



TOTEM TIMES



Latest pay raise rumour - 37½%

Vol. 9

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No. 22

Cudgel capers II, again



AFTER THE "all clear" sounded, LCol GF Hammond, C.O. of 409 Sqn. and Major WB Stern came out of the hangar, blinked their eyes and found the fallout all gone and the sun shining. "Great day for flying" someone remarked, and off they went. No sense being the C.O. if you can't go flying when you want to.

— Totem Times photo

Recently a group of 409 squadron officers gathered to draw up a set of timed inputs for an exercise. This exercise was scheduled to simulate a Tactical Evaluation of the Base and to a great extent the posture the Base would assume during an actual combat situation.

Primarily they were interested in exercising all the different levels of Air Defence Readiness and our procedures and capabilities for the combat turnaround of aircraft. Other objectives included the completion of a maximum flying schedule in a short period of time and operating under atomic fall-out conditions.

During the exercise these officers acted as an observer team. Their duty then was to scrutinize the phases of operation for mistakes and erroneous procedures and submit a rating for the phases.

The initial call out of personnel started at 5 a.m. Monday last. While the levels of readiness rose, ground crews were busy towing out the aircraft, inspecting them and preparing them for flight. High winds and rain hampered them continually. However, they still managed to have the required aircraft ready to go and accepted by the aircrews before the flying phase was scheduled to commence.

Once flying started it continued steadily into the afternoon. Each flight was assessed after landing. This plus other procedures involved in the exercise

assured little idle time being spent on the ground between flights.

Later in the morning a fall-out situation was simulated. Time spent outside necessarily became less and less. Still the jobs had to be done, just as thorough but faster. The decontamination of everyone and everything coming inside was paramount. Never did the operation come to a standstill it just took more time.

The possibility of infiltrators was always a problem. Security of personnel, sites and equipment were most stringent. Food was screened to assure it wasn't poisoned. Fuel dumps and bowlers were scrutinized to prevent contamination.

Safety was an overriding factor in any operation attempted. Due to the high winds and rain some of the outdoor phases became shortened or were eliminated from the schedule.

By mid-afternoon the exercise was completed. Probably the staff of the CAC felt more relief than anyone else when the announcement was made. They had been in the thick of things continually from the outset and performed most admirably.

Within the hour a debriefing for the squadron aircrew was held. Indeed the team did find mistakes, but none that required much time to correct. Overall the results were satisfactory.

Now all that remained was to correct the mistakes and start plans for the next operation.

Cadeaux clears beer in Parliament

OTTAWA (CFP) — Defence Minister Leo Cadeaux reduced to proper perspective a national weekend furor over beer carried in one of the three Canadian Hercules aircraft standing by to take relief supplies into Nigeria-Biafra.

Mr. Cadeaux told the House of Commons Monday that the Hercules carried beer because its intended destination was without a known source of drinking water and that the ration for airmen involved "comes to an average of two bottles of beer per man per month, not counting weekends," issued on a daily basis.

He was answering public charges that the forces were "guilty of criminal negligence by transporting beer instead of food" and pointed out that the government had never been asked to carry food in its planes, but that they merely be "ready to carry relief supplies for the victims of disaster from Fernando Po or inside Nigeria itself."

A weekend TV story from Ottawa gave the impression that the beer, now in a Hercules landing by at Recife, Brazil, had bumped relief supplies.

Mr. Cadeaux gave the facts and stressed the importance of not being "unfair" to the Canadian forces personnel.

At this stage in proceedings there are two operations involved in setting up the Canadian forces Nigeria - Biafra operation. One is based on the international airport of Lagos in Nigeria where accommodation and amenities are available. On the other hand the operational base at Santa Isabel on the island of Fernando Po required self-sufficiency since the region has no known potable water sources, and was unlikely to have suitable living accommodation for the forces personnel involved in the airlifts.

One fully-loaded Hercules was enough for the initial flight to Nigeria, but two Hercules loads were needed to take the necessary people, their equipment and tents onto Fernando Po. There just wasn't room for passengers such as newsmen on the two flights because all the floor space was used up. However, beer, soft drinks and a small quantity of Canadian cigarettes were tucked under vehicles after CFB Trenton had bought them with non-public funds.

The beer was intended to replace rapid loss of body fluids in the hot, unhealthy climate. Contrary to news reports, the amenities didn't bump any passengers or relief supplies. In fact the government wasn't asked to bring relief supplies to Africa, the object of the exercise being to move plentiful relief supplies already at Lagos, not to bring more from Canada.

PAYFIELDS RE-SOWN



"HAPPY ABOUT BEING in Payfield Seven? You gotta be kidding," Cpl. Marsh Mills answers in reply to our stupid question. "For a long time I thought the wheels had forgotten us Air Traffic Controllers," he went on. "When I heard the news I phoned the wife and told her to order a pink Cadillac convertible."

— Totem Times photo

Twenty-six of the 107 trades in the forces are moving one rung up or down the payfield ladder as of 1 Oct.

Affected are about 10,900 tradesmen. The vast majority—some 70,000 in the other 81 trades—are not involved at all.

Six trades with a total strength of about 4,600 men advance one pay field and 20 trades involving about 6,300 men go back one pay field.

It was on 1 Oct. 1966 that a radically new trade structure as well as the new pay structure were introduced.

The 350 odd trades of the former services were reduced to about 100 and the old trade groupings discarded in favour of five pay fields. All were to be evaluated every two years at the same time that pay is reviewed.

It was widely recognized that the first two years would be a settling-in period for the new trade structure and that in 1968 there would have to be some re-adjustments as a result of experience. It was decided that

where adjustments had to be made no trade would change by more than one payfield up or down as a result of re-evaluation.

Although further adjustment may well be the result of future reviews it is not anticipated that changes of this magnitude will be necessary again. In the forces as elsewhere, specifications for each trade have to change to meet developments in equipment, in techniques and in tasks.

THE WINNERS:

From payfield three to payfield four: Military policeman, 811; firefighter, 651.

From payfield four to payfield five: boatswain, 181; electrician, 614.

From payfield six to payfield seven: electro-mechanical technician, 431; air traffic controller (HL), 161.

THE WEEPERS:

From payfield seven to payfield six: field engineer, 041; ammunition technician, 423.

From payfield six to payfield five: stationary engineer, 623; signalman sea (HL), 261; terminal equipment technician, 222.

From payfield five to payfield four: transportation controller, 934; sonarman (LL), 281; meteorological technician, 121; lineman, 052; dental equipment maintenance technician, 724; fire-controlman (LL), 071; radio operator, 211; cartographic draughtsman, 151; construction engineering technician, 611; operator engineering equipment, 932; draughtsman, 892.

From payfield four to payfield three: air traffic controller (LL), 161; driver signals, 051; dental clinical assistant, 722; dental assistant, 721.

All tradesmen affected have a vested right to their present pay. When treasury board approves the pay raise to be effective 1 Oct. 68 (which also includes the reserves) there will no longer be need of the vested right because pay raises in every case are expected to more than make up the difference. This means for some tradesmen the expected pay raise will be smaller than the average and for others it will be larger.

ALL STAR CAST HEADS REMAKE



THE REMAKE of the classic Walt Disney production of Snow White and the Seven Dwarfs is presently being made on location in seven hangars. The new extravaganza, under the new title of "Cudgel Capers II" will feature the original cast. Shown above is the cast who took time out from an early morning call out to pose for our photographer. Back row, left to right, are, Grumpy, Happy, Dopey and Sneezy. Front row, left to right, are, Doc, Bashful, Sleepy, Snow White who has his hair up in curls, and Prince Charming.

— Base photo

Navy Swinger

A Canadian Naval officer has recently been appointed Director of Music for the newly created National Band of the Canadian Armed Forces located in Ottawa.

Lieutenant-Commander William J. Gordon, 44, assumed direction of this new musical organization this fall just prior to the band's first overseas tour where they performed at Canadian military bases and participated in the NATO Music Festival.

Lt.-Cdr. Gordon studied the violin at the age of six, and eight years later entered the Royal Marine School of Music.

During war years he served with the Royal Marines in both battleships and cruisers in the Atlantic, Arctic, Indian Ocean and the Far East. After the war he continued his studies in theory, composition and conducting and received his Band Master's certificate from the Royal Marines in 1951. A year later Lt.-Cdr. Gordon received his Licentiate (in conducting) from the Royal Academy of Music.

In 1954 he transferred to the Royal Canadian Navy as a music instructor. In subsequent years he became chief instructor at the Canadian Forces School of Music, Esquimalt, B.C.; Director of Music Naval Band, Esquimalt; Staff Officer (bands) Naval Divisions, Hamilton, Ont.; Director of Music HNCS Stadacona Band, Halifax and later, Assistant Supervisor of Music for the Canadian Armed Forces in Ottawa.

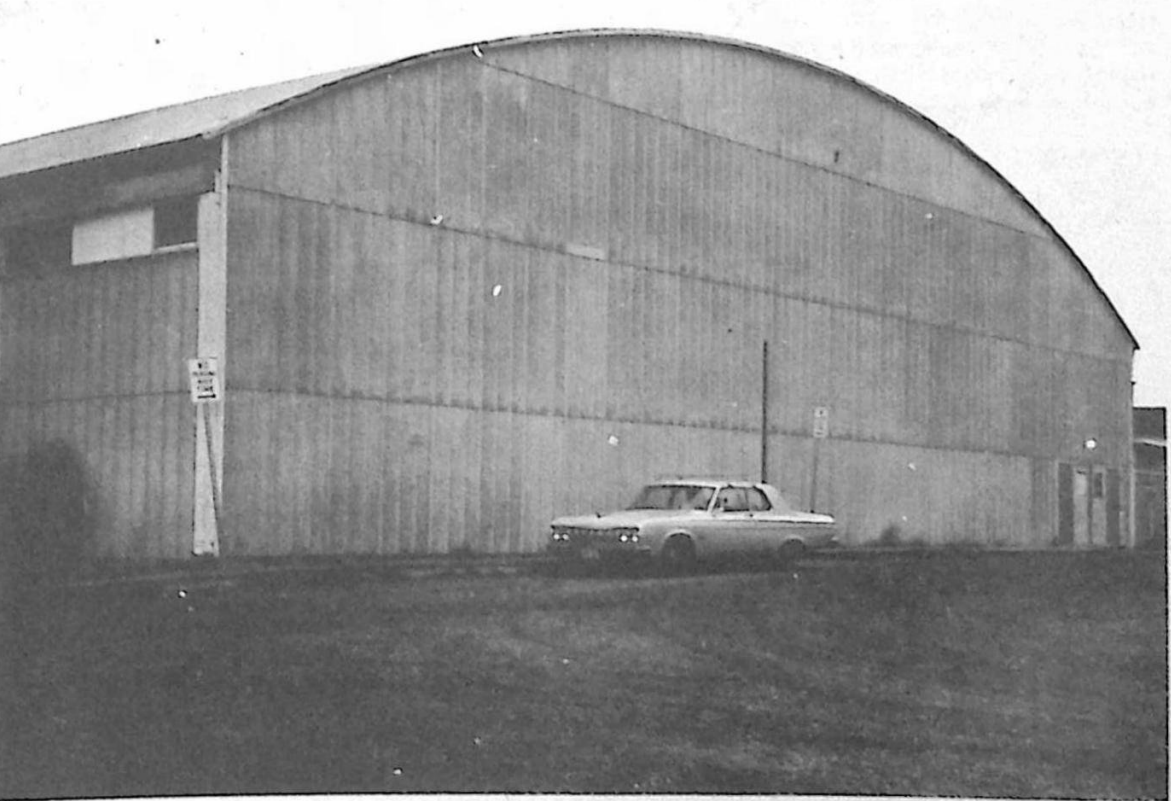
Upon the reorganization of military bands this summer, Lt.-Cdr. Gordon was selected to direct the National Band of the Canadian Armed Forces, an organization new in concept, new in composition and unique in scope and variety of presentation.

Although the National Band of the Canadian Armed Forces has few functions overseas and at a few functions in Ottawa, Lt.-Cdr. Gordon and his 6 musicians are busy preparing a Canadian Forces Band of Music for their first official public appearance in Canada tentatively scheduled for Ottawa this December.

Gardens expand

Final Tenders were received last Friday for extensions and improvements to Glacier Gardens. Work is expected to start soon on the \$65,000 program. The face lifting will include a new entrance and foyer. New ticket taking facilities and a much larger snack bar and smoking area. Four new dressing rooms and a referees room are in the blueprints. These will include heating, shower and washing facilities in each dressing room. The much needed additional spectator room is coming in the form of 250 extra seats to be placed at the second level near the present entrance.

GARDENS GOUGING?



In response to a (signed) Letter to the Editor published in our last issue the "Times" looked into the new policy of charging admission to Glacier Gardens, regardless of whether the person is going to skate or not. As we began questioning the public at large we heard charges of "gouging, profiteering, exploiting, money-grabbing and out and out banditry. However no investigation could be complete without hearing both sides of the story. The Base Administration was asked "why?" Here are some of the reasons given:

First, there is not an overall charge for any person entering the arena. Parents escorting young children, but not skating themselves or young children with their parents, but not skating will not be charged.

Several problems have combined to make this action necessary. High seasonal temperatures have made ice-making difficult. The ice plant is working to full capacity. The arena is plagued with a condensation problem. The presence of large numbers of people in the building compounds these problems with the additional body heat. In the past, some people have taken unfair advantage of the

free admissions. To cite one example, four people entered the arena, one with skates who paid the regular admission, the other three got in free. These happy souls spent the rest of the day taking turns on the one set of skates.

The Arena is in danger of becoming a "hangout" for people who have no interest in skating at all and who entertain themselves by making general nuisances of themselves.

The original concept of the arena was for ice sports, and for the enjoyment of both the athletes and the spectators. We intend to maintain that concept.

Bulletin from Mexico

Officials here have announced that an application for the 1976 summer Olympic Games has been put forward by the Comox Olympic Brotherhood of Canada. This Canadian committee, with Government support and approval (finally) has outlined a complete program should that small Canadian city(?) receive approval for the '76 Games!

All swimming events are to be held at the Canadian Forces Base Olympic outdoor pool. Financial reports show that the pool must have been built solely for the purpose of Olympic competition and has actually been built many years in advance due to the confidence of the Canadian Committee.

Gymnastics will be held at the Comox Shopping Centre's parking lot. The committee assures us that the metal poles now being used to hold street lamps were actually put there to support the "rings."

Rowing and sailing events will be held on "beautiful and scenic Comox Bay." The committee officials assure us that the long range tide tables show excellent water conditions and the Canadian Forces crash boat will be made available to clear away any obstructions in the form of Tye fishermen.

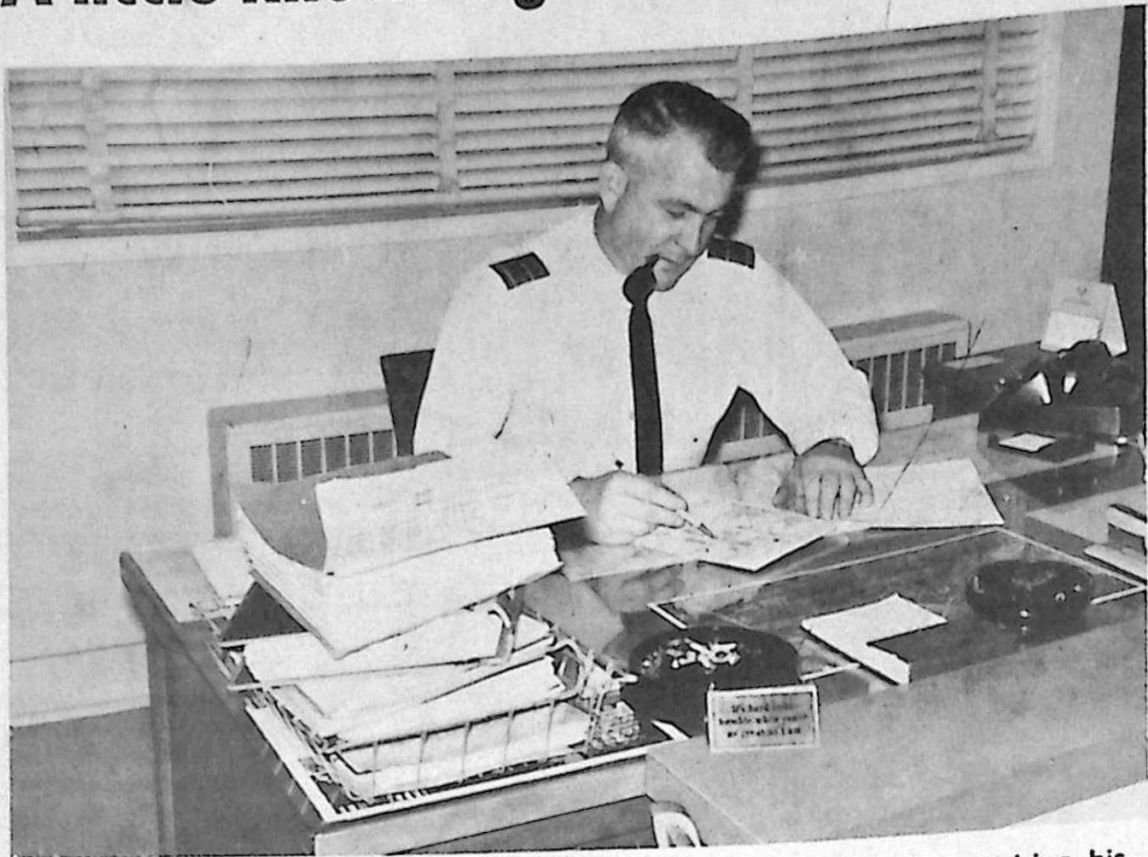
Track and field events will be held at a place called Lewis Park provided weather (extremely unlikely in that part of the coun-

try), the track events can be held indoors in the large CFB Comox rec centre. The only stipulation here is that all Volleyball and Badminton competitions must be completed prior to beginning track events.

The housing of athletes is reported to be no problem as the Comox area has adequate housing both in Canadian Forces Married Quarters (to be made available) and in the local area. However, athletes are encouraged not to drive their own cars should they wish to use Forces' facilities. Something about a parking problem! The housing of female athletes will also be no problem.

See MEXICO continued on page 2

A little knowledge can be dangerous



THE B P SERV O, Major RJ Ford digs into the mountain of paper requiring his signature that accumulated while he was in Brooklyn, N.Y. The Major attended the U.S. Navy's "Exchange" course. The course covered wholesaling and retailing principles, displaying of merchandise and in short, all aspects of merchandising. Major Ford is now contemplating his release with the view of taking over the manager's office in Vancouver's Hudson Bay Store. — Totem Times photo

Lonely Thanks

TRENTON, ONT. (CFP) — Four travel-weary Arctic explorers who've been legging it across the polar ice cap to Spitzbergen Island got a radio message away to the forces air transport command here saying thanks for much-needed air supply drops.

Earlier this week, the message was relayed through the naval Arctic research laboratory to transport command headquarters.

"Please convey to all concerned in DTAE winter supply drop our warmest congratulations and thanks. We have come to rely on the Canadian air force not only for the supply drops, but also for moral support and the encouragement we need in order to survive. We sense this encouragement in the care taken to check over equipment, the many thoughtful gifts and efficient and friendly spirit with which each air drop is carried out. We are proud to be your target, the object of your missions. We will share with you our success."

It was signed by Wally Hebert then at a position 84 degrees, 25 minutes north latitude, 164 degrees west longitude, about two-thirds of the way from Point Barrow, Alaska, to the true north pole.

Veteran Arctic explorer Wally Hebert and his three-man British trans-Arctic expedition are eight months into their 3,500-mile trek, believed to be the first try at an overland crossing of the Arctic ocean. They hope to reach Spitzbergen by June 1969. Hercules aircraft of Edmonton's 435 transport squadron so far have made four sorties to the group. They have dropped everything from an 18 x 10 foot prefabricated house to dog food for the huskies plus small unexpected comforts.

whatever become necessary. Statement from the Olympic Committee. "Gentlemen of the press. We believe we should give the Comox bid for the games every consideration. We believe this is the first time that the Canadian government has made an honest effort, by the use of the Armed Forces, to actually provide that country with any support at all in Olympic endeavours. Our decision will be forthcoming!"



SABRE WAKE

Coming to the "sabre wake" at Chatham, N.B.? The F86 Sabre Jet is being phased out of the Forces inventory with the closing of the Chatham Sabre Transition Unit.

CFB Chatham proposes to host a stand down on November 29 and 30 to give the personnel who've been associated with Sabre activities a chance to salute

in the traditional manner the retirement of one of the best known, postwar fighter aircraft that Canadian airmen have flown.

It is impossible to extend individual invitations to ex-members of Sabre Squadrons, so CF Base Chatham extends an open "invite" to all interested persons.

For planning and accommodation requirements it is requested that bases message names of those wishing to attend by October 21 or as soon as possible thereafter. Replies should be addressed to CFB Chatham, Attention Standown Co-ordinator.

CFHQ cocks kindly eye on priority fives

OTTAWA (CFP) — Ever been bumped while a priority five traveller?

If so, good news is on the way. Movement officials here are taking a good look at the plight of priority five aircraft passengers with a view to getting more of them through to destination.

Meanwhile, disregard paragraph 13 of Annex B to CFAO 20-20, except for the first four lines. It will be amended later, says CANFORGEN 195.

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Asro Bouquets and ?!:-%

We see Capt. Chuck Browning reluctantly moving his box of leave passes, dart board and coffee mug up to his new office now on the second floor. We understand that Professor Jamieson has vacated this office to accept a VIP position at Royal Roads. Shane should have no problem passing his fitness tests if he has to make as many trips to "Charlie Browns" office in the future as he has in the past. Wonder if he will be able to hear that familiar bellow all the way from upstairs!

Young blood forced the ASRO upstairs — just not enough room for one Warrant Officer, two Lieutenants and a Captain in the office space in the servicing shack and we can't have them continuously behind the servicing desk interfering with the working men.

Welcome to Lt. Doug Mathews who assumes the position of Aircraft Servicing Officer and can ask "why" more times a day than most four year old sons. How else is he going to learn? RMC didn't teach him anything about aircraft servicing.

Lt. Bob Kingsley has vacated the position of LSO. We understand that he is off to Clinton where they hope to teach him something about guns, bombs, electronics, calculus and all that good stuff that a Tech/Arm officer requires to do the job that Bob has done so efficiently this past year.

Replacing Bob we have Lt. Wayne Reinboldt. Wayne is a former com. type who went to university as a serving airman, saw the light and selected Tech/Arm as his desired field. With the C.I., practice Tac Eval and all that good stuff for a welcome he simply had to get on with the job without having time to ask what, why, where, when or how. Welcome aboard and lots of luck.

A number of new faces have appeared in the ASRO organization. To the Tel Air Section we welcome W.O. Blazeka who replaces Orv Coates who is having a rest up in the Cal. Centre be-

fore he heads for the Cool Pool. Joining the warrant is Cpl. Grieve who, it is rumored, deserted the navy when he heard that his release papers would read: "Discharged Seaman".

MWO Ken Barlow has been evicted from the JEFM shop to become Lt. Scott's right-hand man in Snag/Repair. This leaves Sgt. Slim Somerville as a Chief Honcho of the JEFM shop which has become another responsibility of Lt. Kent Scott.

Cpl. Moore leaves the I & E trade. We hear that he is heading for Pincher Creek where he hopes to become a rich rancher or something. Cpl. Hatfield is also absent from the shop. Rumor has it that he crushed a vertebrae when he stumbled over a half bottle of ye olde stale ale. Lt. Kent Scott will reward anyone who can dig up the NATO numbers for self-erasing grey/white treaded tires for aircraft and towing vehicles — "Away damned spots on my newly-painted hangar floor."

Kent is grateful to all who buy hockey, baseball or football pool tickets. He has had a winner every time and claims it is the surest and easiest way that he knows of to supplement a "poor lieutenant's" pay.

W. O. Daynes has gone out of the chicken business — Cliff has moved into a new trailer and handed the ranch over to Gerry Burt. Gerry has had to put up a notice regarding the change of occupancy — seems he was getting so many strange callers at such odd hours that divorce was threatened.

Captain McLeod must have problems getting back seat occupants for test flights or did he insist that the ASRO make that test flight Friday?

That test flight Friday afternoon to prove his faith in our maintenance? That break should have been enough to put an old chap past CRA off flying for life, but we checked the back seat and could find no evidence of a lost breakfast or lunch. We will have to depend on Beetle as test pilot

while Major Swede Larson basks in Sunny Sardinia. Barry isn't complaining as he sees that 1,000 hour plateau rapidly become a reality-three test flights a day helps.

Mexico

Continued from Page 1

blem as a well known, private organization dedicated to the betterment of women everywhere has offered to provide a spacious, fully furnished home overlooking the scenic waterfront and also very close to entertaining and dining facilities.

The Canadian Forces has offered to provide all the armed guards necessary to maintain law and order. Should we be plagued with riots such as the ones we have just endured the Military police will be fully utilized to do

Night Hawk's Nest



A new crew has entered our nest. They are Captains Don Elphick and Bob Merrick. Bob and Barb Merrick are familiar faces around the squadron since they came to us from the EWU detachment which was once based at Comox. Don and Ann Elphick arrived from CFB Bagotville where Don was Flight Commander of the T-33 flight. Welcome to the squadron y'all and may your stay be most enjoyable.

Truth is indeed stronger than fiction. Captain Laurie Bastie started the latest cycle with his unique method of catching a cold. To further illustrate this statement read this excerpt from a conversation that took place at the Base Hospital. The scene is set. It's about 9:30 p.m. on a weekend night. A Squadron member limps into the doctors office...

M.D. — "Come in Captain Northrup. Sit down and tell me what happened to your foot."

D.S.N. — "Well doc, Marilyn and I invited some of the squadron for a cocktail party before coming out to the Fall Formal tonight. I was busy getting dressed before anyone arrived and when I was putting on my right shoe I felt something snap. During the party my foot got sore and started to swell. One of my guests pushed something back in place, but it's still swelling up on me."

M.D. — "Problems putting on shoes eh. Are you a pilot?"

D.S.N. — "Why yes. How did you guess?"

M.D. — "It's not a guess really. We doctors learn to make a correct diagnosis from the smallest bits of information. No doubt you feel a bit foolish over such a silly little accident. Just remember people can become preoccupied with things and put shoes on with the laces done up and while forcing them on you can easily snap a bone or cartilage out of place."

D.S.N. — "But these aren't really shoes — they are Wellingtons. They don't have laces and slip on like slippers."

M.D. — "You wouldn't also be an Instrument Check Pilot would you?"



"WHERE THE HECK did you find that smock?" asks newly promoted Sgt. Erwin Grant. "Well," said old Cpl. Bundus, "I was really saving it for myself, but I guess you beat me to it." Sgt. Grant is a native of Summerside P.E.I. and is the latest addition to the 407 Sqn. three strippers club. — J. Tremblay photo

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Buy yours today!

UNISKINS by mac



The Snake Pit

You have no doubt heard all the controversy surrounding violence on TV. There are those who would have us believe that such stories warp our little monsters' minds and turn them into slaving maniacs. This is, of course true. In an effort to rehumanize our children, psychologists have suggested that we eliminate violent programs from TV and replace them with sweet stories about children and flowers. Psychologists have failed to realize, however, that when you mix children and flowers, the result refuses to bathe.

Since the psychologists have failed, I decided to investigate the matter myself. As a result I have devised children's series which satisfies their blood lust without harming their minds, provides them with a loveable hero they can all respect and try to live up to, and encourages them to bathe. The name of the series is "Saviour of the Forest." Here is the first adventure.

The story opens in the depths of darkest Forfotoland, where there is a small shady glade in the heart of the great pine forest. In the glade, wild mushrooms abound, feasting on the rich, dark earth. (Camera slowly pans the glade, showing mushrooms abounding about) All was peaceful, until that fateful day when a wild crashing was heard in the underbrush, and two tired humans emerged from the gloom of the forest.

Ed: Sure glad we gave that separatist the slip.
Ted: I'm hungry. Hey look! Mushrooms!
And so the two fatigued woodsmen ravished the mushroom

glade. They pulled the mushrooms out by their very roots, and devoured them without bothering to chew properly. Their appetite sated, they stood back and proudly surveyed the scene of their carnage.
Ted: Boy, I bet there ain't a mushroom left.
Ed: Burp.
Ted: Hey! I lost my watch. It must have fallen off while we were pillaging the mushroom patch.

Ed: Forget it. Let's go. Refreshed, the two fiends went on their way, certain that the mushroom patch was destroyed. But unbeknownst to them, one small mushroom had escaped destruction. It was hidden under a sheltering fern leaf, and so was overlooked. And, wonder of wonders, Ted's luminous dial wristwatch had fallen under the same leaf!

Peace once again returned to the glade. There was not even the abounding of a single mushroom, for all but the littlest mushroom had been destroyed. And he was too little to abound.

Fate, however, was twitching his fickle finger. For all the while the littlest mushroom was being bathed in the rays from the luminous dial watch. Slowly, ever so slowly, changes took place within the very structure of the littlest mushroom. Gradually he felt the stirrings of consciousness from within, until one day he leapt out of the earth and abounded about the glade. Time had not yet healed the wound left by Ed and Ted, and before long the littlest mushroom realized he was alone. But he was not dismayed, for he heard a voice calling to him: "You only mushroom left. You Lone Mushroom!"

COBOC CACOPHONY

When people watch a Coboc's performance at a party, how many actually realize that they are in fact observing a miracle of the space age? Not too many! Often, when it appears that the Comox Valley stalwarts should drop in their tracks from fatigue (constant dancing, entertaining, or reasonable facsimile thereof) over-exposure (never-ending advances from women who realize how wonderful Coboc members are) and over-indulgence (coffee, tea or something else to the effect), the Cobocers continually amaze the audience with their breathtaking display, line borrowed from the RCMP, of charm, wit, intelligence and sparkling personality!

Residents of the Comox Valley have been wondering about this for years and since one of the chief duties of the philanthropic Coboc, is to provide a service to the community, we feel that it's about time we divulged the secret of Coboc.

The Coboc members outstanding ability to put on such fantastic performances at social functions is a direct result of the exhaustive training program he undergoes prior to his initiation into Coboc. This training has been compared to computer programming and we'll now give a few illustrations.

Coboc members automatically combat fatigue at parties due to a system of rigid disciplining in which the Coboc is encouraged and guided to sleep only two hours per night beginning on his arrival in Comox. Statistics show that after only 6 1/2 weeks of this training the trainees automatically counteract fatigue with no question of going to bed, therefore, tiring at a party is no problem whatsoever for the Coboc.

Over indulgence is no longer a hindrance to any Coboc as repeated exposure to the prevailing internal intake provides our troops with reflexes so automatic that sometimes they aren't aware of them themselves. Typical Coboc efficiency has enabled us to combine this over indulgence training with the fatigue training. The Coboc's ability to stand constant verbal lashings as can sometimes be found at certain occasions was one which was quite difficult to program. We finally succeeded with the help of the Officers Wives Club for which we will now give thanks. What we did was simply this. All Cobocers were required to attend a few mess functions which featured many members of the Wives Club and usually we could count on the wives to mercilessly inflict our stalwarts with never-ending tongue lashings with the aid of their right index fingers' hacking away at the air-space just in front of the Coboc's nose, and screaming descriptive such as "recluse, good-for-nothing, worthless, overpaid, and drunk". Soon it came to pass that all Coboc members could accept virtually any form of verbal punishment with the sweetest charm this side of heaven (hallelujah).

Programming Cobocers to automatically reject the many advances that single people of our svelte appearance, dignified manner, and smooth refinement, would continually receive was quite difficult. We suffered a distinct lack of training aids for this in the Comox Valley so we found ourselves forced to carry out individual training in places such as the finer clubs in Tijuana.

With the arrival of fall weather, the talk has turned from fishing and golfing to curling and hunting. Your reporter is not a great white hunter, but it

DEMON



Another two weeks have gone by and it is time to say it again. First an apology to Barry Friesen, he did indeed buy me a beer, but after the deadline. He also did ring the bell in the mess many times one Friday afternoon, causing many people to come out of the woodwork. Sorry about that.

Last Friday a mug presentation was held in the mess for departing members of the Demons. First to receive the accolades of the 407th was Capt. Bill Mazey. Having captured an exchange posting to San Diego he gave a lengthy dissertation on his stay at Comox. One of the many secrets given out was "getting ahead in ASAC." Next to receive his cup was Capt. Jack Mann. He has just finished his basic training to become a pilot at Camp Borden, and was on a visit prior to proceeding to fly the Tutor. His speech, though short, did express his regret at having to leave the sylvan surroundings at Comox. When asked how he would like to return as a third pilot on the Argus to Comox, only a grin and a "no comment" was given.

Capt. Lorne Scott, who was also to have been presented with a mug was unable to attend. He will undoubtedly make an effort to be here at a future date. With all these people departing it is only fair to welcome some new blood to the organization. Lt. D. Mosher, a good Nova Scotia lad reported last week and was immediately sent up on a long patrol. Yes, it is possible to get used to air turbulence.

With the arrival of fall weather, the talk has turned from fishing and golfing to curling and hunting. Your reporter is not a great white hunter, but it

and the poorer clubs in Vancouver. Coboc types are finding themselves unable to maintain their usual high standard of advance rejection due to a lack of training time caused by a reduction in trips from base and reduced time off from our superiors.

Well friends, that's about it. You now know why Cobocers are so computer efficient. Of course our programming doesn't always work and the end result is usually a married guy. Oh well, you can't win them all.

DOINS

"seems that even in the beastly" weather of the last few weeks some of the Demons have indeed been out. Lt. Loring and Capt. Stith are even now in the interior after moose. Her last name was not mentioned prior to departure.

Going from outdoor sports to indoor sports, it seems that Lt. Peake has passed the physical fitness test at the rec centre. Thinking perhaps all the latest show of muscle on the Olympics has caused this activity, but further research shows that this is a requirement for all members of the armed forces, except the real old people over 45. Therefore, your reporter has borrowed a pair of gym shoes and by the next issue should be able to report first hand on this matter.

Two weekends ago we had visitors. Capt. Murray Kelly of the 404th patrol squadron brought us a new aeroplane and took back our first Argus. Talking to our visitors, it comes out that affairs on the East coast are indeed dismal. There are so many trips overseas that many people are trying to get grounded before going on these. Therefore the crew took a bit of R and R at Comox and left on Tuesday last. I sincerely hope that their stay here was refreshing enough to put them back in the line.

Next, a little advertising. The squadron is planning an all-ranks Christmas party. Tickets are for sale and there are several draws on to give them some money to work with. To help your committee, please take some tickets on these draws, try to buy your ticket for the party as soon as possible so they will know how many to plan for. To the best knowledge of your reporter the date is 14 December. Keep that day free as possible. Those of you interested may even volunteer to help the committee, I have been led to believe that those assisting with the decorations will be eligible for a free beer.

A short column this time, if you feel anything has been left out, please do put it down on a piece of paper and throw it in the crew two box. This goes particularly for the people in servicing and photo and what not, whom I do not get to see as much as I should.

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New inventory items at base photo



UNABLE TO CONTAIN his joy any longer, Sgt. Keegan, NCO i/c of the Base Photo Section phoned us the other day to show us his new equipment. When asked to describe the new cameras he said, "Well this stuff is pretty advanced for an old timer like me but I'm sure my Corporals will be able to handle them. On the walls can be seen samples of photos taken by 407 aircrew members."

— J. Tremblay photo

Unified exchange system reality

OTTAWA (CFP) - The doors of all grocery dry good stores and other such resale enterprises at military establishments in Canada and overseas opened under a new unified system Oct. 1.

On that Tuesday, the Canadian forces exchange system became fully operative.

All military community enterprises are now under the direct control of base, station or unit commanders. All authorized patrons using these facilities are full stockholders because all the profits obtained from these resale activities are passed on to them in one form or another.

The Canadian forces exchange system - CANEX - is a directorate, part of the division called director-general personnel support programs.

Initially, consideration was given to the formation of an exchange system which would be controlled in a line organization from Ottawa. This idea has given way to exchange activities being self-managed by the base, station

or unit, with system direction and assistance coming from the central office.

While at some sea and air orientated establishments, there has not been any dramatic change this is certainly not the case at land bases and stations, due to the takeover of maple leaf services. MLS has ceased to operate any resale activity and will wind up its affairs by Jan. 1, 1969. In the land environment such as the 4th mechanized brigade group, resale operations are now the responsibility of the base commander, Soest, and the same applies to Canadian exchanges at bases such as Petawawa, Gagetown, Shilo, Valcartier, etc.

With each base, station or unit being responsible for its own operations, the needs of the different military communities can be better fulfilled. For example, the needs of a training community differ from those of 4 CMBG in Germany, where dependents are left on their own for days, or weeks at a time.

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Have we forgotten?

This is the time of year for remembering. We pause from our everyday routine, perhaps to attend a parade, or a memorial service, or maybe only for a moment of silence. We say we will not forget our boys who died for us. We say how grateful we are to them. We tell them we have indeed taken up the torch and are safeguarding what they died for. Then we put away our flags and bunting for another year and resume our pursuit of life.

But have we really remembered them? Is a solemn parade fitting tribute to those who died for us? Is a moment's silence sufficient payment on the debt we owe them? Is a lonely bugle call on a misty morning the best we can do? Surely we owe our fallen heroes something. If it were not for them, we would not have our country.

War is hell. We know that. War is not glorious. We know that too. But the ideals they died for could make heaven on earth if practiced in our daily lives. Their spirit of sacrifice is a glorious example of the love a man should have for his country. The tragedy is that only in a war, civilization's ultimate mistake, do these ideals seem to shine through.

What kind of people are we to inherit their legacy? We send our young men off to war to fight for ideals we can't be bothered to live up to. We ask them to make sacrifices and then refuse to do likewise. We say we are remembering our fallen comrades by maintaining our military vigilance. And then we turn and set about destroying the very society they died to protect.

How would you like to go back through the agony of a severe wound knowing that the people back home would think nothing of cheating on their income tax? How would you like to storm a ridge knowing that there are people back home who can't even be bothered to vote? How would you like to die for freedom knowing that back home freedom was being denied to those who made the wrong choice of skin color? Our boys might not have thought about things like this. They had faith in a dream, and in those back home, and they died for us.

And how do we remember them? With words. With parades. Where are the ideals they died for? Freedom once meant something. Democracy was once regarded as important. Important enough to die for. Now we see both freedom and democracy being ignored while we look out for Number one and leave Number two to keep up as best he can. Where would we be if the people we are remembering thought only of Number One?

We say we're keeping our country free and strong. We watch out for perverts and insist that hippies take baths. We amuse ourselves watching the antics of races we have oppressed. We demand inflationary wages or set exorbitant prices. We hold police in disrespect. It's a free country ain't it? Yes. Because people died.

Freedom has always carried its responsibilities. We must not only be willing to die for it, we must also be willing to live for it. Perhaps we can remember a little harder.

The new government

Last week we saw our new government in action. In economic action that is and for most of us a bit of a surprise. Unfortunately we are still an unsophisticated electorate. Many actually believe that a new government will live up to their election promises and lower taxes. But for the last twenty years this has really never happened.

We are faced with a phenomenon that is unique to our period. It is known by many names, most of them uncomplicated. A simple term would be big government. This simply means that the federal government's sphere of activity is constantly expanding at a fantastic rate.

The reasons for this expanding activity are numerous and complex. For the most part we, the public, are causing this expansion. Living in North America we have instant access to innumerable material articles. Coupled with this affluence comes the demand for greater services. Here the government comes into the picture. Through our approval of its actions, either openly or tacitly, we have encouraged these actions. Socialization is with us and will be for the rest of time.

The problem lies in trying to find a limit for federal jurisdiction. The BNA act is noticeably vague in defining the various areas of responsibility for the two main levels of government. So when we are faced with a 2% "social development tax" we really have no right to be shocked or dismayed. Of course, this is a definite handwriting on the wall subject. Through our government we should be able to proceed towards the goals that the majority find equitable. If this is being done and some find themselves disagreeing then you have the satisfaction of knowing that you are not part of the majority.

From all the press that has been filtering into Canada from the States certain points seem important and surprisingly relevant. The people who conduct those polls, those are the ones that you use to your advantage if you are ahead and if they say that you are behind then you just go out and take your own poll, have certain opinions not directly related to their polls and from their close contact with the people they are saying that the people are asking their government to do something and nothing is being done. This is hard to believe in a democracy where the people are supposed to be the guiding force for their government. Actually this is just part of the continuing process of expanding big government and will get worse.

This may not seem relevant to us but in the other paper last week there was an article stating that the Cabinet was going to receive a number of talks from Marshall McLuhan, the guru of modern mass communication. So — if we are starting to realize that there is a problem then I think that we can pretty well assume that by now it has reached pretty terrifying proportions.

There is, of course a very easy solution. All we need is a union of the people who would lobby for our rights and wants and ensure that we do have government by the people for the people.



GOOD OL' AUNT Millie, "knew I'd rather have a nice hot cup of tea instead of that nasty ol' beer."

Last post for Antoine

By J. TREMBLAY

On top of a small hill standing in the cold, dull November morning a bugler brings his cold horn to his lips, and out comes deep, rich, vibrant notes of the last post. As he is playing, standing near a small grave, a mother's tears slowly trickle down her cheeks, and the sweet memories of a small boy come back to her mind.

Many years ago, a young boy named Antoine had been stricken by an incurable malady, but life went on slowly and painfully for him. He had always wanted to be a pilot, and he did in a way. His mother would take him to the airport near the village of St. Honore, there he would watch the aircraft flying in and out, and would say to his mother: "Mommy when I get better I am going to learn to fly, eh Mom." She would tell Antoine: "Yes son, God will make sure of that won't he?" At the airport, Antoine met Robert, a flyer who took an interest in the young boy and would spend hours showing and explaining all about planes and flying. Sometimes, on Sundays, Robert would take Antoine up for a ride, and would let him feel the controls for a while. This would keep him happy for weeks. He would pretend that he already was an old-timer, and the occasional flights, would become missions against the enemy aircraft.

The disease was getting worse, and the doctor had told the young widow that her son would not reach maturity. But a mother does not give up, she hoped and prayed that perhaps her young boy's dream would come true. When the hard cold winters would set in, Antoine's life would become morose and painful, he could not be taken outside for there could be complications. His days were spent looking at books, and there would be occasional visits by the flyers of the small company of La Croix du Sud. Since most of the men there were in the Air Corps during the war, many stories were told and Antoine's eyes would light up and he could hardly wait to grow up and join the Air Corps and become a hero.

His dreams were filled with battles with the enemy planes.

He would send them spinning down with his red hot machine guns belching flames and deadly bullets.

Robert had given Antoine a pair of goggles, leather helmet and his old captain's bars. He would display his war proudly to visitors and relatives.

When spring would come, his mother would take him to the airport and again occasional flights would cheer him up.

His body was getting weaker and every move became more painful for him. Eventually the trips became less frequent. Antoine was going to give up but Robert would spend more time with him, and try to make him happy by telling Antoine to get better, that they soon would need him as a pilot.

On a dull cold morning of November 1947 Antoine called to his mother and begged her to take him to the airport at once.

She dressed him up and took him in a wheel chair to the airport. She knew the anxiety in Antoine's eyes had some meaning. Antoine begged Robert to take him up in his Waco at once. This was Antoine's last flight. Robert let Antoine's small hands hold the controls awhile and there his small hands slipped down, and his head dropped down to one side. Robert knew that this was the end for the small boy.

The company had arranged to give Antoine a hero's funeral and a fly-past. After all Antoine was already a hero and a legend to them.

Now after the minutes of silence, the bugler plays the Reveille, a dark cloud moves in closer and the wind carries the notes in the distance. The mother kneels down on the small grave then arranges a bouquet of silver wings affixed to a tombstone.

This ceremony does not take place anymore, for all there is left is the cemetery where Antoine is buried, and many years have passed since.

But somewhere you may still hear the Last Post played by the same bugler who remembers Antoine. On Nov. 11th at night facing the Southern constellation the notes are carried toward heaven for among those stars there is Antoine who would fly for ever and ever.

HANSARD HIGHLIGHTS

Wednesday, October 9, 1968 - Page 975.

CANADIAN FORCES PERSONNEL

Question No. 110 - Mr. McGrath: 1. What is the total strength of Canadian Forces personnel stationed in each of the four Atlantic Provinces - Newfoundland, Prince Edward Island, Nova Scotia and New Brunswick?

2. What defence establishments are located in these Provinces?

3. What is the total strength of Canadian Forces personnel for each of the other six provinces, the Yukon and the Northwest Territories?

Mr. D. W. Groos (Parliamentary Secretary to Minister of National Defence): 1. As of 30 June, 1968: Newfoundland-424; Prince Edward Island-1,353; Nova Scotia: 13,865; New Brunswick: 6,121.

2. It is not departmental policy to make public lists of all defence establishments in each province giving precise locations. However, the following is a list of major bases and stations: Newfoundland; CFS St. John's CFS Gander; CFS Goose Bay; Prince Edward Island: CFB Summerside; Nova Scotia: CFB Greenwood; CFB Halifax; CFB Shearwater; CFB Cornwallis; CFS Mill Cove; CFS Shelburne; CFS Barrington; CFS Sydney; New Brunswick: CFB Gagetown; CFB Chatham; CFB Moncton; CFS Coverdale.

3. Quebec, 9,734; Ontario, 28,769; Manitoba, 6,729; Saskatchewan, 1,683; Alberta, 6,746; British Columbia, 8,583; Yukon, 171; Northwest Territories, 298.

Wednesday, October 9, 1968 - Page 979.

BILINGUALISM AND BICULTURALISM COMMISSION

Question No. 272 - Mr. Coates: 1. What has been the cost to date of the Royal Commission on Bilingualism and Biculturalism, how long has this Royal Commission been in operation, how much longer will it operate and what is the final estimated cost of this Royal Commission?

2. What are the names of the Commissioners now associated with this royal commission and how much has each received in salary and expenses to date?

Mr. J. E. Walker (Parliamentary Secretary to Prime Minister): I am informed by the

royal commission as follows: 1. Total expenditures by the royal commission on bilingualism and biculturalism up to September 30, 1968 were \$7,408,802.48. The commission has been in operation since July 19, 1963. At this stage it is not possible to estimate the length of operation or the final cost.

2. The total salary and expenses to date received by the commissioners now associated with this royal commission are as follows:

A. D. Duntion 60,550.00 4,256.08
C. Cormier 37,050.00 13,850.69
R. Frith 69,300.00 18,333.84
J. L. Gagnon 91,750.00 17,891.65
P. Lacoste 24,300.00 2,492.80
G. Laing 48,800.00 30,036.29
J. Rudnykij 44,550.00 19,461.65
F. Scott 41,550.00 8,812.89
P. Wyczynski 44,950.00 3,967.66

Wednesday, October 9, 1968 - Page 980.

REPAIRS TO HMCS "QU'APPELLE"

Question No. 346 - Mr. Anderson: 1. Have repairs to HMCS Qu'Appelle, damaged when run aground on Wiers Beach near Victoria earlier this year, been completed?

2. If so, what was the total cost of such repairs?

3. If not, what is the estimated cost of repairs?

Mr. D. W. Groos (Parliamentary Secretary to Minister of National Defence): 1. Yes

2. \$12,446.00.

3. Not applicable.

Tuesday, October 15, 1968 - Page 1149.

PARTICIPATION IN DESIGN AND DEVELOPMENT OF NEW PLANE

On the orders of the day:

Hon. D. S. Harkness (Calgary Centre): Mr. Speaker, my question is for the Minister of National Defence. It arises from an answer given previously in the house and the fact that today, October 15, is the deadline for Canada to join the European

fighter aircraft consortium. Will the Minister of National Defence say what decision has been made by the government in this respect?

Hon. Leo Cadieux (Minister of National Defence): There is no decision yet, Mr. Speaker. The extension to October 15 has been further extended to November 1.

Mr. Harkness: A supplementary question, Mr. Speaker. Does the minister expect to make a statement in this regard in the house prior to November 1?

Mr. Cadieux (Labelle): I expect so, Mr. Speaker.

Tuesday, October 15, 1968 - Page 1152.

INQUIRY AS TO PAY INCREASES FOR ARMED FORCES

On the orders of the day:

Mr. Robert McClellan (Halifax-East Hants): Mr. Speaker, I have a question for the Minister of National Defence. Can the hon. gentleman advise whether pay increases for the Canadian armed forces will be announced before the budget next week and, if not, when?

Hon. Leo Cadieux (Minister of National Defence): Mr. Speaker, I am afraid that the increases will not be announced before the budget. I expect that we might have an announcement some time in the course of the next three or four weeks. It should be emphasized, however, that whenever the announcement is made the increases will be retroactive to October 1.

(Later)

Hon. J. A. MacLean (Malpeque): They are on drug therapy for a year to prevent development of TB.

Mrs. Brooks is one of more than six hundred new cases of active tuberculosis found in B.C. this year.

Her story is told because she is willing to share it with other families around the Province, so they will realize that TB can still strike at any age.

Most of today's pilots are of a pretty sophisticated breed. They have to be; the day of kick the tire and spit in the wind has given way to multi-engine systems with electronic gadgets.

Which sort of puts today's pilots in a bind when that point is reached when the visibility is zero-zero and they run out of radio, radar and inspiration, all at the same time.

In moments of stress like that, any modern birdman is grateful to be able to fall back on an old timers wisdom. They appreciate the skill of one who has carried on through the soup without aid of black boxes.

All of this leads to the cat and duck method of flying. You can forget all of the electronic gadgets, the ball and needle, the artificial horizon and the omni beacon, as long as you have a cat and duck available.

Let's assume all of your cockpit lights have burned out, your radio's dead, and you are tooling along on top of the cumulus during an eclipse. Then you need a cat.

The cat is renowned for its ability to stay upright at all times, regardless of the situation. Therefore, all you have to do is observe the way your cat is leaning and make minor flap corrections to stay nice and level.

Of course there are a few rules that must be observed.

* Be sure your cat has a pedigree. Cats with pedigrees stand upright, on their toes. The common, alley variety has a tendency to lean. A leaning cat could get you into a terrible sideslip.

* Get an old cat, one that has used up eight of its nine lives. That way he has as much to lose as you and will do a better job.

* Get an alert cat. A sleeping cat is of absolutely no value to you at all. It may be necessary to get a dog in the cockpit to keep your cat alert.

* Make sure your cat has had his crew rest. A cat hung over after a big night on the catnip just doesn't have those old cadet reflexes - as a flight surgeon will tell you.

* Be sure your cat is clean. If you try to follow that cat

when he starts licking his fur, you are going to wind up doing a series of snap rolls.

Once you get those wings nice and level, it's time to start looking for a place to land. Since all that is between you and the ground is thick cloud cover, you need a duck.

As any hunter will tell you, a duck will not take off unless the weather is good enough to see where he is going. Further, to land and stay put. Therefore, if the weather is bad he is going to throw that duck out of the window, you can be sure he is going to get down to a safe landing place as soon as he can.

Again, there are a few rules that should be observed.

* Make sure you have a live duck. Ducks are less trouble but they have very bad glide ratios. They also show no partiality for the area in which they land, its just where ever they fall.

* Make sure you have a land ranging duck. If you get a water duck, you may be in trouble - unless you are flying a boat. Water ducks will get you into a lot of swamps.

* Notice when the duck puts his feet down. It's time then for you to get your flaps out and your gear down. Don't wait for the duck to tell you. Ducks have a very short landing flare.

* If you are following a duck during hunting season, turn on your landing lights and if you have a horn, sound it. Some hunters are notorious for their "tunnel" vision.

* Keep your duck well fed. The rules have tightened up in the past few years and if you follow your duck into a rice paddy, it may be a bit harder to explain than it was back in the '50's.

Mr. Speaker, I have a question for the Minister of National Defence supplementary to the one he answered a few minutes ago in relation to the statement he would make concerning service pay. Will this statement also include a statement with regard to a possible increase in the service pensions of retired military personnel who retired when rates of pay were much lower than they are at present, with special consideration for those in the lower ranks?

Mr. Cadieux (Labelle): First of all, I must say I did not undertake to make a statement. I said that the pay increases would be announced. I undertook to make a statement about the multi-role aircraft. It is not expected we are going to study at the same time both the pensions and the pay increases. What we are trying to do is to adjust the salaries of service personnel and also to do some catching up.

Wednesday, October 16, 1968 - Page 1205.

*RIVERS, MAN. -DELEGATION RESPECTING ARMED FORCES BASE

Question No. 353 - Mr. Stewart (Marquette): 1. Did the Minister of National Defence meet with a delegation of concerned citizens from Manitoba on August 27, 1968, with respect to the future role of the Canadian Forces Base at Rivers, Manitoba and if so, did the Minister inform the delegation that the Defence Committee had recommended the closing of the Rivers Base?

2. Was any other Minister present during the meeting?

Hon. Leo Cadieux (Minister of National Defence): Mr. Speaker, the answer to part 1 is yes, I met with a delegation from Manitoba on Tuesday, August 27, 1968. I did not tell the delegation that the defence committee had recommended the closing of the Rivers base. I did say that the whole question of base consolidation was under study and that this subject would be discussed at defence council at some future date.

The answer to part 2 is no.

Doctors from all over this province will be attending the scientific sessions which begin on Nov. 7 and continue through to Nov. 9. Lecturers here for the sessions include Dr. Pierre Grondin, chief surgeon of the team performing Canada's first heart transplant in Montreal, Dr. Paul David, who is Executive Medical Director of the Montreal Heart Institute, and thus chairman of the committee which makes the decision on the heart transplants.

The joint annual dinner of the Canadian Heart Foundation and the Canadian Cardiovascular Society will be held on Nov. 7 at 7:30 p.m. in the Vancouver Hotel. Open to the public, this dinner has Dr. Paul David as guest speaker. A unique opportunity for members of the public to hear the man who brought Canada into this particular surgical area.

A large gathering is expected, not only from the medical profession, but from directors and staff of the provincial Heart Foundations across Canada.

NEXT TOTEM TIMES DEADLINE Nov. 12 Tues.

LETTERS TO EDITOR

Dear Sir:

We hear so much of teen-age lawlessness these days a reviving of the community woodshed would stop this nonsense.

All police departments should have access to such a building where miscreants could be taught the difference between right and wrong.

Once these kids had their posterior warmed with the paddle they would cease to be delinquent. The paddle is capable of maintaining a healthy respect for law and order among the youths be they girl or boy.

Lets show the pampered youths of today that we mean business.

Sincerely
R. Johnston

A letter in reply to one which appeared in the Letters to the Editor column of the Totem Times issued on 5 Sep. 68.

Dear Writer:

I regret that a reply has not been made to your recent letter to the Editor concerning the lack of a Hobby Shop on the Base. The Hobby Shop is one of my

responsibilities; however, I have been away on a course for approximately seven weeks.

Up until a few months ago, we had a fairly comprehensive Hobby Shop facility on the Base. However, we were forced to vacate the premises and discontinue the Hobby Shop when the building was required to meet operational commitments.

A new Hobby Shop has been planned for some months to be located in the present Auto Club and Service Station facility. This is hinged upon the construction of our new Base Service Station which has been pending approval at CFHQ for several months. As soon as the new Service Station is constructed, a first-class Hobby Shop will be established in the area. In the interim, we are going ahead with our plans to form a limited facility Hobby Shop in the present auto club facilities. It is hoped that this two or three weeks.

R. J. Ford, Major,
Base Personnel Services Officer.

CHRISTMAS SEALS

Mrs. Dick Brooks, hospitalized for TB for six months this year, tells her story to 4,500 Courtenay and surrounding area residents this week.



MRS. DICK BROOKS, one of more than 600 new active TB cases found last year in B.C., with modern chest x-ray camera, bought with Christmas Seal dollars, tells her story to 4,500 Courtenay residents this week on the Christmas Seal greeting card.

Her picture, with the most modern chest x-ray camera in the world, purchased through Christmas Seal dollars, appears on the greeting card which accompanies the Christmas Seals.

Mrs. Brooks lives at Port Couillard, but her story is one which could repeat itself in any other area of British Columbia.

A busy mother of four, three sons and a young daughter, she dismissed her feeling of being tired all the time as "doing too much", and attributed her nagging cough, particularly in the morning as "too many cigarettes."

One night, early last January, after her children were in bed, she settled down to enjoy television. A coughing spell brought her on a slight hemorrhage. Her doctor called for a day later, Mrs. Brooks was a patient at Willow Chest Centre. She had active TB.

For six months, while she was under the care of chest specialists at Willow Chest Centre, her husband Dick cared for the family, with the help of kindly neighbors.

Christmas for the Brooks family is home again, feeling much better than last Christmas, after modern treatment for TB, with knowledge her disease was arrested early, for the next year, she must continue with TB wonder drugs, 15 a day.

Two of her teen-age sons were infected by her TB germs, which means they showed a positive reaction to their tuberculin skin

FUNGUS FEATURES

by Mac

SAY WARR'NT, WHAT ARE THOSE RED LIGHTS ON TOP OF THOSE POLES FOR?

THEY'RE TO SHOW LOW FLYING AIRCRAFT THAT THE POLES ARE THERE.

OH! WELL WHAT ARE THE POLES FOR?

THEY HOLD THE LIGHTS UP

FROM UP IN MY PERCH



By SEEMORE

Rumaging through the old kit bag last week in search of my running shoes, (its physical fitness test time) I came upon my old soap box. The running shoes, I later found going down the street under the feet of my number one son. The old soap box is a veteran of many T.D. trips. If my memory serves me correctly I bought it in the Kinross AFB Michigan, when Kinross was the proud owner of one (only) glassed nose C-45 and the PX was only a 12-foot square room.

As I took this opportunity to check for condition, fouling and corrosion, I reflected about the time when a simple bar of soap, toothbrush and paste, comb and towel was all that was required to get you through the day. Of course if you were going out in the evening a small bottle of de-icer fluid, 3-GP-850a as an aftershave was acceptable. In fact a little dab of 3-GP-850a gave an airman an aroma of a swashbuckling aviator. Today it is a quite different story.

Through the mass medium of television and the other conventional forms of advertising, the ad men have slowly converted us into a self-conscious race of beings who run around all day wondering if they smell alright. I first became aware of the odor problem when I was listening to the Green Hornet radio series. This wonderful program was sponsored by a soap company that dared to ask the question "do you have B.O.?" This question sent many people around the bend until they found out that B.O. meant body odor, or plain old-fashioned sweat.

Sweat in my opinion is the honest by-product of good old-fashioned work and is nothing to be ashamed of. In the Forces life, sweat is caused by two main uncontrollable forces. One, being bawled out for something you did do and, two the C.E. Section working on the heating system in the middle of the summer.

In the good ol' days warriors removed any dried of sweat by the simple process of washing themselves. Have you noticed what the average warrior is carrying into the washroom these days? Let's just take a look inside that heavily loaded plastic bag of goodies he is clutching as he heads down the hall. A large can of under-arm spray that not only turns this naturally damp area into a desert, but makes it give off the aroma similar to Butchart Gardens. A tube of den-

tal paste that not only makes his teeth glow in the dark it makes his breath kissing sweet. Just what a man needs when doing an engine change. A bottle of mouth wash which kills germs before they start. (Isn't that genicide?) A spray can of Lime shaving cream, (do they expect us to eat the stuff now). Next they will be bringing out a low calorie shaving cream for fat heads. Several bottles of aftershave lotions and skin bracers of a great variety of scents and reasons for using them. Personally I like the one called "Kiss of Fire". When you put it on after a good close shave it feels like every minor wound on your face has been cauterized with a hot iron. Latest products on the market for men(?) are hand-lotions and bath oils. La te da.

How about the TV Commercials about these products? Do they influence you in your service life? Do you go up to your boss, say a Chief Warrant Officer and say "I don't like to be the one to tell you boss, but you have bad breath. Yes, bad breath. There I've said it and I'm glad!" You'd be glad alright, all the way to Muckluk Bay, NWT on your new posting.

One breath sweetener company has solved this problem by offering a Bad Breath Anonymous. Just send them the name of your victim and they will zero in on him with a free sample and the fatal bad breath message. With a few stamps you could drive someone out of their mind. Force him to stop breathing through his mouth and start sniffing through his ears instead.

What's wrong with bad breath anyway. While I don't especially like garlic, it has its purpose. If a friend of mine shows up in the morning with garlic on his breath it tells me four things. One he is well fed, two, it narrows the possibilities of his racial origin. Three, he probably had a good time last night and, four he slept on the couch last night.

Back in the days of Grandmas lye soap men did not smell pretty, but they were clean and were men.

Tucking the soap box away for future T.D. trips I turned and noticed that I had used up just about all my space.

RUMOUR OF THE WEEK: There will be nine Tech AEs selected from all the applicants this year. Of these, (because of the bi-cultural policy) four or five will have to be French-speaking, at least two will have to be RAF types who speak with a CBC accent. That leaves two,

one Protestant and one Roman Catholic. What chance does a natural born Canadian of Irish decent, who practices Zen Buddhism have?

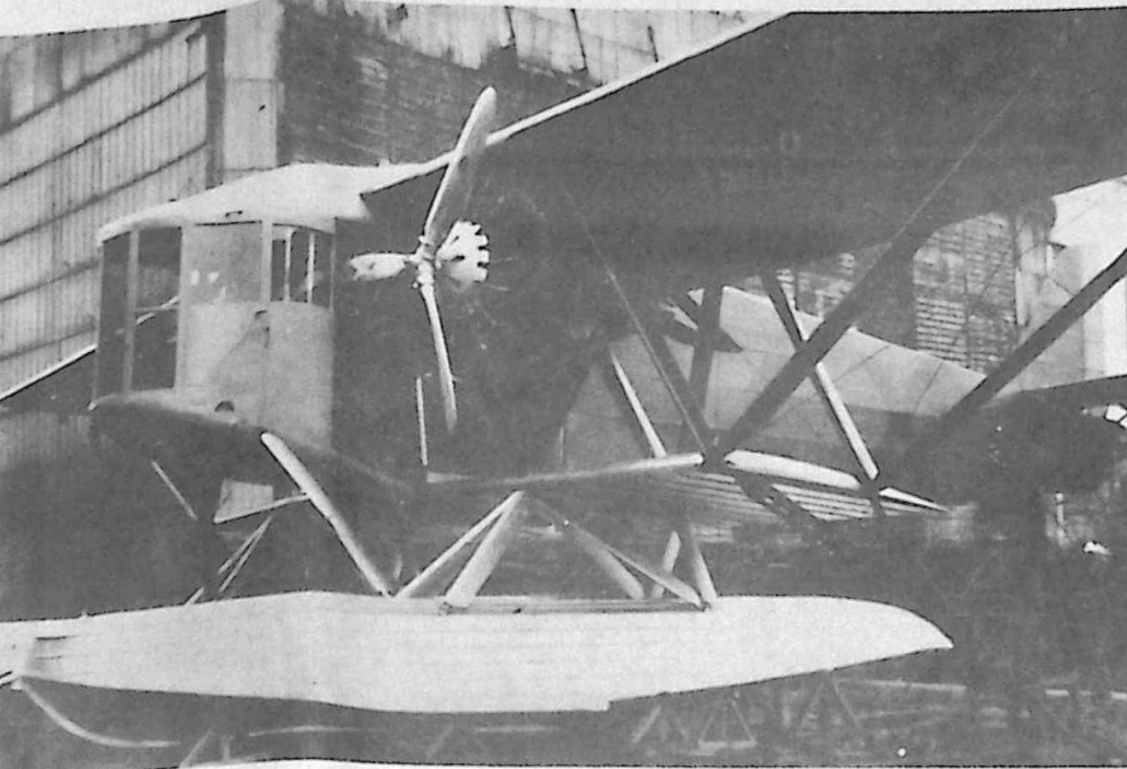
RUNNER UP FOR RUMOUR OF THE WEEK: The green uniforms will be here before the new pay raise.

MUSHROOMER: The Merry Mushrooms will soon be subcontracting their work out to Pacific Western and Okanagan Helicopters.

442 Sqn. T.D. up

With the fall lull in search and maintenance activities many of the squadron personnel, are taking the time to spend a little time away from the base. Many are taking advantage of the low fire hazard and spending some time with mother nature. One such group, a crew of one of our mighty Albatross have been vacationing at Cold Fish Lake in the northern interior. They were having so much fun that the crew of a Labrador from "F" Troop decided to join them. Word spread rapidly of the growing group of fun seekers and they were joined by another Albatross which is presently in Watson Lake arguing with the weatherman. The crew of the first Albatross has been playing the old squadron game of reverse pitch while the helicopter has been holding tree cutting competitions as well as enjoying a steady round of malfunction, malfunction, whos got a malfunction?

Not all the people in the Squadron are nature lovers though. One group is visiting the big city of Vancouver in one of our new Super Wingless Daks.



442 SQUADRON has been investigating alternate search vehicles to supplement or replace the present automatic reversing Albatross. The leading contender to date is the Vickers Velos, pictured here. Among its advantages are the novel wide walkway on either side of the fuselage below the high wing. Also note the many struts for mooring practise by Flight Engineers, Radio Officers and Navigators. The cowlings are already off the engines for easy maintenance while the ample glass area in front provides excellent search visibility for spotters. The pilots position is not visible as it is understood it is flown by the pilot from the ground using radio control.

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Home of All Chrysler Products

Sales and Service to All Makes of Cars and Trucks

"YOUR ONE-STOP CAR SHOP"

IF YOU ARE RENTING... BUILD A HOME!

YOUR PROVINCIAL GOVERNMENT SAYS

DON'T WAIT FOR SPRING DO IT NOW!

Enquire for particulars of the Provincial New Home Building Grant . . . Up to \$1,000 Outright Grant Available.

GOVERNMENT OF BRITISH COLUMBIA



Department of Finance
Parliament Buildings,
Victoria, British Columbia

Competition keen at para meet

Canadian Forces Para Rescue Teams from across Canada met at CFB Trenton last week to compete in the Annual Para Rescue Team Competition.

Representing CFB Comox was the intrepid trio of Cpls. G. McNutt, B. Fitzgerald and W. Fullbrook who flew to the event aboard a sleek Kamikazi Airlines DC3.

The Jumping was actually done at Mountainview, a nearby satellite airfield. The competitions consisted of spot jumping, jumping from 2000 feet and aiming for a six inch target. This was followed by a land supply dropping event which consisted of dropping land survival kits. The sea survival kit drop was cancelled by the weather.

CFB Winnipeg snatched the trophy from CFB Summerside, who has had it since 1965. The overall difference between all competitors was twenty feet. Which in itself says much for the calibre of our jumpers. Our own team placed fourth despite many problems with parachutes.

On Thursday evening a banquet was held in the Trenton Social Centre where Brig. Gen. Adamson performed his last official act in ATC by presenting the Trophy to the Winnipeg team.

GOOD SHOW-442

Commanding Officer
Rescue Co-ordination Centre
4050 West 4th Ave.
Vancouver 8, B.C. Canada

Dear Sir:
First of all, we should apologize to you for much trouble we have given to you when Kenji Nakamura, crew of our trawler "Aso Maru" was afflicted with acute appendicitis on the sea.

We have much pleasure in advising you that he was sent to Shaughnessy Hospital where he underwent an operation and returned home in a good condition by air in the 16th last.

Needless to say, we owe it to your wonderful relief work and favours that he could arrive in Japan after such an early recovery, for which we don't know how we can ever thank you.

Wishing you to take care of yourselves in your hard sea service day and night, we remain,
Yours faithfully,
Nippon Suisan Kisha Ltd.
E. Atsumi
Manager of Trawling Department.

Stardust

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Is. Hwy & Williams Bch. Rd.
Phone 337-5033
Gates 7:30 - Show 8:00 p.m.
CLOSED MON. to THURS.

Fri. & Sat. - Nov. 1 & 2
The NEW James Bond Movie

CHARLES H. CLIFTON
CASINO ROYALE
PARAGRAM PICTURES RELEASE
COLUMBIA PICTURES RELEASE

PLUS
Ronald Lewis, Oliver Reed
"BRIGAND OF KANDAHAR"
Technicolor

Fri. & Sat. - Nov. 8 & 9

CLINT EASTWOOD
"HANG'EM HIGH"

COLOR by DeLuxe
PLUS
Yul Brynner
"FLIGHT FROM ASHIYA"

SURPRISE HOLIDAY
MIDNIGHT SHOW
Sunday, Nov. 10

McCONOCHIE'S
FURNITURE AND APPLIANCES LTD.
430 Fifth Street Courtenay, B.C.

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Your best choice for all 'round good value . . . Stanfield's! Underwear or outerwear that's noted for comfort, long wear and quality. Find your preference in style and weight . . . your right size in our wide and varied selection . . . and switch to cozy comfort . . . now that winter's on the way. Come in! Phone in or write! Stock up!

Pep Shirt No. 222
by Stanfield's
For sports or loungewear, fully cut, finely knit interlock cotton, fleece-lined. Long sleeves. Ass't colours. S.M.L.XL. each **4.95**

Turtleneck Shirt, 4640
by Stanfield's
Combed cotton interlock knit shirt with roll turtleneck. Long sleeves. S.M.L.XL. Each **3.95**

Bill Rickson Menswear Ltd.
YOUR MONEY'S WORTH OR YOUR MONEY BACK

Chapel Chimes

TOGETHERNESS

By PADRE ARCHER

Quite often, whether you attend the Protestant or Roman Catholic Chapel, you will see printed on the Church Bulletins the slogan "The Family That Prays Together Stays Together." I had a new version of the meaning of this very forcefully brought to my attention sometime ago.

Several of us were fortunate enough to hear a talk given by a juvenile Court Judge. He was a sincere and concerned Churchman, and made the statement that only about 5 per cent of the children brought into his court have any connection with the church or even know the denomination of their parents. Now this is an outright condemnation of

the church that there are the 95 per cent on the outside. It is also very high praise of the effectiveness and value of the teachings of the Christian Church and the morality of children inside the church.

If you who are reading this column are one of those who scorn church attendance for you and your children as being valueless, it is high time you reconsidered. Your family may be together and happy, today, What about tomorrow and five years from tomorrow? Sunday School and Church attendance is no guarantee against future problems, but it must help, for the Judge's 5 per cent of his problem children is a pretty low per centage.

Protestant Chapel

Divine Worship is conducted every Sunday at 11 a.m. The Sermon Topic for this Sunday will be "Czechoslovakia and Church Reformation." You are encouraged to attend Church every Sunday.

Baptismal Service for young and older children will be held this Sunday at 1:30 p.m.

Sunday School - Nursery and Kindergarten classes for ages 3 to 6 meet every Sunday in the PMQ School from 11 a.m. to 12 noon. Primary, Junior and In-

termediate ages 7 to 14 meet in the Protestant Chapel from 9:30 to 10:30 a.m.

RUMMAGE SALE - The Protestant Chapel Ladies Guild are sponsoring a Rummage Sale Saturday, November 2nd - 10 a.m. to 1 p.m. in the Protestant Chapel Annex. Donations may be taken to the Chapel November 1st - Friday between 1 p.m. and 4 p.m. For pick-up contact any one of the following members, Mrs. Ellen Matthews, 339-3529, Joyce Eggleston, 339-3452, Bev Williams 339-3781.

Roman Catholic

MAJOR R. G. McNEILL TO COMOX SOON

Major (Rev.) R. G. McNeill (Chap/RC) who was Base Chaplain (RC) at Comox from 1957-1960 is now serving at CFBHQ as Religious Education Consultant. He will be visiting Comox soon, arriving 9 November and departing 15 November.

His visit's purpose is to help the parents in providing Religious Education for their children.

The success of any plan of instruction for children depends in a large measure upon the support and cooperation given to it by the parents of the children. The attitude of the parents towards religion and their concern for the child's learning of the subject are of greater importance than anything a teacher can say or do. The faith of the parents, and the child's belief in his parents are the child's stepping stones to Faith in God. The responsibility of the parents for helping to make strong

their children's religious faith and knowledge of religious truth is a weighty one.

Program for Father McNeill's Visit - ARRIVAL - 9 Nov. 68 - 1000 hrs. Catechism Classes at 1245 hrs - visit classrooms while in progress. Meeting with the Catechism Teachers at 1400 hrs. Sunday 10 Nov. 68 - Homily at 0900 hrs. and 1100 hrs. Masses. 1230 hrs - Speaking at Communion Breakfast - sponsored by the CWL - at the Combined Mess at 1230 hrs. 1930 hrs - meeting with parents and Catechism teachers in the Parish Hall (all grades). Monday 11 Nov. 68 - REMEMBRANCE DAY PARADE at 0900 hrs in the Hangar. 1930 hrs - Mass in the Chapel - followed by Parents and Catechism teachers meeting in the Parish Hall. Tuesday, Wednesday and Thursday - 1930 hrs - Mass in the chapel followed by meeting in the Parish Hall with Catechism teachers and parents concerning Religious education.

Parish of St. Peter's

COMOX, B.C.

8 a.m. - Holy Communion (every Sunday); 11 a.m. - 1st, 2nd, 3rd and 5th Sundays - Holy Communion; 11 a.m. - 4th Morning Prayer.; 7:30 p.m. Evensong (every Sunday); on the 4th Sunday, Teen Evensong.; Weekdays: 10 a.m. Wednesday - Holy Communion; 5:30 p.m. Thursday - Holy Communion. For times of parish organizations please contact Father Wilson at 339-2925.

TRAFFIC TICKETS

VICTORIA - Only a small percentage of motorists are disputing violation reports issued under the new driving law which went into effect in the Greater Victoria area on Oct. 1.

Under the law, motorists charged with violating sections of the Motor Vehicle Act are issued violation reports instead of traffic tickets and fines. The violation reports go to the Superintendent of Motor Vehicles who files the information in a computer system and then issues a warning to the motorist or suspends a motorist's driving licence when sufficient demerit points are accumulated.

In the first seven days of the new law a total 276 violation reports were issued by police in the Greater Victoria area.

Only 17 motorists disputed the reports and, under provisions of the new law, elected to contest the case in court.

The other 259 motorists did not dispute their violation reports and the reports have been sent to the Motor Vehicle Branch.

Attorney-General L. R. Peterson said the system is working well in the Greater Victoria area. "It is, of course, too early to make a sound judgment of this program, but the early public reaction to the introduction of the program is encouraging. Thus far it seems to be working well," the Attorney-General said.

He could not predict when the system will be expanded to other areas of the province. "A lengthy trial period will be required to gauge the results," he said.

WALLACE GARDENS COUNCIL ACTIVITIES

Bridge Club... Attention all mothers and dads; are you interested in a bridge club? If so contact the rec. director loc. 391 and we'll see what we can do.

R.C. Chapel... Catechism classes are held every Saturday in the P.M.Q. school for all children in grades 1-8 for New families are urged to register their children upon arrival. C.W.L. meetings are held the first Tuesday of every month in the Parish Hall. Old and new members welcomed.

COMMUNION BREAKFAST will be sponsored by members of the C.W.L. of Our Lady of the Airways Chapel on November 10, 1968.

CONVENOR Mrs. B. McGuire

TIME: after 11:00 A.M. Mass

PLACE: Combined Mess

PRICE: 75¢

A GUEST SPEAKER to be announced later

All Catholic ladies from Comox, Courtenay, Cumberland and the base are invited to attend.

TEEN BOWLING: Started Oct. 26 every Saturday morning, these teens will be bowling 2 games which will work out to 50¢ plus 10¢ for shoes. Any one interested in joining please contact Dave Kemp / President, Marg Shields Secretary or Gail Barlow / Treasurer.

ACCORDION: are you interested in learning this instrument? If so you may be interviewed at 10:30 a.m. Saturday Mornings at the Scout Hall.

GUITAR: These lessons are available on the station if interested contact Rec. Director Loc. 391.

BALLET: These classes take place in the P.M.Q. school auditorium every Wednesday 5 p.m. to 7:30 p.m.

GYMNASTICS: classes are held in the Rec. Centre every Saturday morning from 9 a.m. - 11:00 a.m. (classes are full)

JUDO: These classes every Tuesday and Thursday in the Cent. Warehouse Bldg. (next to the Tennis crl.) Time: 6:30 a.m. badminton club; Boys and girls age 11 yrs. and up. Saturday afternoons from 2 p.m. - 4 p.m.

YACLU (Youth activity club) Place: School auditorium. Time: 6:30 p.m. - 8:30 p.m.

GIRLS age: 10 yrs. - 12 yrs. Day: every Friday starting Nov.

1st. This club will do arts and crafts and will concentrate mainly in making of centre pieces or making articles for special occasions. One Friday will be crafts then the next Friday will be games. The cost will be 15¢ per girl 10¢ of this will pay the two leaders - Miss Sue Faddgeon and Miss Sharon Clark and 5¢ will be put aside for their annual banquet.

BASKETBALL: All boys who have registered with the Rec. Director your practices are every Monday 6 p.m. In the Rec. centre age 13 yrs and up. What is recreation? This question has come up many times, the answer being, "RECREATION IS THE WISE USE OF LEISURE TIME."

Figure on three budget factors

OTTAWA (CFP) - Household budgeting can be based on the "three figure" system.

Establish (1) how much of your income is take-home; then (2) figure out how much is required for actual running expenses, plus (3) putting aside a little for yearly things like Christmas and summer holidays.

With a take-home for example of \$300 and running expenses of \$275, what's left over for extras amounts to \$25.

This system is useful not only in building sales resistance but also enables the householder to arrive at just what kind of surplus there is for such aims as the advancement of the family and debt repayment.

By realizing exactly what the monthly surplus amounts to, you will be in a much better position to cope with interest, carrying charges, service charges and all the so-called "benefits" to which the consumer falls heir while he buys on "time" nowadays.

Insecticides sprayed from aircraft help control leaf-eating insects.

OFFICERS' WIVES HOLD FASHION SHOW



The Annual fall fashion show of the Officers' Wives Club was held on Wednesday, October 16th. A large number of members and guests were present to see the show. Commentator for the show was Laura Dean, who is the fashion co-ordinator for the Harbour Park Merchants. Music was supplied by "Jo" Parker at the organ.

Make-up was done by the local Beauty Counsellor representatives. Hair styles were by the Nu-Look Salon. Copp's Shoes

supplied the footwear for the evening.

Models were members of the Wives Club and were: Elizabeth Cousins, Judy Casselman, Edith Houtt, Sonia McLeod, Pat Mc-Affer, Norma Pettman, Diane Swift and Mary Tomkins.

Unfortunately the photographer was unable to get a group picture of the lovely ladies. When this was discovered he was immediately seized, dragged to the quarterdeck and given twenty lashes.

CHOPPER LIFT
The CH113 Voyager helicopter can carry 25 fully-equipped troops, or 15 litter patients or 2 1/2 tons of cargo for 200 miles at 150 m.p.h. A CH113A Labrador can't.

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Couple in Courtenay is trying to form a

MARITIME CLUB

For information please phone 334-4249

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NORM CRAIG

BARRIE BROWN



NORM CRAIG



BARRIE BROWN

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

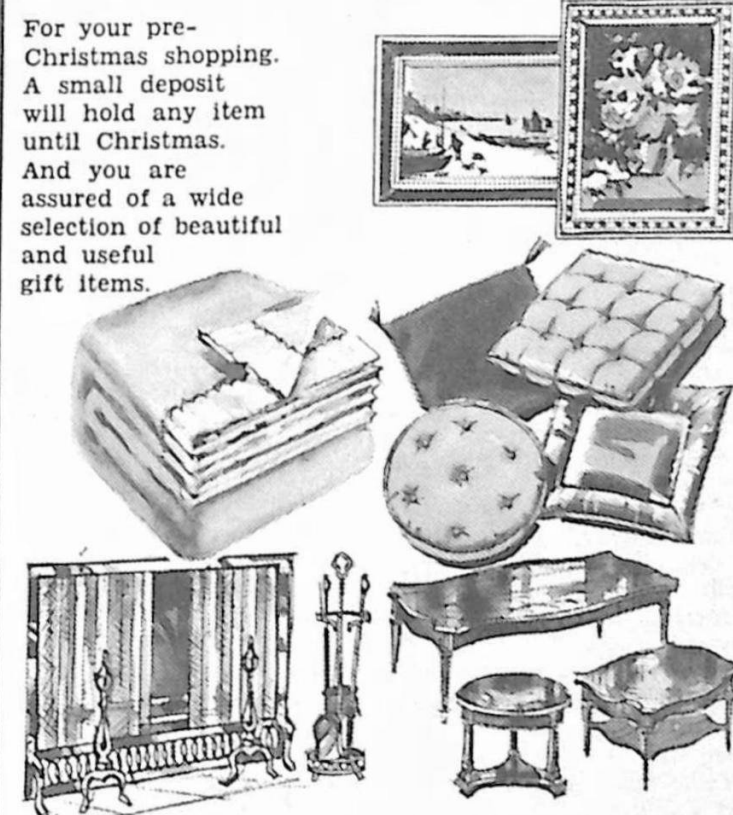
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Something New Every Day

For your pre-Christmas shopping. A small deposit will hold any item until Christmas. And you are assured of a wide selection of beautiful and useful gift items.

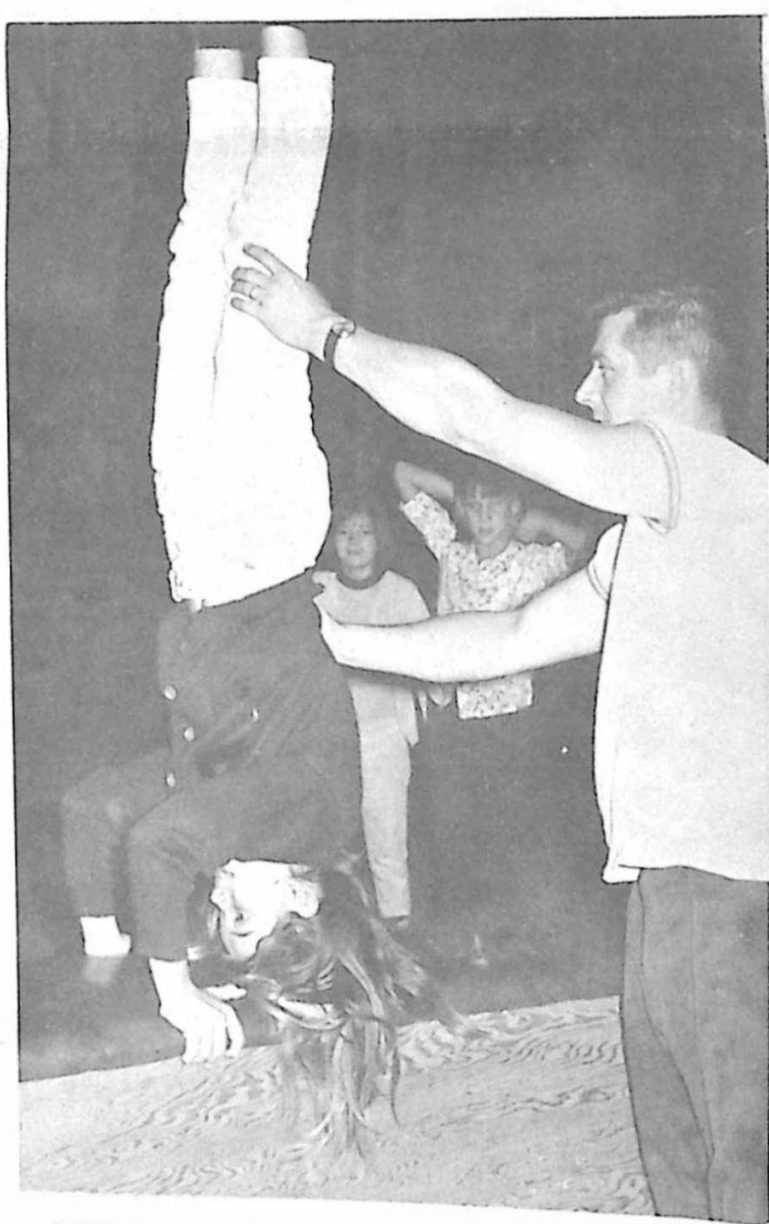


D. L. MORRIS

COMPLETE HOME FURNISHINGS

Fifth Street Courtenay

Across from the Bus Depot



LINDA FREDERICKS gets a helping hand with her head stand from Cpl. Brown. Brownie is a Rec Spec and is the husband of the Officer in charge of the Children's gymnastic classes. The children are very enthusiastic about the classes this year and the attendance is exceptionally high.

Members of an association of towboat owners on the B.C. coast operate more than 400 tugs and 700 barges and employ more than 5000 people. The investment and annual payroll is in excess of \$125 million.

POTATOES

WINTER STORAGE

50 lb. sack
\$1.95

Open 1 to 5 p.m. Sat. only

Farquharson Farms

- XMAS REVIEW -

INDOOR 7 LITE Glow set - with assorted color C-71 bulbs. No. 2007. **WESTERN SPECIAL 1.99**

Delightful toys for the new member of your family. PUSH TOY - this roll-about push toy is ideal for the toddler... has clown inside and is unbreakable. No. 188 **1.98**

BINGO BED (Pounding toy) - A creative toy that trains co-ordination of hands and eyes of the young child. No. 99 **1.29**

Toys little girls' dreams are made of BAKING SET WITH UTENSILS - Such fun for the small fry! Contains 2x Cake mixes, 1x Brownie Mix, 1x Bun mix, 1x Rolling pin, 1x Spatula, 1x Muffin Tin. No. 160 **1.98**

JEWELRY FASHION SET - Mix 'em or match 'em. Golden rings, bracelets, pendants, charms. The perfect gift for a girl. No. 443 **1.98**

Winsby Western Drugs

P.O. Box 310

Phone 339-2235

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COMOX VALLEY'S NEWEST MOTEL

★ Centrally located in Comox overlooking beautiful Comox Bay.

★ 23 Modern Units

★ Cable Television

★ Heated Swimming Pool.

★ Kitchen Facilities.

IDEALLY SUITED FOR -

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

Reserve Now At The Port Agusta

PRICES ARE REASONABLE

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PMQ council gets down to business



AFTER PUTTING ON their most business-like face for the photographer, the new council quickly took four hours to pass the following legislation. Play at home bingo and a coloured TV raffle (both coming soon). Proceeds go to the impoverished Community Recreation Programme, not the already rich N.P.F. A free show and treats for the little kids and a better show and no treats for the bigger kids is laid on for the Hallow'en night. Watch for more live action coverage of the P.M.Q. Council in action from the treasury board. See if you can pick out your councillor.

— Base photo

Totem Inn competition



The Editor
Totem Times
Canadian Forces Base Comox
Lazo, B.C.

Dear Sir:

The article published in your September 19th issue of the Totem Times headlined "Nightclubs in Chatham?" was brought to my attention by our Base Commander, Colonel Bauer, through his request for some photos of the "Aloha Lounge".

Having been connected very closely with the Junior Ranks' Mess for the past two years, I feel that all our members are quite proud of their new "lounge" even if our operating capital is a little tighter than previously. We have had such comments from guests after an evening in the lounge as, "I've been around quite a bit and I doubt if you could find a place as nice as your's anywhere east of Toronto, either private or public."

Some of the details of the renovation program are that instead of three and a half months' total for construction, it took almost six. The last two weeks were used by our members to construct and install vinyl padded flower boxes to cover the radiators; change the square pillars into palm trees, complete with coconuts; padding the square pillars and washroom doors; the installation of a PA system that is valued at approximately \$2,000; and many other finishing touches too numerous to mention. With the job completed, we have

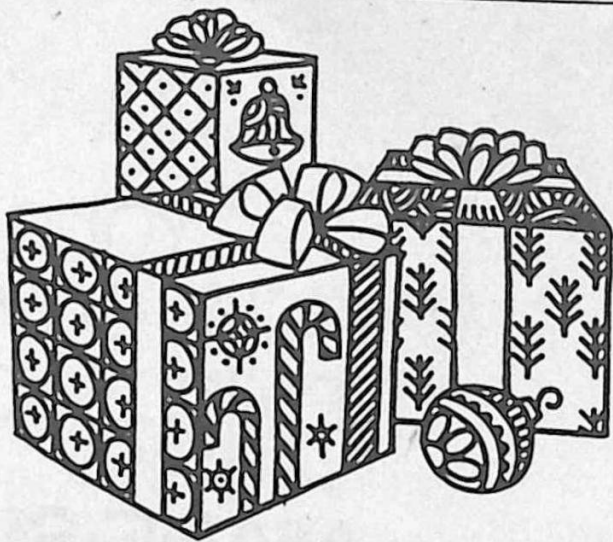
a maximum capacity of 300 persons.

The one person in our membership who was the mainstay, before and during the renovation period, was Cpl. Denis McNeil who at the time was our PMC. He spent so much time on the base, both during normal working hours and after, in conjunction with the problems of a new Club that his wife was beginning to wonder if she had become a widow. Denis never seemed to be home. There were many times that he wanted to resign, but he stayed with it to its completion. Because of him and the fine co-operation of many of the officers of this base, particularly our BAdo, at the time Major R. S. Crabbe, we now have a lounge of which the whole base can be proud.

When permission to renovate the club had been obtained, Cpl. Don Hallman was approached to complete artist's concepts of what the club could look like in different motifs. From his drawings, a Polynesian motif was decided upon. When construction was completed, Cpl. Hallman was again approached to paint murals and pictures to add to the decor.

We officially opened the lounge in early June with Bobby Arvon and his Trio (professional entertainment) for a seven day engagement. We have also made a provision so that we can obtain professionals every four months for a week-long engagement, such as the one we have booked for 4 to 10 November inclusive (Jan Powers - comedienne, and the

Hart Brothers - trio). Our normal entertainment doesn't seem to lack either (note monthly calendar) as we are very fortunate in that we have four good local bands to draw upon. One of these bands is "The In Crowd", made up of a Military Policeman, two school teachers, a clerk, and a salesman. Three of the band members (the MP and the teachers) make up a folk singing trio known as "We Three" and they have just finished a week-long professional engagement at the Starlight Lounge in Moncton, N.B. Our plans for New Years are



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300	54.00	45.00	36.00	27.00	22.50
400	72.00	60.00	48.00	36.00	30.00
500	90.00	75.00	60.00	45.00	37.50
600	108.00	90.00	72.00	54.00	45.00
700	126.00	105.00	84.00	63.00	52.50
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Christmas deadlines

OTTAWA (CFP) - It's high time those Christmas goodies were off to our people scattered around the world. Some will only make it by airmail not with any guarantee of delivery in time. Here's a list of deadlines:

ORDINARY MAIL

Letters: Britain, Europe and Cyprus - Dec. 7; Ghana, India, Indo-China, Pakistan, Palestine and Tanzania delivery dates have slipped by.

Parcels and Newspapers: Britain, Europe and Cyprus - Nov. 28; Ghana, India and Pakistan - Indo-China, Palestine and Tanzania delivery dates have slipped by.

AIR MAIL

Letters: Britain - Dec. 1 Europe and Pakistan - Dec. 1 Cyprus and Ghana, Indo-China and Tanzania - Dec. 7; India Dec. 12.

Parcels: Britain and India Dec. 9; Europe and Pakistan Dec. 7; Cyprus, Ghana, India, China, Palestine and Tanzania Dec. 6.

Deadline dates listed for ordinary mail to Britain, Europe and Cyprus are for items addressed to the Canadian Forces Post Offices there.

Don't forget -- the proper address; right postage and all the customs declaration.

PAMPHLET DESCRIBES SHELLFISH

A new pamphlet that describes shellfish found in the Pacific Ocean waters of British Columbia and offers some recipes for the preparation of shellfish for eating, has been published by the Commercial Fisheries Branch of the Department of Recreation and Conservation.

The 20-page booklet, intended as a guide for those who are unfamiliar with the province's beaches, is titled Harvest Beneath The Sea. It is illustrated with photographs of the various clams, crabs, and oysters that are found in British Columbia.

A word of caution dealing with the rare appearances of the so-called red tide or paralytic shellfish poisoning is included in the pamphlet.

Harvest Beneath The Sea was edited by Mr. A. G. Karup, Inspector of Fisheries with the Commercial Fisheries Branch.

bigger than I have encountered on any Base, in that we are holding two New Years Balls. One will be in the Base Rec. Centre (total capacity 800) and the other in the Aloha Lounge (total capacity limited to 200), both on the same evening, with a cold plate type of food and all the party favours, etc., that you normally have. In all, our Club can now be compared with a snow ball starting to roll down hill. The more things going on, the more people attend - the more people, the more we can put on for them.

I hope that this letter has answered some of the questions that your readers may have had when they read the headline "Nightclubs in Chatham?"

Yours sincerely,
H. E. Cooper
Corporal
Entertainment Committee Chairman.

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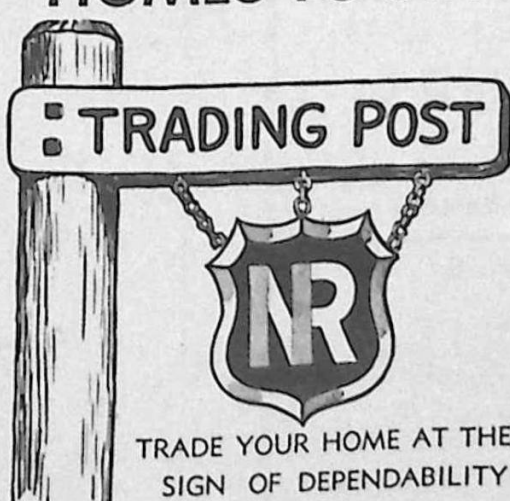
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Trackers better, fielders so-so in '68 meet

OTTAWA (CFP) — The forces second national track and field championships is history. From the chalking of the last base Upland's track to the last go at the pole vault, events moved like a well-oiled machine, but the last effort, the pole vault, did lag a bit.

Field and track conditions, thanks to CWO (Skip) Schamehorn and his crew and base recreation officer Capt. J. H. Murdoch, couldn't have been better. The weatherman, too, cooperated with temperatures in the high 70s.

MARKS TUMBLE

Five records went into the books.

Cpl. Frank O'Mara, 1st Battalion, The Royal Canadian Regiment, broke two track records and anchored Zone 5's mile relay squad. His 51.5-second effort in the 440-yard dash eclipsed Mendes' 1967 mark of 51.9 seconds by .4 seconds.

O'Mara also set a new 880-yard run time covering the distance in two minutes, one and six tenths seconds, four and eight tenths seconds better than the 1967 record established by base Rockcliffe's Capt. Ed Jay. O'Mara's track performance and the triple win by Kingston's Lt. Dave Dorman were key factors in Zone 5's second straight forces title.

RUNNER'S MEET

It was a runner's meet all the way. Veteran middle-distance man WO pick Carmichael, 39, bettered his 1967 one-mile time of four minutes, 45.7 seconds by 4.2 seconds. He repeated his three-mile victory, but was well off last year's time. Val d'Or's Cpl. Al Harvie thinks this was possibly Pick's last year on the cinder path.

NEW EVENTS

Three new events were added this year. On the distance track, engineer Cpl. Steve Rancier, of Base Petawawa, Ont., had little

trouble in the six-mile run, winning in a time of 33 minutes, 27.4 seconds. Steve placed 90th (and that's fair going) in this year's Boston Marathon.

Initial winner of the 440-yard relay was Zone 5 with Lt. Dorman as team anchor man. In field events, provost WO Al Calhoun topped the hammer event with a throw of 129 feet, two inches. All three automatically go into the books as forces records.

It was a rough meet for the field competitors; only two of the eight field marks were broken. Cpl. Harry Warrington, former army javelin great, bettered his 1967 toss of 180 feet seven inches by a whopping 16 feet, three inches. Charlie Abbs, the forces triple jump champ, watched Cornwallis Cpl. Dick Olfert leap 43 feet, three and three-quarter inches. Olfert was winner and went one foot, one and one-half inches better than Abbs' 1967 jump.

Lt. Dorman's 21 points earned him individual grand aggregate honors and the NATO cup. A triple winner, he retained his 1967 high and long jump titles and this year added the discus event to his laurels. All however, were less than last year's records.

RADIO RELAY

Officials cranked in a new gimmick this year — a track-wide radio relay of event results. It had a few bugs in it but, after a little practice (and a radioman's prayer), it did remedy the frustrations of the time-and-tape men and actually speeded up the recording process. It was an ideal setup for the Uplands layout where event pits and track finish line were on one side of the track and the recorders on the other.

Proposed site of the 1969 meet is base Rockcliffe near Ottawa.

NATIONALS

The service plays a number of sports to a final outcome at national level. Following is the sports and where they will play the final in the coming year.

1. Curling: 22, 23, 24, 25 Jan., Edmonton. 2. Badminton, 19, 20, 21, 22 Feb., Trenton. 3. Hockey, 26, 27, 28, 29, 30 Mar., Peta-

wawa. 4. Volleyball, 23, 24, 25, 26 Apr., Kingston. 5. Golf, 24, 25 July, Uplands.

Zone competitions leading up to a final at national level.

1. Curling, 7, 8, 9 Dec., Baldy Hughes. 2. Badminton, 23, 24 Jan., Comox. 3. Hockey 6, 7, 8 Jan., Esquimalt. 4. Volleyball, 22, 23 March, Esquimalt. 5. Golf, 4, 5, 6, June, Chilliwack.

Volleyball standings

'A' League	P	W	L	PT
ADM Dragons	12	12	0	12
407 Demons	12	6	6	6
409 Nighthawks	12	5	7	5
442 Haitlik	12	0	12	0

No. 1 Div., Wednesday	P	W	L	PT
'B' League				
C.E.	18	13	5	13
409 Maint.	18	12	6	12
Bor	18	9	9	9
Accounts	18	7	11	7
MSE	18	6	12	6
Torpedo Shop	18	6	12	6
Supply (A)	18	1	17	1

No. 2 Div., Thursday	P	W	L	PT
'B' League				
Fire Hall	18	13	5	13
442 Maint.	18	13	5	13
Tel Grd	18	8	10	8
407 Armt.	18	7	11	7
407 Tel Air	18	7	11	7
Supply (B)	18	7	11	7
MSE	18	6	12	6

Correct to 25/10/68

C.F.B. COMOX Curling Playdown

on Saturday, Nov. 16th

at Comox Valley Curling Club
Double Knockout Competition
(2-Game Guarantee)

Entry Fee \$10 per team
(To Cover Costs of Individual Trophies and Light Refreshments)

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"2" Winning Teams will proceed to
Zone 1 Playoffs at Baldy Hughes
in December
Zone 1 winner will go to
Canadian Forces Playdowns in Jan., '69

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Gallivan, Irvin and Darling will broadcast all games from Montreal. Bill Hewitt, Brian McFarlane and Ward Cornell will again broadcast all games from Toronto's Maple Leaf Gardens.

With a total of 25 national telecasts, every team in the 12-team National Hockey League will be seen at least once during the regular season with only two visiting teams playing more than three times. The colorful Chicago Black Hawks, led by Bobby Hull and Stan Mikita, will provide the opposition on six national telecasts and the Boston Bruins, with sensational Bobby Orr, will be seen four times.

Following is the list of games to be televised on CBC's Hockey Night In Canada. When two games are scheduled for the same day, the national telecast is listed first, followed by the regional telecast. All games will begin at 5 p.m. Pacific time.

Nov. 2 Detroit at Montreal
2 Philadelphia at Toronto
9 St. Louis at Montreal
16 Chicago at Toronto
16 Oakland at Montreal
23 Detroit at Toronto
23 Minnesota at Montreal
30 Minnesota at Toronto
Dec. 7 Chicago at Montreal

Dec. 7 New York at Toronto
14 St. Louis at Toronto
14 Philadelphia at Montreal
21 Boston at Montreal
21 Detroit at Toronto
28 New York at Montreal
28 Los Angeles at Toronto

C.B.C. RADIO.....
Nov. 3 Mon. at Phil. 4:00 p.m.
10 Mon. at Det. 4:00 p.m.
17 Mon. at New Y. 4:00 p.m.
17 Tor. at Chi. 5:00 p.m.
24 Tor. at Bos. 4:30 p.m.
Dec. 1 Mon. at Phil. 5:30 p.m.
8 Tor. at Chi. 4:00 p.m.
15 Phil. at New Y. 4:00 p.m.
22 Mon. at Bos. 4:30 p.m.
29 Mon. at New Y. 4:00 p.m.

BASE THEATRE SCHEDULE

November, 1968

Friday, Nov. 1

PYRO BLACK SABBATH

Double Horror Show.

Will keep you screaming for 187 minutes.

Saturday, Nov. 2

PSYCH-OUT

SUSAN STRASBERG
DEAN STOCKWELL

Taste a moment of madness. Listen to the sound of red.

Sunday, Nov. 3

WAIT UNTIL DARK

AUDREY HEPBURN ALLAN ARKIN
Adults \$1.00 - Teens 75¢ - Children 40¢

Thursday, Nov. 7

WEEKEND WITH LULU

LESLIE PHILLIPS
ROBERT MONKHOUSE

Friday, Nov. 8

MURDERERS ROW

DEAN MARTIN ANN MARGRET

Saturday, Nov. 9

SPIN OUT

ELVIS PRESLEY

Adults \$1.00 - Teens 75¢ - Children 40¢

Evening performance commences at 2000 hours.
Matinee performance commences at 1400 hours.
It is regretted that the cost of matinees for children has been increased to 25¢ because of increase in cost of films.

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TOTEM INTERMEDIATES

By J. E. CHABOT

The Totems played their first home game of the season on Friday, Oct. 25, against Port Alberni. It was the first of a weekend back to back series with the undefeated Alberni club. During the brief opening ceremony, Colonel K. C. Lett, base commander, CFB Comox, made the first face off of the season. The game got off to a fast start, with Alberni scoring early in the period. The Totems appeared to be a little disorganized, having had to shuffle their lines due to the loss of Al Roque, out with a shoulder injury, and Bob Nancekeville who was on duty with 442 squadron. The period ended with the Totems three goals down. In the second frame the Totems were really flying, scoring two of their three goals while playing a man short. They had settled down nicely and the game from this point could have gone either way. For the spectators, the third period was one of excellent, exciting hockey. Both teams fought very hard with a lot of close checking. Alberni picked up the only goal this period in the dying minutes of the game. In the first intermission, a lucky program draw was made by Mike Gallant, manager of Super Valu Comox. An electric carving knife donated by the Super-Valu stores of Courtenay and Comox was won by Al Gerber of the base. The other program draw in the second intermission was won by Dianne Lovell. She won \$5 and an opportunity to take a shot on goal for a jackpot. Dianne was unsuccessful in her two attempts. Approximately 400 fans, although a little disappointed that their team lost, appeared to thoroughly enjoy the game and are looking forward to the Totems' next action. The final score in this game was 8-5 for Alberni. The Totem management wishes to express their appreciation to the Marina Hotel in Campbell River, and to Pacific Coast Cleaners, Courtenay, for their support. Totem net minder, Stew Smith, received the dinner for two at the Marina Hotel, and winger, Al Decker, received the Pacific

Coast cleaner's voucher. The first goal of the game award, sponsored by Rickson's Menswear, was won by Alberni's Ray Knight. The next game at Glacier Gardens is on Friday, Nov. 1 against Powell River. This should be an exciting game as it appears that the Totems should be at full strength for this one. For the Totems' game at Port Alberni on Saturday, Oct. 26, the Totems were without the services of two more players. Lou White and Wayne MacLean both suffered injuries during the previous night's game. It is hoped that by next weekend both Lou and Wayne as well as Al Roque will be able to play. In the game at Alberni, the Totems had a strong first period. Butch Bujold and Pat Keefe scored once each early in the period. However, Alberni came back with one late in the period. Both clubs were skating well with some great end to end action. Due to Totems' close checking, Alberni's passes were just off. Totem goalie, Stew Smith, was playing another good game. In the second and third periods, Alberni appeared much stronger. They tallied 10 times in the two periods while Totems scored once in each stanza. The Totems seemed to have trouble clearing the puck from their own end. Totem goals in these periods were scored by Dick Lee and Bob Nancekeville.

YOUNG LINE

The "Kid line" Nancekeville, Keefe and Bujold played very well the whole game and just missed by fractions many times. Their speed and style provided very exciting hockey, and the Alberni fans were noticeably impressed. Big Dick Lee seems to be getting into stride, was aggressive and skating very hard. There were only 12 penalties during the games which was hard hitting but clean, much like the game we saw at Comox on Friday. The Totem offense is coming along nicely. However their defense needs some work. On Saturday, Nov. 2, the Totems travel to Nanaimo.

TOTEM TIMES CLASSIFIED

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'64 VW in excellent shape, low mileage, radio and gas heater plus two new tires as spares, for further info call 338-8763.

FOR SALE:
DURST 606 Enlarger complete with 50mm and 80mm Scheinder Compon lens. Phone 3339-2205 Price \$200.00

A GENERAL meeting will be held in the camera club on Monday November the 4 at 1900 hrs. At this meeting the Kodak Color slide show will be shown, subject How to Make Your Own X-Mas cards.

All members and interested personnel are welcome to attend.

FOR SALE:
58 Chevrolet, 6 cyl. auto \$650
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Crusaders crusade

The Crusade continues, as the base team is still ahead of last years standing. As the standings testify C.F.B. Comox is in second place with the perennial league leaders Courtenay still at the top of the list. On 27th Oct. the station team took a break from the regular schedule to participate in the B.C. Provincial Cup play downs. The game took place down island in Nanaimo against the Nanaimo O'Keefe's. The station team met for the first time this year a team from another league and fared well, although losing the game showed signs of becoming a fine team as time after time the passing game clicked and were able to go

through the opponents defence only to be thwarted by a brilliant goal. After getting the first goal, spurred by newcomer, Jit goal, the comox Crusaders' early goal the comox team took to the offensive and played a brand of ball they had not displayed for several seasons. Sparked by several individual performances the team, although losing, came off the field though losing, had played a solid game. The recipe now for a winning team must be conditioning, or getting into top notch shape, which is holding back the teams progress to date. Everyone knows that soccer is a team sport and unless every one is in shape the whole team suffers.

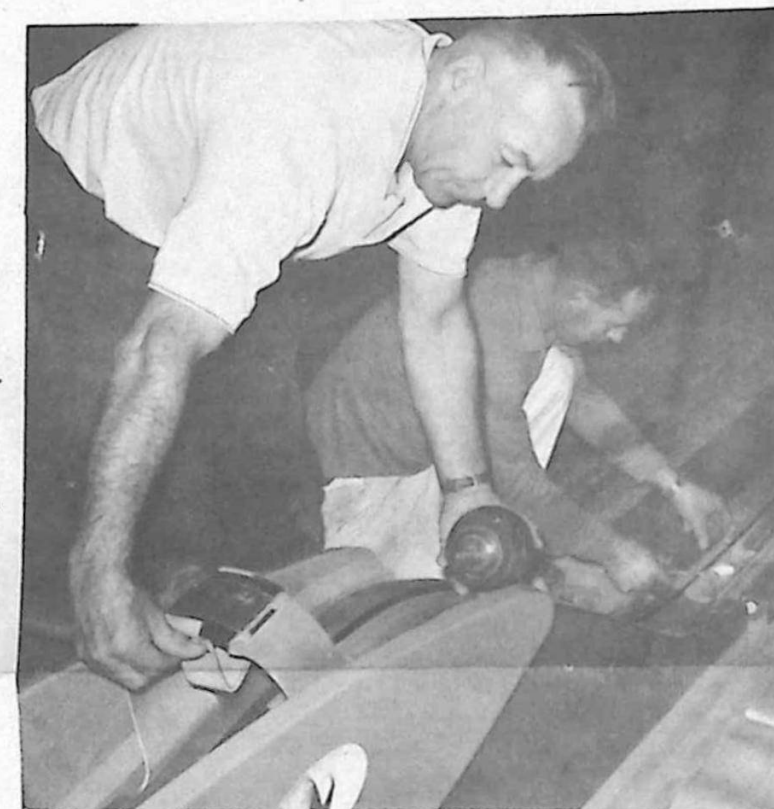
Upper Island Soccer League Standing

Standings correct to 27 October

	P	W	L	T	PTS	GF	GA
Courtenay Luckies	4	4	0	1	9	14	4
C.F.B. Comox	4	3	1	0	6	7	7
Molsons	4	1	2	1	3	9	8
Gold River	4	1	3	0	2	8	10
Tyees	4	1	4	0	2	3	11

STATION BOWLING ALLEY SCHEDULE EFFECTIVE IMMEDIATELY

MONDAY	1900 hrs. mens' league 2100 hrs. 2 alleys avail. for casual bowling
TUESDAY	1900 hrs. mens' league 2100 hrs. 2 alleys avail. for casual bowling
WEDNESDAY	1900 hrs. mixed league 2100 hrs. 2 alleys avail. for casual bowling
THURSDAY	1900 hrs. ladies' league no casual bowling
FRIDAY	1900 hrs. ladies' league 2100 hrs. 2 alleys avail. for casual bowling
SATURDAY	0900 hrs. teens' bowling
SUNDAY 1330	1630 hrs. casual bowling 1900 hrs. mixed league



MR. CARL BONSOR and Mr. Ben Vanddaar put the finishing touches on the business end of the newly installed bowling lanes. A unique feature is the automatic Teufel device which tells on the people who put their feet past the foul line. — Totem Times photo

CONGRATULATIONS

TO
CFB COMOX

ON THEIR
INSTALLATION OF

**BRUNSWICK
RED CROWN
BOWLING LANES**

OFFICERS MESS ENTERTAINMENT CALENDAR NOVEMBER 1968

FRIDAY, 1 NOV.

TGIF Fish and chips.

SATURDAY, 2 NOV.

Hallowe'en dance "The Trademarks"
Dress, costume or casual

THURSDAY, 7 NOV.

Mess Dinner

FRIDAY, 8 NOV.

TGIF Burgers and chips

SUNDAY, 10 NOV.

Candlelight dinner. Smorgasborg.
Movie - "Magnificent Men and their Flying Machines", reservations required.

FRIDAY, 15 NOV.

TGIF Chicken and chips.

SATURDAY, 16 NOV.

Octoberfest. Dress, casual or costume.

FRIDAY, 22 NOV.

Monster TGIF, Hip of beef.

FRIDAY, 29 NOV.

TGIF Fish and chips

SATURDAY, 30 NOV.

Grey Cup Party, 1000 hrs., dress, casual. Steak night, 1900 - 2130 hrs. dress, semi-formal.

Wrestling

Invitational tournament at CFB Esquimalt on Saturday 16 Nov. WEIGHT CLASSES. 105 lbs., 115 lbs., 123 lbs., 130 lbs., 137 lbs., 147 lbs., 157 lbs., 167 lbs., 177 lbs., 191 lbs., and HWT.
If you are interested in entering this tournament please contact the recreation centre. Before 5 Nov. Local 315.
Late entries will not be accepted.



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1803 Comox Ave. Phone 339-2273

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Fresh Rabbit lb. 59c
Pork Chops lb. 89c
Heart, Tongue, Kidney Fresh Frosted lb. 29c
Hind Quarters cut, wrapped and quick frozen lb. 75c
Family Variety Pack \$11.88

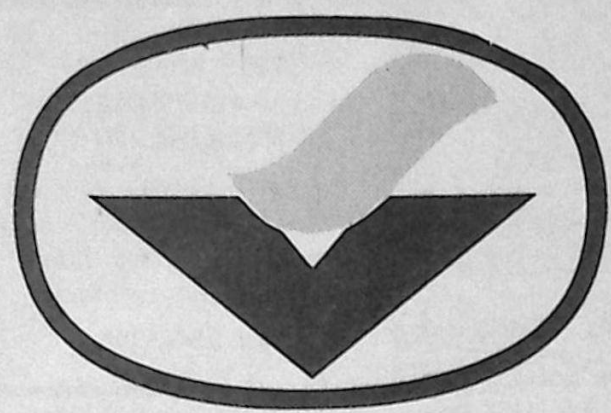


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BOSTON
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DONELESS • Eat every ounce you buy!LB. **99¢**

 RIB OR TENDERLOIN END
Pork Loin Roast .LB. **79¢**

 Fresh Side PorkLB. **49¢**

TOMATO SOUP	PURITAN	10	10-OZ. TINS	1⁰⁰	2³⁹	24 TIN CASE
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VEGETABLE SOUP	PURITAN	10	10-OZ. TINS	1⁰⁰	2³⁹	24 TIN CASE
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BEANS & PORK	CHELSEA	6	14-OZ. TINS	79¢	3⁰⁹	24 TIN CASE
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CREAM CORN	SUPER-VALU • CHOICE	4	14-OZ. TINS	69¢	4⁰⁹	24 TIN CASE
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ASSORTED PEAS	CHELSEA CHOICE	6	14-OZ. TINS	1⁰⁰	3⁸⁹	24 TIN CASE
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TOMATOES	RODINA SMALL • WHOLE	5	14-OZ. TINS	1⁰⁰	4⁵⁹	24 TIN CASE
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DOG FOOD	KENNEL CLUB	10	15-OZ. TINS	99¢	4⁴⁹	48 TIN CASE
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APPLE JUICE	SUNNIEST RECONSTITUTED	3	48-OZ. TINS	97¢	3⁷⁹	12 TIN CASE
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