  
"Sanitized Service"

- COMPARE OUR MODERN PALLETIZED STORAGE FACILITIES
- VAULT SYSTEM
- POLY-TITE PACK



Move without crating in large modern padded vans to and from any point in Canada or U.S.A.

ACROSS THE CITY—  
ACROSS THE COUNTRY







## Water Bombing in B.C.

By Major Frank Steven, 442 Boat School

"Scramble." This word means action to the crews of our fighter squadrons, but fortunately in peacetime it's only practice. To the crew of a water bomber it means action in an operation that's not practice but hard and dangerous work; the fighting of forest fires!

The cost of forest fire suppression is very high in men and materials. During the last 5 or 6 years the aircraft has been used to great advantage. Knowledge and techniques are improving each year so that costs are moving downward and the loss of timber is being reduced. British Columbia is guarded by a number of companies using a variety of machines from small helicopters to large flying boats.

The Canso, which was for many years the backbone of Search and Rescue, and the predecessor of the Albatross, is the most versatile water bomber. A company known as The Flying Firemen Ltd. have 4 Canso's based at Victoria and Prince George and in fact one of them saw many years service with 121 KU in Vancouver before being retired.

B.C. is covered with innumerable lakes and waterways giving the water bombers an unlimited supply of water pick-up points. When a call comes in from forestry, with a Grid Reference for pinpointing the fire, a Canso is immediately dispatched to the scene. Enroute to the fire, the crew of 2 pilots receives information as to the type, size, and intensity of the blaze. This gives the crew a basis for planning their attack and time to check out their equipment during the flight.

The Canso water bomber is fitted with an 800 gallon tank built into the fuselage directly over the centre of gravity. These tanks are filled while on the "step" position after landing on the water, by dropping a probe below the hull and scooping the water while planing at a speed of 60 to 65 knots. After approximately 18 seconds, the tank is filled, the probe raised, the aircraft accelerated to take-off speed, now 8,000 pounds heavier.

On arrival at the fire area the pilot studies it, checking for obstructions such as tall snags (dead trees), determining the most suitable route in and out, and deciding the best method of attack. Two main factors affect this decision: wind and terrain! The pilot must hit his target perfectly since a near miss is just a wasted effort. If there is an appreciable wind and generally there will be as large fires generate their own, then the pilot will plan to attack into it thus reducing his groundspeed and drift, downwind drops are worthwhile if the fire is of low intensity and the pilot wishes to string a light concentration of water down the flame front. If strong smoke coverage exists, pilots generally drop and turn away before reaching the fire and letting the wind carry the water loads across.

For flight safety reasons water drops are always made with an egress downhill or over flat ground, however, in B.C., most drops are in extremely hilly terrain. Over the fire, the a/c is

at 90 to 100 knots in a slight descent attitude rotating at 50 to 100 feet above the fire. The release button is then punched, the water drops, the nose pitches up and the a/c is bounced over the fire as the co-pilot is applying climbing power. Since the bottom of the tank is almost airtight, it takes only one second to release the water.

This task is very demanding on crews and aircraft alike. Water bomber crews can be on the go for upwards of 12 hours at a time and have been known to make as many as 23 water drops in a single hour. The control response in a Canso is very sluggish to say the least and

with heat and turbulence, fatigue becomes a very dominant factor. These aircraft are subjected to severe turbulence in flight and extremely heavy punishment to the hull on water landings. Needless to say crews must be well experienced in all water and flight conditions!

Statistics show that only 20 per cent of all forest fires are started by nature (lightning). The great majority of fires are man-made (logging operations, careless smokers, campers, etc.). The aim of the water bomber pilot is to contain forest fires as best he can! You can all help him by reducing the incidence of forest fires!

## Bush Operations

by Jim Trembley

Not everyone likes or would like bush flying like we did many years ago. Of course what I call bush flying is not the same as operating out of a small strip or lake with facilities at your disposal anytime you want it. Operating in the north with an aircraft equipped on floats or skis, the basic equipment to make camp at night, a few tools. Relying on gasoline caches here and there to refuel.

This is or was bush flying. It was at home in the province of Quebec at St. Felicien, where I became acquainted with the venerable Norseman Mark 5 Husky and Beaver aircraft, The British Fox-moth and The Dragon Rapide. Float operation in the summer months, meant long flying hours up to 18 flying hours a day sometimes. It meant a lot of work and I may add near misses and small incidents by the hundreds. (Big incidents are major delays such as Prangings, losing a float, or an engine etc.).

Winters were cold and miserable, 60 to 65 below was the average at times and it meant lots of long hours to prepare the aircraft for the night. First long oil dilution, installing engine tent and wing covers, jacking the aircraft up and waxing the skis. Then you prepared yourself for the next day. When you went to bed, the aircraft battery came with you to keep it warm. At 4 to 5 a.m. we used to get up and reverse the procedures. A plumber blow-pot was used under the engine tent to warm up the engine. This device created enough heat that when the cowl reached temperature high enough to ignite a match, it was time to start the engine. It was also hazardous, I burnt many tents and had to shovel lots of snow to control the fires.

The famous blow-pot was also used to warm-up the frozen grub we kept in the aircraft. The menu consisted of beans, pea soup and dehydrated goodies. The left overs were re-frozen for the next meal. We had very poor radios, and we carried a small bag of radio crystals attached to the instrument panel. Our ETA's were months and days give or take a few weeks. When mechanical troubles occurred, since we carried hardly any parts with us, we had to have a lot of ingenuity in us. Such as what to do with a collapsed oil filter? Throw it away until next spring when you go home. Fabric aircraft were easy to patch, and this was most of our problems patching ripped wing tips or tail section. Too close to trees on take-off and landing, or stalling a wing.

Engine changes at extremely low temperature with no tents were quite a problem but if you must get going again, you just can't quit and anything is feasible if your mind is up to it, and you had no choice but put your mind to it. Nobody walks 1000 miles. We always carried a large piece of felt that was used to filter the fuel. This was religiously done by all bush flyers. The felt was also used to plug the oil cooler intake duct closed in extreme cold to keep the oil temp up. Our instruments worked on the venturi principle, and at 65 below Venturis used to go south. So we flew by sight only. We spent many months on the fur trade, collecting pelts and delivering grub to the Indians. This alone could cover a book of the many adventures we had on those trips. We also have flown many rescue and mercy flights in tricky weather conditions. We worked very hard and must have been a little crazy as well, but when I look back I think we have helped to open the North. Of course in doing so we ran out of aircraft, and money, I still have the scars. Now with the Air Force on sweat, there's enough planes to go around, and besides I am grounded.

This was rugged flying for rugged people, there is not too many left to talk about it, I am glad I was part of them.

## Stampede City Smoke Eaters

CFB Calgary sent more than 100 self-sufficient soldiers turned fire fighters to fight a forest fire in Banff Park. The force was released from duty July 15 by the park superintendent who told the Calgary base commander of his "extreme pleasure" with the industry and competence of the military force.

THINK  
442

| MISSION HILL MEATS                   |         |       |
|--------------------------------------|---------|-------|
| ONE MILE NORTH OF COURTENAY 334-4500 |         |       |
| Lean Hamburger                       | lb.     | 59c   |
| Wieners No. 1                        | per lb. | 49c   |
| Minute Steaks                        | per lb. | 89c   |
| Family Variety Pack 20 lb.           |         | 11.88 |
| Summer Beef Pack 20 lb.              |         | 13.80 |



## Anderson's Watch Repair Shop

24-Hour Service  
All Work Guaranteed  
Free Job Estimates  
Engraving While You Wait

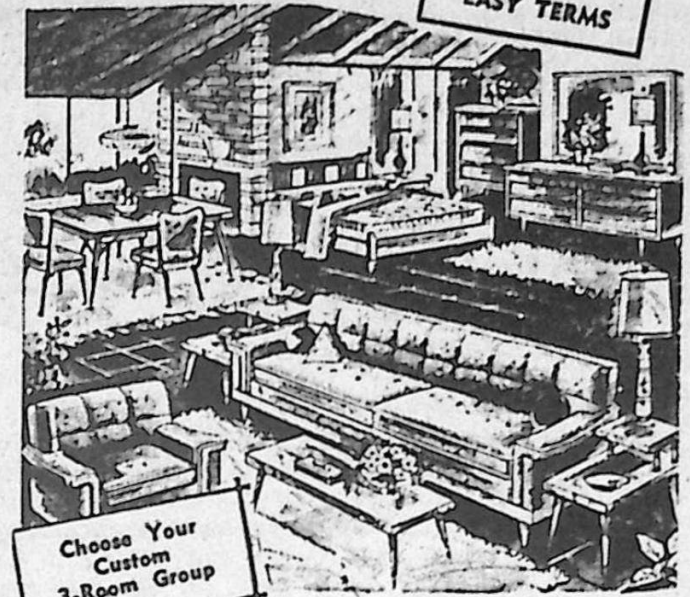
546 Duncan Ave. (Next to Fire Hall)  
Proprietor: Mr. Don Anderson  
Formerly CNR Watch Inspector, Prince George

## Keep B.C. Green — Spend Money

3 FLOORS OF FURNISHINGS

## 3 ROOM GROUP

SAVE \$89.00  
& MORE  
**488.00**  
EASY TERMS



Choose Your  
Custom  
3-Room Group

### FREE BONUS

- 9-pce. Living Room
- 9-pce. Bedroom
- 5-pce. Dinette Set

Phone 334-4711

- 24-pce. Stainless Steel Cutlery Set
- 20-pce. Set of Dishes

With Purchase of  
3-Room Group

YOUR CHOICE  
OF  
COLORS

INSTANT  
CREDIT  
TERMS

**Fletcher's**  
FURNITURE  
349 Fifth St., Courtenay

# 6½% B.C. Parity Bonds— now more than ever your best way to save

Safe - because they're unconditionally guaranteed  
by the Province of British Columbia.

Reliable - because they're always worth 100 cents on the dollar.

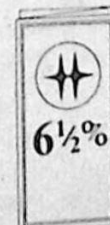
Flexible - because you can cash them at any time  
for the full purchase price.

Rewarding - because they yield 6½% annual interest, payable quarterly.

Investing in the growth of British Columbia has always been a sound idea — and now, more so than ever. By purchasing B.C. Hydro 6½% Parity Development Bonds, you not only aid the growth of our province... you also enjoy a substantial assured return on your family savings. Interest at the rate of 6½% per annum is paid to you every three months. And at any time you can redeem your Bonds for the full purchase price. This new Bond issue is unconditionally guaranteed by the Province of British Columbia, so you can plan with confidence toward your family savings goals. Take the time now to consider details of this outstanding investment opportunity.



On sale now at Banks,  
Trust Companies and  
Investment Dealers  
throughout British Columbia.



THE ISSUE: Purchases of this issue by an individual or company are limited to \$10,000.

DENOMINATIONS: Bearer bonds are available with coupons attached in denominations of \$100, \$500, \$1,000, \$5,000 and \$10,000.

REGISTRATION: Bonds of \$1,000, \$5,000 and \$10,000 can be fully registered.

INTEREST: Interest at the rate of 6½% per annum will be paid quarterly on the 3rd day of November, February, May and August during the currency of the Bond.

DATE OF ISSUE: August 3, 1968.

DATE OF MATURITY: August 3, 1973.

REDEMPTION: British Columbia Hydro 6½% Parity Development Bonds can be redeemed at par value at any time at any bank in the Province of British Columbia, or at any branch of British Columbia Hydro's bankers throughout Canada.





# TOTEM TIMES

Published on alternate Thursdays, with the kind permission of Col. KC Lett, Base Commander, CFB Comox.

Printed in Courtenay by Comox District Free Press.

EDITOR: Lt. N Bartels (loc 308)  
PHOTO EDITOR: Cpl. J Tremblay (loc 417)  
EDITORIAL STAFF: Capt. PG Northover (loc 308)  
Sgt. HE Miller (loc 311)  
Sgt. R Keohn (loc 409)  
Sgt. J Potvin (loc 254)  
SPORTS EDITORS: Capt. GM Kruger (loc 308)  
Lt. HW Klein (loc 308)

DEPUTY EDITOR AND CARTOONIST: Cpl. LG McCaffrey (loc 299)  
ADVERTISING STAFF: WO H Image (loc 311)  
Sgt. EG Yendall (loc 270)  
BUSINESS MANAGER: Sgt. T Shaw (loc 283)  
CIRCULATION: Cpl. K Paisley (loc 409)  
BOOKKEEPER: Mrs. B. Cocker

The TOTEM TIMES is an unofficial publication of CFB Comox. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the individual contributor unless expressly attributed to the DND, CAF, or other agencies.

Inquiries may be directed to Cpl. McCaffrey at Local 299.

## Right or License

(When does a right become license)

One of the most jealously guarded rights in most of our Western democracies is the right to freedom of speech. Let the President of the U.S. be accused of trying to regulate the copy that flows out of Washington, and the newspapers vociferously yell "foul." Any citizen not willing to co-operate with the press in their quest for the fact runs the risk of being cut to ribbons in print. This may be all very well, but with every right there is a corresponding responsibility. We all know that our free press often shows a distinct lack of good taste, but is it not also, in some cases, guilty of irresponsibility?

A few days ago the front page of a large circulation B.C. newspaper carried a large picture of a young couple sitting in their living room in a town in New Hampshire, U.S.A. The scene was far from cosy — the man's unshaven face wore an easy half grin and his right hand held a gun which was pointed directly at his young wife's head. The caption below the picture stated that the woman was being held hostage. The accompanying story said that the woman had later been "accidentally shot and killed by her husband."

Now where in blazes would a red-blooded American boy get the idea that it was a good thing to hold his wife hostage, that he could do so with no discernible reason other than to get attention and publicity, and above all that he could do it with impunity. Why, he very probably got the idea from the newspapers. Now, such a fellow would doubtless not have the intelligence or the inclination to read the editorial page of a newspaper, but he would read with interest the violent and sensational items on the front page. A couple of weeks prior to his "accident" he would have noticed the wide coverage given to an Australian who was wanted by police in connection with theft. That resourceful fellow held his girl friend and her baby hostage at gunpoint while everyone tripped over themselves giving him everything he wanted. Police supplied him with an arsenal; the justice of the peace conducted a ceremony for him and gave him a marriage licence; newspaper reporters and photographers gave him a great deal of attention and news coverage around the world; and finally, according to reports, he was granted his wish to fight a war in Viet Nam, with no hint of reprisals for the time and money and trouble that he had cost his country. Quite a success story, what? Small wonder then that some other creep was so quick to try the same technique. Perhaps Dubeck should hold his wife hostage until all Russian troops have been withdrawn from Czechoslovakian soil.

News of a successful and unpunished crime always seems to spark a series of similar crimes. When a president or a politician is assassinated, or even threatened, similar threats abound. When a bomb is placed on an airliner, threats of other bombs proliferate. The eighth airliner hijacking to Cuba occurred last week. Riots and violent demonstrations in one part of the country invariably touch off similar outbreaks in many other parts. Must it ever be thus?

Recently a public statement was issued by a man who has been active in a vendetta against dope and dope rings in the Vancouver area. He stated that, after numerous and diverse threats against him and his family, he was acceding to the request of unknown parties and would henceforth have nothing whatsoever to do with trying to stamp out dope trafficking in Vancouver or anywhere else. Another success story for crime. Will this bring about bigger and more successful instances of intimidation? Probably.

In what way are newspapers to blame for the spread of crime? If an item is violent and sensational, it is prime material for front page copy. The more bizarre and shocking, the better. One can always picture a reporter divulging all the grotesque details with ghoulish delight.

The public is certainly entitled to as wide a coverage of world news as is possible, but why give headlines to a crackpot, a maniac, or a publicity seeker? Why not put such items on page two, or on the editorial page? Then there might be fewer such incidents to write about.

## FOOD OR GUNS

Since Canada is considered by all the world's nations to be a very prosperous country, we are constantly being badgered to increase our foreign aid commitments. One of the greatest problems today is that of food shortages. The ghoul like advertisement of children starving throughout the world is certainly no exaggeration nor problem to be dealt with lightly.

India is the country continuously being flaunted before us as being one of the world's most unfortunate and needy nations. With a population of over 450 million and a social system that defies modern technological advance, India is scarcely able to feed her people. Canada is considered to be capable of feeding half the world with our extremely productive agricultural system and modern management, therefore, it is reasoned that we should do much more to help nations such as India to provide for her people.

The case for world wide welfare is a strong one. It is no economic secret that feeding needy people is more satisfying and less expensive than waging a war against that same people when they are on the brink of economic ruin and starvation. However strong the case for foreign aid, one can't help but

question the gratitude shown by the recipients. India has just taken delivery of a Soviet built conventional submarine. During the next two years she will be accepting three more subs from the Soviet Union! These are very strange policies for a country constantly hounding the world for welfare in the form of foodstuffs. What justification can India offer Canadians for the acceptance of these military weapons while her people supposedly starve? Why doesn't the Soviet Union supply India with more food? Why doesn't India buy submarines from us instead of begging for our food?

Developing a suitable foreign policy in this world is a rather tricky business. Before our new government comes to any conclusions concerning foreign aid, perhaps they had better send competent observers to all countries concerned to have a good long look at the situations. Any country acquiring military hardware while her people starve must certainly be a victim of poor government. If India is as badly off as we are led to believe, just what does she expect to defend in case of war? A country that can't feed itself is no prize worthy of a war effort, and would be too costly to keep occupied. In summary Canada should



"I know one place where a couple of strikes would be very welcome."

## OVER THE HUMP!

By LAC LANCE STIRLING

This certainly is a confusing world. The politicians are getting younger and the hippies are getting older.

Age has become a relative thing. It used to be that the belt-buckle overhang on your NCO prestige was an indication to the young troopers of your advancing years and wisdom. Now we all have to join the carrot stick for lunch bunch and take it off, take it all off.

This edict comes on the heels of an article by the Chief Hippie, Timothy Leary, who says, "Never trust anyone over thirty." Leary is 42.

The confusion isn't limited to hippie people (of either kind), however, TV does its bit. Those airline commercials all show a 35 year old senior pilot with 27 years behind the yoke. He has just a touch of grey at the temples to satisfy the father image but you can tell that behind those straight white teeth and unlined face lies a swinger.

Hair color is another area. The young ones are bleaching theirs out so they can look like California surfers and the older ones are putting the color back in.

It's a little disconcerting to recognize the guy in the drain pipe leg pants, hippie beads, and mod glasses shaking the dandruff out of his black mop with a wild frug as the same silver-haired gentleman you were slaving for a few hours ago.

It's equally disconcerting to read the financial section of one of those weekly magazines and find "a rising young executive" described as an "old hand" — sometimes in the same paragraph.

Probably the only firm rule about age today is that no one is old. Senior citizen, yes. Old, no. This leaves about 3,135,000 people, give or take a few hundred thousand, that aren't sure if they are young or middle-aged.

If all those new faces around the station are making you just a little unsure where you stand in the age derby, the following test will help. It was devised to pick out the middle-aged, the young already know who they are:

You know you are getting middle-aged when:

All the Captains look young.  
The Synopacted Chicken Pluckers, the Electric Peach Pits, and the Newport and Monterey

new Extensalium jazz bands all sound the same.  
You worry less about the night spots when on a trip than making sure you have packed your pills before you leave.

Those old suits that were too good to throw away are suddenly back in style.

Someone says "swinger," you think of a camera.

In your opinion, the last really well-built car came off the assembly line at least 10 years ago.

You continue to be baffled by a woman's logic — but it no longer bothers you.

Those articles about the detrimental effects of TV on children remind you a lot of the ones your parents used to read about radio damaging the brain.

You can remember dancing to a band that functioned without one electric instrument.

Getting a pimple on your face is no longer grounds for renouncing contact with the world and becoming a monk.

Becoming a monk doesn't seem like such a bad idea.

People start calling you sir — even when you have civilian clothes on.

You go dancing and you and your partner wind up the only ones on the floor holding on to each other.

The only way you can tell one new car from another is to read the name on the fender.

A young girl gets up on a bus and offers you her seat.

The guy next door taking a Saturday afternoon nap is no longer a lazy bum but a wise gentleman who knows how to conserve his strength.

You start defending radios with tubes, on the basis that you can never tell what is wrong with a solid state squawk box.

You can remember when pens that wrote underwater were advertised, but can't remember why.

You have to translate the old ranks into the Army names before you open your mouth.

Your date of retirement comes faster to mind than your birthday.

You can remember Elvis Presley being denounced as the worst thing that ever happened to music. The stairs get steeper, the hills get higher and the material put into pants shrinks more and more each year.

You can disagree on politics with someone for more than 15 minutes without either being punched.

Things that happened 10 years ago are a lot sharper in your mind than anything that occurred last month.

The front page of the newspaper is read before the sports page because it's more interesting.

You suddenly realize that the "Golden Oldie" the radio disc jockey is playing is one of the few songs you know all the way through.

The idea of spending an all-expense paid weekend in the Haight-Ashbury isn't really very appealing.

You would rather stay right here for a few more years because it's so much trouble to move once you have kids in school.

You realize that everything made out of plastic today used to be made out of something else.

## Hip Hip Awayyy

When a certain politician recently promised his voting public a multitude of extra services as an even trade of their votes, Pierre Trudeau, pragmatic rascal that he is, came through with that remarkable truism, TANFL (there ain't no free lunch). He said that any extra services would have to be paid for by increased taxes and he wasn't about to suggest such an extreme measure in an election year. The other politician's reply was that government revenue could easily be increased by one billion dollars if jobs were provided for 1 1/2 per cent more of the labour force (only a fraction of the present unemployed). This was a rather ingenious statement to make, for even if you discount the questionable arithmetic involved, and even if these job openings could magically be provided, there remains the problem of which bodies to fill the jobs with.

A logical source of brawn would be such roosting places as Yorkville Street in Toronto and the front steps and grounds of Vancouver's court house. Herein lies the crux of the problem. It seems that these young people in the pink of health have such a lethargic turn of mind that their bodies will soon begin to atrophy. Even now many of the way must be carried out of the way when they are found to be blocking entrances or thoroughfares. What do you do with people who would rather smell flowers or contemplate their navels than earn their daily bread? There are only so many openings for human doorstops and only so many uses for matted human hair, even if you could get the owners to part with it. What then is the hippies' place in society?

Mr. Trudeau has said that he is a hippy because he is hip and to him HIP stands for Honesty in Politics. He was putting us on. It was really the hippy stance, we wouldn't have a hippy problem.

The hippies that we see and read about are the closest things to human parasites that most of us have ever experienced. They take, take, take and never give. Our highways are full of long-haired hitch-hikers who accept rides, meals and handouts as their due, who will not mumble a "thank you" or even offer intelligent or informed conversation. These young characters used to be rather colorful, hiding behind a mask of intellectuality and professing some skill with a guitar. But whatever quality those hippies had has deteriorated with the increase in maldourous and insect-infested followers. It seems, however, that the clamour has changed in inverse proportion to the level of intelligence.

It is so very easy to raise a voice in protest against the establishment, against police brutality, against the government, against our system of laws, against the structure of a society which tolerates and takes care of a parasitic segment. No thinking is required to protest or to criticize, but constructive alternatives and blueprints for improvement do require disciplined and concentrated thought. Perhaps this is why protests have been so vociferous and constructive suggestions so noticeably absent.

Has any good come from the hippy movement? Perhaps. We squares, we disciplined, neat, red-blooded citizens may have been drawn closer together. We have been forced to stir from our lethargic positions and crystallize our thinking. Perhaps it is necessary for an occasional scourge to rouse us from complacency, and moving again, thinking it could have been worse, and then again perhaps the situation will improve. These "Peter Pans" will age and may, some day, even grow up and take some day, even grow up and take a productive place in society.

## STRIKER vs. PUBLIC

At the time of this writing Canada is plagued by a rash of strikes. Having weathered the Seaway strike we are now in the middle of the postal strike and there are numerous forecasts of more to come. We don't condemn the right to strike but we also don't condone the practice of using the public as a lever to gain further concessions.

Undoubtedly the concept of unions and strikes was very necessary and useful at the time of the Industrial Revolution and up into the 19th century when working conditions and wages were pathetic. But, in the world that we live in, especially the North American continent we do feel that the unions are beating a dead horse. If a union can afford to give one hundred thousand dollars to a political campaign then we can hardly feel any sympathy for their cry that they are oppressed and are working for slave wages. From what we

see the wage earners have traded one master for another one and in lieu of the present circumstances, since they have made their own bed then they have to lie in it; and they cannot expect the public to get them out of their mess.

The Letter Carriers Union of Canada and the Canadian Union of Postal Employees are at present asking for some fantastic increase and seem to be determined to hold out until they get their demands. Although they say that present inflation has decreased their present wages to an almost subsistence level they do not state what their demands would do to the already vicious circle. If their newly given right to strike is going to result in this type of public blackmail and irresponsible thinking then further legislation has to be forthcoming. It must not be overlooked that there is no such thing as a right to do a job or the right

to a "decent" wage. A man is only entitled to what another is willing to pay him and to say that the public has to support somebody is ridiculous. Essentially, it boils down to the concept that somebody else might work to pay another person. There are no rights in these matters and that's all there is to it.

If there were a high degree of skill or extensive education involved the picture might be a bit different but not much. A small degree of physical skill is a small requisite for excessive demands.

In summary, the whole concept of strikes should be overhauled and especially so when the public is totally involved as it is now. As they said in the Armed Forces after our "gigantic" increase, "If you can't take a joke, then you shouldn't have joined."

## Dodge the Draft for Fun and Profit

The term "Draft Dodger" is being heard more and more in our everyday conversation. This common stereotyped phrase is used so often that little thought is ever given to its implications. "Draft dodgers" are people who leave the United States specifically to escape compulsory service in the Armed Forces. This is broken down further. "Draft dodgers" are cowards who flee the U.S. to avoid being sent to Vietnam.

These sweeping statements are quite strong and could have severe social implications on any unfortunate individual who falls into this general category. Since draft dodgers, like the rest of us, are people with the ability to think, it's quite probable that they actually have reasons for their actions.

Canada's immigration policies are quite liberal. Nowhere does it explore a person's personal philosophy, however, the laws state that no one with a criminal record will be allowed to enter Canada. Many people immigrating from the U.S. have a

legitimate right to question U.S. foreign policy. This doesn't make them criminals and since these people are at least concerned enough over their country's foreign policy to take such drastic actions it's perhaps a good thing for us. It's better to have a large group of opinionated people coming to Canada than admit a mass influx of dull types who couldn't care less what happens to the world around them.

Just what is a draft dodger and what is a landed immigrant? Many European countries from which we receive immigrants, have conscription yet who can honestly say that they have ever heard anyone but an American referred to as a draft dodger? Many Canadians scream about patriotism and how a person should place the welfare of his country before his own. This is a shallow argument! What Canadian civilian is qualified to comment on how a person should react to conscription in the Armed Forces? The most patriotic thing any Canadian has been forced to do since the war, is get

out and vote once in a while.

If an American citizen feels as strongly about military service as some obviously do, just what roads are left open to him? He can declare himself to be a conscientious objector and elevate himself to the good books of the CIA for life! He can simply refuse service and perhaps wind up in the same cell as Cassius Clay. If he is past the draft problem himself but still objects to some aspects of it, he can always campaign for a change as Dr. Spock has done. These are touchy decisions to face and in many instances the easiest road out would be to just leave the country!

It's probably quite true that some of our immigrants are of the undesirable element, however, you don't have to delve into the ranks of the so called draft dodgers to find those. This seems to be the day of the protest group. Perhaps it's time that we at least listened to what they have to say. We might just learn something!

## STICK AROUND PILOT

During the last 4 or 5 years, serving members of the Armed Forces have been forced to put up with a great many changes in the personnel policy. No Officer or Enlisted man could last more than 3 or 4 months without hearing such gems as "unification, the happy 500, reduced recruiting, increased recruiting," and the infamous "pilot's pay raise." All of these policy changes have been flogged to death in various newspapers and magazines throughout Canada, however, in view of changes around us, one is worth digging up and looking at again.

Air Canada and CPA hired over 850 pilots from Jan. 1965 to Dec. '67. It certainly didn't take any imagination to figure out where the majority of these pilots came from. Various American Airlines took a heavy toll of RCAF aircrew as well.

It was clear to CFHQ during

the years of the airlines boom that the RCAF was rapidly turning into a training school for the airlines. With all the cunning and foresight available in CFHQ a new personnel policy was quickly formulated and soon afterwards every RCAF pilot found himself a bit richer. The reasons given to stop the rioting in messes across the country were "pilots are professionals and deserve more pay", and "pilots have more responsibility therefore they should get more money." Although CFHQ's actual reasoning was perfectly evident, at no time did they simply come out and say "if we don't pay these guys more we'll lose out to the airlines."

The pilot's pay raise and its after effects are now history, however, an interesting situation has cropped up. The airline's boom is practically over and the airlines are saturated with pilots. Two years ago Air Canada pre-

dicted a hiring rate of 200 pilots per year for the following 8 to 10 years. This year Air Canada hasn't hired any pilots and now they say they'll only hire 70 next year. CPA seems to be following Air Canada's trend.

We now have a very interesting situation. Pilots in the Armed Forces are getting paid more money so they won't run off to the nearest airline company. The airlines are well staffed, therefore, they don't need any more pilots. Obviously, the personnel policy designed to handle the situation at the time is no longer necessary and it's about time for another change. The solution is simple; either pay non-pilot aircrew more money or cut the pilot's wages. Paying the Navy more is a nice thought, however, it might be worthwhile to cut the pilot's wages just to observe the results. It's an even money bet that the pilot's wouldn't quit!

## LETTERS TO THE EDITOR

Editor,  
Totem Times,  
CFB Comox, Lazo, B.C.

Sir:  
I am writing this letter in defence of fluoridating the base water supply.

The person who signed himself "Narky drinker" (what ever that means!) wrote and I quote "who drinks the stuff anyways" — why complain if you don't drink water?

When we came here from Clinton two years ago, my three oldest children had no cavities (the youngest not having any teeth then) due mainly to the fact that the water supply there was fluoridated. A year later on a visit to the dentist, my children had cavities in their permanent teeth but not their baby teeth. I started them then on fluoride drops recommended by their dentist and the next year noted an improvement. However, the year my children did without fluoride certainly did them no good. As a matter of fact their last visit was July 12, 1968 and it was a "Look mom, no cavities" day!

Personally I approve of fluoridating the water supply, but like Gordon Sinclair, Narky Drinker and the person who wrote two issues ago, there always will be dissenters.

If people dislike not having a vote in something that is beneficial to their children, it then stands to reason that a move out of PMQ's would suit them better.

Mrs. W. McGuire

Miss Helen Rowe  
c/o Totem Times  
CFB Comox  
Dear Miss Rowe:

It is obvious from your charming letter that you are a mature woman with taste, wit, and vitality. You have the unique ability to discern truly great prose among the chaff. I would go on, but words alone could not list all of your many virtues.

Respectfully,  
LAC LANCE STIRLING

P. S. Lance is not only funny, he is fat, 40, and foolish.

Mrs. STIRLING  
Ed Note: Miss Rowe eloped with our past editor Bob Mulvihill.

Dear Sir:

Regarding LAC Lance Stirling's problem of his rank, has he obtained written permission from the CDS? I still cannot believe that anyone could still want to be called LAC.

Signed PTE  
Ed Note: Dear PTE you're too young to understand, however we are pleased to announce that LAC Stirling has been promoted to Corporal but still prefers to retain his traditional rank!

Dear Ed:

I would like to answer a letter you published in your last issue signed by one "Beeble". First, I agree wholeheartedly with him that the Totem Inn is really a great place. I personally think that the entertainment is something out of this world. In answer to his remarks about the dress regulations, if Chairman Mao or Ho Chi Minh want to come into the lounge as guests they had better keep their collars done up.

In regards to his "sexy neck", we poor souls that are not so blessed insist that those who are endowed with sexy necks keep them covered up. This gives us a fighting chance with the ladies. If his sexy neck is too hot, "Beeble" will be happy to hear that we have installed four air conditioners to help him keep his cool, and help the ladies restrain themselves.

Signed Bill King Cpl.  
Entertainment Chairman  
Totem Inn.

Dear Sir:  
In reference to the latest parking restrictions in PMQ's, the

residents of "Happyville (Wallace Gardens) are extremely proud of their vast empty stretches of roadway. Residents who own more than one vehicle have taken to stashing their unsightly excess transportation in the surrounding forests, town dump and even Air Force Beach.

In view of the efforts I have just mentioned, I think the person or persons responsible for the ticketing of my guest's car the other night should be recommended for a Centennial Medal the next time they give them out. Why should a guest in PMQ's think he is entitled to extra privileges? Just because he doesn't live in PMQ's is no reason for him to park on our streets and destroy the grandeur of our beautiful empty streets!

Couldn't signs be posted informing visitors that they are to park their cars in the MP Compound and walk up to their friends' homes? Perhaps as an alternate solution the CE Section could enlarge the front doors of PMQ's and we could bring our guest's cars indoors and out of sight while they do their visiting.

In closing I would like to say "keep up the good work". Yours for longer, wider, and emptier parking spots.

Cpl ETARI

TOTEM TIMES  
NEXT  
DEADLINE  
MONDAY,  
5th AUGUST





## COBOC CACOPHONY

"Old Coboc members never die, they just get married and look that way." This seems to be the trend in the new look of Coboc. Guys arriving here engaged, entrenched deeply into Air Force life at an early age, content to sit around complacently in the mess waiting for tomorrow to arrive. What ever happened to those good old days when a Coboc member was a vibrant, interesting character determined to make all the West Coast party people and places aware of his presence?

In reminiscing about the Coboc days of yore, one can't help but remember many of the interesting types we had out here. Strangely enough the most interesting guys and the ones determined to get the most out of life at the least expense and obligation are still single!

Diplomatic communiques from Australia tell us that Brother Locke Paterson is still in Sydney and single. Locke was sent there on a free lance public relations scheme by the Canadian Government, to promote tourism in Canada, particularly skiing. No one could be more qualified in the art of ski promotion than Brother Locke who spent many happy weeks in a cast last winter with his fractured fibula. Having all that much time to think about it he, unknown to Ottawa, packed up the sport in favor of surfing and chasing bikinis on Australian beaches. What a way to advertise skiing!

Mo Jollymore is running a home for wayward Coboc members in Montreal. Poor Mo was forced to leave Vancouver's West End in which he was firmly rooted, and all of CPA's routes to the far east which he'd gotten kind of used to, in favour of Montreal and whatever CPA has to offer down there. Granted it isn't the same as a transfer from Comox to Halifax but it's a lot

less distance to travel! Scott Eichel has opened a used car lot in Victoria. He's noted for selling his company owned executive driven imports at fantastically low prices. Scott's going under the title of "Scotty Eichel, The Working Man's Friend," and although he may not be making much money at his new business yet, the satisfaction he derives from seeing satisfied customers more than compensates for his lack of profits. To keep him in beer and pretzels, Scott's taken a part time job with the Navy.

Bob Guise has elevated himself from Coboc "Couth and Culture" Officer to the branch of "High Level Military Decisions" in Ottawa. He's not doing much right now but Bob feels that the PM will be calling on him any day now. Bob was always noted for his great decisions here in Comox. His decision to scrape all chinese food off his ceiling before the cleaner saw it and quit probably ranks with the CF105 as one of the finest military decisions in Canadian military history.

Dave Nunnikhoven left Comox and Coboc to seek fame and fortune in the Canadian Maritimes. We're not quite sure about the fortune bit but reports from Greenwood N.S. tell us that Dave has certainly succeeded in the fame department. Becoming famous is a wonderful thing and ranks just below infamy in social stature. Don't give up, Dave!

Well dear reader, as you've probably guessed by now things are pretty dull here in Coboc land. Not much has been happening other than a fantastic rush of marriages (the permanent kind) We're averaging engagements at the rate of 1.5 per month, not enough to render Coboc defunct on it. So until next time as the girl in a family way said to her boyfriend, "See you in church!"

## Airmen Lead in Boats

The Economics Branch of the Department of Fisheries recently conducted a survey of Base personnel to determine the amount of effort our people put into their fishing. The survey was sparked by a provincial study of Marina needs which showed that the Comox Area has a much higher boat population than any other area in B.C. This fact is attributed to the Canadian Forces population. So far the survey has shown that 33 per cent of the Base Personnel

own boats over 10 per cent more than any other part of British Columbia. The people who own boats go fishing about 2 1/2 times a week and they take about 2.3 people per boat. The approximately 1400 Canadian Forces families have probably put in a quarter of the fishing effort in the district between Oyster Bay and Parksville.

So there you have it ladies, we are not out fishing all the time.



ON STREET PARKING in the Maple Crescent area of Wallace Gardens has been discontinued. Residents are again reminded that absolutely no cars are to be left on the street. Unaware of this new regulation, a Mrs. Erati, the 83-year-old grandmother of Cpl. Erati was on her way to visit her grandson when her car's engine began to miss. A patrolling M.P. vehicle mistook her actions and thought she was going to park on Maple Crescent. Ignoring her protests he made her take her car around to the parking lot at the rear of PMQ 116. The ensuing discussion on the parking regulations left both parties in need of repairs. To date the issue remains unsettled.

## Night Hawk's Nest



Couldn't really think of anything to write for this edition until someone mentioned that fish stories always go over big. So here's a couple.

Rumour has it that one of the local boat owners met Harry Chaplin in a pub, convinced him that he was the best fisherman since St. Peter, and then sold Harry a net and a boat. Well later in the day Bob Olson sat down with Harry and explained several facts that every rookie fisherman should know, namely that boats belong in water, etc., etc. So, Chaplin, the intrepid troler got Olson, the expert, to drive the boat once around the bell buoy. Would you believe, in the process a 21 pounder hooked itself on Harry's line and no matter how hard he tried he couldn't shake it off. Now Harry will come to work only if he can wear his hip-waders, and Olson is still trying to work up the courage to tell him that the same thing won't happen every time they go 'round the bell buoy.

Our Base Flight Safety Officer, Major Larsen, has come up with a new water game. Apparently you need a crashboat, parachute harness, and scads of aircrew types - the plumper the better. First they get in the harness, then hop over the side of the boat, get towed behind the boat to simulate the wind drag of a parachute landing at sea, then release themselves from the harness and climb into the dinghy that comes with the parachute pack. Major Larsen explained to everyone that this was a sea-survival exercise, but those who were there prefer to call it "trolling for the big ones". (The idea of the game is the bigger the bait, the bigger the catch). Surprisingly enough it worked. Some very large dorsal fins were spotted on the horizon shortly after one senior officer had been dropped, dunked, dragged and dinged. When those dorsal fins were brought to his attention, his faith in the Lord became stronger than that of the apostles and he very nearly ran back to the crash boat. It's unusual that one major would treat another in such a way just to have a bigger and better fish story, but all the captains enjoyed it.

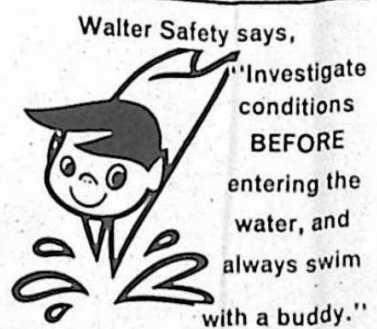
## You Can't Win!

Are you getting more pay than ever before, and enjoying it less? It seemed to me that my recent pay increases haven't left too much for extra beer, so I did a little survey and here's the result since last October as it affected my pay:

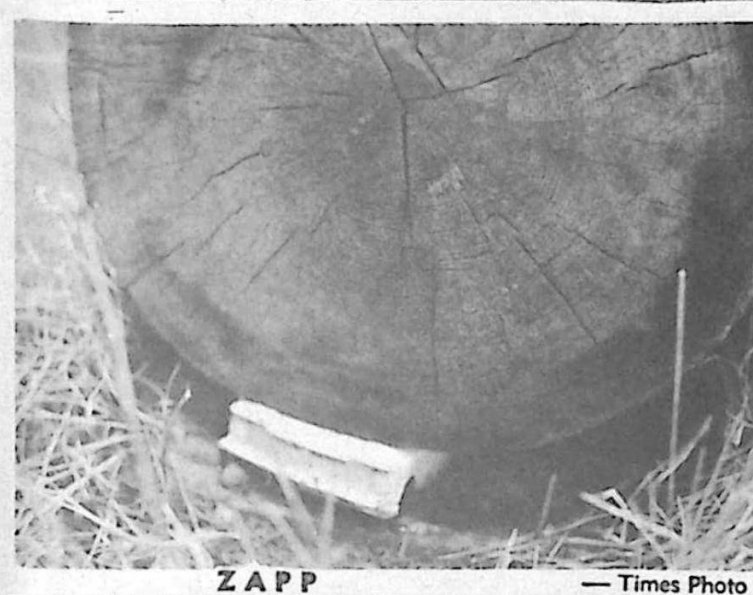
|                            |         |
|----------------------------|---------|
| October 1, 1967 Pay Raise  | \$27.00 |
| Less Pension and Tax       | \$12.12 |
| Balance                    | \$14.88 |
| Jan. 1, 1968 Tax Increase  | 1.20    |
| Balance                    | \$13.68 |
| April 1, 1968 PMQ Increase | \$5.60  |
| Balance                    | \$2.68  |
| June 1, 1968 GSMP Inc.     | 2.58    |
| Balance                    | \$ .10  |

The result may look bad, but fortunately the PMQ raise was delayed a year, and lots of rents outside went way up before the raise.

Half a draft anyone? Your Friendly PAO P.S. We don't normally stoop to piracy but we considered this worth one misdemeanor and lifted it from the Greenwood Argus. Eds.



## TIMBER-R-R-R-R-R



## GEORGE HAMM

WATCHMAKER AND JEWELLER

C.P.R. WATCH INSPECTOR  
ROLEX WATCHES — COLUMBIA TRU-FIT DIAMONDS  
332 Fifth Street — Phone 334-3911  
Box 1269 - Courtenay, B.C.

WE DON'T SELL TIMEX  
WE SELL WATCHES

For your latest styling in WEDDING RINGS, BIRTHSTONE RINGS for gents and ladies and DIAMONDS, ROLEX WATCHES, Etc

WE SERVICE ALL MERCHANDISE ON OUR OWN PREMISES

# Milk

is GOOD...and GOOD FOR YOU!

Children need milk to grow on. With every glass they get extra vitamins, minerals and proteins for health and strength!

## Comox Co-operative Creamery

"In The Heart Of The Comox Valley"

## FURNITURE and APPLIANCES LTD. CUMBERLAND

DROP IN AND COMPARE OUR PRICES - SEE HOW OUR LOW OVER-HEAD CAN SAVE YOU MONEY

- Exclusive McClary - Easy dealer for the Comox Valley
- Service by fully qualified personnel.
- On Dunsmuir Ave. - Ph. 336-2041

## GENERAL CONTRACTORS

P.O. Box 700

Comox, B.C.



TALCO ENTERPRISES LTD.

Bus. 334-3523

Complete Financing to Any Stage of Construction  
A. J. Thomsen ● J. R. B. Langlois ● L. L. Doolittle



Canadian built "SAFEMAN" HOMES now on display from 44 ft. to 64 ft. lengths, 2 and 3 bedroom models. C.S.A. and C.G.A. approved. Double wall construction, 8 1/2" box frame, self storing storms, all interior plumbing. Big city prices.

STILL SOME GOOD USED MODELS AVAILABLE

Low Down Payment With 7 Years on Balance

## "Come See Capri"

Island Highway South

Box 2177

Courtenay

Phone 338-8313

## KORATRON®

## NEVER PRESS PANTS

G.W.G.

Full Cut Style  
Wash and Wear  
Fast Color  
Blue and Beige Only  
Sizes 32 to 42  
"Fortified With Nylon"  
Super Special



Reg. 8.95  
**\$5.95**

July Bargain Days August 3rd

## Bill Rickson Menswear Ltd.

Box 1300

Courtenay

Ph. 334-3822

## Save Your EYESIGHT

SEE MORE, READ IN COMFORT

WITH A

"TENSOR" HIGH-INTENSITY LAMP

The Closest to Natural Daylight

for Sewing,

Reading, Studying

With A LIFETIME GUARANTEE

Priced from only \$14.95 Complete

## D. L. MORRIS

COMPLETE HOME FURNISHINGS

Fifth Street

Across from Bus Depot

Courtenay

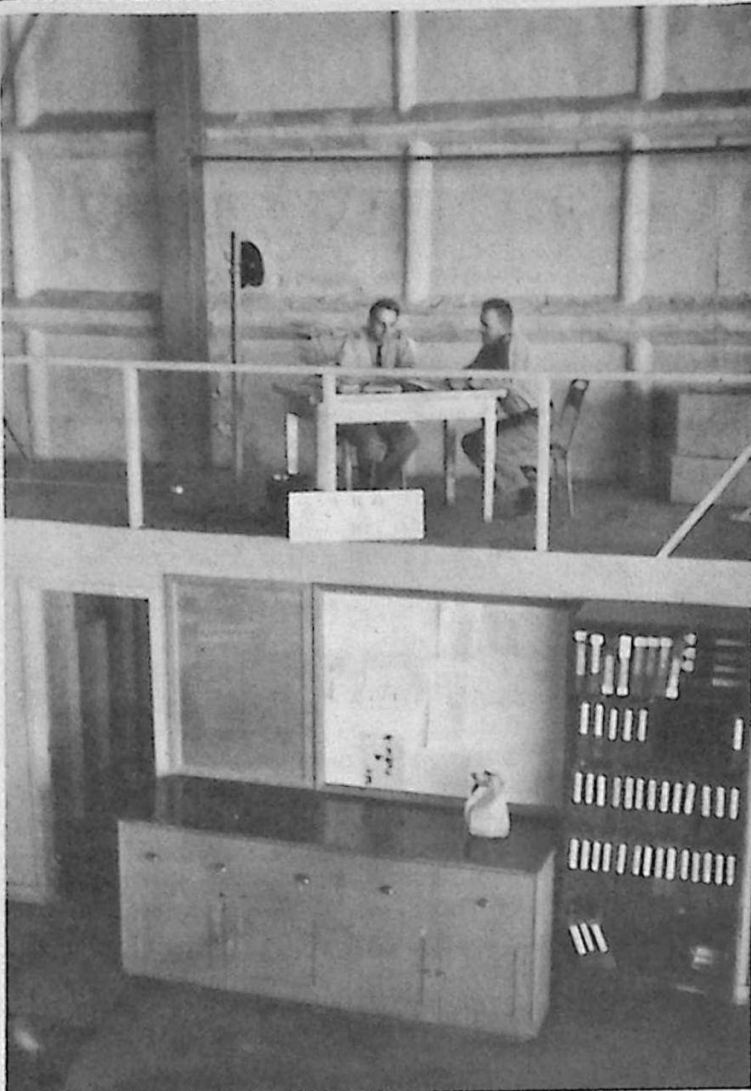
## Courtenay Chrysler Sales Ltd.

Home of All Chrysler Products

Sales and Service to All Makes of Cars and Trucks

"YOUR ONE-STOP CAR SHOP"





"I WAS ON LEAVE when they gave out the office space," Capt. N. Lucken, 407 Squadron's Aircraft Repair Officer explains to MWO Pegden. "That's why I'm making like Seemore and his 'From Up In My Perch'." "Look on the bright side, sir," MWO Pegden replies consolingly. "Your office is not the least bit stuffy, in fact when the hangar doors are open it's downright invigorating." — Times Photo



Fellow demons, I would like to apologize for the missing pictorial caption to our bi-monthly article, but as you can appreciate an Argus is considerably larger than a Neptune and a bit of ingenuity is required to fit it in. I think we have solved this problem and we shall have our new caption on our next issue with a bit of luck and Ron Elmers' camera.

A rumour has been circulating that our lonely Neptunes parked on the outer perimeter of the airfield will soon leave for Namao. If this is true Major Dove's hard worked crews will now have the extra burden of getting the Neptunes in flyable condition, in addition to trying to keep the Argus in the air. The latter job has been met quite successfully to date but not without a great deal of hard work. To get back to the rumour, there are numerous volunteers requesting to be involved in the last Neptune flight; perhaps the P-2000 Group should request to take all the Neptunes en masse, as a fitting farewell to a gallant aircraft.

Crew #3 returned last week from an exchange to San Francisco. They reported that it is still there and a nice place to visit, but no news of particular interest except communications were "bad".

407 VP Squadron would like to

take this opportunity to say goodbye to our departing CO, Lt. Col. Herb Smale C.D., who will be going to Halifax. We wish you all the best in the future Sir and you know that you are leaving behind a squadron that was proud to have you as our CO.

A hearty welcome to Lt. Col. Middleton, the new commander of Canada's finest VP Squadron. On the first of the month the holders of secondary duties will rotate and the PIO department thanks all the people that have given their co-operation during the past year and mainly the photo servicing, and armament sections.

Eight members of our squadron have been selected for the ARNC course this fall. They are Capt. Envyk, Kohli, McGill; Merkley Mykitiuk, Petticlerc and Lt. Howlett and Van Der Heyden. We would like to congratulate Capt. and Mrs. Ken Merkley on their first little girl!

Ed's Note: Regarding your first paragraph Mr. Demon writer, you will please note the fantastic efficiency exhibited by the Toteem Times staff in solving your little predicament! The base paper minions realize the difficulties involved in capturing an airborne Argus in photo however, we were up to the task and consider it our pleasure to serve you all over there in Demonland!



"LOOK, WOULD I LIE TO YOU?" Sgt. Mushbuckle says to Lt. Werner Von Bunkermouser of the Wer-macht. "The war's been over for 23 years, and you can come out now." "I don't believe you," the Lt. replied. "Put your hands up I have you completely surrounded." During the following interrogation the Sgt. was unable to convince Lt. Bunkermouser that the beetle shaped car he was driving really belonged to him and had not been stolen from the High Command. — Canadian Forces photo

## Totem Times Book Reviews

### That Old Black Magic

A sure cure for witchcraft? Mix half a pint of moose milk with two or three teaspoons of rattlesnake poison, half a cup of angle worm oil, the brains of three rats, the wings of a bat and - presto - out of business. Home remedies? Try catnip for asthma, alum for sore gums, moose grass for a good Spring tonic, a potato in your pocket for rheumatism and an onion poultice for that nagging chest cold. A full moon? Watch the brine rise on the sauerkraut.

In her new book, *Bluenose Magic*, Popular Beliefs and Superstitions in Nova Scotia, well-known Maritime author Dr. Helen Creighton chronicles the beliefs and superstitions, many of Scottish origin, that have been handed down through generations of Nova Scotians.

Ed's Note: This excellent book is required reading by the B Surg O and his staff; Any inquiries about the treatments prescribed may be directed to Maj. Thatcher at the Base hospital!

### Food That Really Schmecks

Sour cream and shnipped bean salad, hingle pot pie, schmier-kase, dutch apple, schnitz and shoo fil pie, potato dumplings, maple syrup cake, pfeffer-nusse, toasted beechnut cookies, nine-day pickles and schweitzer cheese are just a few of Edna Staebler's 704 bountiful recipes in *FOOD THAT REALLY SCHMECKS*, published by The Ryerson Press.

Born, brought up and well fed in the Mennonite area of Kitchener-Waterloo where the combination of Pennsylvania Dutch-Mennonite, German and modern cooking is distinctive and "wonderful good", author Edna Staebler has cooked, baked, tested and tasted her way through hundreds of recipes painstakingly collected from faded black notebooks handed down through two and

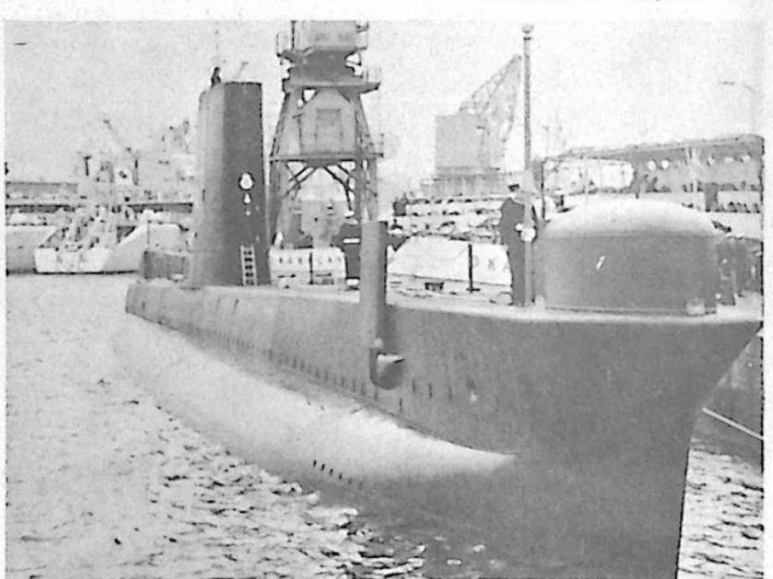
three generations of Waterloo County families. Many, originally did not list quantities. Readers might also like to try experimenting with Belle's handmade soap and a few home remedies for "things that might all you." Throughout, Edna Staebler's inimitable comments and anecdotes make *FOOD THAT REALLY SCHMECKS* fun to read.

"Don't take any of the recipes too seriously," she writes, "have fun while you try them, improvise, adapt, substitute, be a bit reckless then eat yourself full."

Ed's Note: This excellent book is required reading by the Base Food Services Officer and her staff. Any inquiries concerning the book and its recipes may be directed to Lt. Armstrong at the Combined Mess!



"I WOULDN'T CAPTION THAT PICTURE with a 40-foot pencil," the Deputy Editor said. "Neither would I," said the Editor, "but we've got a lot of space to fill so we'll print it anyway." — Canadian Forces photo



COMING IN TO DOCK for a refit after a four-hour tactical exercise with 407 Squadron is the sleek water taxi, Canadian Forces Base (Floating) Okanagan. The exercise called for the boat to perform some very violent manoeuvres, such as turns, which completely upset the crews sense of direction. As can be seen, the forward lookouts are looking backwards and the back lookouts are looking forwards. Totally confused is the midship lookout who is looking midwards. — Canadian Forces photo

## JUST ARRIVED A LARGE SHIPMENT OF DATSUNS



DATSUN 1968 Datsun 1600 Sedan

**Norm Knight Sales Ltd.**  
RAMBLER - DATSUN

Phone 334-2551

Evenings 334-4395

## Hospital Humbug

Hey, what's up, Doc? Do you know that two new hospital bugs arrived on the base a couple of weeks ago? Yes sir, fresh from a medical school, with their pockets full of diplomas and licences but nothing to cure the common cold or homesickness. Of these two chaps one is married and the other is still alive although maybe not for long (Coboc indoctrination already?) From Toronto and Montreal respectively, they are ready to give you all the goodies you need (sick leave to go see your girl friend, off duty after a hangover, etc.). One good piece of advice, just don't go to see them if you are sick!

This pair of docs have been on the base for a couple of weeks now and they've found out that the worst problem here (as on every base), is low back pain. They've been looking around trying to find reasons or explanations for this and finally came to the conclusion that low back pain is caused by the following reasons:

1. Playing more than 10 games of pool or darts in the same evening.
2. Playing bridge on tables that are too low.
3. Playing 18 holes of golf with a handicap of 50 or over.
4. Overexposure to the sun (sunburn to the laymen).
5. Trying to waterski on one ski too often.
6. Standing by the bar for 2 consecutive nights or more.

Of course there are other reasons, but these are the most important!

Usually the pain does not really irradiate, however, sometimes you can see very curious irradiation like the arms, legs, head or even the throat depending on the above noted reasons. The treatment is always very difficult because nobody wants to admit to the real reasons for their problems.

After an hour and a half of intense questioning, the faker (the medical name given to a guy with such problems), usually

gives in. Once we have found out his real reasons for being there, the treatment is very easy. The prognostic is also very easy: "Fakers" usually live for 2 to 5 years after the beginning of their complaints! After that period of time, he usually gets married (no slur on Coboc intended) and solves this problem, however, more usually appear that he wasn't counting on.

Now that you are all aware of these problems, you will be able to cure yourselves and let us in the hospital recuperate from our own "low back pains!"

LESSON: An apple a day (SIC) keeps the doctor away!

"We moved by  
Mayflower, too...  
easiest move  
we ever had!"

For the kind of move you'll be glad to recommend, leave everything to a courteous, efficient Mayflower moving team. Call your local Mayflower warehouse agent.

America's Most Recommended Mover

**Frazer Moving**

(1965 Ltd.)

1351 McPhee, Courtenay

For Free Estimate

Phone 334-4942



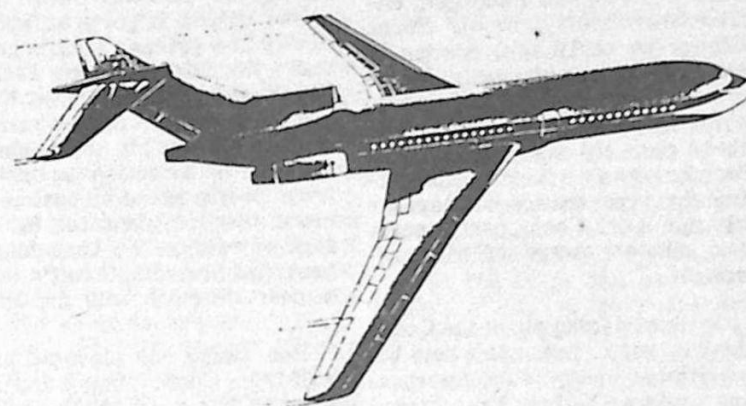
FLOWERS WORLDWIDE

**The Courtenay Florist**

Phone 334-3441

Nite 334-2027

**Need money  
for a leave?  
See HFC**



If you've got leave coming... and you're short of money... see the company that helps thousands of service people every year. Get a Traveloan from Household Finance.

At HFC, we'll tell you in advance what your Traveloan will cost... and we'll lay it out in dollars and cents. No hidden charges. No extras. No surprises. See us now!

Before you sign on the dotted line, know what your loan will cost.

| AMOUNT OF LOAN | MONTHLY PAYMENT PLANS |           |           |           |           |           |           |           |           |           |          |          |
|----------------|-----------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|----------|----------|
|                | 60 months             | 48 months | 36 months | 30 months | 24 months | 20 months | 18 months | 15 months | 12 months | 10 months | 8 months | 6 months |
| \$100          | \$2.00                | \$2.50    | \$3.00    | \$3.50    | \$4.00    | \$4.50    | \$5.00    | \$5.50    | \$6.00    | \$6.50    | \$7.00   | \$7.50   |
| 200            | 4.00                  | 5.00      | 6.00      | 7.00      | 8.00      | 9.00      | 10.00     | 11.00     | 12.00     | 13.00     | 14.00    | 15.00    |
| 300            | 6.00                  | 7.50      | 9.00      | 10.50     | 12.00     | 13.50     | 15.00     | 16.50     | 18.00     | 19.50     | 21.00    | 22.50    |
| 400            | 8.00                  | 10.00     | 12.00     | 14.00     | 16.00     | 18.00     | 20.00     | 22.00     | 24.00     | 26.00     | 28.00    | 30.00    |
| 500            | 10.00                 | 12.50     | 15.00     | 17.50     | 20.00     | 22.50     | 25.00     | 27.50     | 30.00     | 32.50     | 35.00    | 37.50    |

Above payments include principal and interest and are based on prompt repayment. But do not include the cost of life insurance.

**HOUSEHOLD FINANCE HFC**

COURTENAY

549 England Avenue—Telephone 334-2406

(next to Simpsons-Sears)

Mail loans available. Write or phone.

## Port Agusta Motel

COMOX VALLEY'S NEWEST MOTEL

★ Centrally located in Comox overlooking beautiful Comox Bay.

★ 23 Modern Units

★ Cable Television

★ Heated Swimming Pool.

★ Kitchen Facilities.

IDEALLY SUITED FOR —

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

Reserve Now At The Port Agusta

PRICES ARE REASONABLE

For Reservations Phone 339-2277 or 339-3110



## RED KNIGHT STEAK HOUSE

For Superb Steaks

OPEN DAILY 7:30 A.M. TO 2:00 P.M.  
AND ON

SUNDAY and THURSDAY From 5:00 p.m. to 11:00 p.m.  
FRIDAY and SATURDAY From 5:00 p.m. to 1:00 a.m.

Don't Forget:

Wednesday Night is Family Night

at the

PORT AGUSTA IN COMOX





## Chapel Chimes

SUNDAY, July 28 -- Morning Worship at 11 a.m. The Sacrament of Holy Communion will be celebrated during this service. Members of all denominations are welcome.

SUNDAY, August 4 -- Service at 11 a.m. will be conducted by the Reverend Dave Dunbar, Reserve Chaplain.

Services will continue at the

regular time of 11 a.m. throughout the month of August. Bring your relatives and visitors to Church with you. If the weather is warm, wear your sports clothes. Children are most welcome at all worship services. Chaplain - Major the Reverend William Archer, PMQ 87 Phone 339-3931

Organist - Mrs. Edith Houl, Comox.

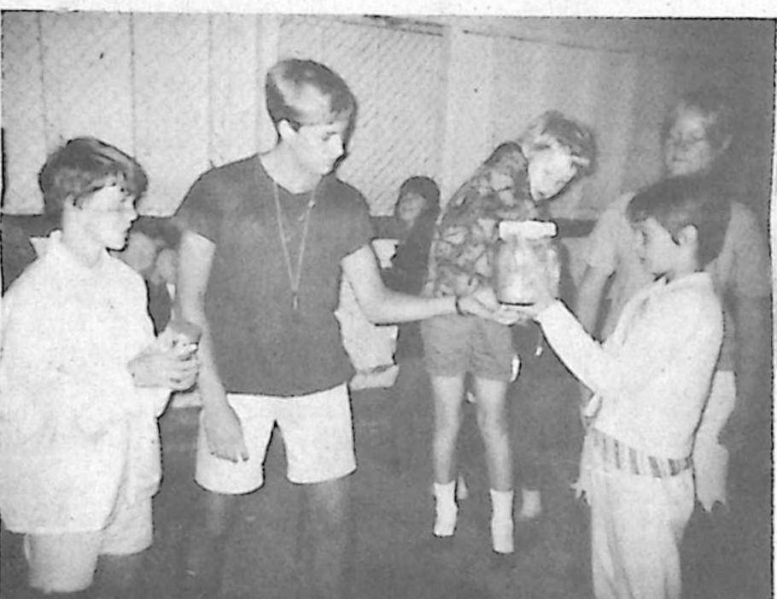
## SUMMER PROGRAM IN FULL SWING

The summer program held at the Glacier Gardens now in the third week has shown great interest by the leaders and the younger set of the Wallace Gardens. Arts and craft are only a

few of the many activities offered for the set. Due to the swimming classes being held every morning the summer program will start at 1:00 p.m. to 3:30 p.m.



**CONGRATULATIONS** to the summer leader for assisting in the summer program. Left to right: Kevin Faddegon, Valerie Simpson, Kathy Bourchier, Jeryne Abel. Back row: Gregg Faddegon, Sue Faddegon.



**GREY FADDEGON** holds the candy jar for the lucky candy winner Margaret Lever. The winner is drawn from ticket numbers given on entry to the Gardens. Margaret wishes she had a larger hand.

## Consumers' News and Views

Regulations on the addition of Vitamin D to food have undergone some changes recently.

The Food and Drug Directorate of the Department of National Health and Welfare permits the addition of limited amounts of vitamin D to some dairy products and margarine but regulations have been changed to lower the amounts of vitamin D that may be added. Specified amounts of vitamin D may be added to fluid milk, condensed milk, evaporated milk, dried milk powders and chocolate drink as well as to infant formulae and margarine. Vitamin D is unique among the vitamins, because unlike the others, there are few natural food sources for it. It is formed in the body by the action of the sun on the skin. It is found in small and variable amounts in butter, cheese, egg yolk, liver, fresh mackerel, tuna and sardines.

It is important to make sure that children get the proper amount of this vitamin. We need vitamin D all through our lives, but most especially when we are young because it is essential for the formation of healthy bones and teeth.

When growing children lack this vitamin they run the risk of developing a condition known as rickets, resulting in bowed legs or knock-knees. Rickets occurs almost exclusively in the northern hemisphere where exposure to the direct rays of the sun is not as great as in the sunnier south.

It takes both vitamin D and calcium to grow strong bones and sound teeth. Milk is an excellent source of calcium and is fortified with vitamin D. It is one of the most valuable foods for growing youngsters. According to nutrition experts, we need about 300 to 400 international

units of vitamin D a day, and this amount is recommended from infancy through adolescence as well as during pregnancy and lactation.

Believing that uniform disclosure of nutrient values on the labels of evaporated milk was desirable to prevent confusion to consumers, as well as to nutritionists and public health nurses, Consumers' Association of Canada worked hard for this objective which has now been adopted by all evaporated milk manufacturers in Canada. Key in the adoption of this policy was the National Dairy Council of Canada which co-operated splendidly, thus avoiding what could have been another piece of compulsory legislation.

The new label is appearing as old stocks of labels are used up and shows net weight, the amount of vitamins C and D per 100 grams, approximate number of fluid ounces per can, number of calories per fluid ounce and amounts of vitamins C and D per fluid ounce.

There is a growing demand in some areas for fluid milk enriched with vitamin D. According to Food and Drugs regulations, the minimum amount in a pint and a half of fresh or reconstituted milk is 300 international units and the maximum amount is 400 units.

Sometimes it takes a little calculation to figure out just how much vitamin D you are getting. Although the dangers of taking too much vitamin D may have been exaggerated, there is no reason for a normal healthy person to take more than the maximum 400 international units recommended as a daily intake. A glance at the milk cap or the label on the carton or can will tell you if vitamins have been added to any food.



## PSYCHEDELIC AIRCRAFT VISITS COMOX



The Sgt's Mess recently said farewell to one of its members in the person of Sgt. "Don" Groves of 407 Squadron.

Sgt Groves who is retiring after 22 years of service will be taking up residence in Nanaimo where he has found suitable employment. We are assured that the cane, dark glasses and pencils provided by the members will not be required in his new assignment.

All members wish Sgt Groves the best in civil street.

## Voracious Mouse

For many years when foresters planted tree seeds on logged over land few seeds would germinate and grow. The foresters wondered why. After close study they found that a single white-footed mouse can eat up to 200 seeds in one night. At this rate many years and much seed would be lost before a forest could become well established. To protect the seed and change the eating habits of hungry rodents, a silver-gray mouse repellent coating is placed on the seed before helicopter or nursery seeding. Foresters are alert for signs of animal damage and work closely with game departments and sportsmen groups to help maintain animal populations in balance with food supplies.

How did they find out that the mice with the white feet were the guilty culprits? We've all heard of discrimination but this is getting ridiculous.

## Your Nose Knows

If you cook with electricity the blowing of a fuse is your safety signal. With gas your nose gives warning of a leak. Whether natural or manufactured gas, a distinctive odor is introduced for your protection. The natural gas odor is sweet and sticky, even suggestive as a skunk. Manufactured gas may smell to high heaven like rotten cabbage. You may never enjoy such rare fragrance! But, if you do, open the windows, get out. Don't strike a match or touch a light switch.

## Light's Out



Brigadier General E. S. Light, Protestant Chaplain-General for the Canadian Armed Forces will retire in October after 27 years with the forces. Following his retirement he will be appointed general secretary of the national office of the Anglican Church of Canada with offices in Toronto.

Brig. Gen. Light was born in Leask, Sask., on March 19, 1914. He enlisted in the RCAF in 1942 as a Protestant chaplain and served as station chaplain at various wartime flying training schools in western Canada. He served overseas with RCAF squadrons in Britain and continental Europe.

## Comox Valley Realty LTD. Comox Valley Insurance

REAL ESTATE AND INSURANCE

625 England Avenue

Phone 334-2471

### REAL ESTATE SALESMEN

Gordon Blackhall 338-8076 Hal Helgason 339-2178  
Dick Farrington 339-2443 Ross MacBeth 339-2291  
Cy Goodwin 339-3569 Ed Munro 334-2625

### INSURANCE DEPARTMENT

Fred Bosson — Bent Harder  
Phone 334-3195

## G. P. SILKE REALTY

520 Duncan Avenue

Next to City Firehall

Box 736

Phone 334-4494

Courtenay, B.C.

City home on landscaped grounds — Choice residential location — Close to schools — Full basement and automatic oil furnace — Living room — 3 bedrooms — 3-piece bath — Large cabinet kitchen — Separate garage — Price \$17,500. On terms.

EVENINGS — PHONE 334-4494 — George Silke

MEMBER MULTIPLE LISTING SERVICE

## Potlatch

In 1884 a law was passed in parliament stating that "every Indian or other person who engages in or assists in celebrating the Indian Festival known as the 'potlatch', is guilty of a misdemeanor, and shall be liable to imprisonment for a term of not more than six or less than two months". The law remained on the statute books until 1951, when it was left out of the legislation.

The word "potlatch" comes from Chinook jargon, and is one of the oldest institutions among the Indians of British Columbia. Almost all the political, social and ritual life of B.C. Indians, notably the Kwakiutls, found expression in the potlatch, a tribal feast in which the aspirant to the chieftainship attained status and property.

The ceremony was banned because the first missionaries felt that the potlatch hindered the spread of Christianity. Not only did they associate it with devil-worship, sexual immorality, drunkenness and pride, but they felt that keeping alive the hereditary authority of the chiefs destroyed their own authority over people.

But by the time the missionaries had arrived, the old system had disintegrated. There was a mad scramble for positions and titles; Indian society had lost its moral direction. The potlatch, which had collected and concentrated the virtues of the society, was now distilling all the vices of a society in disintegration. Not all Europeans were against the potlatch. Some merchants who supplied goods distributed in the ceremonies had economic reasons for their position. In the 1920's Anglican opinion shifted to a more tolerant view and there was pressure for the laws repeal.



HOMES LTD.

- REAL ESTATE SALES
- RENTAL AGENCY
- MORTGAGES
- HOUSE AND CAR INSURANCE

Phone 334-4424

435 Fifth Street

Box 760

Courtenay, B.C.



## REAL ESTATE INSURANCE

P. Leo. Anderton Co. Ltd.

EST. 1911 — Phone 334-3313

For Evening Service Call

Norm Howarth 334-4576  
Tom Thomsen 339-3600  
Fred Parsens 339-2813  
Dave Avent 338-8333  
Gordon Vilven 339-2485



**BLOCK BROS. REALTY**  
(With temporary office in the Professional Building at 5th and Fitzgerald)

at 449-5th St. Courtenay



## Inquire About Our Guaranteed Trade-In Plan

YOUR LOCAL SALES REPRESENTATIVES:

Dennis O'Leary 334-3309 (Manager)  
Dave Peterson 334-4581  
Peter Schulz 337-5461  
Malcolm Pearce 335-2269  
Art Meyers 334-2850  
Lee Watson 287-6529 (Campbell River)  
Phil Barber 287-4988 (Campbell River)

or 334-2922

Whether buying, selling, building or just thinking!



**NANAIMO REALTY  
(COURTENAY) LTD.**

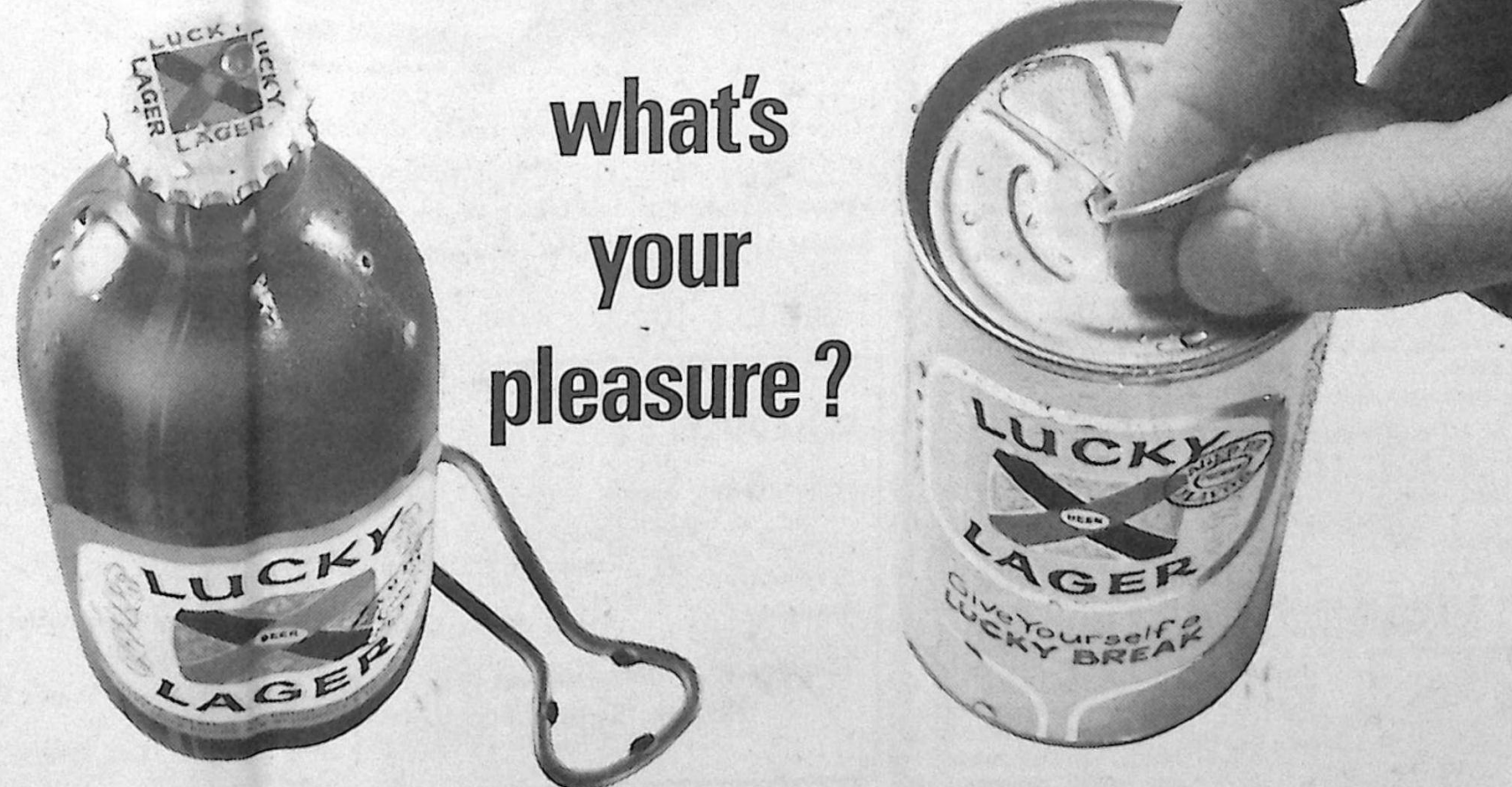


SPECIALISTS IN . . .

- ★ RESIDENTIAL AND COMMERCIAL SALES
- ★ ALL FORMS OF INSURANCE COVERAGE
- ★ RENTAL MANAGEMENT
- ★ MORTGAGE FINANCING
- ★ HOME CONSTRUCTION AND REMODELLING

DON McRAE 338-8344  
FRED RICE 339-3119  
CHARLOTTE WILLIS 338-8962  
BRUCE LORY 334-2293

CHET HAAS 334-4264  
MARY STICKNEY 338-8101  
STAN McMULLIN 339-3742



Lucky in bottles? Or Lucky in easy-open cans? Try both today for that man-sized taste.

Give yourself a **LUCKY** break

This advertisement is not published or displayed by the Liquor Control Board or by the Government of British Columbia.



# HANK'S AWAY! SO NEWT WILL PLAY

## SPORTS

— With —  
Nemt  
and  
Black Hank

### On the Base Paths

By GORD PALMER

The Zone One Fastball Championships were held at Canadian Forces Base Esquimalt from July 16 to 18 with teams from Chilliwack, Comox, Esquimalt, Holberg, Nanaimo and a new team from Navy Ships competing for the right to represent our Zone at the Canadian finals to be held in Winnipeg later this summer.

Our team was in a better position than what they were for this same tournament last year, they are presently playing in the local league and this has given them the opportunity to play together for the past couple of months instead of being thrown together at the last minute. They were helped greatly when they were able to obtain the services of Norm Haney and Lou White from one of the other teams in the league. It is my personal opinion that Norm Haney is by far one of the best pitchers that I have ever seen, he can make a ball do tricks that you would not believe unless you actually saw him in action.

The final standings saw the combined team from all the Navy ships in the area as the tournament winners when they defeated our own CFB Comox in the final game by a score of 2 to 1. Comox was out for revenge after they were beaten by this same

Navy team in the opening game by a score of 5 to 3. It was really a shame that Comox had to lose this game because Norm Haney threw a brilliant two hitter, but lost. Our Comox batters picked up seven hits off the Navy boys but they must have been well scattered, their only run came off the bat of Lou White who hit a home run. Earlier in the day Comox had to defeat a stubborn Holberg team by a score of 4 to 2 to earn the right to play against Navy in the final game. In earlier games Comox defeated Chilliwack by a score of 8 to 3 and then won by default over Nanaimo.

**STARS OF THE SERIES**  
I have spoken to several people and they have told me that Norm Haney and Lou White gave out everything they had in this short tournament. They were ably assisted by Frank Britton, Bob Nancekivil, Marty Fraser, Pat Keefe, Ted Jablonski, and Reg Smith and the rest of the players on the team. Last year in this tournament we finished third, this year we are the runners-up, and let us hope that next year we will go all the way to the Canadian Finals. I would like to extend my personal congratulations to the whole team for a job well done.

### Thanks

I would personally like to take this opportunity to say "Thank You" to all members of the CFB Comox "Totems" for the way in which you represented our Base at the recent Zone One tournament.

If a few of the breaks had come our way I am sure that we would have come back home with the championship instead of being the runners-up. We will have to try again next year.

Thank You,  
Wally Hacking  
(coach)

### BRIDGE with won-1

RESPONDING TO ONE N.T.

It is quite easy to respond to an opening bid of one N.T., since you know almost everything about your partner's hand, e.g. (A balanced hand with at least three suits stopped and having a 16-18 point count).

With 0-8 points pass with a balanced hand, but raise to two N.T. with a semi/solid suit or a longer broken suit.

9-14 points, I suggest raising to three N.T. but since there is a possibility that the partnership holds only 25 points the experts say you should raise to only two N.T. with 9 points.

You could also jump to three of a major suit (forcing to game) to suggest an alternative game contract.

Holding more than 14 points you should jump to three of a suit and then make a slam try by bidding past game. With balanced distribution and 15 or 16 points you should bid 4 N.T., and with 17-18 points you should go all the way to six. With 19 or more points you should be looking for a grand slam.

**THE STAYMAN CONVENTION**

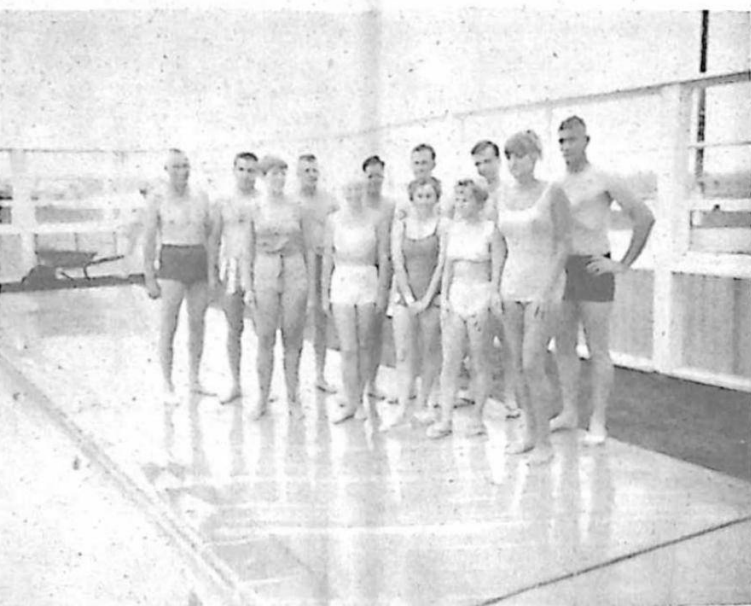
If responder has four card (or better) support for one or both majors, and has 8 points or more he might want to find a major suit fit for the partnership. This can be done by employing the

## THE VICTORS



**THE DIRTY DOZEN** displaying a fine exhibition of softball in the finals downed the Comets in a one-game sudden death series. The Dozen picked up an equal number of runs in the early part of the game and won easily. The league and spectators send congratulations to Major Ford and company for a job well done. The contracts have all been sent to the players for next season, but I hear Major Ford has numerous hold outs pending contract agreements. Rumor also has it that Major Ford has been holding secret talks with the Vancouver Mounties. First row: Mike Ford, Steve Ford, Don Hatfield, Harvey Plewes, Bill Sauer, Blair Kroeger, Barry Long, Bob Ford (coach). Second row: Brian Petch, Ian Rutledge, John Clouthier, Ken Addis.

## MEET THE INSTRUCTORS



**SWIMMING INSTRUCTORS**, from left to right, front row: Val Grieves, Elizabeth Cousins, Olive Browning, Joan Franks and Judy Ostrander. Back row: Dwight Vadnais, Wayne Newman, Doug Brown, Mike Coutinho, Frank Edwards, Rick Kensett and Tom McCullough. Missing: Tom Barnes, Bob Clarke and Russ Hammond.

stayman convention. The responder bids two clubs which is artificial and forcing, this asks opener to bid a major suit if he holds one.

If opener has a four card major he bids it. If he has both majors he bids spades with the intention of bidding hearts if his partner returns to N.T. If opener does not have a major suit he bids two diamonds with 16-17 points or

two NT with 18 points. One thing to remember before you use the stayman convention is that you must have at least eight high card points, and the minimum of four card support to the Queen Jack in one of the majors.

Other methods of responding to a N.T. opener are the Jacoby and Texas transfers which will be discussed in the next issue.

## Stardust

**DRIVE-IN THEATRE**  
Corner Williams Beach Road  
and Island Highway  
Phone 337-5033  
Gates Open 9:00 p.m.  
Show Starts at Dusk

Thurs., Fri., Sat.,  
July 25, 26, 27



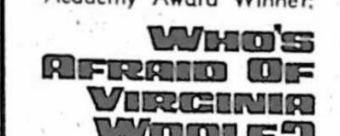
**DEAN MARTIN**  
as MATT HELM  
**THE SILENCERS**  
A WEADENY CLAUDE production  
COLUMBIA COLOR

Second Feature —  
HAYLEY MILLS in



**The Trouble with Angels**  
COLUMBIA COLOR

Mon., Tues., Wed., July 29-31  
(RESTRICTED)  
Taylor and Burton in  
Academy Award Winner:



**Who's Afraid of Virginia Woolf?**  
Second Feature —  
"CHAMBER OF HORRORS"

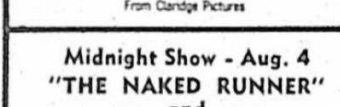
Thurs., Fri., Sat., Aug. 1-3



**SINATRA: THE NAKED RUNNER**  
Produced by RAOUL WEXLER Directed by SIDNEY J. FURE  
Screenplay by SIDNEY FURE  
Based on the novel by FRANK CLIFFORD  
A LIONEL LINCOLN PRODUCTION  
TECHNICOLOR TECHNISCOPE From WALKER BROS.

Second Feature —  
**The Birds, The Bees and The Italians**  
starring VIRNA LISI  
and the funniest group of Italians ever assembled!  
From Chicago Pictures

Midnight Show - Aug. 4



**"THE NAKED RUNNER"**  
and  
**"THE LONG DUEL"**

Monday, Tuesday, Wednesday,  
August 5, 6, 7



**YUL BRYNNER-TREVOR HOWARD**  
**THE LONG DUEL**  
Second Feature —  
**THE GENTLE GIANT**  
COLUMBIA COLOR

**THE GENTLE GIANT**  
COLUMBIA COLOR

"GO WHERE THE ACTION IS"

## SIMPSON'S MARINE SUPPLIES

- Guns and Ammunition
- All Types of Fishing Gear
- Boat Hardware
- Life Preservers and Ski Belts
- Fibreglass Supplies

433 Fifth Street, Courtenay Phone 334-4922



## VIC MURDOCH'S MEN'S WEAR

Box 389 — Courtenay, B.C. — 334-4532

## STOCK CLEARANCE 25% DISCOUNT

- Slacks Sport Shirts
- Sport Jackets Jac Shirts
- Wind Breakers Sweaters

**Helena Rubinstein Summertime Beauty Sale**  
One to buy a gift to try FREE!

Make-up for the natural look!  
Buy: Silk Fashion Face Powder  
Free: Silk Fashion Liquid Make-Up  
3.00 value...Only 1.75

Cleanse and refresh the dewy way!  
Buy: Skin Dew Moisturizing Cleanser  
Free: Skin Dew Freshener and Toner  
4.25 value...Only 3.00

Spray on heavenly fragrance!  
Buy: Heaven Sent Eau de Parfum Mist  
Free: Heaven Sent Bath Powder  
3.62 value...Only 3.00

Give dry skin its dew!  
Buy: Skin Dew Moisturizing Emulsion  
Free: Skin Dew Eye Cream  
6.37 value...Only 5.25

Have the longest lashes alive!  
Buy: Long Lash Mascara  
Free: Skin Dew Moisturizing Emulsion  
5.12 value...Only 3.00

Look naturally lovely all day!  
Buy: Silk Fashion Liquid Make-Up  
Free: Silk Fashion Face Powder  
3.37 value...Only 2.50

**Courtenay Drug Co.**  
273 Fifth Street Courtenay, B.C. Ph. 334-2321

## BREAKTHROUGH



**THE PROUDEST MAN** in Comox Valley is Bill Harris as he grins happily after winning his first trophy in 17 years of bowling — Thanks to his team!

## Totem Times Classified

### Commonwealth Mobile Homes \$1,500

or less down, moves you into a quality constructed, richly appointed, brand new 12' wide home. Several choice used homes.

10 Yr. Finance on New!  
7 yrs. on Used!  
Open 7 Days a Week  
**COMMONWEALTH MOBILE HOMES LTD.**  
Parkville, B.C.  
Isld. Highway (S. 1 1/2 miles)  
P.O. Box 578 Ph. 248-3921

**WANTED:**  
ROAD-RACE track for Strom-becker two track set, please phone 339-3384.

**FOR SALE:**  
3 BR HOUSE (Comox) living rm Dining rm (feature wall); two fireplaces; large rec room; large sundeck; landscaped; 6 1/4 per cent mfg. For Appt call 339-3707 or Local 409.

**FOR SALE:**  
'58 DeSoto H.T. Auto. V8 65000 miles, radio. \$250.00 cash. Ph. 334-2494 after 5 pm.

**FOR SALE:**  
23" ADMIRAL T.V. Very good condition. Cpl. Fraser. Local 232 or 339-2238.

**FOR SALE:**  
PIANO & BENCH, Henry Herbert by Mason and Risch. Apt. size Satin mahogany finish, lovely tone, in new condition. Only \$500 Call 339-4052.

**FOR SALE:**  
3 Bedroom house, Courtenay. 1/2 acre landscaped land. Contact Cpl. Pike Local 431 or 334-3297.

**FOR SALE:**  
1960 FIAT ABARTH 750 \$475 or best offer. Ph. 334-3045.

**SECOND ANNUAL CANADIAN FORCES TRACK AND FIELD MEET**  
THURS., FRI., SEPT. 19-20  
C.F.B. UPLANDS

**MIDDLEMEIS MEAT MARKET and SLAUGHTER HOUSE**  
WHOLESALE-RETAIL MEATS Sides and quarters of grain fed beef and pork available at all times. Also 20 lb. meat packs. For Custom slaughtering, cutting, wrapping and freezing, curing, smoking and sausage making. Insured hauling — call 338-8336.

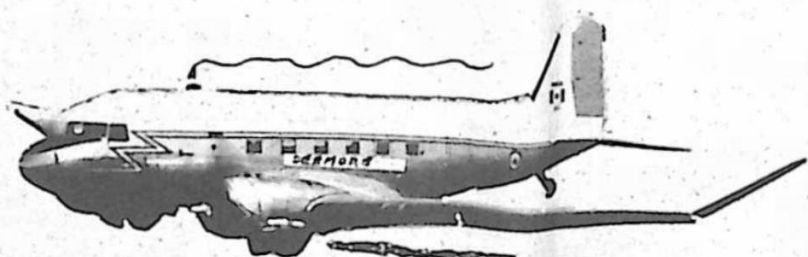
**FOR SALE:**  
UNIVERSAL trailer hitch-bumper to frame. Fits most cars 2" ball. \$8.00. 1/4 HP Electric Motor — never used — \$10.00. Cpl. Dunsmore, Local 277.

## Softball Becomes 6th National Sport

Softball squads from coast to coast and overseas will gather in Winnipeg Aug. 21-25 to participate in the first national Canadian Forces softball championship.

Teams representing the nine zones including elements in Europe will vie for honors in a five-day tournament. It will be a two-section, single round-robin effort with the winners of each section meeting Sunday, Aug. 5, for the sudden death final.

## Fly Air KAMIKAZI



Take the scenic Air Kamikazi service to Vancouver or Victoria. The speedy Air Kamikazi route by-passes the busy Bevan International Airport and whisks you non-stop (we hope) to the Vancouver International Airport, just outside of economic Vancouver. Flights three times a week. (weather permitting.)

### SCHEDULE:

#### Mondays, two flights

|           |                  |       |
|-----------|------------------|-------|
| SF 44     | Dep. Comox 10:30 | Local |
| SF 45     | Dep. Comox 16:00 | Local |
| Returning | Dep. Vanc. 22:00 |       |

#### Tuesdays, \$1.49 Day Excursion

|       |                  |
|-------|------------------|
| SF 40 | Dep. Comox 08:00 |
|       | Dep. Comox 14:15 |

|           |                  |
|-----------|------------------|
| Returning | Dep. Vanc. 16:15 |
| SF 47     | Dep. Comox 06:45 |
| Returning | Dep. Vanc. 10:15 |

#### Friday, Weekend Pass Special

|           |                  |
|-----------|------------------|
| Returning | Dep. Vanc. 14:45 |
| SF 42     | Dep. Comox 07:00 |

**Remember Fly Kamikazi. The Only Way To Go**

## CANADIAN FORCES BASE COMOX Base Theatre Schedule - Aug. 1968

### Thursday, 1 August MACABRO

Documentary  
Have you the courage to see the world in the raw.  
Restricted

### Friday, 2 August SHANANDOAH

James Stewart  
Rosemary Forsythe

### Saturday, 3 August WILD RACERS

Fabian  
Mimsy Farmer

### Sunday, 4 August YOU'RE A BIG BOY NOW

Geraldine Page  
Elizabeth Hartman

### Tuesday, 6 August MOMENT TO MOMENT

Jean Seberg  
Honor Blackman

### Thursday, 8 August CHILDREN OF THE DAMNED

Ian Hendry  
Allan Baker  
Adult

### Friday, 9 August HONEYMOON OF HORROR

Robert Parsons  
Abbey Heller

### TOMB OF TORTURE

Annie Albert  
Thony Maky

### Saturday, 10 August THE VISCOUNT

Edmond O'Brien  
Kerwin Mathews

### Sunday, 11 August BLASTOFF

Burl Ives  
Troy Donahue

### Tuesday, 13 August CODE 7, VICTIM 5

Lex Barker  
Ronald Fraser

### Thursday, 15 August WATER HOLE No. 3

James Coburn  
Carrol O'Connor

### Friday, 16 August GENTLE GIANT

Dennis Weaver  
Vera Miles

### Saturday, 17 August HOT RODS TO HELL

Dana Andrews  
Jeannie Crane

### Sunday, 18 August WILL PENNY

Charlton Heston  
Joan Hackett

### Tuesday, 20 August Frankenstein Created Woman

Peter Cushing

### Thursday, 22 August WELCOME TO HARD TIMES

Henry Fonda  
Janice Rule

### Fri., Sat., Sun., 23-24-25 August DR. ZHIVAGO

Minimum admission set by company at  
**ADULTS \$1.75**  
**TEENS \$1.25**  
**CHILDREN 75c**

### Tuesday, 27 August CASINO ROYALE

Ursula Andress  
Peter Sellers  
David Niven

### Wed., Thurs., Fri. 28-29-30 August TO SIR WITH LOVE

Sidney Poitier  
Susy Kendall  
Minimum admission set by company at  
**ADULTS \$1.00**  
**TEENS 75c**  
**CHILDREN 50c**

### Saturday, 31 August HURRY SUNDOWN

Jane Fonda  
Michael Caine

### Sat. Matinee, 31 August FLAMES OVER INDIA

Kenneth Moore  
Lauren Bacall

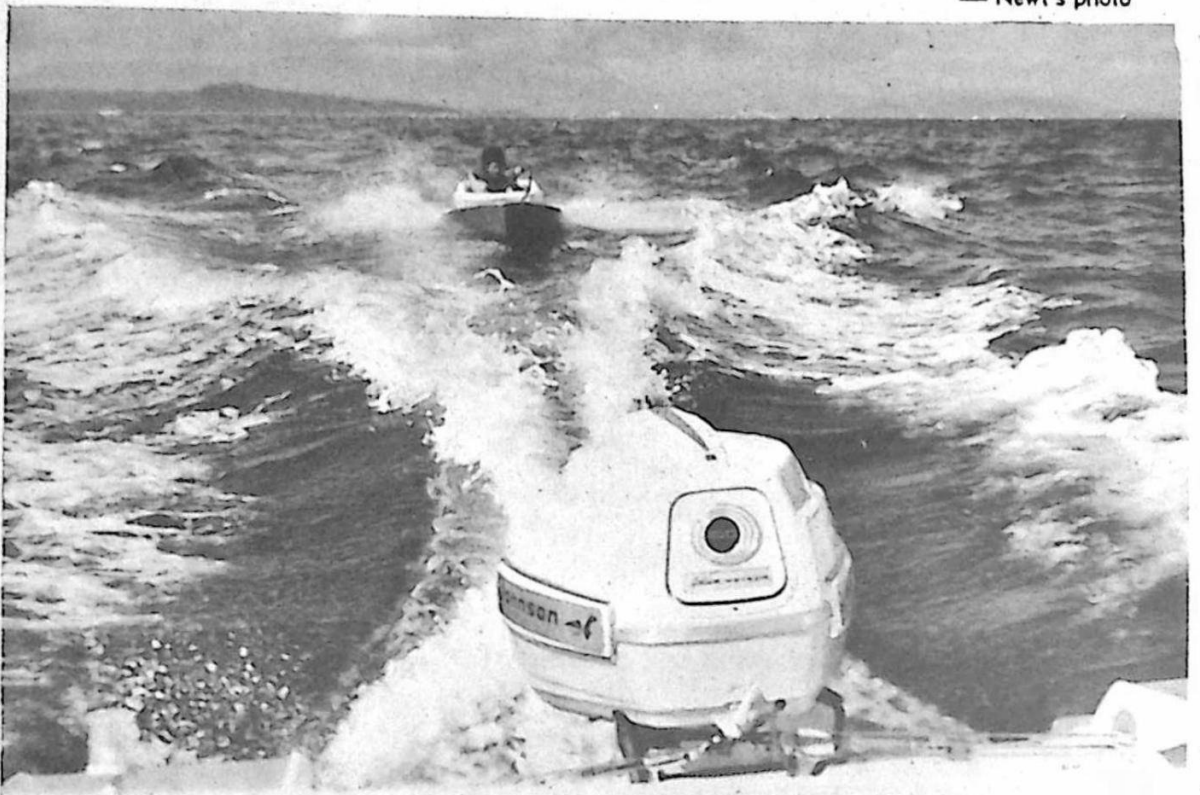


## KELLY AND NEWT GO TUBBIN'



**GO BABY GO!** 11-year-old Kelly Lyle of Nanaimo thunders across the Straits of Georgia in good old tub "66". Kelly is the son of John Lyle of Nanaimo. John put "66" together in only a few hours after running into a few construction problems in trying to design an ultra modern hull design. With Kelly as pilot and John and Newt running chase boat. Entry "66" finished a very respectable seventh, after a very poor start in which "66" fell far behind due to the rough water conditions. She passed 51 tubs to finish in the 7th spot.

— Newt's photo



**FOLLOW THE LEADER:** Although the pair in the guide boat can't be seen this was probably the point in the trip that they had just downed their third or fourth ale. Old "66" is seen following in the wake of the guide boat as Kelly hangs on to the controls and bounces along. Water conditions improved tremendously as the tubs moved out into the open water of the straits, but there was still enough of a swell to keep the driver well shook up. It wasn't exactly the most luxurious way to travel!

— Newt's photo



**AT THE FINISH LINE:** Kelly Lyle and Newt pose beside good old tub "66" after she had completed 2 1/2 hours of continuous pounding. The tub ran along beautifully throughout the whole trip and the 6 h.p. Mercury engine never gave the slightest indication of trouble. This scene is the finish line at Kitsilano Beach in Vancouver where about two-thirds of the entries finally finished. Large crowds waited along the beaches for the arrival of the tubs.

— Newt's photo

## Summer Stuff for Kids

"Say Kids!" some of you are not coming to our program because you're waiting to go on holidays. Well you don't have to be registered for the first day, you can come any day you wish. So if you have a few days doing nothing come out and join the activities any day Monday thru Friday from 1 p.m. to 3:30 p.m. Our lowest attendance per day was 140 children our highest attendance was Wednesday 17th we had 200 children. Swimming will be included in our August program.

**ARCHERY** — This club is going strong, we have a beginners and juniors club but unless someone will volunteer their services to this club we will have to close it down, as our instructor Mr. Stubbsfield will be leaving us within the next month. We have a helper Mr. Cumberland but I feel this will be too much of a load for one person. So if you know anything about Archery we would appreciate your help, if you are interested please phone Loc. 391.

**BATONS** — The registration for this club is full, now if the mail strike would end maybe the rest of the Batons would come in.

## Buggy Brain Transplants

One of Canada's most recent transplant patients is a caterpillar.

The insect's brain was removed in a Victoria laboratory as part of a program by which scientists hope to discover new weapons to combat forest-destroying insects.

Dr. T. S. Sahota, a scientist at the federal Forestry Research Laboratory on Burnside Road, transplants the brains of some tent caterpillars into stomachs removed from others.

The purpose is to see what effect chemicals released by the brain have on the insect's egg production. To do this, Dr. Sahota compares full-length caterpillars which have no brains and half caterpillars which have brains added.

From these studies, Dr. Sahota thinks chemicals may be developed which will stop an insect's egg production entirely.

Or, he said, the chemical might be a sort of "insect thalidomide," producing deformed offspring which could give no eggs at all.

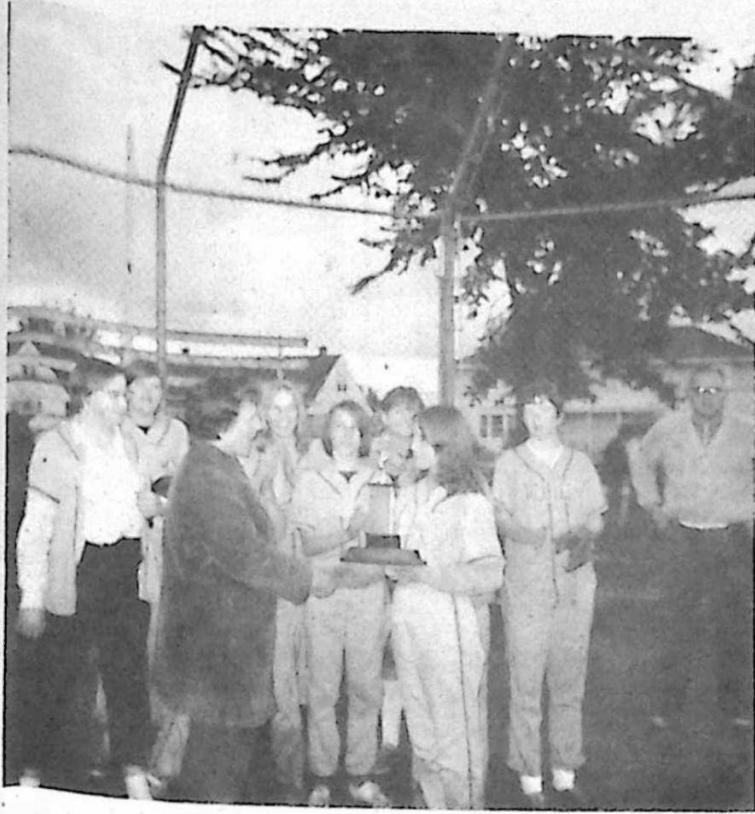
## Homes still within the budget

With the high cost of housing it is interesting and exciting when you learn that reasonably priced homes are still available. A house priced within the average budget almost seems like a myth yet it is real.

Central Builders' Supply have available for a complete home package for a three bedroom house with garage and reasonable monthly payments on a ten year payment plan. For seven thousand dollars all taxes and delivery included, Central Builders' Supply will supply to approved accounts all the materials to construct their three bedroom house and garage. The package includes everything above the foundation except the heating and wiring which a home owner can finance on an oil heating contract. Yes, the package includes all the materials to build the house plus factory made kitchen cabinets, prehung doors, floor covering, paint allowance and plumbing.

One of the advantages to the prospective home owner is that financing is available in the rural areas.

Our suggestion is that you talk this over with Les Dobell, building consultant at Central Builders supply Ltd., Courtenay.



## B.C. Volleyball Association

We have now completed all arrangements for the 3rd Annual Volleyball camp to be conducted by the B.C. Volleyball Association. Mr. Vic Lindal is again Director of the Camp and will have as his Head Coach Mr. Val Keller, Coach of the National YMCA championship team, Los Angeles YMCA. He will be assisted by two National players from the Los Angeles area.

Chuck Lass: Spiker with the Los Angeles YMCA for 2 years. Randy Sandefur: Randy has 17 years experience with volleyball. He is currently the coach of the Long Beach State College Basketball and Volleyball teams. Randy is an active player with the Long Beach YMCA (second in the National YMCA Championships).

The camp is open to high school

**WILDCATS THE WINNERS:** Wildcats were victorious and are here being presented with the Comox Valley Trophy. The trophy which was donated by Mr. John Green of Comox Drugs is being presented to the team by Mrs. Bouchier. Mr. Maassen, the coach of the Wildcats, is seen in the background.

players August 26, 27, 28 and coaches and senior players August 30, 31 and September 1. Players and coaches from B.C., Alberta, Washington and Oregon are invited to attend the camp at a cost of \$30.00. All applications should be forwarded, with a \$10.00 deposit, to Mr. Rod Bell at 641 Richards Street, Vancouver 2, B.C. Applications will be accepted until July 31, late registrations will be accepted but a late registration fee of \$5.00 will be assessed.

## INSURANCE

Fire, Auto, and All Types of General Insurance

**Betty Wallace**  
INSURANCE AGENCIES

546 Duncan St., Courtenay  
Phone 338-8616

## LOOK! SPECIAL VALUES in USED CARS & TRUCKS

|  |   |   |
|--|---|---|
| 1965 Ford Galaxie 500<br>2-door h-top, turbine. A lovely clean car originally purchased and serviced at our dealership. V-8 automatic. Power brakes and steering. \$2595 | 1965 Fairlane<br>4-door sedan. Blue with matching blue vinyl and pleated cloth interior. Absolutely like new. Just arrived in our stock on Monday. One owner. V-8 automatic. Mileage 38,000. \$2195                         | 1959 Ford<br>2-door h-top. Turbine red and white with matching interior. V-8, auto. Radio. \$895  |
| 1966 Mustang<br>2-door hardtop with black vinyl interior, bucket seats. Radio. V-8, floor shift. White walls, white wheel covers. Very immaculate and very clean. \$2695 | 1963 Acadian<br>Sedan. 6-cyl. stand. trans. Turbine white and bronze. Radio. New tires and very good appearance. Very good value. \$895   | 1963 Rambler<br>Wagon. Turbine turquoise and white, big 6, stand. trans. Radio. Very well looked after wagon. \$1395                              |
| 1964 Acadian<br>Sports Convertible<br>White with red interior, bucket seats. V-8, auto. P.S., P.B. Radio. Per. top. Elec. windows. Floor console. \$2195                 | 002-A1<br>1967 Firebird<br>2-door h-top. Grecian gold with gold leatherette interior. V-8, auto. P.S. Radio. Wide oval tires, white walls, wide wheel covers. A very clean sporty car. Still under new car warranty. \$3495 | 1967 Falcon<br>4-door sedan. V-8, auto. Radio. White walls with full wheel covers. Like new with low mileage. Still under warranty. \$2795        |
| 002-A<br>1961 F-350 Chassis and Cab<br>With Pidgeon. Equipped with duals. 4-speed, and completely reconditioned. A very good buy. \$1695                                 | Over 22 used trucks to select from. Ranging from 1949 models to 1967. 1/2 Tons, 3/4 Tons and 1 Tons.  | 1964 Chev. Pick-up<br>Big 6, 3-speed. Radio. Very good 6-cyl. tires. Low mileage. \$1895  |
| 1965 Ford 1/2-Ton<br>Turbine white and blue. Big 6, 4-speed. 700 x 15 6-ply. Custom cab. Low mileage. Excellent. \$1995  | 1965 F-100  | 1966 Chev. Van<br>Clean. Newly painted inside and out. Duals. Right side loading doors and dual rear doors. Good condition. A bargain at — \$1895 |

## MALKIN FORD SALES LTD.

830 CLIFFE AVE., COURTENAY PHONE 334-3161  
Doug Murphy 334-4952 Bunt Ireland 334-3402 Jack Biller 338-8100 Gordon Corwith 334-4603

## CHEV & GMC TRUCKS - CHEV & GMC TRUCKS CHEV & GMC

**NORM CRAIG**

**BARRIE BROWN**

SAY:  
SEE EITHER OF US  
AND WE'LL PROVE  
YOU CAN  
ALWAYS DO BETTER  
AT  
**CRUISE MOTORS**

Office Campbell River Residence  
297-7124 287-8095

CHEV & GMC TRUCKS - CHEV & GMC TRUCKS CHEV & GMC

## BUSINESS DIRECTORY

**Courtenay Realty**  
A COMPLETE REAL ESTATE SERVICE  
VINCE COVENEY  
Phone 334-2324

**Upholstering**  
Auto - Boat - Furniture  
★ Custom Modernizing  
★ Recovering  
★ Custom Built Furniture  
**Courtenay Upholstery**  
Phone 334-3912  
143 - 5th Street, Courtenay

**DRESSMAKING & ALTERATIONS**  
CONTACT  
Mrs. Pat Hacking  
Apartment 110-H  
Phone 339-3024  
Monday to Friday  
9:30 a.m. to 4 p.m.

**HAPPY'S**  
Tire and Sporting Goods Ltd.  
Fishing and Hunting Specialists  
Everything For Every Sport  
Phone 334-4143  
256 - 6th St., Courtenay

**CONTINENTAL Hair Stylist**  
J. Goliasch  
EUROPEAN TRAINED  
SALES AND SERVICE OF ALL HAIR GOODS  
Phone 334-4734  
565 England Avenue Courtenay

**TARBELL'S HARDWARE**  
—SPORTING GOODS  
—HARDWARE  
—CHINA AND GLASSWARE  
—PLUMBING  
—PAINTS AND VARNISHES  
Dunsmuir Avenue  
Cumberland  
Phone 336-2312

**The Courtenay Florist**  
NIGHT 334-2027 491 - 4th St.  
Day 334-3441 Courtenay

**COMOX PARK APARTMENTS**  
● Two bedroom  
● Furnished or Unfurnished  
● Close to Air Base  
● Rates you can afford  
● By week or month  
● Close to shopping  
For Reservation or Appointment call 339-3248 or write Box 1048 - Lazo

**MOVING TO TRENTON?**  
Write for free map and information on  
Homes Rentals Mortgages  
G. E. Forchuk  
**FORCHUK**  
Trenton Realtor 392-1201  
54 Market Square  
"EVERYTHING IN HOUSING"

**Hill's Sewing Shop**  
Singer Representative  
Sewing Machines  
Sewing Supplies  
Vacuums, Polishers and Typewriters  
Easy Terms - Trade-ins Accepted  
See CEC HILL  
441 Cliffe Avenue Courtenay  
Ph. 334-3852

**STUDIO ONE**  
Formerly Silence Studios  
PORTRAIT STUDIOS  
PHOTOGRAPHIC SUPPLIES  
FRAMING  
Phone 334-4042  
Courtenay

**GUARANTEED WATCH, CLOCK and JEWELLERY REPAIRS**  
**COMOX JEWELLERS**  
BOB EMBLETON  
OPEN ON WEDNESDAYS  
1828 Comox Avenue Phone 339-3113

**Comox Paint & Floor Covering**  
We Stock Rolls of Carpet and 12' Linoleum  
Carpet and Chesterfield Cleaning is Part of Our Business  
1803 Comox Ave. Phone 339-2273

**JOIN**  
**YOUR COMOX (CANADIAN FORCES) CREDIT UNION**  
Tuesday and Thursday  
12:30 to 1600 and 1930 to 2130  
6% dividend for 1967

## Another Big Totem Times Contest:

**Win a Free One Year Subscription to the Totem Times**

Be Famous —  
Be a Sport —  
Earn Recognition

Be the first airman on the base to put a live dogfish in the new swimming pool and win a free one year subscription of the Totem Times. To enter simply put a live dogfish into the swimming pool, tell us who you are and when you put the fish in so that we may photograph you for the front page of our next edition.

## It is rumored

That Black Hank is leading a life of sin while in the confines of the "Kool Pool."

**WANTED**  
By Times  
Sports Department  
A Kook To Write an  
Outdoors Column  
NO PAY  
LONG HOURS See Newt

**GLACIER ESSO**

**SERVICE STATION**

Island Highway North (Across from Bud's)

Stan ☆ Phone 334-3844 ☆ Larry

Specializing in Tune-up and Carburation  
Brake Work and Minor Repairs