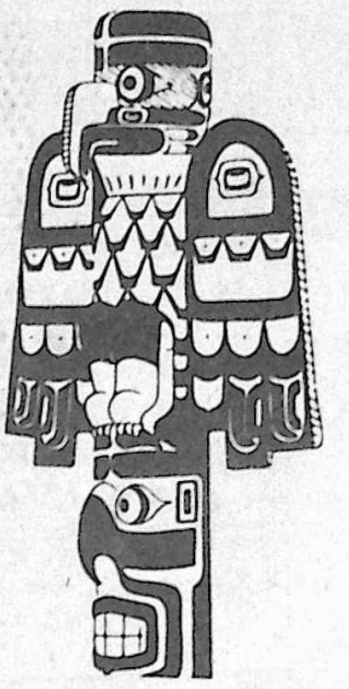




# TOTEM TIMES



"The" service newspaper with a sense of humor

Vol. 9

CFB COMOX, THURSDAY, OCTOBER 17, 1968

No. 21

## 409'ers Reach 1,000



**409ERS REACH 1000:** Captain F. I. Williams is shown on completion of his thousandth hour in the CF101B Voodoo. Capt. Williams is a native of Vancouver and is presently serving with the 409 Nighthawk Squadron in Comox. He enlisted in the RCAF in 1959 and has seen operational service as a Navigator with 432, 425 and 409 all weather Squadrons. As a matter of interest one thousand hours in the Voodoo represents about 850 flights for Capt. Williams.

— Canadian Forces photo

## 442 on the go

In the past two weeks 442 Squadron has been involved in two major searches and an air-evac. The first search, SAR Davis started on the 3rd of October and involved two Albatrosses and a Labrador Helicopter. Searchmaster was Captain Riley. Search headquarters was at Kamloops. After three days the aircraft was spotted by eagle-eyed Sgt. Lewis who was in the helicopter. The helicopter made an immediate landing near the crash site. The aircraft was found to be up against a tree in a fairly open area. The pilot, a Mr. Davis was dead, probably killed on the impact. His passenger, Mr. Hendricks was found pinned half in and half out of the aircraft. He had sustained a broken jaw and had suffered considerable exposure. He was given first aid and taken immediately to Ashcroft hospital where he was given minor treatment and then flown via Albatross to Vancouver.

SAR Carey started in Kamloops October the 7th under Captain Papp as Searchmaster. The object of the search was a Mr. Carey who had left Pentecost on his first cross country solo and did not return. After searching an area that would encompass any possible route Mr. Carey could have taken several times the search was terminated on October 15th. Unfortunately the results were negative.

The Airvac occurred on Saturday the 12th. The call came from Vanderhoof and was answered by an Albatross. On board were Captain Wiseman and Captain Adams and the Medical staff was Nursing Sister Marg Keenan and Cpl. W. Grant. On arrival at Vanderhoof the patient Mr. Mossbank was found to be a badly smashed up car accident victim. He was accompanied by Miss Balla local nurse. Throughout the two and a half hour trip he required the constant attention of the medical crew. The intended route was to go to Vancouver via the Fraser canyon. Due to the patients condition low altitude was mandatory throughout the trip. The low altitude, the close proximity of the canyon walls and the rapidly falling darkness forced the decision to divert to Kamloops where the patient was off loaded to an awaiting ambulance, where he was taken to hospital.

## Every little bit helps

Two small cash awards for \$10 were made by the Suggestion Award Committee this week. They went to Mr. Ronald Hornsby of the Supply Publication section and CWO Tom Buchan, no longer on the base.

Although neither suggestion was adopted, a token award was made as compensation for a good suggestion, not acceptable for reasons beyond the control of the suggestors.

## Saskatchewan Commander given severe rep!



CDR. N. S. Jackson negligently hazarded one of her Majesty's Canadian ships in that he between 1030 hours and 1115 hours, September 8, 1968, while in command of HMCS Saskatchewan on passage from Vancouver to Esquimalt, British Columbia, failed to take adequate precautions to ensure the safe approach to and transit of Active Pass, having regard to all the prevailing conditions, with the result that the ship touched ground and was damaged.

## Old Vets To Belgium

OTTAWA (CFP) — Canada's fighting sons of the first world war — more than 100 of them — will return to scenes of battle this November to honor fallen comrades at 50th anniversary ceremonies of the 1918 armistice.

The veterans, now in their seventies and eighties, will be flown to Belgium in an air transport command Yukon. In Europe, the group will tour battlefield sites Nov. 2-12. They will be joined by two chaplains, two sentries, a piper and bugler from Canada's NATO forces.

At Le Mons commemorative rites Nov. 10-11, the party will be joined by a corps of drums, a 12-man firing party, wreath bearers, a flag party and more sentries from 4th Mechanized Brigade Group in Germany.

Thirteen battlefield memorials the exploits of Canadian and Newfoundland troops in the 1914-18 conflict.

Accompanying the former members of the Canadian Corps will be survivors of the naval and air forces and representative survivors of the senate, houses of commons, the major veterans' associations and some of the corps' Victoria Cross winners.

Ceremonies to be held in Ottawa as well as in Europe, are being organized and directed by the department of veterans affairs, in cooperation with the department of national defense and external affairs, and the privy council.

## Fluoridation blamed for tasty water at base

Complaints of "I'm being poisoned," "This water is terrible," and "I'll never touch the stuff again" have been pouring into the Times office during the last few weeks. This complaint has unanimously pointed the finger of guilt on the fluoridation of the Base water supply. In the interest of it's readers the Totem Times dispatched one of its Ace reporters to the C.E. Section to investigate and bring back the answer, once and for all, to the question of the effects of fluoride in our drinking water.

The Base Construction Engineering Officer, Major R. E. Cousins was approached and presented with one specific complaint. The complaint was of foul tasting and smelling water in a certain PMQ. Major Cousins offered a complete inspection of the Base Water Works and to have any tests necessary made to help clear this matter up.

Mr. G. H. Marriott acted as our guide and our first stop was the Pump House. Under the close scrutiny of Captain M. G. McRae of the Dental Clinic, Cpl. Ralph Williams, a water, sewage and P.O.L. technician took a sample from the water supply and tested it for fluoride content. This test showed that the fluoride content was between one and two parts of fluoride per million parts of water. This is the prescribed level set on this base. Cpl. Williams explained that the water system is monitored by the Surg O and the Provincial Department of Health and Welfare. A sample of tap water is taken from random sites each week and tested locally. Daily tests are taken in the pump house to monitor the fluoride and chlorine content. Twice a month accumulative samples are sent to the Dominion Government and once a month a sample is sent to the Provincial Department of Health and Welfare.

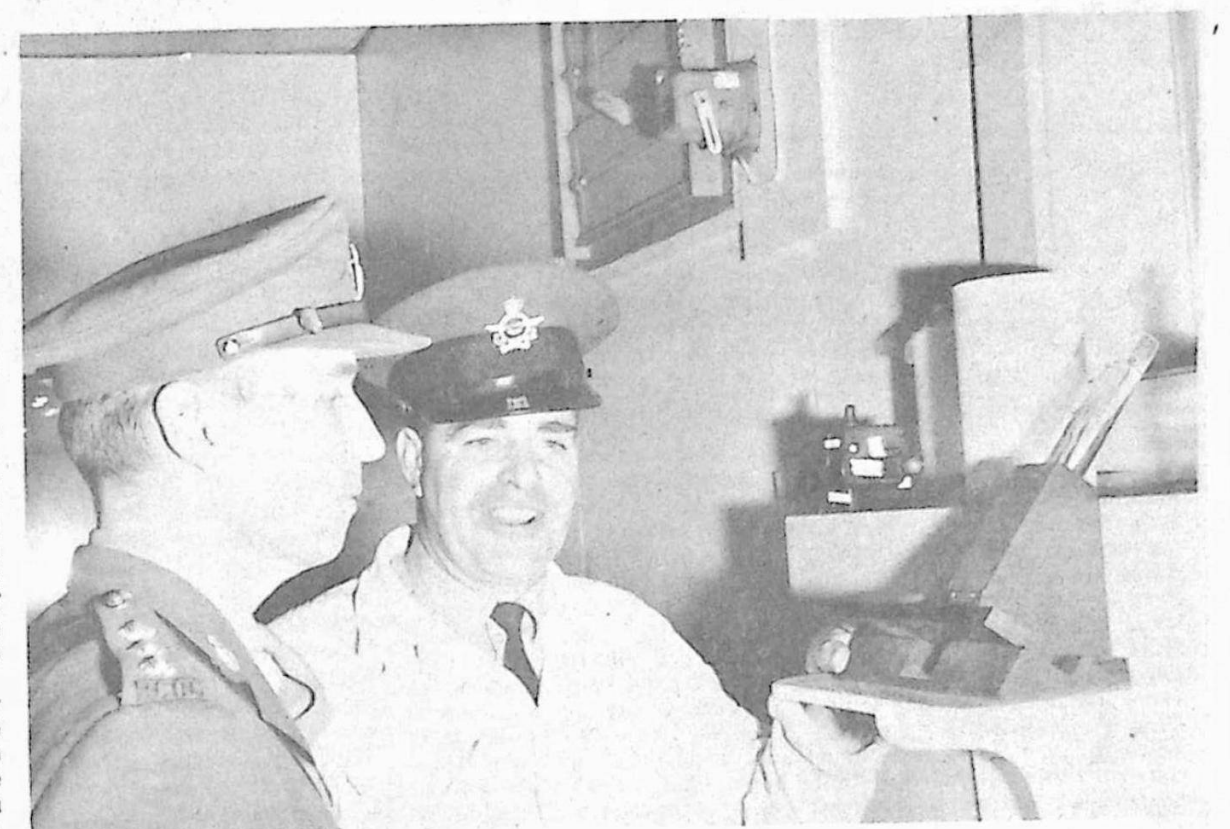
Our next stop on the inspection was the PMQ where the complaint originated. Landing with Dental Officer, two crack water works technicians, an electrician, three C.E. Personnel, a photographer, and the Times reporter we surprised the lady of the house and scared the children out of their wits. With the exception of one of the Water works technicians who wouldn't touch the stuff, the entire party had a drink of water. It was unanimously agreed that the stuff tasted terrible and smelled worse. Water from the tap was tested on site for fluoride and found to be between one and two parts per million.

Next we inspected the "Deep Wells". This site is a way back in the sticks and houses the "fluoride putting in" machine. Unable to wait any longer the Times reporter rushed up to the machine and put his nose over the vat that holds the raw fluoride. To his utter disappointment it was completely odorless. Captain McRae and Mr. Marriott showed reputable technical references which stated that the fluoride is completely tasteless. This definitely ruled out fluoride as the cause for the unappetizing water in the PMQ.

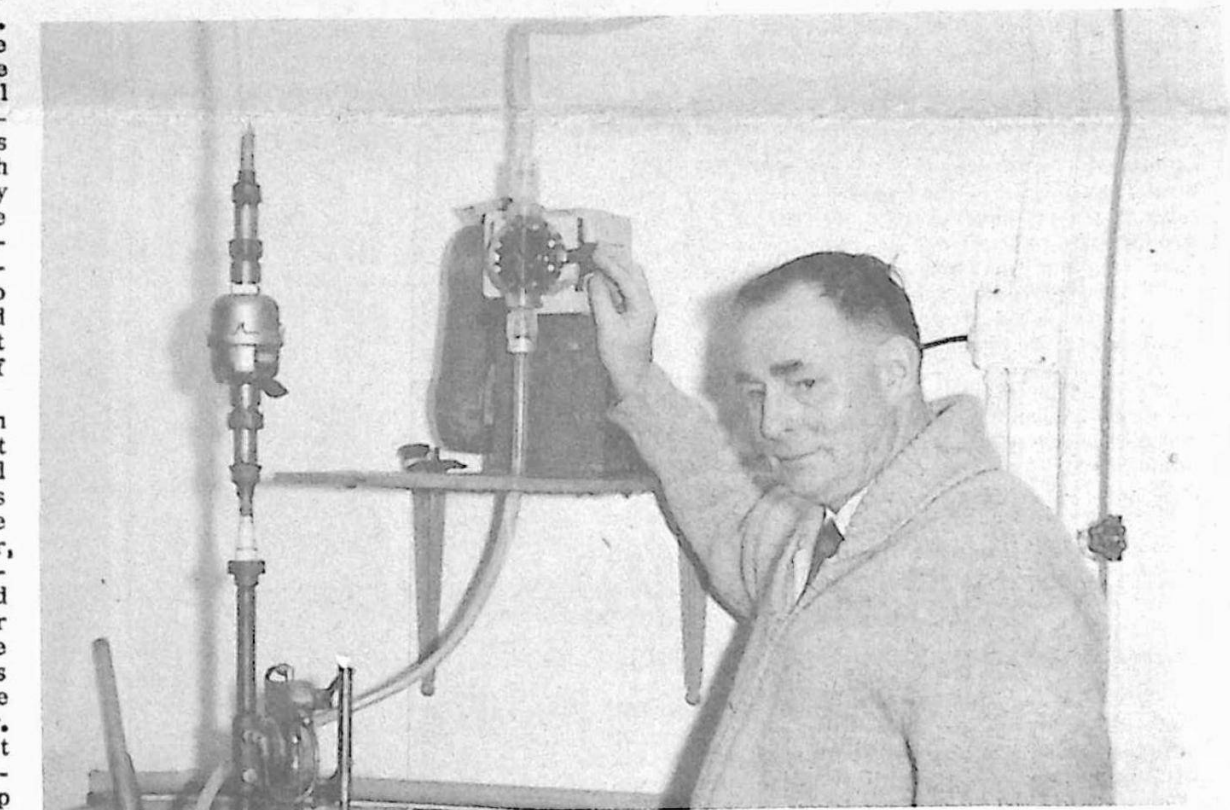
Back at the PMQ another sample of the water was taken and tested for chlorine. The result showed an accumulation of point six parts of chlorine per million, normal base level is about point one to point two parts per million. A reading of point six is quite acceptable but is high enough to taste quite objectionable and ruin a good cup of tea or coffee. At last the culprit had been identified but the reason had to be found.

Results of a preliminary investigation showed that this particular PMQ is on a dead spot on the water main. A dead spot is a dead end of a water line where the water is not moving unless it is being used in the house it is serving. In such a line the chlorine can accumulate overnight to a point where it is objectionable. C.E. advises that if you are having this problem, run your water for a while before using it. The C.E. Section is also instituting a program of line flushing by opening the fire hydrants periodically.

As a final check we phoned the B Surg O Major R. F. Thatcher and asked "Sir what are the acceptable levels of chlorine in



**DOWN AT THE WATERWORKS:** Crack Water, Sewage and P.O.L. technician Cpl. Ralph Williams performs the fluoride content test under the watchful eye of Captain M. G. McRae, Dental officer. The base fluoride level is maintained at point one or point two parts per million. (Times Photo)



**THE SUSPECT:** Mr. G. H. Marriott points out the suspect, the Fluoride puter-in device. Examination of the device showed that it has a "Fail Safe" feature in that it cannot deliver more fluoride than it is set for. (Totem Times Photo)

## Good show award



**GOOD SHOW:** While completing a BFI and turn-around on a CF-101 at Comox, Cpl. J. Novak discovered a bolt missing and another partially extending from the inner portion of the right aileron hinge. Following this discovery a special inspection disclosed another aircraft with the same unserviceability. Had one of these bolts remained loose it could have come free, jamming the controls and causing a major accident. The fact that these bolts are difficult to see demonstrates Cpl. Novak's competence and thoroughness. His commendable attention to details made a substantial contribution to flight safety.

## RCAF memorial to be established at Trenton

Plans for an RCAF memorial complex and park were announced at CFB Trenton on Sunday, September 29. A plaque was unveiled to symbolize the beginning of the project.

The long-term plan for the memorial consists of a building complex set in a 35 acre park just west of the Trenton Air Base. The memorial will include space for chapels, a small museum and eventually a hall to provide facilities for the holding of ceremonies marking special days in the history of Canadian Military Aviation. This space will also be available for

appropriate social functions.

Plans for such a memorial have been discussed by senior officers of the RCAF for many years but the final blue-print and site were decided upon only a few months ago. Trenton was selected as the most appropriate site for the memorial by the committee in charge after prolonged and searching discussion with many interested organizations and individuals across the country. The air base at Trenton has played a predominant role in the development of the RCAF and it remains today a major Canadian military air

base. The Department of National Defence has agreed to provide the site for the memorial and to assume responsibility, through CFB Trenton, for its care and maintenance.

The decision to build the memorial has already received enthusiastic support from former RCAF bases and units and the project has been unanimously endorsed at annual meetings of the Royal Canadian Air Force Association and the Air Cadet League.

The preliminary aspects of the architectural work are being looked after by Dr. Eric Arthur

who contributed substantially to the design of Toronto's new hall. It is planned to begin construction in the Spring of 1969 and it is hoped to complete the memorial by September 1971 and hold the annual Battle of Britain ceremonies there.

A national fund-raising campaign through service and public subscription will be inaugurated shortly. Brigadier General D. J. Adamson, the Chief of Staff of Air Transport Command Headquarters at Trenton, is chairman of the memorial committee. Enquiries should be directed to the RCAF Memorial Fund, Box 310, Astra, Ontario.

## PAY REVIEW

"Negotiations on the cyclical pay review are continuing and decisions are likely to be announced about the end of this month. The effective date of pay adjustments will be made retroactive to 1 Oct. '68."



## UNISKINS by mac



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WHILE OTHERS TEACH US NOT TO SMOKE PIPE OF PEACE IN SLEEPING ROBES



## Night Hawk's Nest



The 409 nest has been feathered with a new navigator since our last publication, Captain Don Kinney, while new to 409 Squadron, is a familiar face in Comox as he has just completed a tour with our capable Air Traffic Control section. Welcome to the fold Don and Elsie, may you enjoy this tour as much, if not more than your previous one.

All Nighthawks rise and applaud Captain Fred Williams who now has the distinction of being the only Canadian squadron member who has more than 1,000 flying hours time on the Voodoo. Fred accomplished this feat while flying with Captain "Beagle" MacLeod. Not to be outdone on the ground Fred also tried to reach another milestone. He was sure - in fact he was certain - he could make two objects occupy the same space at the same time by manipulating one in a special way. Initially his experiment seemed to be succeeding but unexplainably it suddenly came to a grinding halt. Undaunted he has returned to the drawing board in the simulator to find the error in his calculations and practice with electronic targets. Fred was not available for comment as to when he figures he'll have all the bugs ironed out of his theory and or if he has set a date for another practical demonstration.

Captain Gord Saunders and Lieutenant Harry Redden have been released from the hospital after a stay of several days and are on the road to good health. The complete story can't be told here but their malaise seems to stem from the fact that Jethro spent too much of his life on the bald prairies.

He is still amazed at all the hills and dales in the area and some of his fascination for scenery has rubbed off onto Harry. In fact they both have been known to

spend many of their off duty hours exploring the country side in the pouring rain. Now this is in itself normal and understandable but it becomes outstanding and exceptional when it is done after sunset. It is good to know you both are back on your feet again but aren't you going to extremes just to see your names in print?

The new darts and dart board in the QRA have been set up and are in continuous operation. Aside from the normal broken hearts of the losers, Captain Laurie Bastie is perhaps the games first casualty. No, he didn't catch a dart he caught a cold. It is incredible but true. The mental strain and physical effort of the game caused Laurie to perspire profusely. The motion of his arm plus the vortices from the darts set up a small draft and it was from this combination that he became grounded. Due to the rising popularity of darts he feels steps should be taken to avoid having the whole squadron grounded because of colds. First he suggested that we acquire light weight air conditioned suits, similar to those the astronauts wear, to play the game in. Failing this, the solution would require setting up a well regulated and monitored schedule for dart games or denying a percentage of crews from ever approaching the games area while on squadron strength.

Further suggestions for solving this problem would greatly be appreciated.

A well played game of "staying out of the briefing room during an exam" was held at Ground School on Friday last. Some managed to miss the exam easily but unfortunately they also missed an informative talk given by Captain John Harrison on south-east Asia. Thank you John from all of us.

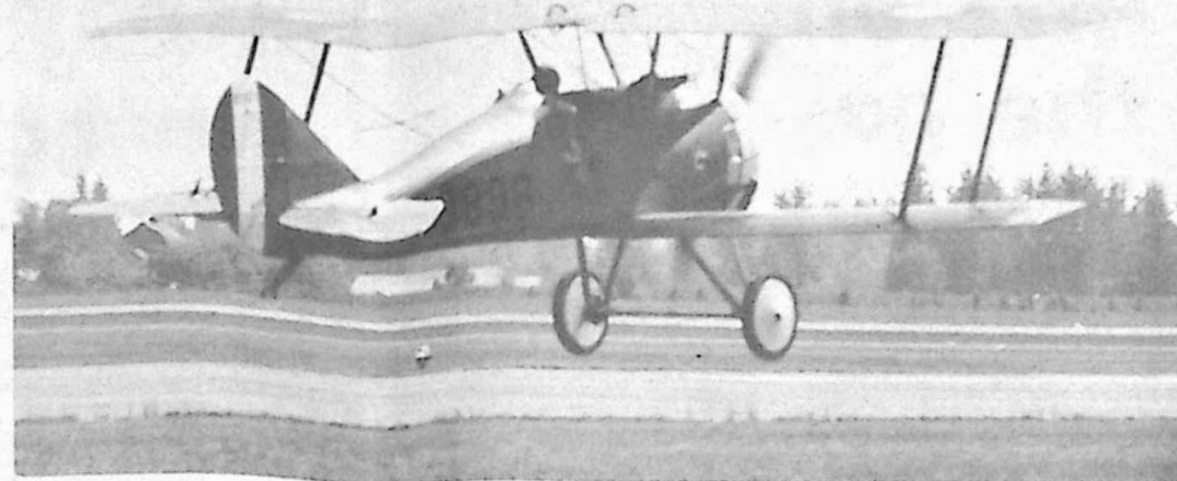
## Aviation Trophy Winner

OTTAWA, Oct. 1 — Canada's top aviation award for 1967, the Trans-Canada (McKee) Trophy, has been awarded to Lt.-Col. R. A. White. A joint civilian and military committee meeting this morning at Canadian Forces Headquarters considered five nominations before selecting Lt.-Col. White for his outstanding achievement in setting the Canadian absolute altitude record of 100,110 feet last December.

The selection of Lt.-Col. White for the 1967 award has been approved by the Hon. Leo Cadieux, Minister of National Defence, who is official trustee of the award.

Lt.-Col. White, who is senior test pilot of the Aerospace Engineering Test Establishment located at CFB Uplands, flew a specially modified CF-104 Starfighter on 11 successful runs above 96,000 feet before reaching 100,110 feet on 14 December, 1967. He headed a government and industry team effort which exercised much of Canada's national aerospace research and development capability in achieving this Canadian record.

Lt.-Col. White was born in Sudbury, raised in Kirkland Lake and now lives in Ottawa at 81 Pine Glen Crescent. Married to the former Leta Doreen Smith of Meaford, Ont., he is 39 years of age and has four children. He joined the RCAF on graduating from the first post-war class at



Lt. Col. White noses his aircraft into the early morning wind, opens the throttle and roars off into the blue to set the new Canadian Altitude record of 100,110 feet. Lt. Col. White used a highly modified CF-104 Starfighter equipped with a supercharged, dual carburetor rotary engine. In commenting on his flight, the Col. stated he had encountered heavy F.O.D. concentrations over the Ottawa valley. (J. Tremblay Photo)

Royal Military College, Kingston, in 1948 and is a mechanical engineering graduate of the University of Toronto.

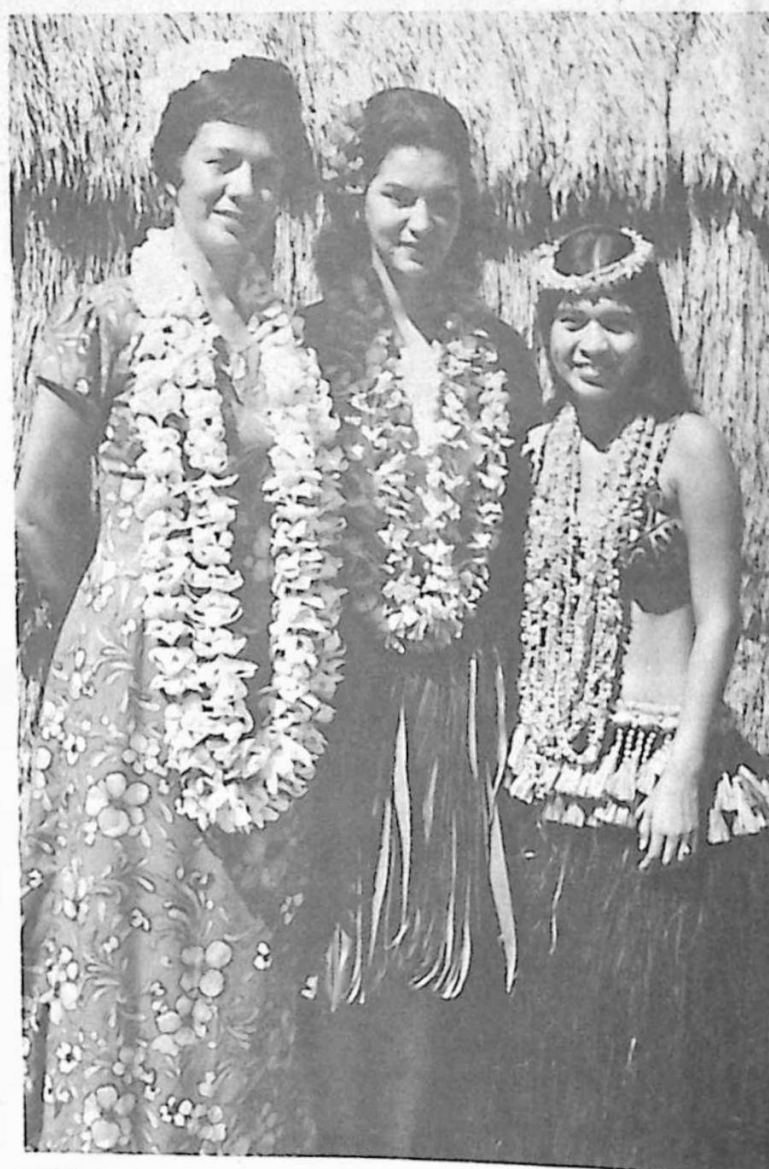
The Trans-Canada (McKee) Trophy was donated by amateur pilot J. Dalzell McKee in February 1927 for annual award to top contributors in aviation pioneering. It was last presented in 1966 to Philip C. Garrett, a well-known pioneer in Canadian aviation who was then president of DeHavilland of Canada. The conditions of the award have recently been modernized and are based primarily on outstanding contributions or spectacular achievements in the field of operations.

The trophy will be withdrawn

from permanent display in the National Aviation Museum for presentation to Lt.-Col. White by the Minister of National Defence on Oct. 24. A dinner hosted by the Minister and attended by former winners of the award will be held at the CFB Rockcliffe officers' mess to mark the occasion.

The marine spiny lumpsucker, a fish on display at the Vancouver Public Aquarium, looks like a "ball" of fins. Living off British Columbia, it comes inshore to spawn every fall.

## Hawaiian Scenery



## ALOHA OAHU

STORY & PHOTO BY J. TREMBLAY

After a long and uneventful flight of seven or so hours in a smooth flying Yukon, teammate of our Demon Argus, we almost landed at the right airfield. Well, almost; however we had to settle for Barber's Point on the Island of Oahu. This huge Naval Air Station was to be our new home for the next ten days during Operation Fairweather (I think).

Our barracks were located directly in line with the incessant sound of a bugling system (the original bugler was shot and now all that is left is the worn out recording). In between bugle calls, we got acquainted with flies, mosquitoes and miniature crocodiles. We were issued with smelly candles to kill those insects, but most of the boys still bear scars. During our visit, we rented U-Drive cars, and spent a lot of spare time visiting this beautiful Island from one end to the other. The weather was warm and sunny and there were periods of frequent rain showers (The weather changes very rapidly in Hawaii).

One of the most colorful shows ever presented, is the Hula show, sponsored by the Kodak Company, which has been going on since 1938. Thousands of tourists line up to see the show which takes place on Monday and Thursday mornings, next to the Natatorium on Waikiki Beach. It is spectacular with the beautiful Hula dancers accompanied by a chorus of singers and their instruments. The chorus is composed of elderly ladies and their singing is superb. The show lasts one and one-half hours, and no one should miss it.

During our drives, we climbed the Koki Crater both at night and during the day. From the top one can see 360 degrees of beautiful landscape.

To get away from the usual tourist trapping devices, the best thing to have is your own car. Equipped with a road map and a list of all the points of interest, all you need do is to drive wherever you want to go. We saw just about everything and even had a go at surfing and body surfing.

Honolulu is a real swinging place both day and night, but more so at night. You see all the tourists sporting muu mus (native dresses of colorful design), and one can hear the flow of money through cash registers in tune with the native music near the night clubs.

No one should miss an opportunity to visit the Hawaiian Islands. It is a tropical paradise. However, on a beer budget, we must come home with a muu muu for mama at least, Pau (end)

P.S. - 407 Squadron is to have a brand new bugling system installed for visiting people with navy blood.

## Navigator Aces Pilots

Capt. E. N. Bernston of Eaton, Saskatchewan, has achieved a 100 per cent academic record during his pilot training at CFB Borden and CFB Moose Jaw. This is the first time in the long history of Canada's Training Command that any officer has managed a perfect score on all of the many ground examinations. During his primary flying training on the Chipmunk aircraft at Borden, and jet training on the Tutor at Moose Jaw, Capt. Bernston never failed to gain a perfect mark on all his written tests.

A former CF-101 navigator at CFB Bagotville, Quebec, Capt. Bernston is being cross trained as a pilot at CFB Moose Jaw. He is shown above with Snoopy, the mascot symbol of ex-Golden Centennaire Aerobatic Team Leader Major. C. B. Lang's Ground Training Squadron at CFB Moose Jaw, Saskatchewan.

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It pays.



# DEMON



## DOINS

After a short sojourn in the Hawaiian Islands your reporter is back at the old stand, slightly suntanned. While the stalwarts of B flight were ground training, the operational section, A flight, went to Hawaii and showed the flag.

The exercise was a roaring success, every crew returning from its sortie with good results. A message of appreciation was received from the Commodore of Fleet Air Wing Two, Capt. Sulick.

During the rare off periods the detachment enjoyed periods of rest on the island of Oahu. Although not the largest island it is the centre of the state of Hawaii and the tourist centre of the islands. Of course everyone has heard of Waikiki beach and Honolulu. Both of these attractions are on the island of Oahu. Honolulu itself was very disappointing to myself, in that Waikiki beach, though very nice, is not the wide clean stretch of sand that it is pictured to be. Much narrower and built up right to the water's edge, littered to a considerable extent by empty bottles and paper cups, it was a disappointment. On the north shore, there are many nice beaches with no hotels near, somewhat cleaner and with a much higher surf. One very interesting place in Honolulu itself is the International Market Place. Here, many small shops sell souvenirs and native handicrafts.

Almost every shop has an artisan outside actually making whatever they sell inside. Every noon, there is a display of Polynesian handicrafts, by the members of the Polynesian Cultural Centre. The Polynesian Cultural Centre is run by the Mormon church in conjunction with a college. The college brings to Oahu members of every island and cultural group in Polynesian chain and between getting an education they run a centre where all the arts and crafts are kept alive and on view for the tourist.

For a \$2.75 entrance fee (military rate) you can view a native village, watch coconuts being opened; food being prepared and at night attend a luau complete with native dancing and drumming. A whole afternoon and evening is required to really see everything.

The beaches are something else again. All beaches are accessible, that is no one person can own and seal off a beach as private property. Many of the beaches are state parks, with a bath house and lifeguard on duty. For those interested in surfing, the best surfing beaches are also the most dangerous for under-tows and other vagaries of the currents. One of the very interesting places is Waimea beach, where Capt. Cook first landed on the islands. When surfing was only for the Hawaiian royalty, this was the place most utilized. About a mile above the beach is 'Waimea falls, a pool of water below it, surrounded by lush vegetation and rocky walls. In the legends of the Hawaiians, it is said that the more people that dove into the pool the higher the waves on the beach would be. This also looks just like the scene in the movies when the intrepid explorer breaks through the foliage and discovers the natives frolicking in the water. Some less cowardly members of the expedition swam across the pool and sat under the waterfall to the delight of many tourists who thought this was a part of the show.

If you ever get down to Hawaii, I strongly recommend a fresh pineapple from the fields. When ripened in the fields, this fruit tastes far superior to anything in the cans.

Hawaii in general then is sun, surf and sand. You reporter is still picking some out of his ears and nose from being inundated by a large wave and buried in tons of sand. There is another story on the detachment itself in another section of this paper.

To all new members of the squadron, I extend a hand of welcome and will try to name you all in the next installment. This time I was lax. There is a particularly hearty congratulations to two new captains on the squadron; Capt. Dunby and Capt. Friesen having just been promoted from the other rank. Your friendly reporter has been in the bar at regular intervals since these promotions took place but has yet to get a drink from these two. Perhaps next week I will be able to report this joyful occasion to have taken place?



## Fibre worth \$880 to DND

OTTAWA (CFP) — Got any old pieces of equipment around your shop that could be replaced by a chunk of fibreglass?

Better take a look because base Halifax's R. M. Dodge suggested fibreglass for metals on sonar equipment and picked up \$880.

He's just one of 24 servicemen and DND civilian employees who split \$3,000 in awards according to the latest list of winners released by the defence department's suggestion award people.

MWO J. Kinnear, an ammunition wallah at base Petawawa, Ont., earned \$465 for devising an easy method of identifying a serviceable primer — that's the thing that starts the big bang in an artillery round.

Out west in Cold Lake, Alta., Cpl. R. C. Meldrum's idea of installing stops on the CF-104 Super Star Fighter ground speed demand control unit netted him \$240. The stops save breakage of the aircraft's 200 Ohm resistors.

At the same station, \$160 went to Cpl. F. M. Graybill whose idea took the play out of aircraft towing tractors range selectors. His suggestion — weld a pair of metal sleeves to the shifting linkage. He saved possible damage to tractor transmissions whose selectors indicated a neutral position when, in fact, they were in gear.

## SeaLab III

SAN DIEGO, Calif. (CFP) — Just as men are exploring the wonders of outer space so others are attempting to solve the unknowns of "inner" space — below the sea.

For 40 naval aquanauts from four countries the man-in-the-sea project known as Sealab III will submerge off the California coast in October. The project of underwater living is of world prominence.

Two Canadians are among the Australian, British and American divers. They are Lt.-Cdr. Lawrence M. Lafontaine, 34, of Montreal, and Leading Seaman William P. Lukeman, 27, of Antigonish, N.S.

Operating at a depth of 600 feet, the aquanauts will carry out a series of experiments in salvage techniques, oceanographic and marine biological research, and physiological and human performance during the 60-day operation.

Object of the Sealab series is to gain knowledge and know-how pertinent to the adaptation of man to the deep-sea environment at ambient pressure.

For the Canadians, both first class divers, intensive training began last January at east coast diving establishments in Washington, D.C. and Key West, Florida. Now they are working on the west coast at the deep submergence systems project technical office (DSSPTO) in San Diego, Calif.

Here the training includes daily open-sea diving exercises, instruction in the operation of Sealab III equipment, including special tools, and additional practice in safety procedures.

As D-day (down day) approaches, the men who actually will serve as aquanauts will be selected. Forty men will be chosen and divided into five teams of eight aquanauts each. The re-

## Demons-Ex

Sunny NAS Barbers Point, on the island of Oahu Hawaii, played host to a detachment from the 407 (VP) Demon Squadron. Under the command of Major Bob Greenlaw, the detachment flew sorties in conjunction with various United States Navy air and sea forces. In aid of the exercise the Demons supplied two Argus aircraft with supporting air and ground servicing crews. 407 has utilized NAS Barbers Point facilities in the past but this was the first show of strength with the Argus.

A good show goes to the servicing crews for keeping the aircraft serviceability rate high under very warm and humid conditions. Further success was enjoyed in the air. Had the Demons been allowed to employ their kill capability the exercise would have been over very early in the game.

While in Hawaii, V6, (Blue Shark) Squadron, acted as the official host. Their spirit of support and co-operation certainly gives any operation a high degree of success. Working around the clock the Demons and VP 6 Sharks maintained constant watch over the assigned areas. The Argus, endeavoring to show its ASW capability in the Pacific, more than proved it can compete on an equal basis with other ASW aircraft and equipment.

maintaining 12 trainees will be assigned as support divers for the experiment. The support divers will be based on the Sealab surface support ship Elk River and will assist in rigging, lowering, replenishing, and then raising the seafloor habitat.

Last April the two Canadians in Sealab established a Canadian forces depth record for self-contained underwater breathing apparatus divers using the saturated diving concept. Lt.-Cdr. Lafontaine and Ldg. Sea. Lukeman descended to 600 feet in a 24 1/2 - hour experiment off Washington, D.C., where they conducted equipment tests and medical analysis.

**A JOB WELL DONE** and a best of Demon luck is bade to Sgt. Mert Lowry by Col. John Middleton CO 407 Sqn. Mert has decided to leave the Forces in favour of the casual life with the beautiful people down island around Duncan, B.C. on Vancouver Island. When asked why he was retiring so soon, Mert could only reply that he wanted to get into the ship salvage business and the quicker he got near a Navy base, the more profitable it would be!

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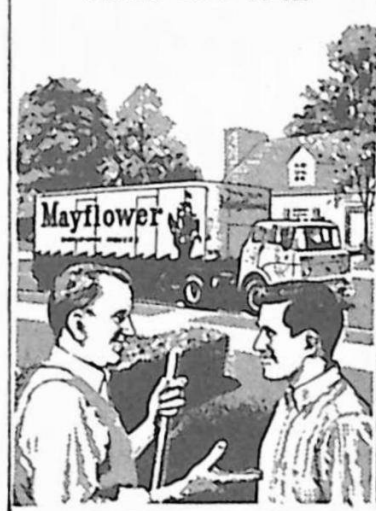
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## WHO SAID "LAND HO?"



Designed and built in Canada, HMCS Saskatchewan is the second of six "Mackenzie" class destroyer-escorts built in Canadian shipyards. HMCS Saskatchewan was built in Victoria, British Columbia, and was commissioned into the Canadian navy on February 16, 1963.

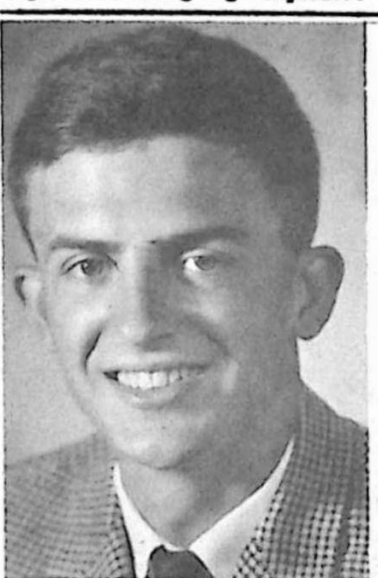
The ship carries 13 officers and 236 men, most of whom are from homes in Western Canada. She has an overall length of 366 feet and a beam of 42 feet. Her displacement is 2,900 tons, and the ship's twin screws are powered by geared steam turbines. The destroyer-escort has a top speed of close to 30 knots, with a high degree of manoeuvrability provided by twin rudders.

This warship has been designed specifically to deal with the most modern type of submarine or its successor of the foreseeable future under a wide variety of weather conditions — including worst extremes of the Atlantic or the North Pacific. She is insulated and air-conditioned for both the fighting efficiency of the ship and for the comfort of those serving in her. The rounded lines of the ship will counter ice formation, and also facilitate in countering effects of atomic fall-out. Anchors are housed in recesses to reduce ice-forming spray. The captain of the ship, usually located on the forecastle, is below decks. previous methods of ship-

handling during action have been revolutionized in this ship by a host of electronic aids. Complex radar and direction-finding units can pierce through fog and darkness. During action, the captain "fights" his ship from the Operations Room. The wheelhouse is on the lower deck, three decks below the bridge, for reduced vulnerability during action.

Anti-submarine weapons are the principal armament of the ship. They include two three-barrel mortar mountings, each capable of firing high-explosive

projectiles simultaneously and with great accuracy in any direction. The mortar weapons are controlled by electronic units which locate and track a submarine then fire deadly mortars at the right moment. The ship is also equipped with homing torpedoes which can alter course to pursue an enemy target taking evasive action on or below the surface. Other weapons include three-inch, 50 calibre; and three-inch, 70-calibre radar-controlled guns each with extremely high rates of fire.



**WINNER of \$4,000 Scholarship... Robert Steacy.**

## Steacy does it again

A \$4,000 General Motors scholarship was the top prize won by Robert. In addition, he was presented with the Galloway shield and bursary, for highest standing in the school in junior matric exams; a slide rule from the Association of Professional Engineers for highest marks in math in grade 12 government exams; the MacInnis award of \$100 for highest marks in math in B.C.; first class honors in Junior matric exams with three-quarters of tuition fees returned and the Governor-General's bronze medal for second highest average marks in grade 12 scholarship exams.

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# TOTEM TIMES

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## A Touchy Situation

The Canadian Government's decision to send food and medical aid to Biafra via Canadian Forces aircraft was one rather significant. From all across Canada our government has been subjected to cries ranging from "negligence" over the Biafran situation to cries encouraging apathy. The fact that our government is using our military aircraft in this problem is illustrating for all people their ability to arrive at rational decisions without prejudice. Some of the implications and arguments concerning the use of military aircraft in this matter will now be discussed.

The severest criticism that will confront our government is that the Nigerian-Biafran situation is entirely a civil matter and by employing our military aircraft there in any way, we are in fact taking sides. Canada has already stated that we do not formally recognize the breakaway regime of Biafra, therefore the use of our aircraft in rebel held territory could be an action deserving of explanations to the legal Nigerian Government in Lagos.

The fact that we will be placing these aircraft under the control of the International Red Cross will undoubtedly save us some explaining. Had we decided on a course of direct Canadian aid to Biafra we would have left ourselves at the mercy of the Nigerian Government which stated that they would shoot down any unauthorized flights into Biafra. Nigerian officials insisted that all mercy flights should originate from that country as they were worried, quite understandably, about the possibility of munitions being smuggled into Biafra under the guise of medical aid or food. Biafra, on the other hand, is leary of aid arriving from Nigeria as in her opinion, the Nigerians would not be above tampering with the food and medicine in their efforts to win the war. A touchy situation either way.

All in all the problems seem to be sorting themselves out and the big losers in the affair, the starving Biafrans, will soon be receiving their much needed aid from around the world. Latest estimates of this sordid situation show that over 500,000 people have died as a result of food and medical shortages from this senseless war. The only way by which the people concerned could hope to completely solve their dilemma would naturally be to end the war, however, since this is rather unlikely in the near future the only course left open for concerned foreign powers would be a policy similar to ours.

## When is a home a home?

In what appears to be a hastily conceived crash program the Minister of Transport, Paul Hellyer has started a new commission on the question of housing in Canada.

As members of the Armed Forces we are all familiar with the problems involved when our number comes for that long overdue posting. In fact, housing is usually the big problem whenever that time arrives. It is common knowledge that those bases with adequate housing are indeed few and far between. For many the question of going into an apartment is impossible due to the presence of too many children or too much furniture or a combination of both. The end result is that agonizing question of whether to buy or rent.

At this point the problems being examined by Mr. Hellyer are brought directly to our front door, so to speak. We are presently living in an area that is usually referred to in the press as a growing community. Many of us prefer to call a spade a spade and call it a high cost area with fantastic prices being asked for land and/or houses. To try and differentiate between our area and the rest of Canada is the problem in front of the commission. Our present conditions may be purely local in nature or they may be a definite by-product of the presence of a large base with few available housing units. As servicemen we usually feel that our problems are a direct result of the latter, but I hope that the commission will consider this aspect of their inquiry.

Some of the proposals put forth by some of the larger contractors in the East are very reasonable but one can hardly believe they were based solely on altruistic feelings. Still, to put the possibility of owning a home into our hands is going to call for some drastic solutions. Obviously the lowering of the N.H.A. interest rate is a must along with at least ninety percent financing. It is practically self evident that a twenty-thousand home-to-days not much more than a fifteen thousand home of yesterday. Combined with the present restrictions on income imposed by C.M.H.C., you have to be in one of the top groups in Canada, that is if you believe them when they say the average income is less than five thousand dollars.

At this stage in the game it is hard to tell the results of this inquiry but one thing is certain. As members of the Armed Forces there is no other group in Canada

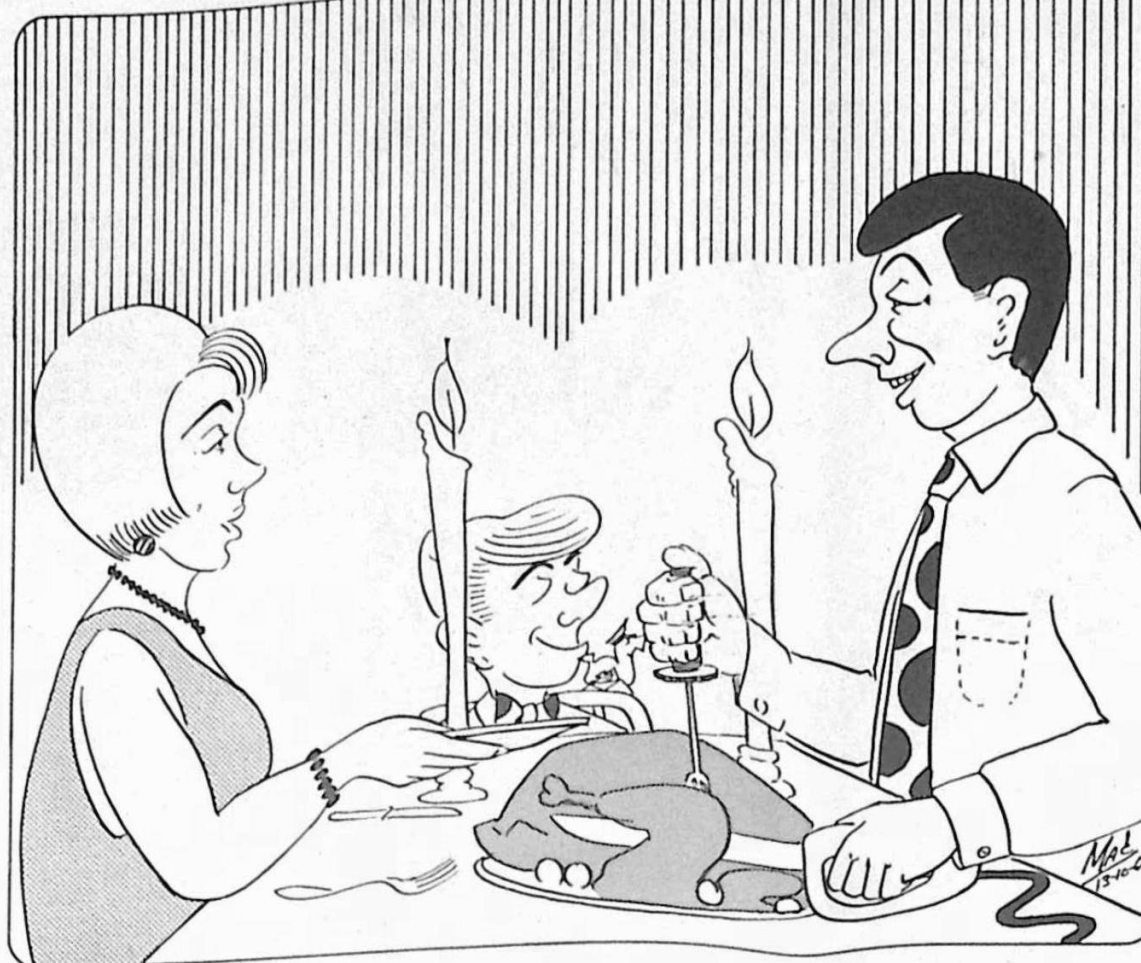
that could be more affected by the results of these hearings. It is hoped that our particular problem will be examined and will produce more than just another increase in PMQ rents.

## Licence or permit?

Do you have a driver's license? What does your driver's license entitle you to do? To drive, you say? No. Not exactly. It allows you to drive only within the framework of certain rules, regulations, and attitudes. With the modern proliferation of vehicle drivers, there is a widespread attitude that the freedom to drive is a right. This sort of driver fails to appreciate that every right carries with it certain responsibilities, primarily the responsibility not to infringe on the rights of others. In order to do this, each driver must ensure that his vehicle is in proper working order at all times; he must know and obey all traffic regulations; and he must be considerate of other drivers.

Drivers' licenses are handed out almost indiscriminately, regardless of the driver's attitudes or philosophy. I'm sure we all know Meek Millie who is always so quiet and considerate until the wheel of a car transforms him into a mechanical maniac, or Hoarse Harry who leans on his horn and shakes his fist if the car ahead of him doesn't jack-rabbit away from the light. These people feel that the highways are for their benefit alone, never stopping to consider that other drivers have just as much right to use the road as they have.

Although attitudes are so extremely important to highway safety, it would be difficult indeed to insist on a proper attitude before issuing a permit to drive. However, when a person does give evidence of his inability or his unwillingness to drive according to the code demanded, his license should be revoked until he can reasonably show why it should be reinstated. A morning spent in magistrate's court can be a very interesting and informative couple



I could feel a lot more thankful if I knew how much the raise is going to be.

## Wallets lose out in space race

By CPL. LANCE STERLING

It seems odd that in this day and age when everyone is concerned with losing weight that our pocketbooks are getting fatter. What looks like a brick in the back pocket of those blue jeans that sit swivelled down the street is more likely to be a billfold crammed with everything but money.

A lot of the bulge in the back pocket can be laid at the door of the plastic industry. Before plastic laminations and polyesters were invented most wallets were pretty slim. Once somebody figured out how to get a piece of cardboard surrounded by see-through plastic or even better how to print right on the plastic, the escalation of the wallet was inevitable.

People and organizations, that up to that moment were content to get by without any type of formal recognition, suddenly decided that what they needed most was a bit of pasteboard, or a reasonable facsimile thereof, signed and countersigned.

What brings you up with a start is to realize that this blue suit union we belong to is adding to the proliferation of authorizations - although they don't advertise on TV. It takes something unusual, like going on sick parade for what feels like arthritis of the hip and finding out your billfold is cutting off your circulation, to bring home the point.

There is only one way to get relief from that sort of problem. Pull the offending pile of cards out of that tired old wallet and carefully prune the ones that are not needed any longer. This of course can be a titanic chore, deciding what has to go. Many of the cards are really important. For instance, going through my old souvenir, Maple Leaf Stores, genuine calfskin, RCAF seal imprinted, billfold, I found an identification card, two immunization records, an emergency data action card, a restricted area security responsibilities card, a projectionist card, a chill temperature chart, a credit union

calendar, a social insurance number card, a library card, an altitude chamber card, a corporal's club (honorary) card, a military driver license, and a blood donor's card.

Take these one by one: - Identification Card - Canadian Armed Forces. This, you have to admit, is a pretty important card. It has a picture, taken several years ago under the baleful glare of a crusty warrant officer, complete with horrified stare and little hair. The weight is 20 pound light and my hair is now more gray than brown. The card is handy in scraping ice off your windshield and jimmying the front door lock on your house when you have forgotten your key.

- Immunization Record. Somehow I seem to have two of these, taking up twice as much space. It appears that some types of bug serum last longer than others so that over a period of years some columns on that shot record are filled before others. When this happens your nearby friendly hospital type gives you a free shot and another shot record. Then you suddenly have part of your shots on one piece of paper and the rest on another. Throwing the old one away will insure someone asking for it, not to mention disposing of a historical document of great sentimental value.

- Emergency Data Action Card. This tells me what to do in case of an exercise or alert. Should the balloon ever go up I only hope I have time to read it.

- Restricted Area Security Responsibilities Card. I think the same guy was the author for this as for the Emergency Data Action Card. It's a little hard telling the two apart.

- Projectionist Card. This card authorizes me to operate a 16 mm projector for military films. I guess I'm on my own for civilian flicks.

- Chill Temperature Chart. No one in their right mind would throw away a card that came in red, green and yellow. I can't

read the chart but there are several important phone numbers on the back.

- Credit Union Calendar. This will be handy if 1965 ever comes back.

- Social Insurance Number Card. This is a must as I can never remember my sin. My wife says forgetting one's sin is a sure sign of old age.

- Library Card. Unfortunately this looks a lot like the card I have to pick up expendable supplies at Base Stores. I must have shown the wrong card somewhere because "The Adventures of Tom Sawyer" is now on my supply account.

- Altitude Chamber Card. Never will I forget the glorious promotion party the night before we went to the altitude chamber. Never will I forget the many ways my stomach struck back for the many indignities it had suffered, or the way that it struck, particularly above 15,000 feet.

- Corporal's Club Card (Honorary Member). Passport to many of the indignities mentioned above. Reverse contains several important phone numbers, motor pool at RCAF Bovingdon and Seemore's home among them.

- Military Driver License. This card represents a week of sit-down schooling, four days of double-clutching around the ramp and authorizes the bearer to operate a tug, a sedan, and a pickup truck with either right or left hand drive. Unfortunately, it doesn't tell you where to park once you get there. I usually walk.

- Blood Donor's Card. The way it was explained to me, this is sort of a credit card. If I ever run short, I can show this card at any participating hospital and get a free pint. I try not to think about it.

There it all is. Every important piece of plastic or pasteboard and the reason for it. After looking at all of this stuff over maybe I should get rid of the calendar.

Now, in my civilian wallet...

## The dragon eats green

My name is inflation and I lead the pack. Never standing still, I'm always on the move, usually creeping, sometimes walking, but always looking over my shoulder so that I can see if anyone is gaining on me. Then I break into a gallop for a couple of laps. Almost everyone gallops along behind me, but when they

get tired or slow down, then I can go back to a creep. It's been a good year for me, all round. There were a few gains behind me, but mostly it was just jockeying for position. I don't have much of a conscience, but sometimes I do feel just the tiniest bit sorry for those behind me whose speed is regulated by governors. You know who I mean, eh? Those who are prevented from striking by law, like some civil servants and all servicemen. Oh, their pay is reviewed all right, and every once in a while they are given a bit of a handicap, but that's usually what it turns out to be, a handicap.

It's that time of year, men. The time when our pay is reviewed with an eye to making adjustments for the increase in the cost of living. Now isn't that just dandy? The last pay adjustment was labelled as a raise, remember? It was blasted all over the front pages of the nation's newspapers as Servicemen's Pay Raise. And since, because of the nature of our job, we tend to live in colonies, it means more money coming into any area in because cupidity is a very natural human vice, the rest of the population is only too quick to cash in the extra bucks that the servicemen are getting. Rents immediately go up. The price of a basket of food increases. Lots of houses appreciate in value. All this, without even considering the fact that part of the increase is already sliced off the top for higher income tax and higher pension payments. And so,

the adjustment which was expected to compensate for higher living costs since last year, and to place the serviceman at the same standard of wealth that was his last year, is bled away in higher taxes, higher rents and higher food bills. Where does it all end? Why, next year of course, when another pay adjustment is made to compensate for the increased costs that we will be paying from now until then. Now wouldn't it be just fine if, for once, the pay adjustment was made and it was simply called an adjustment instead of a raise? That old dragon, inflation, would probably not even realize that our original position in the gangle behind him. I wonder what it would be like to be as rich as I was a year ago.

ago.

NEXT  
TOTEM TIMES  
DEADLINE  
MONDAY  
OCT. 28

# HANSARD HIGHLIGHTS

Tuesday, Oct. 1; Page 624

PARTICIPATION IN DESIGN AND DEVELOPMENT OF NEW PLANE

On the orders of the day:

Hon. J. A. MacLean (Malpeque): Mr. Speaker, I should like to address this question to the Minister of National Defence. Will the minister confirm whether Canada has asked for an extension until October 15 before announcing whether the government intends to participate in the European consortium for the design and development of a new general purpose fighter bomber, and will the minister say whether a decision has yet been reached by the cabinet on this subject?

Hon. Leo Cadieux (Minister of National Defence): Yes, we have requested an extension to October 15. No decision has yet been reached.

Mr. MacLean: Can the minister say whether the decision on this matter is related to the review of defence and foreign policy, and will he confirm whether this review has been completed at the official level and is now before the government for consideration?

Mr. Cadieux: There is a degree of relationship, but I think the decision can be taken even before the conclusion of the review of external affairs and defence. There is a certain relationship, but I do not believe we will have to lose the conclusions of the review before we make up our mind whether we should participate.

Wednesday, Oct. 2; Page 710

BIOLOGICAL EFFECTS ON CHICKENS OF MICROWAVE TOWER RADIATION

On the Orders of the day:

Mr. Ed Schreyer (Selkirk): Mr. Speaker, my question is directed to the Minister of Agriculture or to the Minister without Portfolio from Winnipeg, since I understand he is something of a farmer as well. I would like to ask the minister whether he has received a complaint signed by several hundred residents of central Manitoba alleging that -

Mr. Speaker: Order, please. The Hon. member should ask the question directly.

Mr. Schreyer: I put the question to the Minister of Agriculture. Can the minister say whether his department will establish or initiate research into the biological effects on chickens of microwave tower radiation?

Some Hon. Members: Oh, oh. Mr. Speaker: Order, please. This question should be placed on the order paper.

Mr. Schreyer: On a question of privilege, Mr. Speaker, the laughter of hon. members might leave the impression that the matter is a bantering one, but it is quite serious and I hope Your Honour will take it that way.

Mr. Speaker: Order, please. This is why the Chair suggested that this very important and serious matter be placed on the order paper.

## Save now, it's almost too late!

This is a service of The Province and of the Institute of Chartered Accountants of British Columbia.

By E. A. DOWNEY, C.A.

Everyone who earns a reasonable income deserves to keep some of it, to keep it for years and let it grow to provide financial independence.

The majority of people pressed by budget problems and the rising cost of living feel they have no chance of attaining such a utopia. But that majority is wrong! They do have a chance, and most of them can do it in fact, if they want to.

"A lean purse is easier to cure than to endure" is an ancient Babylonian proverb but it remains true in any era. There are, of course, some people who have no ability to look after themselves and who cannot climb out of the absolute poverty level. But most of what we recognize as poverty would be considered great wealth by the really poverty-stricken peoples in other parts of the world.

For most people the lack of money can be overcome by a determined decision to improve, and acceptance of very slow growth at the start.

One hundred dollars invested at 5 per cent will earn only \$5 at the end of one year, but if its earnings are left to compound at 5 per cent a year for 30 years that original \$100 will grow to over \$400.

Or, put conversely, a man aged 35 who wastes \$100 upon a non-essential expenditure has really wasted \$400 of his retirement funds at age 65. And that is assuming a yield of only 5 per cent, and that he only ever wasted \$100 once in his life.

If the yield could be 7 per cent and if he wasted \$100 a year for 30 years the total waste at age 65 would be more than \$10,000. How many people, even the relatively poor, do spend \$100 a year on something which is not absolutely essential? And how many of those people cannot find a 7 per cent investment? The mutual fund salesman would love to meet such people.

To bring the position more into the range of the middle income group, a man of 40 who can save \$500 a year for 25 years at a compound yield of 7 per cent can have a capital sum of over \$33,500 at age 65. And that capital sum could be used to provide a comfortable retirement annuity.

The problem is to make the decision and to maintain it. A man who works for his income should put himself on his own payroll first. A portion of all he earns is his to keep and to hold against all other claims; and to keep it earning income in a moderate yield, high security, investment.

It is easy to intend to start a savings program but much more difficult to carry that intention into practice this year. Next year always seems to be a much better time, and, after all, 7 per cent earnings on that \$500 in one year would be only \$35. But this excuse is based upon a fallacy.

A delay until next year for a man of 40 would mean that his savings program would have only 24 years to run to retirement at 65. It is the twenty-fifth year which is dropped, not the first year. The earnings for next year (i.e. the first year) would still be only \$35 but the lost earnings for the twenty-fifth year would have been \$2,212. So that the one year delay would cause a material reduction in the comfort provided by his retirement annuity.

The time to start a savings program is always now - today! It is never too early, and even the man who has delayed until next year for many past years can still enjoy some of the benefits of growth investment by using the few years he has left to earn, and to save.

To be effective, the program should be based upon the concept of compound income so all of the earnings are left to accumulate. And, ideally, the fund should be in a form of investment that will provide some protection against inflation rather than in cash savings or bonds.

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## Gotta Point?

OTTAWA (CFP) - The cost of leaving is going up too fast but the idea is to give the junior ranks a better break for leave flights.

Movement officials here say beginning Nov. 15 the cost of travelling priority four will be upped to 10 from five points. In other words you're docked 10 points for every trip you take instead of five. This will give the other guy a better opportunity to get his first good trip in before you take another.

For those not familiar with the point system, to qualify for a priority four leave seat on transport command aircraft, a point system based on service and rank is used. It favours the junior ranks.

For example, a private with 10 years in rank has 26 points. If he or his family completes a flip after Nov. 15 his point score will be reduced to 16 points.

Want to know your score? Take a look at Annex B to Appendix 1 of CFAO 20-20.

Thursday, Oct. 3; Page 742

RIVERS, MAN. - REPORTED CLOSING OF BASE

On the Orders of the day: Mr. Craig Stewart (Marquette): I should like to direct this question to the Minister of National Defence. Has the defence council recommended to the minister that the Canadian Forces base at Rivers be closed by April 1969 and, if so, where does the matter stand?

Mr. Speaker: I wonder whether the hon. member would consider the advisability of placing the question on the order paper.

Friday, Oct. 4; Page 791

NATO - U.S. REQUEST FOR MAINTENANCE OF CANADIAN FORCES

On the Orders of the day: Hon. J. A. MacLean (Malpeque): Mr. Speaker, I have a question for the Secretary of State for External Affairs but in his absence I will address it to the Prime Minister. Has the government received a note from United States Secretary of State Dean Rusk calling on the Canadian government in rather blunt terms to maintain its present troop strength and nuclear capability in Europe; and will the Prime Minister say whether the note from the Secretary of State will receive a formal reply from the government of Canada?

Right Hon. P.-E. Trudeau (Prime Minister): Mr. Speaker, I think this same question was answered a few days ago by the Secretary of State for External Affairs.

Mr. MacLean: I do not recall that it was, Mr. Speaker, but I would like to address a supplementary question to the Prime Minister and ask whether he can confirm that he discussed the role of NATO in Europe during his talks with the Prime Minister of France earlier this week, and would he indicate to the house the nature of those discussions?

Mr. Trudeau: Yes, Mr. Speaker. In our review of international affairs we did discuss the problem of NATO, France's relation to it, and the view of the French government on the happenings in Europe which have some bearing on NATO.

Mr. MacLean: As a further supplementary question, Mr. Speaker, does the Prime Minister contemplate having similar discussions at an early date with the governments of some of our other NATO allies, such as the United States, on this same subject?

Mr. Trudeau: Mr. Speaker, the secretary of State for External Affairs is in New York, and I am quite sure it is contemplated that there will be informal meetings there of NATO member countries to discuss the problems. I am not quite sure of the agenda, but I have heard the Secretary of State for External Affairs say that he intended discussing NATO problems with them.

Mr. MacLean: Mr. Speaker, I wish to direct a further brief supplementary question on this important subject to the Minister of National Defence. Would the minister say whether reconsideration is being given to the government's announced policy of closing the Canadian forces base at Zweibrücken in Germany which closing is to take place next summer?

Hon. Leo Cadieux (Minister of National Defence): Mr. Speaker, this problem, like most of the problems concerning national defence, is under review.

## LETTERS TO THE EDITOR

Last issue you printed your T. T. Travel Tips. Dress regulations for travelling on ATC flights. How come we can't wear a black leather jacket? What are you supposed to wear if your being met by a friend on a motorcycle?

Signed  
H. Slegna pte.

Gouged again!  
Twenty-five cents to watch, YET! Yes, if you have a youngster in PMQ's who unfortunately cannot skate (reason has no bearing at this time) but who would like to watch other youngsters skate, it cost \$0.25 cents. Do you know what it costs to actually skate? Sure, twenty-five cents. I wonder when they are going to paint the glass walls around the swimming pool so that anyone who likes to watch, can be charged? OOPS, did I put a wrong idea in anyone's head? Are our youngsters going to be charged to watch their parents bowling?

Oh well, paying every time your child turns his head, will not only keep the children off the streets, but may even, eventually, cause their parents to remain at home instead of going on a holiday once a year. This could have unexpected benefit in cutting down even slightly, on auto accidents and even reducing our pollution because of less gasoline being burned.



# FUNGUS FEATURES

by Mac



## FROM UP IN MY PERCH

By SEEMORE

Last week as I was exploring one of the more remote regions of my old kit bag I spied an old one gallon gas can. Opening the cap, I checked that the can was full and that the cap itself was in good condition thus conforming with EO 45-5A-2C. After assuring myself that all the regulations had been observed I allowed myself the luxury of reminiscing on one of my better practical jokes.

It all began when an old 121er, Cpl. George McNeil, who at that time was working in Log Control, decided to buy a car. This was to be George's first car and his knowledge of cars was limited to "it has four wheels and it goes by pushing on a gas pedal."

Without consulting anyone he bought a Volkswagen and had it delivered to his PMO. His next move was a shrewd one. He asked me to teach him to drive.

The first lesson was an experience that I won't soon forget. After first explaining the difference between the three pedals on the floor and the three pedals on the piano he was used to driving I made my first mistake, I turned the key on. My second mistake was letting George start the engine. After putting the gear shift in low and re-explaining the easing of the clutch pedal I gave him the word to go. The ensuing acceleration record has only recently been bested at Cape Kennedy. Leaving a twenty foot strip of brand new rubber on the parking lot we leaped through one of the few remaining hedges in Wallace Gardens. Fortunately I had foresaw such an event and had prepared myself by clutching the emergency brake handle before the launching. Bracing both knees against the dashboard I strained at the handle and brought the car to a halt. So ended lesson number one. Shakingly, I walked home and took an extra dose of my Uncle Ned's Irish cough medicine. In the ensuing lessons we racked up thirty seven miles on the speedometer and I had gone through two and a quarter jars of Uncle Ned's cough medicine before George progressed to second gear.

I continued to give driving lessons only under duress. By riding back and forth to work with him we finally got through his driving test.

The practical joke idea came when I first realized that George didn't have a clue about the car itself. When anyone in the office made polite inquiries about the technical aspects of his car he would give a negative answer. Obviously embarrassed about his technical ignorance he began a program of self-education. Within a week, to his credit, he was spouting horse-powers, gear ratios and speeds like a pro. At this time it hit me that soon he would succumb to the new car owners disease of Gasmillageitis. The car at this time had only 278 miles on it so far and would soon be needing gas. The next morning I connived the keys from George on the pretext of having to run home for something and took his car over and filled the tank with gas, craftily leaving the trunk unlocked. Every day thereafter I took my little one gallon gas can, bought a gallon of gas and put it in Georges tank.

With his new license in his possession he began to stray farther and farther from home. His wanderings took on the average of one gallon per day, which

## The Snake Pit

Once upon a time, in a land far away across the sea, there lived an enraged king. His daughter was travelling home after visiting a distant part of the kingdom, but she should have reached the castle some time ago. The king called his knights together to see if they could shed some daylight on the situation.

"Gentlemen," spake he, "My daughter is overdue. I would that you would help me to find her." The knights immediately plied their lord with questions.

"Did she file a flight plan, Sir?"

"Yes. She should have closed with Merlin Tower four hours ago."

"Did she carry any survival equipment?"

"Of course. She had a locket of dragonbane. Unfortunately, it was time expired. The knave responsible has been punished."

"Very good, Sir," said Sir Canyon, the head knight. "Gentlemen, let us confer."

"But what about finding my daughter?"

"Patience, Sir. First we must make decisions."

"Fools!"

A search headquarters was soon set up, and the knights sallied forth in search of the fair damsel. All was uneventful for the first few days, until a peasant reported he'd heard the missing horse over by the dragon's cave. Sir Canyon announced that he personally would attend to the rescue. The other knights grumbled about Canyon's being honor hungry, but were secretly glad to see him go. They were afraid of the dragon. The king was pleased, since Sir Canyon was his favorite.

"Not so fast!" cried Sir George. "I will go along to assist."

"You? Why you scrawny runt. I'll..."

"Never mind," said the king, who didn't like George. "Let him go. It is only fair. To make things interesting, whoever vanquishes the dragon shall have my daughter's hand in marriage." He rubbed his hands together with glee. He was sure the dragon would dispose of George, and that Canyon would no longer press for payment of the king's poker debt.

George gave a delighted whoop and stormed out of the castle into the sunset. Sir Canyon followed closely behind, but went u/s just outside the castle gate, and had to abort. The king was disgusted.

George soon reached the other side of the sunset and rode up to the dragon's lair. "Come out, foul beast!" Challenged George after he had safely hidden himself behind a rock. "Release the princess or be skewered."

The dragon ambled from his cave and paused to munch on the roast of peasant he was carrying. "H'mm. Barbecued knight. Just what I wanted for supper."

George crept around behind the dragon and assaulted the



"SHADES OF LORD NELSON, just what I always wanted, a deck swabber of my very own", cries 442s Sgt. Dick Barnett as he welcomes the latest addition to the orderly room staff, Private Gord Seaman. Gord is a real wavy navy type and his last name is, so help me, Seaman. Hows that for integration? (Times Photo)



ONE OF THE ADVANTAGES of working in 442 Squadrons efficient Servicing Sections is that you get a ride around in a snappy yellow convertible. Enjoying a pre-dawn jaunt around the tarmac are (Left to right) Cpls. G. B. Fiske, K. W. Stagg and J. C. Parthenais. "Sometimes when we really feel like having fun we hitch onto an aircraft and I pull it in and out of the hangars while the boys take turns at playing pilot, Cpl. Parthenais told our sleepy eyed camera man.

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AMOUNT OF LOAN	MONTHLY PAYMENT PLANS					
	60 months	48 months	36 months	24 months	12 months	6 months
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\$200	\$4.00	\$5.00	\$6.00	\$7.00	\$8.00	\$9.00
\$300	\$6.00	\$7.50	\$9.00	\$10.50	\$12.00	\$13.50
\$400	\$8.00	\$10.00	\$12.00	\$14.00	\$16.00	\$18.00
\$500	\$10.00	\$12.50	\$15.00	\$17.50	\$20.00	\$22.50
\$600	\$12.00	\$15.00	\$18.00	\$21.00	\$24.00	\$27.00
\$700	\$14.00	\$17.50	\$21.00	\$24.50	\$28.00	\$31.50
\$800	\$16.00	\$20.00	\$24.00	\$28.00	\$32.00	\$36.00
\$900	\$18.00	\$22.50	\$27.00	\$31.50	\$36.00	\$40.50

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

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## Chapel Chimes

**PROTESTANT CHAPEL**  
Sunday, Oct. 20 — Morning worship at 11 a.m. Sermon title will be "togetherness is Life; Separation is Death."

Sunday, October 27. A Confrontation on the subject "Church Union - Anglican and United." Participants in this sermon-debate, held during the regular 11 a.m. service, will be Padre Archer and the Rev. Eric Scott of Courtenay Anglican Church. This debate will be of interest to all.

The Sacrament of Holy Communion will be celebrated by the Rev. Scott according to the custom of the Anglican Church during this service.

Sunday School classes are fully organized, with room for a few more children. Present enrollment is well over the 200 mark. Children age three up to and including Grade one meet every Sunday from 11 to 12 a.m. in the PMQ School. Children from Grade two and up to Grade nine meet from 9:30 to 10:30 in the Chapel.

Choirs — Junior Choir meets for practice every Thursday at 6 p.m. in the Chapel. Age is 9 to 14. Senior Choir meets Thursdays at 8 p.m. Both choirs are directed by WO (Ret) Walter Yeomans. Additional choir members, both men and women, are most welcome in the senior choir.

## Every day is mother's day

My wife has a remarkable cookbook. As well as having delightful recipes for daily food, it has many thought-provoking recipes for daily life. I would like to pass along to you this sample, entitled "God's Masterpiece".

"She was leaving our city — this friend of mine, a grandmother much older than myself, and I was visiting her for the last time before her departure. I would miss her sage wisdom and kind advice.

On this, our last visit, the hour was packed with experiences shared. Back and forth along the years we went, intermingling the past and present, and seasoning the whole with hopes and plans for the future. We spoke of her new home. We spoke of my children, their music, their health. We spoke of these busy days,

so full that often times one's strength failed in the doing. For myself I expressed a burning desire for time to read, for time to write, but always there were too many things which had to be done.

Her answer came as a blessing. "My dear," she said, "You have in your care the masterpiece of God. The greatest bit of writing that you could do — or that anyone has ever done — cannot compare with one child. The greatest paintings fade to nothing, the greatest pieces of sculpture fall to bits in comparison with God's masterpiece, the child.

"Those children," she went on, "will take your very soul. They will take your energy, your whole being, and there will not be strength for the multitude of other things you want to do, but these are as nothing when you can work with the greatest thing in God's universe."

I was humbled and thankful for her words. I came home and bowed my head in meditation. I thought of the Master, who, when asked, "Who is the greatest in the kingdom of heaven?" had called a child and set him in the midst, and I knew that God's greatest blessing rests on those who minister to a little child."

## How to be happy though married

This year the Ministerial Association of the Comox Valley are participating in the Night School Classes by presenting a "Marriage and Family Life Course." Classes are being held Wednesday evening in the Vanier High School in Courtenay, Room 405, at 7:30 p.m., commencing October 23. Subjects covered will be: Premarital & Early Years of Marriage (The first 5 years), Young Children & The first 10 years of Marriage, Teenagers in The Family (10 to 20 years of marriage), The Adult Family (20 years and over in marriage). Each of these sessions will be covered by four sessions, taking the form of a panel presentation, followed by free and open discussion. For further information and a complete listing of session subjects, contact Padre Archer, or register with the Director, Rev. Eric Scott, 334-3254.

## T.B. lab opened

OTTAWA — Rosalire Gendron, M.P., Parliamentary Secretary to National Health and Welfare Minister John Munro, today opened the National Tuberculosis Reference Centre in Ottawa. Space for the new facilities was made available by the Royal Ottawa Sanatorium.

The Centre was established on the recommendation of the Third National Tuberculosis Conference which met in 1966. It is staffed by scientists from the Department of National Health and Welfare's Laboratory of Hygiene and is responsible for establishing and maintaining uniform standards in testing for resistance to the primary drugs. These tests are currently conducted in provincial laboratories but centralization of these services assures a uniform standard of investigation.

Another important objective of this new service is to conduct investigations on resistance to the second-line anti-tuberculosis drugs for the whole of the country. This type of research is

## Consumer news and views

It takes 20 years for the bones and muscles in a child's foot to mature fully. By the first birthday, eight per cent of all children have foot defects.

By the time they enter high school, 80 per cent have foot problems!

Compulsory examination of school children's feet is the rule in several states in the United States and Consumers' Association of Canada feel that this should be introduced in Canada.

Until that time parents must watch for signs of foot trouble. In most cases with small children, the bones are so pliable that developing foot trouble is a comparatively painless process. It is wise to ask your doctor to include a foot examination when the children have a physical check-up.

A lot of adult foot problems could be eliminated if we would remember when shopping for children's shoes that proper fit is the main consideration for longer and more comfortable wear.

Be sure to have both feet measured, once when the child is seated and again when standing, with the larger shoe size fitted. There should be about one-half inch of space between the end of

the longest toe and the end of the shoe, to allow for growth. The toe box must be high enough to avoid any danger of pressure here. Correct width will allow toes to spread freely.

The widest part of the foot should be at the widest part of the shoe, with the ball of the foot and the ball of the shoe meeting exactly. Snug heel fit will hold the heel naturally without pinching or chafing. Fullness of instep provides for proper arch development and free circulation.

Check the good construction of a shoe by running your fingers down inside the shoe from back to front, to make sure there are no rough seams.

Linings are a protection against rough seams and also help the shoe retain its shape.

Do your shopping at a time when the store is not too busy because you cannot expect good service when the store is crowded.

Once you have bought your shoes, it is important to keep them in good condition and here are a few suggestions:

- Keep them clean — wax-type polish helps to preserve the leather as well as the appearance.
- Keep shoes in repair —

be especially prompt in having heels straightened because run-over heels will ruin shoe shape and affect posture adversely.

- Use a shoe horn — protect the counter at the back of the heel, this can affect the comfort of a shoe.

- Alternate and air your shoes — perspiration weakens leather and is the biggest threat to foot health and comfort. Shoes must be given a chance to dry. A pair of sturdy, well-built, bedroom slippers will give the youngsters' every-day school shoes a chance to air.

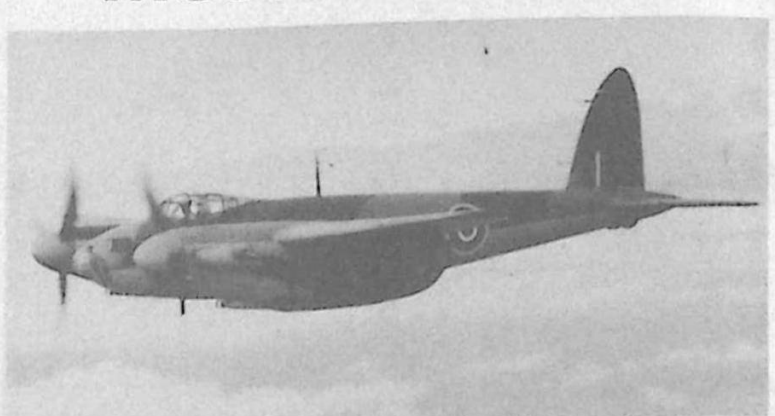
Shoes should be replaced when the distance from the tip of the longest toe to the tip of the shoe is one-quarter inch or less — or when there is any other sign that the shoe is not a good fit. (For examples, there are heel blisters, beginning callouses and incorrect walking.)

Don't depend on the child to tell if shoes fit.

A youngster from one to six years of age will probably need new shoes about every one to two months; from six to ten years, every two to three months; from ten to 12 every three to four months; from 12 to 15 every four to five months, and at 15 years and over every six months.

Remember that just running, jumping and playing takes some 30,000 steps every day. That's the equivalent of a 12-mile hike. In that time a child's feet take many jolts from body weight — so quality, fit and comfort are very important in your child's shoes.

## MOSSEY REBUILD



KAPUSKASING, Ont. (CFP) — The 647 Royal Canadian Air Cadet Squadron is, rebuilding a Mosquito — the airplane, not the insect.

Intended to have the same effect on this northern Ontario town as Man and His World had on Montreal, 76 young men are rebuilding a Mosquito as an

exhibition piece to honor this Canadian-built, plywood night bomber of second world war fame.

Obtained in December, 1966, as a derelict lying abandoned at an Ottawa airport, the fuselage was transported to Kapuskasing where rebuilding was begun in the spring of 1967.

## Christmas deadline for overseas mailings

The Canada Post Office has now received the Christmas deadline dates from all foreign postal administrations for mail leaving Canada by air. To ensure delivery by Christmas time, letters and parcels should be posted as follows:

Destination	Letters	Parcels
Britain	Dec. 14	Dec. 9
European Continent	Dec. 11	Dec. 7
Rep. of South Africa	Dec. 11	Dec. 7
India and Pakistan	Dec. 11	Dec. 7
Other Trans-Atlantic Places	Dec. 9	Dec. 6

Antigua, Bahamas, Barbados and Bermuda	Dec. 12	Dec. 9
Jamaica	Dec. 12	Dec. 9
Trinidad	Dec. 12	Dec. 9

Central South America and other places in West Indies	Dec. 12	Dec. 9
Australia and New Zealand	Dec. 12	Dec. 9
Japan and Hong Kong	Dec. 11	Dec. 7
Other Trans-Pacific Places	Dec. 9	Dec. 7

The last mailing dates for air letters and parcels for Canadian Servicemen Overseas are also announced. Mail for the Canadian

Armed Forces abroad will arrive in time for Christmas festivities if the following posting deadlines are observed:

Destination	Letters	Parcels
Britain	Dec. 14	Dec. 9
European Continent	Dec. 11	Dec. 7
Cyprus	Dec. 7	Dec. 6
Ghana	Dec. 7	Dec. 6
India and Pakistan	Dec. 11	Dec. 7
Palestine	Dec. 9	Dec. 6
Indo-China & Tanzania	Dec. 7	Dec. 6

## ADC GETS NEW H.Q. BUILDING

NORTH BAY, Ont. (CFP) — A new Canadian Forces air defence command (ADC) headquarters building here was officially turned over to the command re-

cently when Maj.-Gen. Michael E. Pollard, ADC commander, accepted keys to the \$600,000 structure from Col. Edward C.R. Likness, base commander.

Observing the key ceremony was Mr. George Churchill, Defence Construction Limited's on-site representative for the construction project.

The new office building will accommodate some 300 ADC

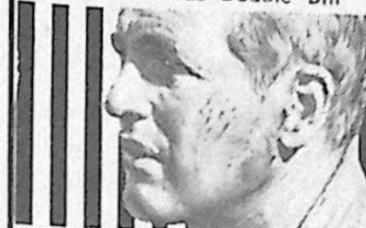
headquarters personnel. Most of the personnel already occupy space in the building, and the remainder are expected to be in place by April 1, when the move of ADC rear headquarters personnel from Longueville, Que., is completed.

In addition to the air defence command, Gen. Pollard also commands the northern NORAD region headquarters at North Bay.

## Stardust

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123A—Turquoise and white. Radio, V-8, std. trans. Good condition. Now only ..... **\$1280**

**1964 Ford Galaxie Convertible**  
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WO C. F. Coffee Ward 4



WO J. Payne Ward 4



Lt. D. Blundell Ward 5



CWO Ostrander Ward 6



Capt. C. H. Browning Ward 6



Cpl. M. G. McPhee Ward 7



Sgt. E. H. Munroe Ward 8



Cpl. J. P. Ennis Ward 8



Cpl. M. E. Kellett Ward 9

The Totem Times personality of the Month Award. This month we have 14 awards to give. The above gentlemen are the lucky winners. Amid the roar of the crowds and boos of the losers these gentlemen have risen to meet the challenge of civic service. We are positive the calibre of these gentlemen is such that they will render the deepest devotion to the cause. We hope that they will bring unity in these times when the cry of separatism is so often heard. We of the "Times" feel that the cries of "railroad" by the losers was extremely unsportsmanlike and offer the winners our hearty congratulations.

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## Cubs & Scouts launch new season

Local groups of the Venturers, Scouts and Cubs held their annual registration night last Tuesday, 7th of October. Onhand were about one third of the Cub and Scout Masters and members of the Ladies' Auxiliary. Along with the troop members was a large turnout of parents.

Assistant Troop Scouter, Captain A. G. Gosselin explained the Scout movement is embarking on a new modern program of fun and adventure scouting. Gone are the short pants and funny hats so familiar in the past. Patrols will be made up of boys of the same age and interest levels and they will be meeting more as patrols than as troops. A patrol will consist of an Assistant Troop Scouter who is an adult, a patrol leader, who is a scout, but is no longer the biggest boy in the patrol, but is elected and rotated so that all members of the patrol get a chance to experience leadership.

The new program in most cases is designed for the boys to progress as a group. Some of the interesting projects are classes in citizenship, which include participation in civic meetings, visits to historic sites, radio and police stations, hospitals, etc. At the completion of these classes the Citizenship badge is awarded. The Achievement Award program is in three levels. It is worked on the patrol system and includes such interesting subjects as first aid, exploring, building, field chemistry and science. The Challenge Badge program is for individual projects that are of personal interest to the individual scout. The Specialty Badge is for the Troop as a whole. Some of the specialties include camping, canoeing, and special projects. One fine example is the canoe the Venturers made last year.

The new uniform is green (they're getting one too) and has long pants and sleeves and a green beret. No more badges on the sleeves, they are now worn on a sash worn across the shoulder. The traditional neckerchief however, has been retained, the material being of the troops individual pattern.

Because of the new program being designed to give more attention to the individual, Scout, Venturer and Cub there is a great need for additional help in the form of leaders and councillors. No past experience is required for leaders. The same applies to Councillors who act as scouters, perform the same function but do not wear a uniform. At the present time the Venturers are without a leader, but have been carrying on on their own. The ladies' auxiliary, who support the Group Committee and help raise funds is also recruiting.

The next scout meeting, on the 21st of October will form the boys into patrols and will launch the new scouting season. The Cubs and Venturers are already well into their seasons activities.

**THIS SPACE  
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INTENTIONALLY**

### Found Property

The following items of found property have been turned in to the Base Guardhouse. These items may be claimed by the owners during normal working hours.

Sunglasses and case, brown leather wallet	AFR 77/68
Windbreaker	AFR 79/68
Target arrow	AFR 81/68
Dog collar	AFR 82/68
Key	AFR 84/68
Lady's ring	AFR 85/68
Glasses, case and brown jacket	AFR 86/68
Two keys on Esso key chain	AFR 87/68
Hacksaw	AFR 90/68
Ring (black diamond stone)	AFR 92/68



WITH A FEW BROCHURES, promises of a new green uniform and gigantic pay raises Mrs. Jean Sibbert, Cub Pack Leader resigns David Page, Bruce Colton and Gerald Hoover on for another hitch.

## UGN CAMPAIGN MANAGER



UGN CAMPAIGN MANAGER: Captain J. L. Clarke of 442 Sqn. acting as the Base United Good Neighbor Campaign Manager counts the swag taken in so far. "Although all returns from the canvassers are not in, results to date show the campaign will be fairly successful." Captain Clarke said.

(Totem Times Photo)

## Drink, milk that is

OTTAWA — Rising milk prices and increasing pressures towards the marketing of milk substitutes have prompted National Health and Welfare Minister John Munro to remind Canadians about the dietary importance of milk and milk products. "It is important that the public recognize that milk is not just a beverage but a food essential to health", Mr. Munro said.

While milk is recognized as an important source of protein, calcium, Vitamin A and ribo-

flavin, its prime importance in the Canadian diet lies in its contribution of calcium and riboflavin. Without milk or milk products such as cheese, it is virtually impossible to provide an adequate calcium intake to support normal growth of children or for maintenance of health in adults. It is also difficult to obtain adequate riboflavin in a diet which excludes milk products.

Studies in recent years of the eating habits of school children show that many do not consume the amounts recommended for maintenance of health. There is concern that in the face of rising prices parents may further reduce the provision of milk for their children to the detriment of their health. Canada's Food Guide, established by the Canadian Council on Nutrition and endorsed by the Department of National Health and Welfare, recommends that children under 12 years of age consume 2 1/2 cups of milk per day, teenagers four cups per day, and adults 1 1/2 cups per day. Expectant and nursing mothers require four cups daily. These recommendations include milk as used in all foods, or consumed as cheese and other milk products. The quantities are those

considered adequate for health and the use of larger quantities does not confer additional benefits in health or fitness if one adheres to a well-balanced dietary pattern.

As fluid milk prices advance, the importance of less expensive forms of milk such as that obtained by reconstituting milk powders should be recognized. These are considerably more economical, and equally nutritious except for the lack of Vitamin A which is provided adequately through regular use of green and yellow vegetables.

COMOX  
CANADIAN FORCES  
CREDIT UNION  
NEW office hours effective  
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2 year term deposits now pay  
7% per annum.

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The Bank of Nova Scotia is recommending the purchase of the 1968-69 Series of Canada Savings Bonds, going on sale October 7th.

The new Series offers purchasers an interest yield of 6.75% when the Bonds are held to maturity in 1982. Putting it another way, for every \$100 Bond, you get \$250 in 14 years.

So attractive is this new Series that The Bank of Nova Scotia advises owners of all previous issues of Canada Savings Bonds (except the Special Replacement Series issued May 1968) to convert them or trade them in for the new 1968-69 Series.

To upgrade your investment by converting previous issues, you merely bring your old bonds to any branch of The Bank of Nova Scotia where you are issued with the same denominations in the 1968-69 Series. There is no cost or fee for this service and it is available to everyone whether or not they are customers of The Bank of Nova Scotia.

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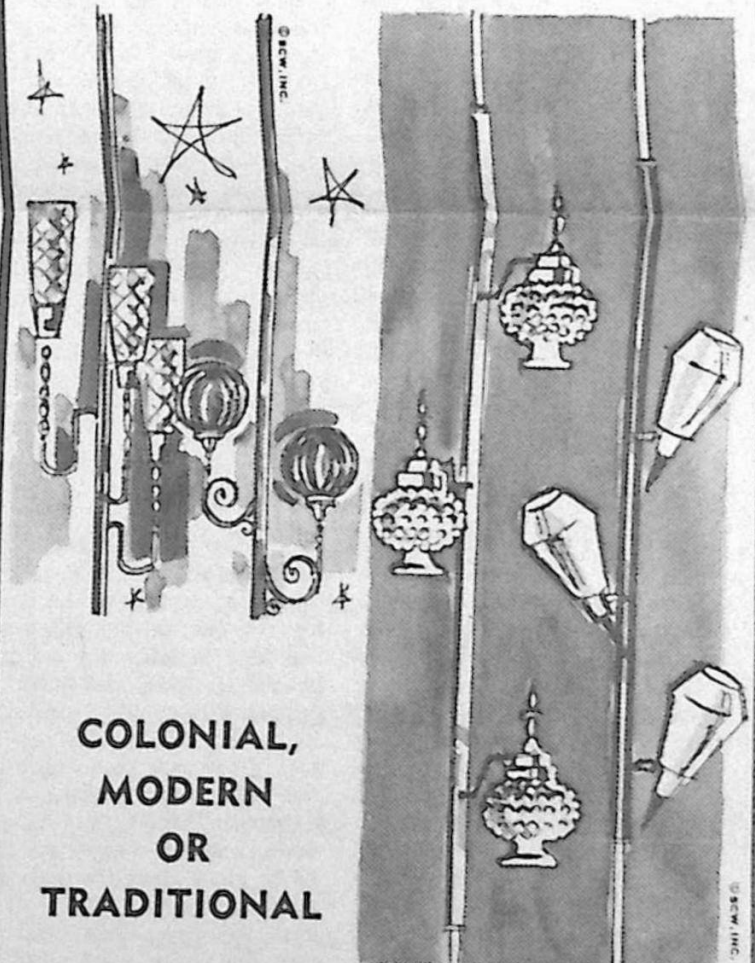
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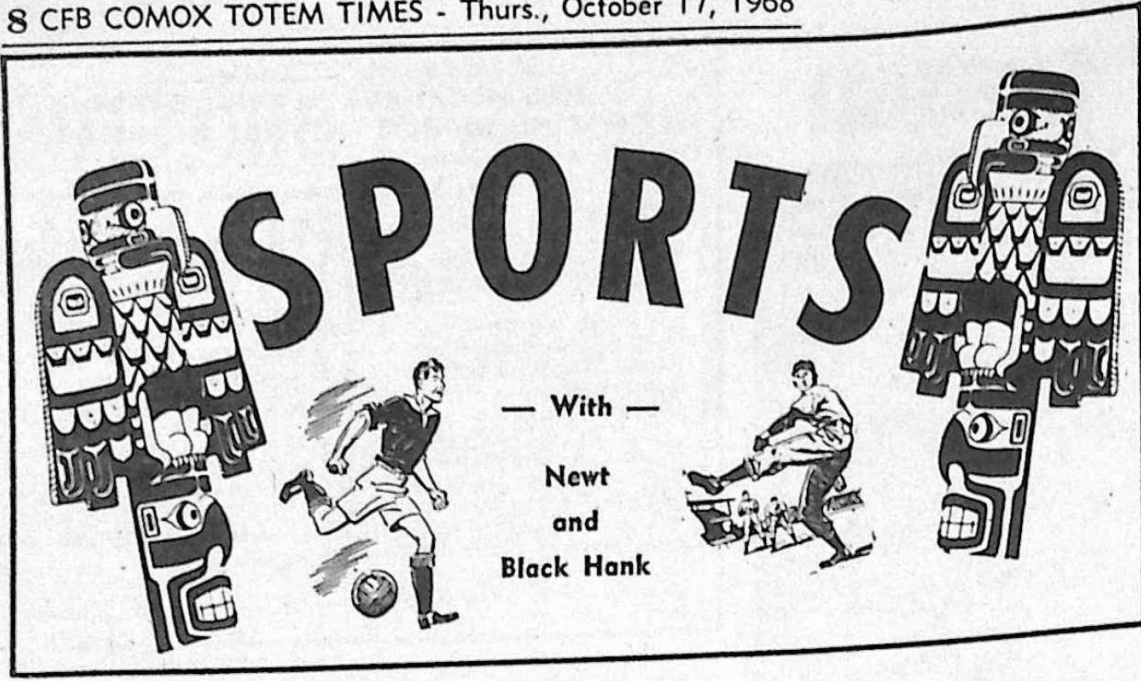
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## JUVENILE "B" BASEBALL



**KNEELING** — L to R — Lloyd Franks, Bill Orpen, Stu Bale, David Hewitt, Wayne Calberry. **STANDING** — L to R — Al Carruthers, Pete Makowichuk, Jay Eltom, coach, Ted Cronmiller, Dave Reid, Derek Kramp. Missing — Doug Neal, Tony Headly, Tim Mooney, Keith Tompkins, Tim Byrne, Cris Bouchier, R. Hilliard.

First of all it is regretted that this writing has been so late in coming, but due to unforeseen circumstances, i.e., leave, timeoff, etc., it could not be helped. Apologies to all concerned.

The 1968 edition of the Comox Valley Juvenile "B" baseball league was, to all concerned, one of the best ever seen in its history. Teams from Comox, Fallon, Alders, Cumberland, CRA #1 & 2, and our own, sponsored by the PMQ Rec Council all provided the calibre of baseball that left nothing to be desired. (The only regrettable fact during the entire season was

the lack of spectator participation, especially on the part of the players' parents. However, this is nothing new in the long history of sports.)

The end of the regular playing season found our PMQ team in third place in the six team league. First place and second place teams played off and second and fourth place teams played off in best of three game series to determine who would play off in a best of five game series for the Royal Canadian Legion trophy from Courtenay. After the dust had cleared, the Base PMQ team won the cup, the second time in the 15 odd year history of the award.

Coach Jay Eltom wishes to express his sincerest thanks to all the young lads on the team for their great effort. Special thanks go to Frank Hewitt for assisting with the team; those who offered their help with the loan of PMCs, and Joan Makowichuk for her everlasting patience and help.

It is hoped that everybody will be back out next year, age permitting, and to the parents of the boys of the 1968 PMQ team, a big thanks for having your boys out this past season. You can be proud of them very much, as we are.

See you next year!

LGM Photo

## ROD AND GUN . . . by Old Muddy

Thanksgiving weekend proved to be a very profitable one for the freshwater fisherman, in particular those who pursue the coho. With the recent heavy rains, the rivers are now high enough to draw the big mature coho in on their spawning run, and bring them within reach of fly or spinner. Last Saturday, along with my son, Clint, I headed for the Oyster River to have a go at 'em. It had rained Friday to the tune of one and a quarter inches, and we knew the Oyster would be up, and hoped it wouldn't be muddy. It was both, so we carried on north to the Campbell River, which is not too susceptible to flooding, although its tributary the Quinsam can colour up badly at times. The Campbell was in good shape, the Quinsam input a little muddy, but not enough to affect the fishing. Salmon were jumping all the way from the Sandy Pool bridge down to the Highway Bridge. We started in below the Sandy pool bridge. I was casting a brass crocodile spoon, and Clint was drifting a hookfull of worms in hopes of a big Cutthroat. Some very dark coho were jumping out in the main current, but there were no takers. Almost an hour passed, and it started to rain quite heavily. Then, just below the big rocks, a small bright coho jack hit my spoon with a jolt and ran very strongly straight across the river. He jumped once, then ran right back almost

to my feet. I was using a steelhead spinning rod with 12 pound test line, and was able to hold him to one or two short runs, and then to slide him out on the beach. He was just under four pounds, silver with a pink sheen, in perfect shape, and we kept him. Clint was very eager for a fish now, and changed over to a crocodile spoon. We fished on down, and a few good fish started to show along the edge of the main current. Cast, retrieve, cast, retrieve, then suddenly I was fast to a good sized fish, that rolled deep down showing a silver white flash. He was a good strong fish, and I wanted him badly. He ran straight upstream jumping as he went, and it was almost five minutes of thrashing and short runs before I could get him near the beach. He gave in at last, again the faint pink shading on his sides, and he weighed six and a half pounds. The rain was really coming down by this time, so we headed for the car and home. Clint first extracting a promise that we'd return tomorrow, or at least go fishing somewhere.

Come Sunday we decided to try the Tsolum River in the Dove Creek area. This area had proved quite productive last year. We had no sooner started fishing when Clint hooked a big coho that jumped half out of the water and sent the spray flying. It ran upstream into the rapids then held in the fast water. It

just sat there and he couldn't move it. I must add that he was using a trout spinning rod with eight pound test line, and a brass crocodile. The pressure finally moved him and down the river he came, then back and forth across the pool, thrashing the water with his tail. After some 20 minutes, it was possible to lead him in to shore, and at this stage Clint handed me the rod and I lead the fish into a back eddy where he could grab the monster. Monster he was too, thirteen and a half pounds, hard as a rock, pinkish silver and five pounds heavier than my biggest fish this year. Well sir, that young eight year old son of mine was almost in orbit. And to top it off, he hooked a small one pound jack coho on his next cast. That jack was as bright as a new silver dollar. Having now landed two fish, his luck turned, and he lost two more good sized coho in the next hour. I had two strikes. Time to head home; and Clint, bubbling with enthusiasm, couldn't stop talking about his good fortune. I couldn't have been much happier myself. Did you have a good weekend, I sure did.

**STATION BOWLING ALLEY**  
Station bowling alley will be officially opened on Wednesday 23 Oct. Teams that were to bowl on Wednesday 2 Oct. will open this season. First games at 1900 hrs.

Circulation Manager,  
Totem Times,  
CFB Comox,  
Lazo, B.C., Canada.

Dear Sir:

Yessiree, I want a 1 year subscription to the Totem Times for a measly \$2.00. I understand that in return for my money, I'll receive the Totem Times every second week barring unforeseen developments such as postal strikes, B.C. tidal waves, and general inefficiency of your staff. My contribution, I gather, entitles me to write nasty letters to your Editor, Base Commander, and my Member of Parliament. Also, I'll be fully cleared to dispose of my dated issues in any manner I see fit such as donating them to my local Art Gallery, sending them to our troops overseas, using them to wallpaper my home, or for wrapping fish!

Yours-sincerely,

Name \_\_\_\_\_  
surname christian or nick-name  
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number street city or town Prov \_\_\_\_\_

Enc. You'll find a cheque or money order for \$2.00 enclosed!

## VOLLEYBALL . . . by Coop

Last Labour Day Weekend I attended a camp that must be unique in North America. It was a Volleyball "skill" camp sponsored by the British Columbia Volleyball Association, and subsidized by the Provincial Government.

The camp was formed three years ago to develop and instruct people in the skills of the "sport" of volleyball.

The course that I attended was a three day session for senior players and coaches. The three day course for high school players had just finished. However, some of them were so enthusiastic that they stayed on to enroll in the second course.

Mr. Vic Lindal was in charge of the camp and had some of the best volleyball players and coaches in North America to instruct us in the various skills. Among the instructors were Mr. Val Keller, coach of the Los Angeles Downtown YMCA team, the top Y team in the USA and Mr. Randy Sandefur, Regional Commissioner for the U.S. Volleyball Association, and Varsity Coach at California State College.

The really amazing thing about the camp was that it cost only \$30.00 to enroll for the three day session. I am sure that if it were not for the aid given by the BCVA by the Rec. Dept. of the B.C. Provincial Government, this could cost at least \$300.00 a day just for the instruction. Accommodation and meals would be extra.

By now you are probably wondering just where this well-staffed, extra-special low-priced bargain camp is located. Well, it is at the Easter-Seal camp just outside of Winfield in the Okanagan Valley, halfway between Kelowna and Vernon.

I arrived there about 7 p.m. on Thursday, Sept. 29, after having departed from Comox at 7 a.m. It sure is a long drive when that ferry robs you of two hours of travelling time. However, it would be a long swim without it.

I met a group of people inside the main building and was glad to see that they were approximately my own age (you guess). They were mostly high school teachers from Calgary and the Vancouver area, and there was one Recreation specialist from CFB Esquimalt.

However, to my dismay, everyone else seemed younger and vastly more fit than I did, and I began to wonder if I shouldn't have taken more seriously the warning contained in the circular from the BCVA that it would be advisable to get in shape before commencing the course. As it turned out, I found out just how right they were immediately after calisthenics the next morning. Anyhow, that night after sitting around and getting acquainted with people and soon being on a first name basis with everyone (because I forgot all their last names) and having a couple of cups of coffee (Ed: there is no beer parlour in Winfield) I got some bedding, grabbed a bunk and sacked out around midnight.

The first day started off with breakfast at 8 a.m. Then, at 9 came a horrible shrill piercing sound, which I soon came to recognize as Vic Lindal's whistle. Inviting us to assemble in the main lounge for a briefing on the days activities. There were approximately 50 people in attendance at the camp. There was a High school girls team from Calgary who stayed over for this session, and a Highschool team from Revelstoke who, if they keep up where they were at the camp, will be the team to beat for the B.C. Championship. It seemed as if the whole UBC team was attending and they seemed determined to win the National Championship. The University of Victoria and Simon Fraser University were also represented. I bore the standard for CFB Comox and COBOC. I was, however, surprised to find only one Rec Spec attending, because, as I later learned, this course is essential to learning the proper way to play volleyball.

Vic introduced us to the instructors, and as each of them spoke to us I realized just how important this camp was to be able to attract such talented and dedicated people.

After the introduction to our instructors and to the purpose of the camp, we all assembled on the grass outside where four courts had been set up. There we got our first taste of what the camp was going to be like, namely hard work, as we launched into some loosening up exercises. Then we

ran and ran and ran and when I figured that we must surely be finished we ran up and down a hill. By now, I was so "loose" I could hardly stand up, and we couldn't even started. We assembled again and were divided into three groups: The Super Keeners; the keepers; and the coaches. The superkeepers, or "sock-it-to-me" group, consisted of those players who wished to be driven into the ground by hard work, pick themselves up and get driven down again. The keepers were just as enthusiastic but not quite in shape enough to take all that pounding, so they would slack off a bit. My group was the coaches. A smart choice as we were the only Co-ed group at the camp. The other two groups were further divided into men and women groups.

The first lecture was on the basic skills, such as ball handling, setting and passing, and receiving or bumping the ball. We then went to our respective courts or areas to practice those skills. It may not sound like much, but the drills associated with the practice made it really interesting and exacting. I won't

go into detail about the drills or the skills we were taught. If you really want to learn them and also how to play the game correctly then come out for the Base Team practice sessions. We practiced the various skills until lunch, then after lunch more exercises and more lectures on different skills. We coaches would practice the drills associated with the plays we were learning and would watch the harder drills being given to the superkeepers.

During the next two days I learned that volleyball, when properly played, is a game requiring speed, skill, endurance, strength and brains. I learned what a 4-2 and a 6-0 offence with a red or white defence was. I learned that in the Canadian Armed Forces we play AT volleyball and are just now starting to learn to play it properly. I am convinced that the Forces will never be able to contend on a national basis unless we avail ourselves of the facilities provided at the Winfield Skill camp. It should be mandatory at least that our Rec Specs attend the course annually. Any team that attends

this camp and follows the instructions, will walk away with the armed forces championship.

Summing up, I can't overemphasize the importance of this camp to the sport of volleyball. The USA has clawed it's way up from 11th to 5th place in international competition and they don't have anything like the Winfield camp. It is a feather in the cap of the Provincial Government that they provide financial backing to the BCVA which enables them to provide this

valuable service. The only problem that may crop up with the skill camp is that when everyone who is really interested in learning to play and in improving his game finds out about the camp, they will swarm up there and overload the staff and facilities. However, I understand that bigger and better things are being planned for the next session. I, for one, am going to try to attend next year, and this time I'll get in shape before the session starts.

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Friday - 9:30 to 12:30

This week candlelight dinner dance  
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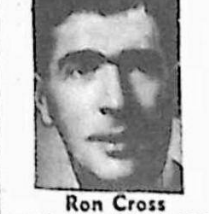
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## Arena Schedule

SUNDAY		WEDNESDAY	
0600 to 0800 - Minor Hockey		0600 to 0800 - Minor Hockey	
0900 to 1100 - Commercial		1330 to 1500 - School Skating	
1115 to 1215 - Mustangs		1600 to 1845 - Minor Hockey	
1230 to 1400 - Minor Hockey		1900 to 2400 - Intersection Hockey	
1415 to 1600 - Public Skating			
1615 to 1800 - Figure Skating		THURSDAY	
1815 to 2315 - Commercial Hockey		0600 to 0800 - Minor Hockey	
		1330 to 1500 - School Skating	
		1600 to 1800 - Minor Hockey	
		1845 to 2400 - Commercial Hockey	
		FRIDAY	
		0600 to 0800 - Juniors or Minor	
		1330 to 1500 - School Skating	
		1600 to 2000 - Minor Hockey	
		2000 to 2400 - Base Team Home Games or Rental	
		SATURDAY	
		0600 to 1345 - Minor Hockey	
		1400 to 1545 - Public Skating	
		1600 to 1745 - Minor Hockey	
		1800 to 2015 - Figure Skating	
		2030 to 2400 - Open for Rental	
		To rent ice contact Sgt. Drummond, local 314.	

## Soccer Schedule

Date	Away Team	Home Team
Saturday, October 12	Nanaimo	Port Alberni
Saturday, October 19	Totems	Nanaimo
Saturday, October 19	Port Alberni	Powell River
* Friday, October 25	Port Alberni	Comox
Saturday, October 26	Nanaimo	Powell River
Saturday, October 26	Totems	Port Alberni
* Friday, November 1	Powell River	Comox
Saturday, November 2	Powell River	Port Alberni
Saturday, November 2	Totems	Nanaimo
Monday, November 11	Port Alberni	Nanaimo
* Friday, November 15	Powell River	Comox
Saturday, November 16	Powell River	Nanaimo
Saturday, November 16	Totems	Port Alberni
* Friday, November 22	Nanaimo	Comox
Saturday, November 23	Nanaimo	Port Alberni
Saturday, November 23	Totems	Powell River
* Friday, November 29	Nanaimo	Comox
Saturday, November 30	Port Alberni	Powell River
Saturday, November 30	Totems	Nanaimo
* Friday, December 6	Port Alberni	Powell River
Saturday, December 7	Nanaimo	Comox
Saturday, December 7	Totems	Port Alberni
Sunday, December 8	Nanaimo	Powell River
Thursday, December 12	Totems	Powell River
Friday, December 13	Powell River	Port Alberni
Saturday, December 14	Powell River	Nanaimo
* Friday, December 20	Nanaimo	Comox
Saturday, December 21	Nanaimo	Port Alberni
Thursday, December 26	Port Alberni	Nanaimo
* Friday, December 27	Powell River	Comox
Saturday, December 28	Port Alberni	Powell River
Saturday, December 28	Port Alberni	Nanaimo
* Friday, January 3	Nanaimo	Comox
Saturday, January 4	Port Alberni	Powell River
Sunday, January 5	Port Alberni	Powell River
* Friday, January 10	Powell River	Comox

## Bridge safety plays

BY WUN I

SAFETY PLAYS	
N	
SA 8 4	
H Q 7 5 3	
DA 5 3	
CK 4 3	
W	E
S Q 10 3	S J 9 5 2
HA 2	H 9 4
D Q 2	D J 10 9 8 7 6
C, Q J 10 9 8 2	C 6
S	
SK 7 6	
H, K, S, 10 8 6	
D, K 4	
CA 7 4	

Nobody vulnerable:  
South West North East  
1H 2C 3H pass  
4H Pass Pass Pass  
West opens the club queen  
which north wins with the king,

east drops the six and south the five. The play of the club king from dummy is a safety play, because declarer's greatest fear is that east holds a singleton club. South cannot avoid a loss in the trump suit as the opponents hold the ace. West is almost certain to obtain the lead on the first round of trumps. Therefore, if south should obey his natural impulse and win the first trick in his own hand, west would be able to win his ace of hearts and lead the jack of clubs through dummy's king in order for east to kill it with his remaining trump. By taking the king out of dummy immediately, south renders the ruff harmless as he can play low from both hands and lose the club trick which must be lost eventually.

Whenever declarer is in danger of a ruff, he should try to arrange his play so that the ruff does as little harm as possible.

## WATER SAFETY

Although the summer is over and the swimming and water hazard situation is greatly decreased parents and individuals should plan now to make a greater effort in the coming 1969 to make themselves and their families more aware of the ever present hazards on and around water.

**DROWNING STATISTICS FOR 1967:** Total number of drownings in Canada in 1967-- 1,237. The above number were from four major causes.

1. Boating - powered and non-powered - 30 per cent or 276 victims;
2. Swimming - wading, poor swimmers and diving 21 per cent or 261 victims;
3. Falling into water - ditches, wells, trenches 20 per cent or 246 victims;
4. Non-aquatic vehicles (cars etc) 8 per cent or 103 victims.

By including falling overboard under the general category of

falling into the water, statistics show that about 26 per cent of 221 victims drowned through loss of balance.

**BREAKDOWN OF AGE GROUP**

1-6 years - 172 victims	13.9%
7-12 years - 130 victims	10.5%
13-21 years - 265 victims	21.4%
22-33 years - 218 victims	17.6%
34-46 years - 189 victims	15.3%
47-60 years - 143 victims	11.6%
61-over - 83 victims	6.7%
Unknown - 37 victims	3.0%

**REMEMBER:** A drowning person in panic is his own worst enemy. Overwhelmed by fear, he gasps for air and gulps water instead. He expends energy at a terrific rate until he's too weak to struggle and finally loses consciousness. Chances for survival diminish rapidly. As the minutes tick away the heart and brain stop functioning. They're dead!

## PHYSICAL FITNESS TESTING

Due to Inter-section Volleyball being held in the gym on Tuesday (A league), Wed. and Thur. (B league), afternoons - Testing will now take place during these times:

Monday and Friday - 0800 to 1600 hours. Tuesday, Wednesday and Thursday - 0800 to 1200 hours.

There are only six more weeks to go in the June to November

test period. So come on fellows let's not wait until the last week in Nov. to come in and get it done.

Out of the last 200 personnel to take the test this past month there have been but six failures indicating that you have more than a fair chance to pass. Interest has been high with those attempting the test as most have put forth a fine effort and obtained an "A" or "B" rating.

## Volleyball league standings

A League	played	won	lost	points
ADM DRAGONS	9	9	0	9
407 DEMONS	9	5	4	5
409 NIGHT HAWKS	9	3	6	3
442 HAIETLIKS	9	0	9	0
B League—Division No. 1	played	won	lost	points
MSE	6	6	0	6
BOR	6	4	2	4
ACCOUNTS	6	3	3	3
C. E.	6	3	3	3
409 MAINTENANCE	6	3	3	3
TORPEDO SHOP	6	2	4	2
SUPPLY	6	0	6	0
B League—Division No. 2	played	won	lost	points
FIRE HALL	6	5	1	5
SUPPLY	6	4	2	4
MSE	6	4	2	4
442	6	3	3	3
407 ARMT	6	3	3	3
TEL GRD	6	2	4	2
TEL AIR (407)	6	0	6	0

## Upper Island soccer league standings

	played	won	lost	points	GF	GA
CFB Comox	3	2	1	4	7	7
Courtenay Luckies	3	3	0	6	7	2
Molsons	3	1	2	2	7	6
Gold River	3	1	2	2	7	7
Tyees	2	0	2	0	0	5

## INTERSECTION HOCKEY

Teams entered and people to contact

407 DEMONS	LT. DUNSBY	407
409 NIGHT HAWKS	LT. CHAPIN	438
442 HAIETLIKS	CPL. FLETCHER	285
ADM DRAGONS	CPL. CARTER	400

First League Games to be Played on Nov. 4  
409 vs. ADM. 1800 hrs.

407 vs. Courtenay (Mustangs) 2015 hrs.

## the totem inn lounge ENTERTAINMENT

SAT and SUN. 19 and 20 OCTOBER

der Oktoberfest  
Featuring  
very interesting Leo Angino und  
der German Band  
mit der biergarten  
zound  
food-wienerstizel  
admissions  
sat \$2 per person  
sun \$1.50 " " same show

SAT. 26th  
T.K. & the Citizens  
chicken n chips

SUN. 27th  
Combo  
the Coachmen

SAT. 3rd NOVEMBER  
Halloween  
Costume  
Dance

## INSURANCE

Fire, Auto, and All Types of General Insurance

Betty Wallace  
INSURANCE AGENCIES

546 Duncan St. Courtenay  
Phone 338-8616

## 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

### MOVING TO TRENTON?

Write for free map and information on  
Homes Rentals Mortgages  
G. E. Forchuk  
TRENTON REALTOR 392-1201  
54 Market Square  
"EVERYTHING IN HOUSING"

### The Courtenay Florist

Night 334-2027 491 - 4th St.  
Day 334-3441 Courtenay

### 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  
Ph. 334-3852 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

## STUDIO ONE

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

SUPPORT OUR ADVERTISERS, THEY

SUPPORT US.  
(Signed)  
Totem Times Staff

## MISSION HILL MEATS

Baby Beef Steaks	Club, T-Bone, or Sirloin	99c lb.
Round Steak		89c lb.
Lean Hamburger		59c lb.
Home-made Beef Sausages		2 lbs. 99c
20 lbs. Family Variety Pack		\$11.88

PHONE 334-3579

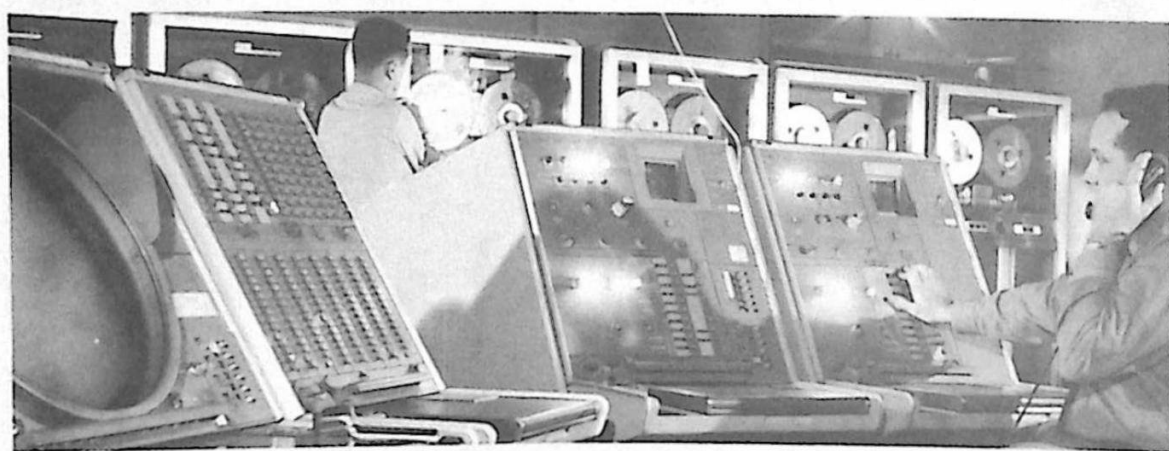
FOR PROMPT DELIVERY

for GENTLE "DEW"

## SPARKLING DISHES

32 oz. Dew ..... 65c  
40 oz. Dew ..... 80c  
160 oz. Dew (1 gal.) 3.00

IDEAL FOR WOLLANS, SILK, NYLONS AND ALL FINE FABRICS  
BUY DIRECT FROM MANUFACTURER AND SAVE



No Mam, this is not "Dial a Prayer"

## BASE THEATRE SCHEDULE OCTOBER, 1968

### Friday, October 18 TEXAS ACROSS THE RIVER

Dean Martin, Alain Delon, Rosemary Forsythe  
Comedy Drama Suspense

### Saturday, October 19 TORN CURTAIN

Paul Newman, Julie Andrews, Lila Kedrova  
Drama Suspense

### Sunday, October 20 LITTLE WOMEN

Elizabeth Taylor, June Allison, Peter Lawford  
Drama Suspense

Evening performance commences at 2000 hours

### Thurs. and Fri., October 24 and 25 WHO'S AFRAID OF VIRGINIA WOLF

Elizabeth Taylor, Richard Burton  
RESTRICTED

### Saturday, October 26 REFLECTION IN A GOLDEN EYE

Elizabeth Taylor, Marlon Brando  
Comedy Drama

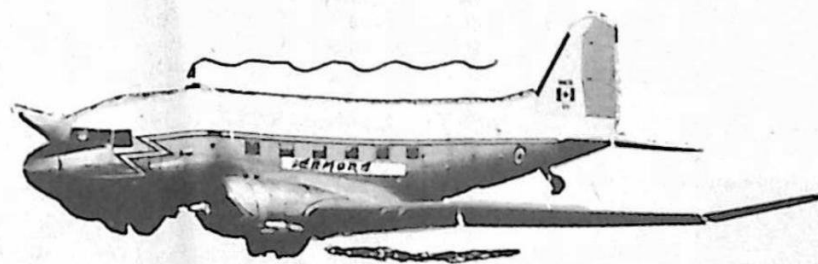
### Sunday, October 27 WILD IN THE STREETS

Shelley Winters, Christopher Jones, Diane Varsi  
Drama Suspense

### Thursday, October 31

Watch for flyer concerning this date.  
Matinee performance commences at 1400 hours (children - 20c)

## 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

Vancouver via Victoria

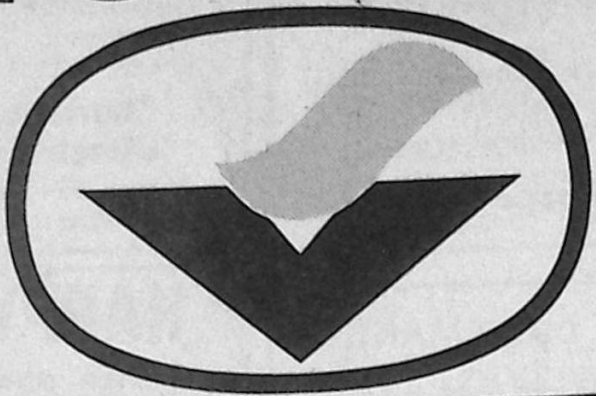
SF 42 Dep. Comox 07:00

Returning Dep. Vanc. 14:45

Remember Fly Kamikazi. The Only Way To Go



# LOW PRICES PLUS FRIENDLY SERVICE



SUPER-VALU PRESENTS  
SWIFT'S HOME ECONOMIST  
"MARTHA LOGAN"

NEW MODELS IN COOKING  
**FREE COOKING SCHOOL**

- ★ Date - Tuesday, October 22nd
- ★ Time - 8:00 p.m.
- ★ Location - Courtenay Junior Secondary School

Plus FREE Draw for three Major Appliances  
Ask Your Cashier for FREE Tickets

New Zealand LAMB

**Leg o' Lamb** • GOV'T INSPECTED WHOLE or BUTT HALF lb. **69¢**  
**Lamb Rib Chops** • GOV'T INSPECTED .... lb. **59¢**  
**Shoulder Roast** • GOV'T INSPECTED square cut ..... lb. **39¢**

• GOV'T INSPECTED • CANADA CHOICE • CANADA GOOD

**CROSS RIB ROAST** ..... lb. **79¢**

• GOV'T INSPECTED • CANADA CHOICE • CANADA GOOD

**BONELESS PLATE and BRISKET POT ROAST** ..... lb. **63¢**

• GOV'T INSPECTED • CANADA CHOICE • CANADA GOOD

**CHUCK or ROUND BONE POT ROAST**

**TRIMMED WASTE FREE** ..... lb. **49¢**

SUN-RYPE

**APPLE CIDER**  
**2** 48 oz. tins **69¢**

15¢ OFF - AJAX II

**DETERGENT POWDER**  
giant pkg. **79¢**

COLUMBIA PURE

**STRAWBERRY JAM** 48 oz. tin **99¢**

ROMPER

**DOG FOOD**  
**6** 15 oz. tins **59¢**

DOMESTIC - 7¢ OFF

**SHORTENING**  
2½ lb tin. **79¢**

NABOB

**JELLY POWDERS**  
ALL FLAVORS **6** 3 oz. bags **49¢**

NABOB

**COFFEE** Canada's Choice By Far!  
1-lb. Flavotainer pkg. **79¢** 2-lb. Flavotainer pkg. **1.57**

NABOB

**MINCEMEAT**

24 oz. jar **49¢** 44 oz. jar **95¢**

NABOB

**INSTANT COFFEE**

6 oz. jar **99¢** 10 oz. jar **1.39**

NO. 1 GOLDEN RIPE

**BANANAS** ..... 7 lbs. **99¢**

MIX N MATCH

COOKING

**ONIONS  
CABBAGE  
CARROTS  
TURNIPS  
BEETS**

**10** lbs. **59¢**

**SUPER-VALU**

BUY BETTER - SAVE MORE!

