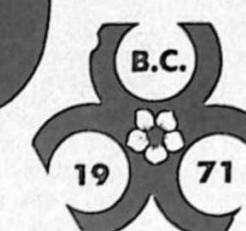


TOTEM TIMES



The New York Times has been shushed. Will the Totem Times be next?

VOL. 13

CFB COMOX TOTEM TIMES THURSDAY, JUNE 24, 1971

NO. 13

DEMONS DO NOT DEPART ON MARCOM TROPHY CHASE

FOR A CHANGE

Moving Allowances To Equal Moving Expenses

OTTAWA (CFP) — Servicemen transferred on or after June 3 are in for a pleasant surprise when they line up for movement allowance advances at their local pay office wicket.

The object of their joy will be a newly announced revision of Canadian Forces removal regulations recently approved by the Governor in Council. The revisions came about as the result of a study directed by a joint treasury board DND advisory committee.

Basically the whole concept of moving regulations has been revised. For instance, no longer will travel allowances be based on an inclusive mileage package when a serviceman travels with dependents in his family car. In its place will be a mileage rate of five cents per mile for car operating expenses and payment of actual and reasonable expenses enroute for lodgings, meals and incidentals. Or, in other words, the allowances will approximate the regulations now in effect for temporary duty travel.

For those who like to stay in private lodgings, camper trailers or tents a revised daily rate will be payable without receipts. Also, if a member wants to ship his car by rail, he will be paid equivalent rates to travel by private car.

As for postings, finding accommodation at the other end, and separation expenses, the new regulations call for changes beneficial to all servicemen.

All postings, other than those where the immediate move of dependents is mandatory (isolated posts, Europe etc.) will be restricted. However, members may continue to override this restriction.

If they do so, and travel with dependents they must agree to limit their entitlement to a maximum 21 days interim lodgings and meals.

But those who proceed unaccompanied can receive several entitlements. For instance, if rations and quarters are available they must be used. In addition, a separation expense of \$30 for officers, \$22.50 for Sgts. and above and \$15.00 for Cpls. will be paid.

If R and Q are not available at the new duty place, the unaccompanied member can

claim a maximum of seven days interim lodgings and meals while he secures civilian accommodation for himself.

He will then be entitled to separation expenses of \$300 per month for officers or \$225 per month for men.

When an unaccompanied member finds accommodation for his family, he is entitled to return on duty at public expense to his previous base to help pack-up furniture and to accompany his dependents to his new unit. Five days special leave will be granted for this purpose.

As for the restrictive regulations on posting, present postings now issued will not be amended. However, those with a change-of-status date after Oct. 1, 1971, will be changed to restricted as required.

Once in his new accommodation, the serviceman faces the problem of buying new curtains, hooking up appliances and making old rugs fit new floor sizes, and a number of other unforeseen expenses. To help defray some of these out-of-pocket expenses the present DF and E Grant will be increased from \$200 to \$300 for Lts. (Other than CFR) 2nd Lts., O Cs and Sgts. or below. Majors, (Continued on page 2)

Hawks Take Wing Again

OTTAWA (CFP) — For aircraft buffs who have long memories a new 14-minute color film featuring the RCAF Golden Hawks aerobatic team circa 1959-64 will soon be available.

The film was commissioned by the Directorate of History and was put together by Visual Education Centre, Toronto. Commentator Gordon Burwash describes manoeuvres while suitable music backs up the whole production.

According to Major Dave Tinson, a former Golden Hawk now serving at CFHQ, "... this film contains some of the most spectacular shots I've ever seen of Canadian aircraft and airshows."

The film will be available through regional film libraries in about three weeks. Special copies will be held at CFBs Cold Lake, Moose Jaw, Portage and Chatham.



TRAINED TO THE GILLS — Which is what people get trained to in Maritime Command — after weeks of dropping practice bombs on the Rainbow, assorted blue (now black and blue whales) and two American Coastguard cutters that were looking for Canadian fishing boats, Major Froehler and his air and ground

crews look confidently through the murk toward CFB Greenwood, where they hope to win the O'Brien trophy which is awarded annually to the Maritime squadron that can digest the greater number of in-flight lunches without extending the take-off roll to more than double its normal length. (Canadian Forces photo)

Student Militia Program Underway

Armouries at four British Columbia centres will be busy scenes this summer, training sites for those enrolled in the student summer employment militia program.

Basic militia training will be carried out in Kamloops, Kelowna, Victoria, and the Lower Mainland for approximately 270 students. An advanced course, for those who took part in last year's initial program, will draw from all over B.C. and be held at Camp Wainwright, Alberta.

Fault System Not People

OTTAWA (CFP) — Defence Minister Donald MacDonald agrees with previous defence minister Cadieux that two naval officers should not be disciplined for their part in the controversial refit of the aircraft carrier Bonaventure.

He was appearing Tuesday before the Commons Public Accounts Committee which 13 months ago criticized Captains Thomas Maxwell and James Lynch when cost of the half life modernization of the carrier climbed several millions from an estimated 8 million dollars.

Supply and Services Minister James Richardson appeared before the Committee with Mr. MacDonald and blamed the "Inadequate System" at the time rather than individuals. Reforms have been introduced he said.

The largest refit ever undertaken in Canada, completed in September, 1967, did not survive tight money policies later imposed by the government. The carrier had to be sold for scrap rather than reduce the fleet by a number of destroyers said Mr. MacDonald.

Of Capt. Maxwell the Defence Minister said he was convinced the Officer had made "A genuine error" while testifying and had not deliberately misled.

Of Capt. Lynch, Principal Naval Overseer of the refit at Davie Shipbuilding Ltd. in Lauzon, Que., Mr. MacDonald said, "Pressure of circumstances prevented him from maintaining records or scrutinizing orders with the care he would have liked... (he)... performed effectively and with credit."

From his own enquiry, Mr. MacDonald emphasized "those immediately associated with Capt. Lynch on the refit, his seniors and his peers, found satisfaction with the manner in which he performed that difficult task."

407 ENTERS REGATTA

Captain Bill Ainslie and his crew of demi-drowned dunkers will represent 407 Squadron in the Maritime Pacific Command Centennial Regatta, which is to be held in Esquimalt Harbour between 1200 and 1600 on July 30. For most of the crew, it will be a new undertaking, as only Bill, and Joe Verner know the blunt end of a ship from the pointy end, and Bill is trying hard to forget the difference.

A few years ago a Fleet Regatta was an annual affair in which ships and shore establishments competed in a number of nautical events for a variety of trophies but somehow, probably with the reduction in cadet summer training, the regatta lapsed. Well, the regatta has been revived once more, bigger and better than ever before. It will be held in Esquimalt Harbour from 1200 - 1600 Friday, July 30. All service personnel and their dependants from MARPAC and Pacific Region units are encouraged to participate both as participants and spectators.

Most events will originate from the Esquimalt Squadron, Canadian Forces Sailing Association, 1001 Maplebank Road. Refreshment booths, both of the liquid and solid type, will be established in the Squadron grounds for the benefit of spectators. A shuttle boat service will provide spectators with a close-at-hand look at all events taking place in the harbor.

A total of 12 events will take place, some exclusively for dependants with the necessary qualifications. The best four out of five specified events will determine the winner of MARPAC Regatta Trophy (the fabled Cock o' the Walk). These races include:

Continued on Page 2

Air Reserves Give Militia Top Cover

TORONTO (CFP) — Toronto's air reserve squadrons will train with Ontario militia soldiers at Canadian Forces Bases Gagetown, N.B., and Petawawa, Ont., this summer. Additionally, they will help train Ontario air cadets at CFB Trenton, Ont.

Ten Otter planes and 90 personnel of 400 City of Toronto Squadron will be at CFB Petawawa June 19 to July 3 while Ontario's Central Militia Area soldiers also are undergoing training. The squadron will be parading supplies and flying photo and visual reconnaissance sorties.

Similar training will be

completed by 411 County of York Squadron with its 90 airmen and nine Otter planes at CFB Gagetown from July 31 to August 15. One Otter will be on continuous standby at Gagetown for use as an air ambulance in case militiamen attending the combat arms school require assistance.

From July 4 to August 28 two Otters of Number 2 Air Reserve Region, based at the Downsview airport, will be based at CFB Trenton, near Belleville. Primary job will be to give familiarization flights to more than 1,600 Royal Canadian Air Cadets attending summer camp.

CARIBOU TO ROAM IN TANZANIA

TRENTON (CFP) — Eight Caribou light transport aircraft now on Canadian Forces inventory have been sold to the Tanzanian government with the first three departing CFB Trenton after handover ceremonies June 15.

His Excellency Abbas Kleist Sykes, High Commissioner for Tanzania in Canada, will accept the aircraft.

An additional three Caribous will leave Canada July 15, while one other on filming duties will be handed over at Lahar, Germany later this summer. The remaining Caribou now serving in Pakistan with the UN will be flown to Tanzania when replaced by a Twin Otter. The Caribou entered service with the RCAF in 1960 on operations with 115 Air Transport Unit at El Arish, Egypt as part of the UN Emergency Force in the Middle East.

More recently, the Caribous proved their value in June 1970 during disaster relief operations in Peru. Despite high altitude hazardous flying conditions and make-shift runways in the Andes, 424 Squadron pilots ferried 90 tons of supplies and evacuated more than 800 people with Caribous during the month-long operations. The twin-engine, high wing transport was designed for use on short runways. It can take off fully loaded from less than five hundred feet on rough terrain.

Caribous were used primarily in the medium transport and army support roles.

Competition not to be held in Greenwood this weekend

One of the sounds that was not heard last night was the powerful grundle-grundle-grundle of a fully-laden Argus departing for the Maritime Command trophy shoot which was originally slated to be held this weekend at CFB Greenwood, N.S. The competition was postponed scant hours before Froehler's Fanatics were to depart for the east coast to show those easterners that the trophy belonged out here, where it currently resides, having been won by 407 Squadron last year.

The postponement came immediately after copies of the last issue of the TOTEM TIMES arrived at Marcom. That issue described in some details the fighting peak to which the Westcoast Whalekillers had been

trained, and it so frightened the eastern gaggles that they conspired with the submarine, which 407 sank last year, to stay on the bottom. This it did, as it had no desire to be sunk again this year.

The postponement came as a bitter disappointment to the Demons, all of whom had washed their flying suits in preparation for the great event. The Argus had been cleaned and pressed, and its larder freshly stocked with gourmet treats. But all to no avail. The meet would have to wait until October. But the meat wouldn't. So that is why there is an Argus parked today on the arming pad, while 15 sets of teeth demolish the contents of the pantry. War is hell.

411 Now a Standard-Bearer

DOWNSVIEW (CFP) — The Canadian Forces air reserve 411 "County of York" squadron received its Battle Honors Standard from Governor General Roland Michener on Sunday June 13 during a military ceremony at Canadian Forces Base Toronto.

The squadron has waited through the mandatory 25 years of active service before claiming the Standard bearing the unit's battle honors won during the 1939-45 war.

Four hundred and eleven Squadron's battle honors include the Defence of Britain 1941-44, English Channel and North Sea 1942-43, Fortress Europe 1941 and 1944 as well as France-Germany

1944-45. The County of York Squadron also holds subsidiary honors for Arnhem, Dieppe, Normandy and the Rhine.

On hand for the long-awaited presentation were the Honorable Donald S. Macdonald, Minister of National Defence, and General Frederick R. Sharp, Canada's Chief of Defence Staff.

A reunion of former members of 411 Squadron also took place the same week-end. More than 300 retired war and peace-time airmen and their families showed up, including several of the wartime commanding officers who flew their Spitfire fighter aircraft in war to help earn the battle honors.

White Paper Delayed

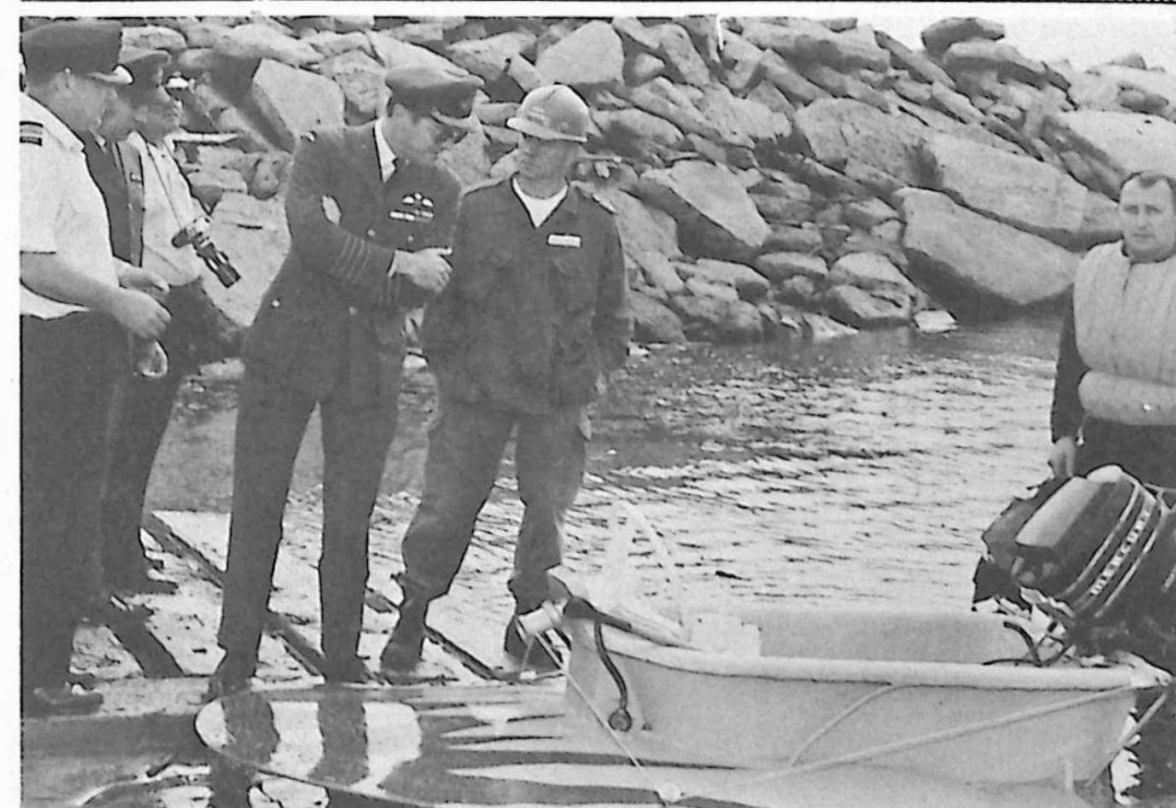
OTTAWA (CFP) — The long-awaited white paper on defence policy will likely not be tabled in the House of Commons before Parliament closes for summer recess at the end of June, Defence Minister Macdonald told the House recently.

In replying to the question whether the paper would be released during the recess, Mr. Macdonald said, "In view of the long expectations... the answer would be yes."

The reason for the delay in presenting the white paper stems from a crowded Cabinet agenda. Such subjects as taxation reform, and constitutional questions have forced a delay in Cabinet consideration of defence policy, Mr. Macdonald explained.

The Defence Minister said he didn't foresee any problems in Cabinet's adoption of the proposals since they are basically an elaboration of the policies previously enunciated by Prime Minister Trudeau two years ago.

Canada's defence priorities as stated by Mr. Trudeau are: protection of sovereignty, continental defence, NATO and United Nations peacekeeping.



THE NEW TRANSISTORIZED HYDROFOIL for the Canadian navy paid its first visit to CFB Comox last week. Built by Yamahonda Industries of Osaka, the hydrofoil has all the comforts of the Bras d'Or, with none of the high superstructure or upkeep costs. An ecological conservation officer is seen at the stern, or blunt end of the ship, looking askance at its mercury content. The base commander, who is shown inspecting the craft's commodious crew quarters, was asked to take the machine for a trial spin, but he declined on the grounds that it looked to be built of scrap Bonaventure parts. Next month, the ship will be placed in to service on the Nanaimo-Vancouver route, to ease the congestion which occurs on those occasions when the sked flights go us.

Forces Thanked For Kingston Riot Role

KINGSTON (CFP) — Servicemen who helped civil authorities during the Kingston Penitentiary disturbances in April came in for their share of praise and expressions of gratitude recently.

Professor Desmond Morton, member of the citizens committee which was meeting with the inmates during the riot, stated: "My admiration and thanks are also extended to the officers and men of the Canadian Armed Forces who assisted."

Mr. J. Maloney, Ontario Regional Director of the Canadian Penitentiary Service, in his letter to Brigadier-General G.R.A. Coffin who commanded the troops, wrote:

"Now that things are returning to somewhere near normal in Canadian Penitentiary Service operations in this area may I belatedly express my personal appreciation and gratitude for the assistance given to us by yourself and the men of the Canadian Forces during the riot at Kingston Penitentiary April 14-18. I am sure that in doing so I am reflecting also the thinking of the Honorable J.P. Goyer, the Solicitor General of Canada; the Commissioner of Penitentiaries; and the senior, and other, personnel of our service."

I was tremendously impressed by the swift and efficient manner in which the troops under your command moved in, set up their operation, and performed the duties required of them in this critical situation. To my non-military eye they appeared to be truly professional. Though they did not become directly involved in the situation I am sure they would have performed superbly if called upon to do so. In any case it was a great comfort to us to have them there, ready for action, and their presence was a considerable help in allowing some of our staff to be relieved from duty after going without sleep for lengthy periods.

I trust that you will be able to pass on our thanks to the troops who were under your command during this incident."

NIGHTHAWK'S NEST

One of the unfailing signs of fall in the Comox Valley has always been the re-appearance of the Nighthawk ground school program, so judging from that yardstick, it must be autumn. It certainly isn't summer, at any rate. One notes that the security classification of the lectures is higher this year than it has ever been, as they are now all given in some incomprehensible code which, judging from the radar quiz results, no one has yet been able to crack. By the time this column assails its unwary audience, the final exam should be written, but all bets are that the code will remain unbroken.

The delegation which went to Beyondville to sort out the mysteries of the IIP bird have returned, bringing with them a number of sorted out mysteries. While there, they witnessed the award to Phyling Phil and Jethro of 1,000 litre pins, which they won for estimable service. Henry was awarded the Skipper peanut butter flying suit, which looks as bad as it sounds. A slum-clearance project has been commissioned to see what can be done about it.

Harry the Red and Stevie B. have been selected to take the tests that will start them on the long road to becoming computer programmers. Already, they are going around talking computerese, saying, "Bit, bit, bit, no bit, no bit, bit." The other day, Harry was overheard doing it bilingually. He was saying "Ritbit, ritbit", which right there is enough to qualify for the course. Should either of them be fortunate enough to be allowed to continue with this lark, they will be sentenced—er, that should read transferred to either St. Margarets or Senneterre, which seems like rather a mean thing to do to a computer.

Last Thursday the squadron attended a gala little dinner party in honor of General Burke, who managed to work himself into convulsions when Don Elphick did his Little Man skit. Tom Murray provided the extra set of arms, as he has the only set on the squadron long enough to reach all the way around El.

The day-on, day-off schedule is going on days off, which is more than most people get lately, and

it will be replaced by the week of days, week of nights routine. The weekend flying that has been carrying the sounds of freedom to happy holidayers throughout B.C. will also go by the boards, at least for the time that the fuel dump is receiving its annual airing.

Doug Jackson has arrived on the squadron, and can now be found sleeping through the IIP lectures. He can sleep with impunity — which is not as crude as it sounds — because he has just come from Beyondville, where he was taught all this wizardry. Don Middleton, the fastest grease pencil in the western hemisphere, hopes to have Doug in the Q by early next week at the latest.

Also sitting in on the lectures is Al Schulte, who is using them as a sort of prep school for his tour at the OTU which commences almost immediately. By the time Doug and Al get finished learning all about the IIP, then do their flying on the trusty old steeds that we still have out here, they will be as mixed up as the rest of us.

According to a bilingual directive put out by the QRA officer, 28 per cent of the beds must be French-sheeted. The only thing that's slowing the implementation of this directive is the fact that no one can determine how many beds constitute 28 per cent of five. Perhaps Redden's computer course will help solve the problem.

The scientists at AETE are still working on Major Bob's request for a stationary super target but it will be some time before they come up with an answer, as they first must finish the trials on the bubble canopy for the Norseman.

The world has another little Hammerschmidt, which may be a bit more than one can take.

Brian Christopher Hammerschmidt arrived safely the other evening, and one would hope that the child never joins the service, because a dog-tag for him would create a national metal shortage.

And lastly, a word of tribute to the members of the base maintenance organization which supports the operation of 409 Squadron. During the past month or so, the squadron has enjoyed



BAMEO'S BEST Fisherman, Vic Makowichuk, is presented with the BAMEO Fishing Trophy by Major Ron Thacker and Mr. Chuck Cronmiller of Nanaimo Realty. (Notice the envy in the Major's eyes!).

OLD JUMPERS STILL STOMP

BRANDON (CFP) — A unique band of wartime comrades turn back the clock more than a quarter century here this weekend when the 1st Canadian Parachute Battalion stages a reunion on the 27th anniversary of its D-Day jump into occupied Europe.

The unit, only one of its kind under Canadian wartime command, was formed in 1942, trained at Fort Benning, Ga., and Shilo, Man., and went overseas in 1943.

More than 75 former members of the unit from Canada and the U.S.A. are expected to attend the some pretty remarkable flying. All this joy and rapture was made possible by the troops out on the line and in the bowels of No. 7 hangar who have been working eight or nine days a week to ensure that we always have enough airplanes to make loud noises and frighten the community with. Much appreciated, guys.

Rumor of the Week: Henry's flying suit is a hallucination.

reunion. Planned activities, at Brandon's No. 3 branch, Royal Canadian Legion, include registration on Friday, a visit to nearby CFB Shilo and a dinner on Saturday, and a parade and wreath-laying service on Sunday. The unit jumped into Normandy June 6, 1944, before the airborne assault, with three airborne divisions. Their task was to cover the flanks of the Allied Bridgehead. The Canadians, with the 6th British Airborne Division, were on the left flank of the attack.

The battalion was dispersed on landing and suffered 111 casualties. However, it performed all of its assigned tasks, which included the demolition of two bridges and capturing an enemy strongpoint at Varaville. The unit also took part in the airborne assault east of the Rhine River, March 24, 1945. It was here that its commanding officer, Lt.-Col. Jeff Nicklin of Winnipeg Blue Bomber fame, was killed.

Two members in Winnipeg still serving with the armed forces are Major John R. Madden and Master Warrant Officer Harry L. Wright.

The new regulations also increase separation expenses, establish improved daily limits for interim lodgings, meals and incidental expenses, increase baggage entitlements for men and also for dependents of personnel posted overseas, and allow servicemen to proceed on duty to places where his F and E is in long term storage when access to storage is authorized.

These revised regulations will apply to married personnel who physically commenced move or their dependents, or dependents F and E on or after June 3, 1971. The regulations also apply to single personnel who commenced their move on or after June 3, 1971.

For further details, check with your base or unit orderly room.

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VOODOO NUTS, BOLTS AND VOLTS

By PAUL KLEM

The BAMEO Fishing Derby, which was held last week, had its wind-up in the Bowling Alley Club Rooms last Friday night. There were numerous entries and a few winners. Major Thacker thought he had the prizes all wrapped up until Cpl. Vic Makowichuk embarrassed him with last minute entries. Vic

cleaned up on almost all the prizes. He brought in a 25 lb. 14 oz. Spring and a 4 lb. 10 oz. Coho, cleaned weight, for which he took both prizes for the largest fish and the largest Coho. Trophies donated by Nanaimo Realty were presented by Chuck Cronmiller of Nanaimo Realty. Major Thacker took the runner-up prize with a 4 lb. 5 oz. Coho. The Hidden Weight prize was taken by Cpl. Bert MacDonald. WO Don Hughes was a few minutes later after the weighing-in deadline with some nice fish, so he got a small prize for effort.

After all the fish stories were exchanged over an abundance of refreshments, the Great White Father decreed that the prize winner will hereafter be called "VIC MACK-A-SALT-CHUCK", on condition that he share his prize fish with him. In the exuberance of the occasion, Vic thought that was fair enough.

We welcome Sgt. Don Robinson to the Maintenance Organization. He is currently on contract training in the JEFM Shop. WO Mac Elliot is finished with

his "TANKLESS" job and is now employed in Repair.
WANTED: Ear defenders, or a rusty old muffler — for Capt. (sometimes Admiral) Kenkel, Chief Skipper, SS Klinker.

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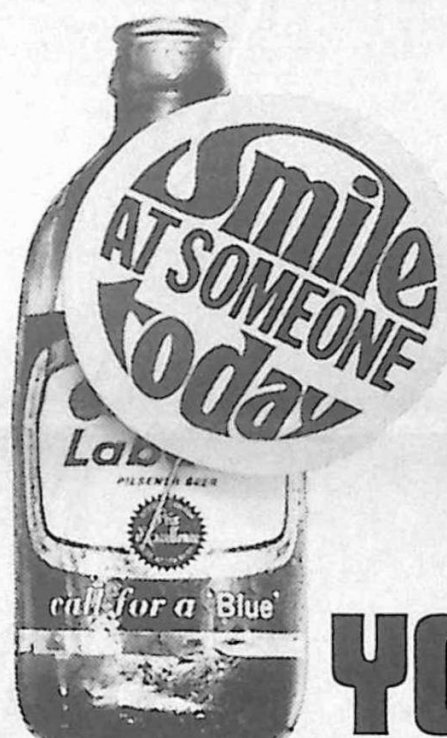
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Nautics Get Rough Ride

A ten-day NATO exercise involving ships and aircraft of the navies and air forces of Canada, the Netherlands, Portugal, the United Kingdom and the United States began June 16 in water south of Nova Scotia.

The exercise, nicknamed Rough Ride, has been designed to permit naval units of the participating countries to practice command and control procedures and to evaluate tactics against submarines, aircraft and surface ships from

the United States and Canada which will simulate enemy forces. The ships and aircraft will be under the overall command of Vice-Admiral Harry A. Porter, commander of the Canadian Atlantic subordinate area.

Following the exercise, all participants will proceed to Halifax, Nova Scotia, for a post-exercise debriefing designed to evaluate the achievements of Exercise Rough Ride.

New OTU For 407

OTTAWA (CFP) — Members of the Directorate of clothing and general engineering will probably never see one of their food recipes on the Galloping Gourmet television show, but even so they perform a valuable role to ensure service food is of a high standard.

The DCGE food section is the design authority for all food and ration packs used by the Canadian Forces. It surveys the food market; conducts feasibility studies; arranges and monitors taste panels, engineering tests and user trials; and drafts food commodity standards for service feeding systems.

Before a food product is accepted for use by military eaters DCGE subjects it to a battery of tests. If the product passes a cost-benefit evaluation it is then put to the taste test. A taste panel of 6-12 members armed with knives and forks sit in judgement at the food testing kitchen in Ottawa.

During the tasting sessions, DCGE members jot down data on the nutritional content, cost, suggested package size and availability of the product. Before making a final decision, DCGE arranges for user trials at one or more bases and with operational troops in the case of ration packs.

Included in subjects under constant study by DCGE are field

service rations; packaged uncooked meals; individual ration packs; light weight ration packs; and survival food packets.

While service food and ration packs may not have the pizazz of a Galloping Gourmet creation, DCGE food section members are willing to match their products against those of any other military feeding system.



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LIEUTENANT JOHN MACDONALD, (R), who normally spends his time watching for whales in the vaster reaches of the Pacific Ocean, signals "All's Well" to his pilot, Rod Dixon, just prior to the two of them departing from Pitt Meadows, B.C., for London, England. Upon arrival in London, they will turn around and fly back in a gallant bid to win the London to Victoria air race. Having heard of John's navigational skills, search and rescue units in Johannesburg have been alerted.

(Canadian Forces Photo)

407 Nav On Trans-At Route

COMOX, B.C. (CFP) — A navigator based here with 407 Demon Squadron started out on a busman's holiday recently — he went flying in the London to Victoria air race.

Lt. J.H. MacDonald left Pitt Meadows, B.C. for London June 7 to participate in the race as a private citizen during his leave. He will fly as navigator for Rod Dixon of Vancouver and Bella

Bella, B.C. Mr. Dixon's entry is sponsored by the B.C. government.

When Prime Minister Trudeau starts the air race by trans-Atlantic telephone on July 1, Lt. MacDonald and a gaggle of about 70 aircrew will fly aircraft of all types and sizes over the pond.

Those "Magnificent Men in their flying machines" will stop at Prestwick, Scotland;

Keflavik, Iceland; Narsarsuaq, Greenland; Goose Bay, Labrador; Quebec City; Ottawa; Winnipeg; Regina; Calgary; and Vancouver before touching down at Victoria's Pat Bay airport to end the race.

DND's official entry in the air race will be a Falcon executive jet piloted by 412 Squadron commander, Lieut. Col. Bob Hallowell, 41, of Ottawa.

Demon Wins Car Rally

407 Demon RO's demonstrated that they do not require cross training to long range navigation by sweeping three of the four prizes of the Officers' Mess Family Car Rally held on Saturday, June 19.

Lt. Joe Verner, with his delicate wife Donna driving, demonstrated superb navigation by taking the first prize. The two had the course mastered except at one stage when Joe, living up to his nickname of "Bograt", got stuck in some bog. He was aided by the couple who came in last.

Capt. Tweet Alford, with his delicate wife Elaine driving, took the second prize. There is in existence a different race between Donna and Elaine. They are trying to beat each other to the St. Joseph's maternity ward and add their additions to their respective families first.

A prize was awarded to Capt. Bob Currie and his wife Marion for the skill they showed in driving, navigation, timing and the way they were able to negotiate the course. Marion drove for the entire rally and not always the car.

An honorable mention for LCDr Desko's team who were seen starting the rally, but alas no more after that. Some of us wonder if we should alert 442 Squadron for search and rescue.

Congratulations to the organizers, who were almost all 407 Demon personnel, for a really well run rally.

DEMON DOINS

The last couple of weeks has seen quite a lot of activity around the "Demon Den". A considerable number of troops have been doing clearances, contacting movers and all that good stuff. There will be a mug party this Friday for the following in the Officers' Mess: LCol Middleton, Maj. Ash, Maj. Osborne, Capt. Camilleri, Capt. Charters, Capt. McArthur, Capt. MacDonald, Capt. Morris, Capt. Poll, Capt. Regehr and Capt. Scott. Capt. Mike Taylor has departed

the squadron for Halifax and with him goes some of the squadron color.

Ted Mills has taken over the leadership of Crew 6. Good luck with the circus, Ted.

So much for the roll call. Crew 1 is still primed up for the ASW Competition if they can pry one of our "O" boats away from the dock in Halifax. Talking about prying, the Flt Cdr has recently purchased a new shiny crowbar to try to pry Crew 3 off the ground. Capt. Ainslie and his crew seem to be plagued by bad luck and recently pooped out in Whitehorse which was enjoyed by all. This week Salty Bill and Crew 3 will be learning to sail in preparation for the big regatta. Look for a separate story on this.

Crew 5 has launched to Hawaii. They said it is "ops" trip but we

all know that they are after authentic Hawaiian shirts for Hawaiian Night at the mess.

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407 Tech Ramblings

A first was recently recorded in the section when a compliment on the quality of the coffee was overheard — the regular brewmaster must have been away that day. With the opening of our new lounge (that's right, lounge not smokeroom) it has been suggested that we hire an unemployed bunny girl to make the coffee; so what if she can't boil water.

With Larry Bourgeois from our fair section as one of the members of the ground crew team in this years A.S.W. competition at Greenwood, another win for 407 is assured. However, j.i.c., good luck, chaps.

Just to cheer up Ron Kempton — HAPPY BIRTHDAY — now get to work.

We understand that there is a part-time Rembrandt by the name of Sid Hayes in our midst. Apparently he can do wonders, but how about body painting?

Chuck Boyce can now find the right figure in EO's; all that remains is for Pat to get him centered in on locating the correct part numbers.

Our poor man's Dean Martin (Levy) and Airforce One (Downie) feel that, should they ever team up, they can beat anyone on the base at golf, elbow bending or both.

Tod Murdoch has remarked that he wouldn't mind a posting to Bagotville. Career manager please note and we'll await the outcome with the utmost interest.

From 442 Sqn., we greet Cpls. Weiner Lavigne and John Clarke; they must have failed the

mushroom course before joining THE SQUADRON. The welcome mat is also out for Bruce Wallis who came to us via Gimli.

A recent addition to our zoo is a machine dubbed a pelican which supposedly can accomplish anything that a giraffe can do — the H... it can!

May 3rd marked the dissolution of our scandal-mongering team of LOWMUR with the departure of WO Jack Lowdon for an upstairs office and now this issue marks the swan song of Cpl. M.C. (Abe) Murphy who is about to be restored. Murph admits that he will miss the comradeship so inherent in a service career.

GUN PLUMBER'S CORNER
This week's big event, in the form of a beer bash held at a nearby suds emporium on Monday evening, was to honor all those poor unfortunate armours who are about to depart for the land of Bratwurst and Beer Tents. Oh yes, the food for the occasion was top drawer and all participants report having had a jolly good time.

The crying towels are out again with the advice that Chico Hicks has joined that elite group otherwise known as Master Corporals. To those who spend sleepless nights awaiting their turn for such an appointment; work for Blackie Kellett — Chico was his aide de camp for all of three days before the news came smothering through.

The 407 "A" ball team will be missing two of its stalwarts in the persons of Al Daley and Craig Neufeld both of whom will be doing a stint at Greenwood, the

former as a member of the A.S.W. competition ground crew and the latter on course.

A certain private with a red moustache is stumbling about the section mulling, "A trailer a week is my working peak".

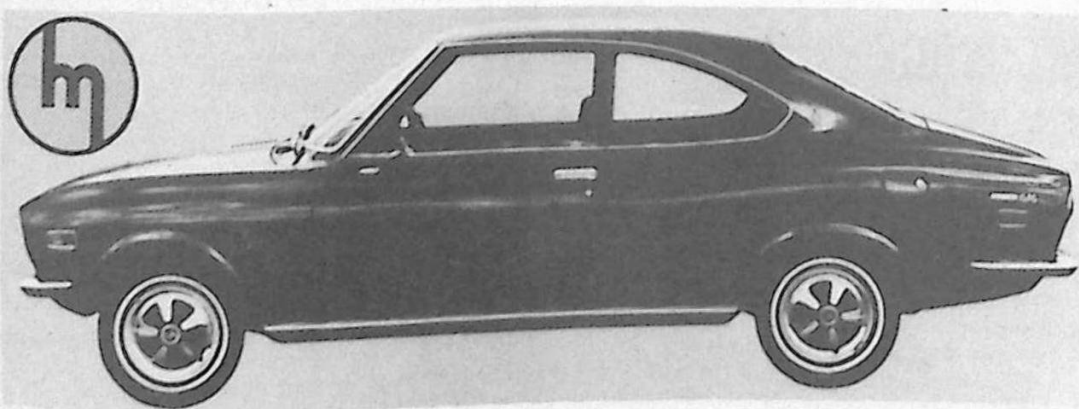
Rumor of the week: Cpl. Hardy to servicing... in Bagtown.

TORP TOPICS

Greetings and salutations, fellow allergy sufferers, members of the runny proboscis and itchy eye club. It's that time of year again when everyone is cutting his grass and the pollen is circulating freely. This is the third year running (no pun intended) that your scribe has suffered with the accursed malady and, despite the availability of some very effective palliatives, the surest relief would be to go on an extended tropical cruise; then, with my luck I'd probably be seasick for the entire trip.

Yet another successful armament fishing derby is now history and, Irish, lucky, both or neither, Bob Collins had the magic touch that netted him the first two prizes. He should now be the possessor of sufficient lures to last him for the season. Tom Moar, a first year rookie, rated a good show for winning the hidden weight prize while another novice, Ron Livingstone, encountered some difficulty in attempting to rig his gear by mouthing it and succeeded only in breaking a tooth. Ron, incidentally, was fishing from Bob Collin's boat and witnessed his host land the prize winners while

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Nagging — In Two Languages

Much has lately been said about this being a bilingual country. The government is doing a great deal to realize that ideal. One of the places where the government is encouraging the growth of bilingualism is in the services. The French language school is working at a dizzying pace, spewing graduates out as fast as it can put them through the course.

On past occasions, many of the graduates have returned from their courses to their home units far from any vestige of the French language. The French fact around Comox, for example is minuscule indeed, and the opportunity afforded those who have attended the French language school to further their knowledge of the language is minimal indeed.

The obvious answer then, is to select for French language training those who are going to be based in an area where there is some chance of hearing, or even seeing the French language, apart from its occasional appearance on cereal boxes.

But there is another point, one that is not quite so obvious. Most servicemen are married, and when they get transferred to, say, Bagotville, they tend to take their wives with them. In some cases these wives know no French whatever, just as many of the wives of the French-Canadian servicemen who are transferred out here know no English.

Because, when she gets to Beyondville,

the little lady discovers that she has some difficulty conversing with the natives, she is unhappy. Her daily soap opera is incomprehensible. Perhaps some of her magazines are no longer obtainable. So she is disgruntled, if she were grunted. Her ability to communicate with anyone but her husband is limited, and this understandably makes her unhappy.

It is not long before her unhappiness communicates itself to her husband, and he in turn becomes unhappy and begins agitating for a transfer. The quality of his work deteriorates, and soon his section is only too happy to accede to his request.

So, it can be argued, are such frills as French or English courses for wives. But one suspects that settling them up would not be nearly so expensive as paying for the premature moves of people whose language limitations made it impossible for them to get along with the natives surrounding their base.

It will undoubtedly prove to be extremely difficult to build a completely bilingual service, and it will be doubly so to create all those bilingual wives. But because we are making the effort with the servicemen, why not make it with the wives as well? Happier wives mean happier servicemen which in turn makes for a more effective service, which is really what we are after. If in the process we take one small step toward a bilingual country, it will be even more successful.

The Bargaining Is Great As It Is

Lately, we have been hearing a great deal about the possible unionization of the armed forces. Most of the noise has been coming from the group that would most like to do the unionizing, the Public Service Alliance of Canada. One of their arguments is that they could gain far more for the serviceman than the crumbs from the table which, according to them, the serviceman is currently getting. They argue that there is no organization set up to bargain with the government for the serviceman; that the serviceman is wholly dependent upon government goodwill and nothing else for his living, and for his working conditions.

What they tend to forget is that the service itself is its own bargaining agent. Those who plead with Treasury Board on the serviceman's behalf are themselves servicemen, who must live with the results of their labours.

That their labours are not inconsiderable was shown last week when the new regulations governing payment of expenses on postings were unveiled. The regulations showed evidence of some very dramatic pleading on the serviceman's behalf, and under them, moves should not be the financial disasters that they were.

The increase in travel expenses was well overdue. Costs of everything have skyrocketed enormously lately, and the cost of motel accommodation and meals have been no exception. Neither have the cost related to moving from one house to another. The drapes for one house never fit any window in any other house, seemingly by law, and the rugs that were so nice in the floors of one home look rather funny curled

up along the walls of another. So the increase in the inconvenience allowance. One might not make money on it, but one won't lose, either, which is the important thing.

Another master stroke is the provision in the new regulations for payment of real estate agents commissions and lawyers fees. This one item will save many a serviceman from having to moonlight, at least for a few months.

Mobile home owners will also welcome the news of the new regulations. They can now go from one end of Canada to the other without going from one end of their bank account to the other, which will be a welcome change.

Come to think of it, about the only people who will not welcome the changes will be those who would turn the armed forces into a union shop, for the changes are evidence that the services don't really require unionizing.

Those who negotiate on the serviceman's behalf have noted what the new tax structure does to incomes. Not, perhaps, as much damage as had been feared, but sufficient nonetheless. Sufficient to set ones thoughts along the line of fringe benefits, which increase the quality of life without increasing the tax burden.

The new moving benefits, coming, as they did almost out of the blue will be heartily applauded by all servicemen, not just for the tangible benefits which they confer, but also for their unspoken restatement of the fact that we do have some very sharp — you should know the expression — people bargaining on our behalf.

The Bi and Bi Reader

Anyone who has ever been into our base library knows that the bulk of the books on the shelves are in English. This must seem entirely normal to most people, for although there may have been requests for such titles as *Candy or Tropic of Cancer*, the librarian has not reported a single case of anyone requesting a book in Greek, Portuguese or Swahili. But we have been living in the Dark Ages; our library has been a cultural wasteland and we haven't even realized it. The sun shall rise, though, for now there seems to be a move afoot to change our base library to a bibliotheque.

Early this year DND offered a grant of \$500 to base libraries for the purchase of French library books. Ordinarily DND makes an annual grant of \$100 to these libraries to be spent as the library administrators see fit. However, it appears that these dastardly fellows have been quietly stacking their shelves with books in English. So comes the quick fix, and by the size of it, if the aim was to achieve that magical 28 per cent; the libraries haven't purchased a French book in something over 17 years. (No information was received here on whether a corresponding \$1,500 was granted to Quebec based libraries for books in English.)

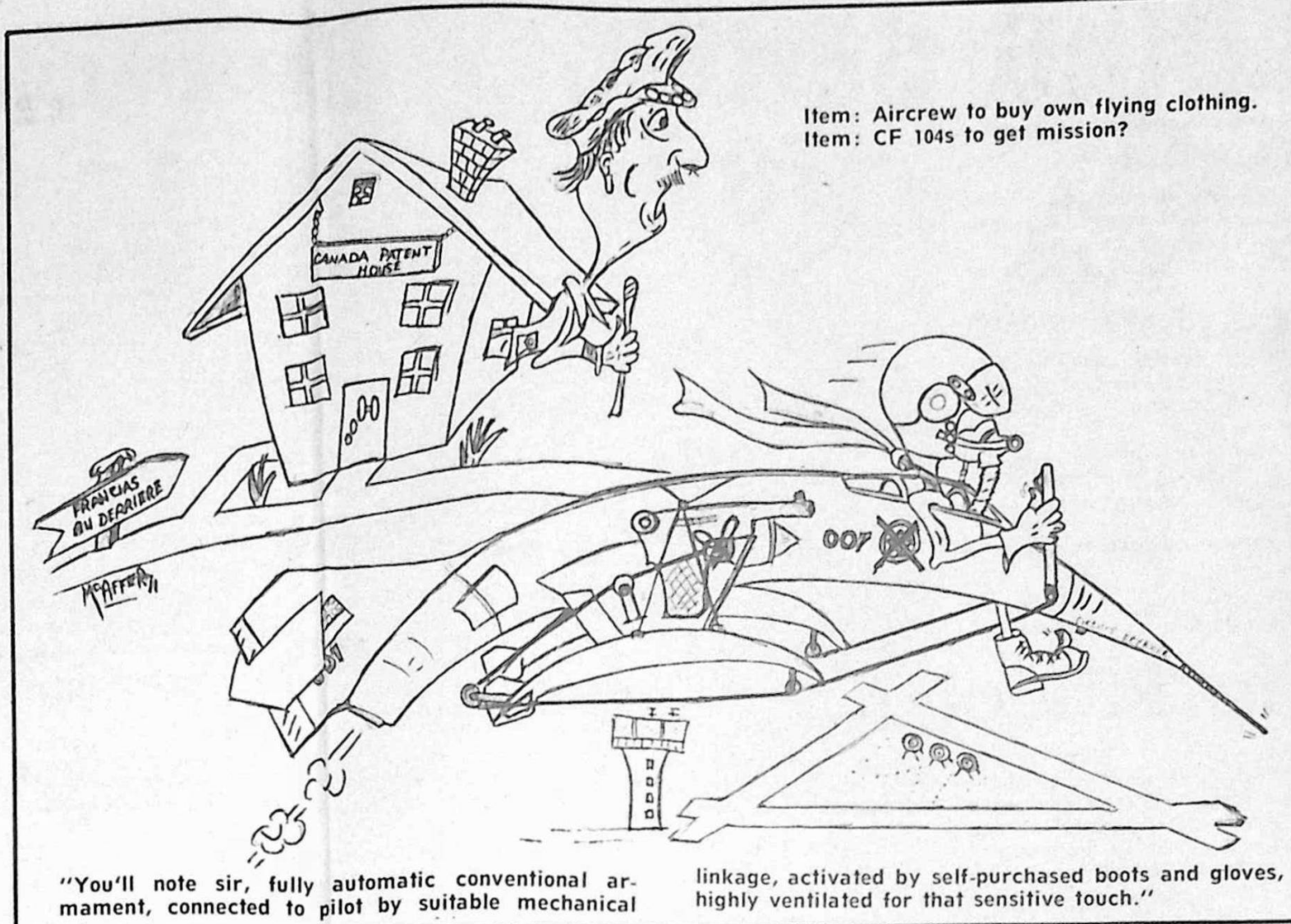
Anyway, there it was, a \$500 grant with only two strings attached: one, that it had to be spent entirely for books in the French language; and two, that it had to be spent before the end of the fiscal year. The library committee was at first overjoyed to be able to buy some books, any books. But how to select them in French and where to buy them before the deadline, that was the problem. No one was qualified to select them, and French book dealers haven't advertised recently in the Totem Times. So they did the only logical thing; they contacted some other bases and asked what they had done.

The name of a book dealer in Quebec

was recommended and the order went in, for \$500 worth of assorted French books for stocking a library in B.C. Now if you were the lucky book dealer in Quebec, and you received a stack of orders for assorted books from a group of bases in Western Canada, what would you do? But that wouldn't be honest, would it? No. So you wouldn't dig out those dusty old books that haven't been selling. Instead you'd put together a collection of really good novels that were moving rapidly and you would include a selection of poetry and short stories, fiction and non-fiction from the best French talent that you had. You would send books that would appeal to the Anglairs taste and maybe include some things that might teach him a bit of culture.

Unfortunately it has been impossible to get a reading on how successful that Quebec dealer was in putting together his selection for this base, because, of the hundred odd books in the order, the last count showed that only one had been borrowed. This doesn't necessarily mean that the collection isn't a sterling one (or rather, a very good French one). It may be simply that the acquisition of these books hasn't been publicised enough; it may mean that only a small percentage of base library users are able to read in French; or it may mean that those users have read reviews of enough English books that they want to read that they can't find the time to get to the French ones.

But what some people don't seem to realize is that when you borrow a book you don't necessarily have to read it. And just because you can't read French doesn't mean you can't borrow a French book. Now wouldn't it be a fine Canadian, constitutional, and bi and bi spirit for everyone to make sure that 28 per cent of the books that he borrowed were in French. So dammit, get out and borrow those books, hear? Otherwise you may be forced to turn in your library card.



Item: Aircrew to buy own flying clothing.
Item: CF 104s to get mission?

Retire In Style

By Paul Klem

Paul Klem included the following article on service pensions in his Nuts, Bolts column, but we felt it would be more appropriate as editorial comment. Ed.

A Warrant Officer, who retired and is now residing in Vancouver told me he is now paying almost as much in income tax as his service wages were, which brings up an excellent subject of Pensions.

I remember years ago, when I was a Leading Aircraftman (LAC), I used to think the NCO's - Cpls and up had it made; the higher the better. The Officer class was out of this world, any one of them could walk on water. When, finally, I got my hooks - after eleven years, (same old story - no openings), it gave me a bit of a boost in morale, plus a two dollar raise.

I soon found out that my responsibilities also increased somewhat disproportionately to the raise in pay. However, true to form and tradition, I felt I had to live up to the new responsibilities to the best of my abilities. As I slowly progressed through the ranks, and I mean slowly, my responsibilities increased also, often without the additional boost in rank.

I must admit I enjoyed my work, but I also used to look forward, maybe daydream would be a better word for it, to the security our pension scheme appeared to offer. I thought of how I'd enjoy my retirement without worry of how I would be able to provide the necessities of life for myself and my family when my retirement comes.

I used to think the Warrant Officers due for retirement really had something to look forward to. No more hustle and bustle looking for a job, but a life of leisure after 30 years of Service. I was sadly disillusioned when I ran into an old friend who retired as a Flight Sergeant from the RCAF about 10 years ago with 29 years of Service behind him.

Being close to retirement age myself and of equivalent rank, I was curious how he was making out on his pension with today's cost of living.

"Tell me Harry," I said, "if you weren't working, and had to live on your pension, could you manage ok?"

"Listen Paul," he replied, "If I only had my pension to live on I'd be ashamed to admit to anyone that I spent almost 30 of the best years of my life working for a pension that isn't half as good as some of today's welfare recipients get. I thought I had something to look forward to when I retired. Remember when we joined up how a pension after 25 or 30 years of service sounded great? We had the distinct feeling that we could live on the fruits of our labours in the service in the form of an equitable pension."

"Yes, but I thought the pension was being increased by 2 per cent per year to compensate for this rise in the cost of living?" I said.

"It is," he said, "but you don't get that till you are age 65, even so, you figure it out, 2 per cent is \$2.00 on a hundred which works out to about \$5 per month, but what good is that when the cost of living is going up by a least 6 per cent a year. I guess you're expected to get out and find a job when the service says you're too old at 50 to keep up with the younger generation. But who wants to hire a man of 50 - he's too old to fit into any of the companies' pension plans, and the old age pension or the cost of living adjustment doesn't start for another 15 years, what's a person to do?"

"Well, you could go fishing," I replied.

"Yes, but who wants to live on fish alone; my taxes take up half my pension," he said.

"Oh, it can't be that bad," I said.

"You'll find out when your time comes; you'd better start thinking about it now," continued Harry.

"Well, it's been nice talking to

you Harry," I said apprehensively, "I hope I didn't upset you too much by bringing up such a touchy subject."

"No, but it burns me up when you think of all the money that is supposed to be in our pension fund and we're getting so little back. I read a report somewhere that if our pension fund had been run independently and invested in Government bonds or lent out at the going interest rates, everybody that retires could draw their full pay from the interest alone and there'd still be enough left over to add to the Capital."

"It sounds interesting enough," I said, "but where can we get all the facts. It seems to be a big secret of how our pension is being administered."

I figured Harry may be a little bitter and prejudiced; after all, 10 years is a long time since retirement, and he has done well in his own business. I decided to check to see what a more recently retired buddy, Alex, thought of our pension. He has been out for about five years and had been a WO 1 for the last 12 years or so of his service career. His pension should be just out of this world. I was sadly disappointed.

"Hell," he said, "If I depended solely on my pension, I'd barely make ends meet. I'd have nothing extra, I couldn't afford to drive a car or get an outfit to go fishing. I'd really be house-bound; I couldn't afford to go anywhere. I still have kids going to school, I couldn't afford to send them to University. Luckily, I got a home under VLA, so my payments are reasonable. If I'd have waited till I got out I'd have had to find a job before VLA would even consider my application. You know what rents, taxes, utilities and the cost of living are like now. I was lucky I could save a little to get a down payment on a house. I pity the poor Corporals when they get out."

If a WO 1 with 12 years in rank

found it tough, I wondered how a recently retired Cpl. was making out.

I knew just such a man who retired about a year ago. He came to me on several occasions when his retirement was coming up to discuss personal matters and to get reassurance that all was not as black as it looked. I remembered he was, frankly, worried. I would venture to say he was as unsure of the future as anyone could be. He had nothing to look forward to, no immediate job outlook. The future seemed bleak indeed. I tried to ease his anxiety by telling him that something will turn up and he'd manage ok.

When I approached him with the subject, he answered with an infectious grin.

"You know Paul, you were right. I had to take a different outlook on life after I got out; I had to do something or I'd have gone squirrelly. I decided to go into the insurance business and I must admit I've been doing well. It hasn't been easy, but I'm managing. I was lucky my wife was working when I got out or I don't know how we'd have managed. I took a course while on re-hab leave. I was determined to make it and I did."

We chatted about other things over a glass of wine. Mike readjusted pretty well.

I know of others that haven't, and have been in desperate situations until they found jobs. One retired Sgt. even went into an isolated northern mine, leaving his family behind to try to keep up with the cost of living until something better turned up. I wonder how many are in similar straits?

It seems a shame that pension benefits aren't re-adjusted annually to compensate for the rise in the cost of living. When I hear of all the people that passed on before collecting a single pension check - surely there must be some left over for those that need it.

SISIP Plan Emphasized

OTTAWA (CFP) — Many Canadian Forces' personnel have not yet taken advantage of SISIP, the Servicemen's Income Security Insurance Plan introduced into the Forces early last year.

Indifference and misunderstanding appear to be two of the main reasons why a number of servicemen have not enrolled in the plan. There are other considerations which may appear to be valid such as previously purchased insurance or tight money but consider the following actual case history.

A 28 year old corporal, 10 years service died in a car accident. His widow and two children were receiving paid up insurance policies of \$5,000 and \$1,000 respectively, and \$216 per month over and above the CFSA & CFSB benefits the service provided. This is the equivalent of \$52,000. The cost to the corporal was \$6.75 per month. The same coverage from a leading insurer would cost \$32.00 each month.

SISIP is designed to protect and insure the families of service personnel who become disabled as a result of sickness or accident occurring outside the line of duty. Under the plan the family would receive monthly payments amounting to 60 per cent of the serviceman's pay for the rest of his life, or until he recovers.

On a more final note, if a husband dies as a result of sickness or an accident outside of the line of duty, the wife would receive an income of at least 50 per cent of his pay for the rest of her life or for two years after remarrying.

In simple terms SISIP is a group insurance plan and can thereby provide more protection for less cost. It has been tailored to meet the special requirements of servicemen. It has the simplicity of combining all aspects of insurance: family protection, liability insurance in case of injury, and insurance on dependants.

It's a matter of logic. If SISIP can improve on what you have, or fill a gap in your responsibilities then get the details from your base pensions and insurance co-ordinator.

Finding a Job Depends On U

OTTAWA (CFP) — Servicemen approaching retirement know that the word retirement is a misnomer. Most servicemen do not retire - they simply change jobs.

The kind of job an ex-serviceman finds, of course, depends very much on his approach when entering the outside world.

One approach is to sit back and expect someone to come along with a job offer. The tired and worn phrase "I will do anything" typifies the lazy man's approach to job hunting. He nonchalantly signs up with Canada Manpower and tells a few friends he is available. Then he zeros in on other things and makes elaborate plans for a long vacation trip.

The trouble is most employers are not interested in people who can do just anything. What they are looking for are prospective employees with skills, experience and a good work attitude. Attitude is the magic word for most employers. If a man has a good attitude he is a good job prospect even though he may be a bit lacking in job skills. After all, everyone can still learn.

Another approach is to put all your eggs in one basket. Servicemen who depend on one job avenue give themselves only 25 per cent chance of finding a job. For instance, Canada Manpower only covers 25 per cent of the labor market. Placement agencies and newspaper advertising cover an even smaller percentage. The best proven road to job success is the eyeball-to-eyeball contact with the employer. But if a serviceman seriously wants a job he should cover all exits.

A recent labor market survey bears this out. According to this survey only 20 per cent of all firms in Canada, for instance, even bother with application forms.

There is really only one answer to successful job hunting - only one person can find a job for you. And that is, of course, yourself. Study the labor market and be prepared to sell your skills and experience to fit one job - not just anything. Use the eyeball-to-eyeball approach, knock on doors and hunt out those elusive jobs.

Servicemen approaching retirement are invited to participate in the Civilian Employment Assistance Program as outlined in CFAO 56-20. See your base personnel selection officer or personnel education officer for further details.

S. Doldrum

Letters to the Editor

Ye Ed:

When out of the blue came advice to me about a re-union this month of ancient RAF Ferry Command types (which included many Canadian aircrew) I was prompted by a nostalgic urge to send the following nod in their direction.

Thought you might like a copy for your esteemed journal which, I understand, is dispatched to odd places around the planet.

Quien sabe? It may bring a few more bald eagles out of the snags.

Much obliged,
Scott Hunter,
CFCP Radio.

To the Old Buzzards of Ferry Command,

Well boys, There were so many memories came flooding back when I saw the full-page treatment accorded the Ferry Command story in the Vancouver Daily Province.

I even overlooked the fact that the Hudsons referred to in a photo were actually Venturas! Oh well, who would know that nowadays?

But my first two deliveries were in Hudsons and while I was among the first contingent of the RAF aircrew types, I can remember old hands like Captain Hunt (a Catalina boat type), Ernie Gaan, Pappy Klevinger, Captain Morley, and Mr. Judd in

Crew Assignments... and others that turn up in memory once in a while.

If exists an opportunity, a special Hello to the lads who (with me) were sent down to Nassau to fly those bastard Baltimore (A30's) with the belly tanks down the pike to Ascension Island and points East. And who could forget the original Marauder with the run-away props and the touchy trim.

Anyway, it was always a good show at Madam Zee Zee's... was that at Belem or Natal??

I'm thinking of kids like - Ralph Bagley, Ronny Jones, Chuck Vaydik, Chuck Grant, Bill Godby, Alec Shervall, the three Bills from the Montreal area - Billy Brennan, Bill Smith and Bill Steele, - the Aussies like King's Cross Freddy, John Ruddy, Sully Sullivan, MacGregor Shaw - and the RAF

screwball Bingo Clark who bought the farm bringing in one of the first Mossies at Rikki-vik.

Oh to see some of those guys again and to shoot a line! And somebody had better have an account of how many Short Shorters are still kicking around with original bills signed by the pro-tem "Mayor of Gander."

For all those types - "Clear On Final."

Respectfully yours,
Charles "Scotty" Hunter,
ex-RAFFC and 45 group

Babysitter Wanted

Dear Sir:

Last week you printed some stories on summer employment programs for students and you said that these would be employed at CFB Comox as clerks, janitors, drivers, etc. Why doesn't the base library get one or two of these people so that the hours could be extended during the summer. I know that ordinarily, if the weather is nice, the teenagers can find lots of things to keep them busy, but judging by the weather so far this year, we may be in for a long wet summer, and I would really like to be able to send my kids some place like the library when they get to be too much to handle at home. Also, it might even do them some good.

S. Doldrum

TOTEM TIMES

Read in the best news in the Canadian Forces

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EDITOR: Capt. R. H. Koehn (Loc. 409) EDITORIAL STAFF: Capt. R.E. Merrick (Loc. 409) Sgt. H.E. Miller (Loc. 463) SPORTS: Cpl. Gord Palmer (Loc. 365)	DEPUTY EDITOR AND CARTOONIST: Cpl. L.G. McCaffrey (Loc. 377) CIRCULATION: WO J.A. Sopp (Loc. 474)	BUSINESS MANAGER: Lt. Gary Soule (Loc. 410) ADVERTISING STAFF: Lt. P. LaFleur (Loc. 308) Lt. J. Anderson (Loc. 308) Lt. Barry Watkin (Loc. 410)
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BUILDING SERVICEMEN FOR TODAY'S FORCES

EDITOR'S NOTE

Back in misty days of yore, people joined navies, armies and air forces. They went their prescribed routes through the training establishments of their respective services, built up a loyalty to that service, and ever thereafter ordered their lives to their service.

Now, of course, people do not have any such choice. Not in Canada, at any rate. Here they join uniform.

What happens to them? What sort of initial training do they get? The CFB Cornwallis Ensign, which is the bugle of the base that gets the new recruits, produced an article which answers these and other questions.

The grizzled old veterans in our midst who like to boast of "how tough it was", way back when will be particularly interested in this stirring word picture of life in a basic training camp.

The School - As Seen By The School

The aim of Recruit Training can be defined as helping the new entry recruit to make the transition from a civilian to a serviceman.

The gauge of our success, of course, is the final product: a serviceman who possesses self-discipline, self-confidence, pride and loyalty to the service.

The process begins each weekend as new entry recruits arrive from all over Canada. The secret of survival and success is in as quickly as possible developing a platoon identity, a course esprit-de-corps. Much of this must come from the recruits themselves, who begin to work together as a team. But the system makes its initial contribution in stripping the recruit of his external individual identity.

He is shorn of his long hair, stripped of his "civvy" clothing and put into training dress. His identity becomes one of a mass, clumsily marching or doubling under the direction of an NCO. The transition, that takes 11 weeks. The school is not successful with everyone. It does get people who can never make the transition to a well-ordered, disciplined, demanding environment. But the success rate is high and graduating recruits themselves are aware of the changes.

The transition requires long hours of work by recruit and staff

both. There is only one standard; one way of doing things. The new entry recruit learns how to wear and maintain his uniforms, how to march and carry himself.

He acquires general service knowledge in the classroom and the barrack block. He learns about his rights and privileges as a serviceman and what is expected of him in return.

The first several weeks of training are closely supervised. This involves long evening hours by Squad Corporals to bring their recruits to a point where self-discipline is beginning to develop, where marching groups move in cadence, where clumsiness and confusion is replaced by skill and knowledge.

When a serviceman knows what he must do, and how to do it, it is self-discipline that produces the result. Hours are still long and demanding on the recruit. The academic and practical skill learning process continues for the full 11 weeks, but the recruit early reaches a point of reliability in matters of kit and quarters, drill and deportment.

The culmination of practical field skills is Skull Lake, a 24 hour exercise designed to let the recruit put to practice what he has learned. This period has been described by Course 7111, 2 platoon.



IF YOU WORK HARD AND EAT ALL YOUR FOOD, you'll soon be clever enough to rattle about in the back end of an Argus, say these instructors to a group of recruits that has just finished competing in the Boston marathon. It is not known what gourmet treat the chef was conjuring up from a mixture of peaches and tomato ketchup, and there was no concerted rush to find out. (Canadian Forces Photo)

First Impression of Cornwallis by Course 7116

It seems like it was just yesterday we arrived at CFB Cornwallis. The first night was spent in wonder of what the morning would bring. We didn't wonder long as we were up at 0600 hours preparing for the day.

The first few days of our military career passed slowly as we were issued kit, given haircuts, and subjected to the "square" needles which left some of our buddies' arms quite sore. After our initial indoctrination into service life was completed, everyone found time beginning to race by faster to the cadence of "Left, Right, Left, Right . . .".

It was not long before we realized that during the next eleven weeks we would have to conform to our NCO's way of doing things . . . or else! Some of the unpleasanties related to this "or else" were realized immediately by some, but to others they were still on "Civvy Street" and it would take a great deal of pounding in the next few weeks to make them realize that CFB Cornwallis is not a training ground for civilians. As a result, the majority of us set our minds to the test confronting us, fully aware that HOPE alone would not see us through.

Our second week dawned and we finally began

actual training. Here was the challenge we were told (warned) about, here was where we were taught to "Drive The Body" and "Think Drill". During drill we began to take pride in this fantastic organization we are trying to become a part of. Physical Training is one place where you learn your body can go much farther at greater speed, with a Corporal pushing you along.

As you near the end of your second week and you slip into your "Greens" for the first time, you feel a great pride as you listen intently to the clackers pounding into the ground.

Your third week is upon you and you now find yourself becoming set in military ways. As you look about your barrack block you see empty bed spaces here and there where your friends had relied too much on hope. The definite climax of your three-week period at Cornwallis is when you are finally on your first graduation parade and you look with awe and wonderment upon the graduating Course standing there, looking so sharp and trim, and something inside you tells you "That's going to be our spot soon." Again you feel that pride nothing else could give you, the pride you take in knowing you'll soon be a man of the Canadian Armed Forces.

At Skull Lake by Course 7111

On Monday May 3rd, 1971, at approximately 1300 hours fully equipped with gear and weapons, Course 7111 (2 Platoon A Coy) departed CFB Cornwallis and travelled over various trails and logging roads enroute to the Skull Lake training area. With skilful driving and manoeuvring, excessive discomfort was avoided by the respective section NCO's at the wheels.

Upon arrival at Skull Lake, we were quickly organized and given a preparatory briefing of the upcoming exercise by our platoon Commander, WO Chalmers.

The first order of the day was the construction of two man shelters called hoochies which would afford us protection from the elements throughout the exercise. The impending rain added extra incentive to our efforts to ensure that they were well constructed and waterproof. Upon completion of our shelters, we were treated to a hearty meal catered by our Platoon NCO's. After cleaning up, we proceeded to the main training area for various exercises dealing with the different types of movement by day and night as well as a practical lecture on recognition of night sounds.

As it progressively got darker, we camouflaged ourselves for our night action. Sergeant Duggan then began a lesson on movement by night and sights and sounds by night. Sergeant Duggan told us that it would be harder for us to be seen at night and that lighters, cigarettes, and eyeglasses pinpointed us at night.

He proved this by having a recruit move out into the darkness until he could barely be seen. The recruit was then told to light a cigarette and while doing this he clearly stood out. The recruit was moved behind a bush

and told to puff on his cigarette. It was at that time the recruit told Sergeant Duggan he was smoking a pipe. That remark was enjoyed by the Course, its staff and Lt Col Simpson who was watching our exercise. Anyway, Sergeant Duggan proved his point.

After that we began to practice our movements by night. We used the kitten crawl, cat walk and ghost walk, all of which proved effective.

Next we carried on with a short compass march which partially prepared us for the more difficult 500 metre compass march later on that night. With all of us accounted for after this short march, we swarmed back to our bivouac area and were greeted by a stimulating cup of soup and a hot cup of coffee.

Now the true test of our skills was upon us. The 500 m compass march by night. After setting our compasses on the correct bearings we were sent out into the bush in groups of twos at ten minute intervals. We proceeded with great difficulty over deadfalls and through dense undergrowth attempting resolutely to keep our bearings which would bring us safely to our final objectives. With reflection upon the high quality of instruction by the Platoon NCO's we all came through on time and on target. This then ended the exercises for the evening and we all proceeded wearily to our shelters for a few short hours of much needed and welcome rest.

At 0600, we were rudely and abruptly awakened by the ministrations of the various section NCO's. Some of us, wet as a result of the night's deluge, threw on our driest combat clothing and nipped along to shave and eat a hurriedly prepared breakfast of bacon and eggs. Finishing breakfast, we

proceeded to dismantle our shelters, clean up our bivouac areas and prepare for the route march home.

With WO Chalmers leading and Company Commander Captain Sawchuk giving support and advice, we set out on the long nine mile march back to Cornwallis. Due to our physical training over the past weeks, we found the march over muddy roads and hills much easier than expected.

To most of us the night was hard and long. I can only say, I'm glad I am in the sea element. I wouldn't want to do that every night. Even so, we all thoroughly enjoyed the night and we also learned more here at Skull Lake, than we did during our fieldcraft classes because we were able to really practice.

Crown Assets Help Disarmament

OTTAWA (CFP) - A buyer's market exists when surplus military equipment goes on the auction block.

In the past year Crown Assets Disposal Corporation accepted bids totalling \$2,409,200 for 2,096 major equipment items.

Largest single sale was the aircraft carrier Bonaventure which sold for \$851,700 while the City of Brandon, Man., picked up a T-33 jet trainer for \$500.

Sixty aircraft were sold including 53 C-45 Expeditors which netted \$250,000 while one Yukon prop-jet transport, which cost \$6 million-plus 10 years ago, sold to an American airline for \$200,000. The Yukons have now been phased out of service in favor of the larger, faster and more powerful Boeing 707 jet transports.

Bulldozers, 20 of them, went for \$27,800 while 1,782 two-and-a-half-ton cargo trucks sold for \$708,000 or just slightly more than \$500 a copy.



THE FIVE MILE RUN is a lot easier if you are paced by a truck which contains an instructor who threatens to shoot you every time you show some sign of slowing down. Everyone to date has completed the run, despite the anvil which the kitchen has cleverly stowed in their packs in lieu of rations. (Canadian Forces Photo)

Canadians Defend Small Arms Trophy

NATO's famous Prix Leclerc small arms marksmanship competition will be held this year from July 7-9 at Grafenwoehr training area in Germany. The competition is sponsored by Allied Forces Central Europe (AFCE) and will be organized by the U.S. Army Europe.

Teams from Canada, Belgium, Germany, The Netherlands, the United Kingdom and the United States will compete for the Prix Leclerc trophy. The aim of the competition is to improve the standard of small arms marksmanship throughout the

forces of NATO countries in central Europe.

As in 1970, the competition is designed to exploit the advanced techniques of weapons handling and the increased responsibilities of the junior leader at squad level. Stress will be on marksmanship, physical endurance, co-operation, leadership and control. The competition also includes a night firing phase. The Prix Leclerc trophy is presently in possession of Canada, who won the competition last year at Sennelager training area in Germany.

Do-It-Yourself Dental Care

by Dr. Paul Greenacre

OTTAWA (CFP) - In Canada there are about three times as many patients as can annually be treated by our present population of dentists. Furthermore Canadian mothers are producing children faster than Dental Schools are producing dentists. We in the forces are fortunate to have fine dental care available.

All members of the forces should be able to maintain or help develop their dental fitness through comprehensive home care. Since oral health is a patient's responsibility, start today by disorganizing those disease-inducing bacteria and keep your teeth for a lifetime.

Dental disease and tooth loss are not to be accepted as facts of life. They are problems to be understood and controlled. Dental research has shown that, with a maximum of prevention and a minimum of treatment, dental health can be maintained by patient participation. We will now proceed to explain and outline a comprehensive method of "HOME CARE".

UNDERSTANDING DENTAL DISEASE

To effectively take charge of your own dental health you must realize that the actual culprit in cavities and gum disease is ORGANIZED BACTERIA. As individuals these bacteria belong in and are part of our digestive tract. However if given the chance to get organized into a colony or factory, they can be detrimental to your oral health. Cavities begin when bacterial colonies give off acidic by-products which can decalcify enamel.

Gum disease begins when a similar group of bacteria produce toxins that interfere with the blood supply to our gums. It is indeed amazing to see how a few bacteria, if given a location in which to organize, can in time decalcify and decay our teeth, cause our gums to bleed and recede, and make people dream of the day when they'll be rid of their teeth. Every toothache, every loose tooth, and all false teeth are a tribute to bacterial organization and determination. Why should you continue to leave these simple organisms in charge of your "Dental Health"?

COLONY SITES AND HOW TO CONTROL THEM

TONGUE: The greatest source of organized bacteria in the mouth is said to be the tongue. Colonies establish in the soft tissue fissures give a "white coating" appearance to the tongue. There is no proof that these bacteria are creating disease, but they could contribute to breath odour, could be a source of bacteria that cause dental disease, and could harbour viruses that cause colds and sore throats. The home care to keep these tongue-bacteria to a minimum is: brush forward with a toothbrush - or; wipe the tongue with a washcloth.

To prevent this from becoming an unpleasant gagging experience or an unintentional contribution of your dinner to the fight against dental disease, only brush or wipe your tongue once or twice at each cleaning session.

PITS AND FISSURES ON THE TOPS OF THE TEETH:

The pits and fissures on the top of your teeth are one of the few cavity sites where treatment is often unavoidable in spite of home care efforts. The fissures in this area are just too small for a toothbrush bristle to get into and clean, but they are as big as the Grand Canyon to the bacteria. These anatomical defects on the teeth are one of the few situations where man seems to be able to improve over nature's design. Fortunately this type of filling is both quickly and simply done.

SMOOTH SURFACE BACTERIAL COLONIES:

These originate around the four sides of the teeth wherever bacteria are given a chance to gather. Your brush should prevent any colony / sites from forming on the cheek and tongue sides of your teeth. What you are dislodging can be easily illustrated by wiping a white washcloth or handkerchief over the teeth, in a manner similar to cleaning windows.

That yellow film you can see is the bacterial colony and its waste products. In fact a hanky or kleenex used at lunchtime will do almost as good a job as a toothbrush at home. Your method of tooth-brushing may vary, but as long as you effectively

disorganize the bacteria on both sides of your teeth it doesn't matter which technique is responsible. The critical areas to clean is where the tooth meets the gum. We call this the toothgum beachline.

Concentrate your brushing there - especially on the inside of the lower front teeth and around the molars. Further, a soft or medium brush is all that is required to break up the soft bacterial colonies. Remember that it is possible to abrade the teeth or cause gum recession by brushing too vigorously with a hard toothbrush or any abrasive toothpaste.

FLOSSING THE CONTACTING SURFACES:

The importance of cleaning the contacting surfaces of the teeth cannot be overemphasized. About 50 per cent of all preventable cavity-sites are between the teeth, and about 80 per cent or more of all the gum disease seems to originate here. Bacteria continue to colonize between the teeth after fillings are placed causing decay around old fillings.

Also a faster onset of gum disease is quite common in these areas. The best way to control these bacteria between the teeth is the daily use of Dental Floss. Dental Floss is a waxed or unwaxed length of nylon thread that is slid between your teeth in a sawing motion. It is a difficult manual skill to learn if you don't know the proper method and have good motivation. However, once you are shown how to use floss, it is easily done and it will become both your own and your family's most valuable home care aid.

BACTERIAL COLONIES CAUSING A TRENCH OF GUM DISEASE:

The bacterial waste products that encircle the tooth can after many years of contact produce a trench of gum disease around the tooth. It can be compared to a moat around a castle. This moat or infected trench must be cleaned. If it isn't the end result can be receding gums, cavities in the tooth root dentin, loosening of tooth and eventual gum loss or tooth loss.

In fact after 25, gum disease is



ADJUSTING THE AIR CONDITIONING of a barrack block built by Jerry Bilt Construction Lee is the final task of the day for instructor Cpl. J. A. Connolly and student Pvt. F. W. Hut, who in a few short moments will be reposing upon the soft mattress, made of natural fibres, which is seen in the foreground. (Canadian Forces Photo)

the major cause of tooth loss. If your Dental Officer notices that you have this moat of disease or gum recession around your teeth he may recommend a trench-cleaning device. This is a round softwood toothpick held in a holder at 90 degrees. It is used in a manner similar to cleaning your fingernails.

CONCLUSION

You should now have a better idea of how Dental Disease begins and what would be a comprehensive home care method for you. Most researchers state that you need only use these methods once a day to keep the disease-inducing bacteria from getting organized. If you consider an average person without his wisdom teeth (third molars) would have 28 teeth. Then his home care can be described this way:

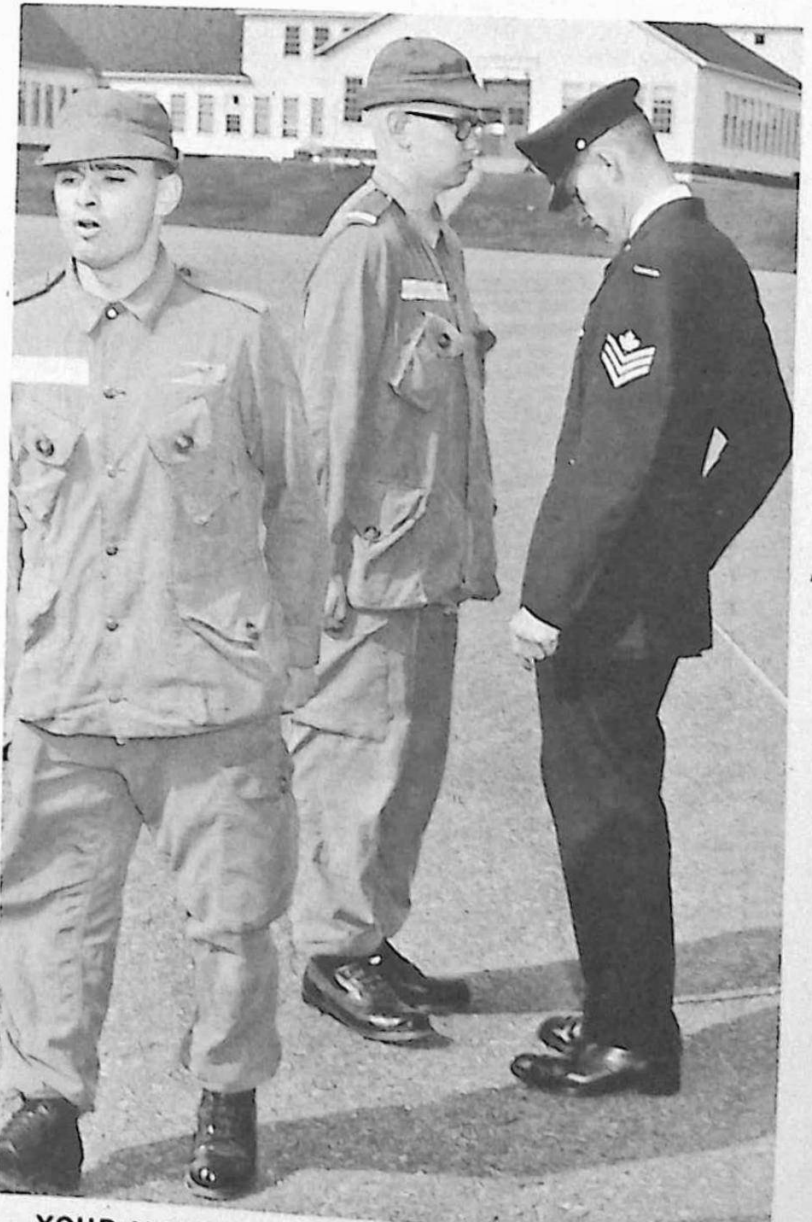
28 pit and fissure surfaces that could become cavities in spite of your efforts (and often do);

56 smooth surfaces opposite the tongue and cheeks that can be maintained by a brush or cloth;

56 smooth surfaces between the teeth that can be saved from disease by regular flossing. "Better Flossed - than lost."

That means a total of . . . 140 surfaces where bacterial colonies could get established.

I remember best one of my patients who told me, "If you ever get a chance to change someone's mind about looking after his teeth, tell him I know from experience that dentures are no solution. Especially my lower denture . . . Tell him 'I never missed a friend like I missed my teeth.'"



YOUR MOMMY SURE DRESSES YOU FUNNY, says the sharp-eyed drill instructor to the rigid recruit, as the square has been perfectly flattened out by the impact of millions of tromping feet. (Canadian Forces Photo)

Soest Long, It's Been Good To Know You

SOEST, West Germany — Ceremonies held last weekend in and around this picturesque old walled city marked the final departure of Canadian ser-

vicemen from Northwest Germany where they had served for the past 19 years. They marked not only the end of a significant military era but

the close of a little known chapter in Canada's history. Nearly 100,000 Canadians and their dependents had served here over the past two decades. "Hometown" for most of them over these years, was as likely as not, a small town or village with timbered houses and cobbled streets nestled in the rolling farmlands of the Westphalian Plain.

As Canadians probed and prowled the winding narrow streets and ancient squares with their eyes and cameras they discovered a diverse, colorful new world. Steeped in history and rich in architectural styles, spanning more than a thousand years. Its people although reserved were friendly and industrious and above all intensely interested in their Canadian neighbors with whom close community and individual relationships grew over the years.

More than 10,000 children were born to Canadian families in this "Klein Kanada". Many children whose parents returned for two or three tours of duty, lived and for the most part grew up in Germany. Over 1,000 servicemen brought home German brides, and even a few Canadian girls reversed the flow and married German husbands. But where there is life there is death — so it

was with the "Canadian Brigade", close to 500 died while serving here and will remain forever in Germany.

The main ceremonies, the unveiling at Korbekke of a red granite stone sculptured in the shape of a maple leaf and the dedication of a memorial at the Stadt Werl Cemetery were carried out by members of the close-out force who had remained in the area to windup and handover properties occupied by the Canadians.

This force headed by LCol D.I. Morgan, RCOC, of Ottawa, Ontario had a task of no small magnitude. The Canadian community had grown over the years to some 16,000 and had acquired 10 garrisons, churches, schools, ice arena's, supermarkets and hundreds of married quarters.

The bulk of the servicemen and dependents who had served in the "Canadian Brigade" had departed last fall. About half returned to Canada and the rest to a new location in Lahr, Southwest Germany, in keeping with revised defence policies that called for a fifty per cent reduction in Canada's contribution to NATO and co-location of its ground and air forces in one area.

At the unveiling of the commemorative stone Burgermeister Belke of Korbekke praised in his speech, the close ties and deep friendship that had grown over the years between Canadians and the local populace.

"You volunteered to serve the cause of peace in the world," he said, and "peace was maintained as a result of your presence. For this we owe you our special gratitude."

In the Canadian section of the City of Werl Cemetery dedication services of a memorial erected to the memory of 447 Canadians buried there was performed by Protestant and Catholic padres.

Accepting from LCol D.I. Morgan a memorial register containing the names of the dead for keeping within the Stadt Rathaushaus, Burgermeister Frau Doctor Rohrer pledged:

"On behalf of the citizens of Werl and myself please convey to the mothers and fathers, the wives and husbands and the sons and daughters of those buried here, our sacred promise to care for these graves along with those of our own dead for all time."

The ceremonies were attended by MGEN D.C. Laubman, DFC, CD, of Edmonton, Alta, Commander Canadian Forces Europe and BGEN J.C. Gardner, CD of Regina, Sask., the last commander of the "Canadian Brigade," who travelled specially from Ottawa to take part in the farewell ceremonies.

72 Fly In '71

Seventy-two entries in the British Columbia Centennial '71 London to Victoria air race have been accepted. Provincial Centennial Chairman L.J. Wallace said in Victoria after meetings with Robbins Elliott, director of planning for the Trans-Atlantic Trans-Continental race, sponsored by the Government of Canada as a tribute to British Columbia's 100 years in Confederation.

Wallace said entries trying for the \$50,000 first prize include 27 from Canada, 26 from the U.S.A., 11 from the United Kingdom, two each from Sweden and Australia, and one each from Ireland, Finland, West Germany and France.

Prime Minister Trudeau and Premier Bennett will signal the start of the great air race by Trans-Atlantic telephone, at a ceremony in front of the Legislative Buildings, Victoria, about 10:30 a.m. PDT July 1. The start will be from the Royal Air Force Station, Abingdon, Berkshire, with a total mileage facing contestants of from 5,786 to 6,598, depending on which of seven alternate routes across the Atlantic is chosen.

Race officials say all finishers should complete the race before 5:00 p.m., PDT, July 7, if weather conditions are normal.

Entries are as follows: 24 in Class A (single-engine, piston, maximum weight 5,000 pounds); 31 in Class B (twin-engine, piston, maximum weight 12,500 pounds); 14 in Class C (turboprop super-charged, maximum weight 12,500 pounds); 3 in Class D (pure jet, maximum weight 30,000 pounds.).

Of the Canadian entries, 10 are from British Columbia, eight from Ontario, seven from Alberta and two from Quebec. Fourteen of the pilots are flying solo.

Airborne Circus to Clutter Airways

Step right up, folks, Monty Python's Flying Circus is back in town!

Thursday, August 5 is the big day when CBC television will present the first of seven new shows, to be seen each week at 9:30 p.m. PDT.

Monty Python's Flying Circus, besides being riotously funny, is an enigma. It is so difficult to describe that it needs to be watched. When it first ran on CBC-TV last winter, it built a hard core of rabid fans who will no doubt delight in its return.

Apart from John Cleese (the tall one) none of the cast is a famous face. They feel that, as writers as well as performers on the show, it is better if they do not appear regularly. Thus, the show is uppermost, not the individuals in it.

But particular roles have emerged, some by a most sinister process. Terry Jones tends to turn up in slippers with curlers in his hair, Graham Chapman plays the uptight politician or the psychiatrist who freaks out before your very eyes in the midst of professional wisdom.

Animation by Terry Gilliam is

simply absurd, but Gilliam is an award-winning animator and often carries a sign around the studio to let everyone know. It reads: "I AM AN AWARD-WINNING ANIMATOR, EVERYBODY!"

Gilliam uses cut-outs from old prints or engravings — a cheap

and simple way because you can just move the pieces around while filming. Gilliam says that with cut-outs, you find yourself cutting off people's heads, legs, arms and hands. "It's not easy to be subtle... snip, snip."

The series producer, Ian Macaughton, made a serious

effort to explain what his production team is doing. He failed. Whenever the writers-performers screen the show they all laugh uproariously at their own bits.

Hmmmm, sinister sounding isn't it? And, furthermore, it's from the BBC.

WATER FOR JUNGLE MOUTHS

OTTAWA (CFP) — Over 6,000 people of Mpesududze, a jungle village 75 miles from Ghana's capital, Accra, can hardly wait for the day pure water is piped into their community.

And that day may be close at hand, thanks to the efforts of Captain Donald Dennison of CFHQ. About five years ago he came up with the idea of a fund raising campaign to help the villagers build the pipeline.

To date Capt. Dennison has placed \$2,700 in a special bank account while the villagers have managed to scrape up another \$1,700 themselves. With this money a two-mile track of jungle has been cleared.

But this tantalizingly slow process is about to be speeded up. When Capt. Dennison's cam-

paign came to the attention of the Forces' Catholic and Protestant Chaplains, they decided to lend a hand in the project by forming base-unit committees to spearhead a drive to raise the campaign objective of \$30,000.

To raise the necessary funds, three methods have been planned. First, individuals may donate by purchasing pipeline units at \$3.00 per foot. Second, Miles for Ghanians walks will be held at numerous bases. And finally, servicemen may pledge for Capt. Dennison's individual walk.

Capt. Dennison plans to walk 75 miles from Accra to Mpesududze Sept. 2-4. Squadrons, units, ships, companies and any other military units are invited to back him with money.

How did Capt. Dennison get involved with Mpesududze anyway? While serving with the Canadian military training team in Ghana in 1963, a team which assisted the Ghanaian military academy since 1961, he became sympathetic to the plight of Ghanaian natives. Besides helping in the construction of a three-room school, he also secured over \$2,000 worth of reference books for the school library.

For his efforts the Ghanians named an Accra school after him — Donald International School, and made him an honorary chieftain or Tufuhene.

So as a Tufuhene he tried to think of other ways to help the natives — hence the pipeline project. He overcame such difficulties as diplomatic

clearances, tax problems, government approvals, design and labor problems during the two mile road construction.

Water for Mpesududze would change the whole direction of the villagers' lives. No longer would they have to drink polluted water lugged over long distances by women and children.

So, maybe the Ghanaian villagers' dreams will come true. Capt. Dennison, has shown the way so far despite frustrations, indifference and apathy. With the backing of the Catholic and Protestant Chaplains perhaps, Canadian Forces servicemen can help boost Captain Dennison's campaign over the top.

Further details on how you can help will be announced later.

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TANG ORANGE CRYSTALS	5 3 1/2 oz. pkgs.	89¢
LIBBY'S FANCY FRUIT COCKTAIL	14 oz. tin	29¢
EGGO FROZEN WAFFLES	13 oz. pkg.	49¢

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"Royal" PRIME RIB ROAST	109
Enjoy the "KING" of Roasts done to perfection with the "Tender-Timer"	lb.

SMOKED PORK PIGNICS	Gov't Inspected • Whole or Shank Portion	39¢
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WHOLE UTILITY FRYING CHICKEN	Gov't Inspected • "Wiltshire" • Tray Pack	43¢
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Beef STEAKETTES	9 2 oz. Steakettes per pkg.	85¢
Pork or Dinner SAUSAGE	1 lb. pkg.	69¢



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WATERMELON IMPORTED	Each	89¢
LETTUCE LOCALLY GROWN	2 Heads For	39¢
CORN CALIFORNIA	6 Cobs For	59¢
AVOCADOES "Dress up your salad"	2 For	29¢

SUPER-VALU

BUY BETTER - SAVE MORE

Show Biz

By NOLA WELLS

Could Wednesday, June 16, finally have arrived? The occasion was the third annual track meet for Cumberland, Royston, Tsolum and Arden Elementary Schools, which included running-relays, tug of war events, softball throws, and hurdle races.

Even the Queen's visit itself, couldn't have been more talked about, and more planned for, regardless of how small an item it might make in a local newspaper. By the time the Big Day arrives you're plenty sick of hearing about it... new runners had to be purchased, proper shorts or cut-offs had to be dug out of trunks, and shaky nerves brought on by the supposed joy of competition had to be calmed and then recalled until the parents were ready for the tranquilizer routine. Finally at 8:30 a.m. on the Big Day the two running-relay candidates give you a shaky kiss goodbye, before they sink down to the bus hoping with all their might that those black clouds above really might bring on the rain. Because if it rains, Mom... maybe they'll cancel the whole thing.

You rush through the breakfast mess, throw on some typical 'track meet' duds, and dress the reluctant five year old 'Who wants to go and watch some silly kids, run around a park'... after promising him that we could pick him up a popsicle on the way... and off we both go to the track meet, held at Woodcote Park, at Cumberland Rd., and Willemar Ave. And I must say that after weeks of 'are you sure you'll be able to make it mom?'... and 'if you can't make it Mom we'll try and not be too disappointed'... the greeting for mother wasn't exactly what was expected.

Number two son, barely managed a 'Oh Hi Mom,' while One and only daughter didn't even look up from the track meet discussion going on around the park.

Chapel Chimes



RC CHAPEL

Father James G. Campbell - Base Chaplain (RC)
SUNDAY MASSES: 9:30 A.M. and 11:00 A.M. in the Chapel

WEEKDAY MASSES: Tuesday - 7:30 p.m.
Wednesday - 4:15 p.m.
Thursday - 4:15 p.m.
Friday - 7:30 p.m.
Saturday - 7:00 p.m.

CONFESSION: After Mass on Saturday at 7:00 p.m. and before weekday masses.
BAPTISM: By appointment, usually the third Sunday of the Month.

PROTESTANT CHAPEL

SUNDAY - JUNE 27

Morning Worship at 11:00 a.m. This will be Padre Archer's last Sunday in the Chapel before he leaves on transfer to Ottawa.

WORSHIP SERVICES - MONTH OF JULY

Services will be held each Sunday at the regular hour of 11:00 a.m., conducted by the Rev. Arthur Alfred of Mill Bay. Padre Alfred is replacing Padre Archer until Major R. Ritchie arrives from Greenwood in August. Padre Alfred may be contacted through local 273 during working hours or the Base Operator after working hours.

Oh well, may as well stay for the duration. Little did I know that before I got home I'd be completely hoarse from yelling 'Come on Arden' besides all the yelling one does when a five year old insists on laying on his stomach directly on the running field. It just never dawns on you that you'll get so excited over such an event... but you do, along with the kids who by now have lost most of their fear... and are jumping with excitement as their individual schools gain another point. Not to forget the teachers who don't even try to conceal the enthusiasm over THEIR kids doing the best they can to get that trophy.

While you're standing there, waiting for the tug of war event to start, you all of a sudden wonder why so many of these children standing around you, look so familiar. Have I met them all before? Then you realize where you've seen them. In all of

those school photographs, that your kids bring home each year from one grade to another. Isn't that Lorenzo the good looking boy that you've admired in all of those photos for all of these years? My isn't he getting big. And there's Jeanine, and Susan and Stephen and isn't that Linda Lee? And suddenly what once could have been an event made important for my own children's participation, became a 'Family Affair' and the experience was most enjoyable, indeed.

Regardless of who won what trophy, the event each year is made memorable by the SPIRIT, and the kids and teachers and principals, who make this spirit come alive. And anyone who comes away from a simple little track meet, without the power of this spirit flowing through them... well one can only feel a little bit sad for them. 'Yeah Arden'

Beauty -- And the Beasts Who Promise It

The skin game... can be painful... can be costly... can be dangerous... CAN BE DEADLY.

Cosmetic technicians and plastic surgeons the world over promise women "the bluish of eternal youth and beauty." Are their promises valid - and how long do the treatments last - if they are effective in the first place? Colette Dowling has taken a critical and penetrating look at the beauty business, examining it from a medical as well as an ethical standpoint and she makes a strong case for strictly legislative control over businesses which flourish almost without restriction.

Your friendly neighborhood aesthetician is a cosmetic technician who will remove your unwanted hair, peel your face, treat your acne scars and sell to you (or use on you) such devices as spot weight reducers and ozone machines. BUT... many of the methods used - chemical, mechanical and electrical - actually constitute nonauthorized practice of

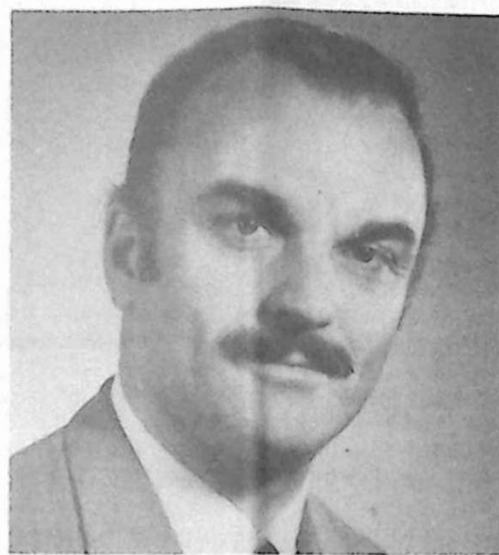
medicine by laymen. The lure is transformation... the hazards are numerous. Mrs. Dowling has devoted the second section of her book to surgeons who lift faces, remodel noses, boost bosoms, and eliminate bags under eyes. She criticizes the shift of medical ethics in cosmetic surgery, with doctors suggesting unnecessary surgical procedures to patients and indulging in questionable self-promotion. Experiments which fail (and Mrs. Dowling cites some unfortunate examples) are discussed only among the medical fraternity in their journals.

The Skin Game should be required reading for both laymen and legislators, and certainly for anyone considering a beautifying treatment or operation. Think twice before you put yourself into the hands of someone who may have had a mere three months training - your life is being risked in the dubious search for beauty. CAVEAT EMPTOR - BUYER BEWARE. You as a consumer may be consumed.

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Society and Parents Should Share Care For Children

Day care in Canada is emerging as something more than a babysitting service and may soon become part of the total community service available to families.

The Vanier Institute of the Family in its recently published pamphlet 'Day Care - Establishing Community Services,' that "the complexities, demands and changing attitudes of contemporary life make it vital that supplementary child care services be available to all Canadian families."

The Institute has taken the position that the responsibility for the caring of children is one to be shared by parents and society and that day care should not be considered a welfare service but a social service available to all families, much like education now is.

The scope of the problem also is changing. While it may appear to be a problem peculiar to urban families, it is often even more difficult to establish such services in small towns and more isolated areas.

The day care centre is also becoming more involved in specialized child care services to

provide assistance for families with children with special emotional and physical needs. The service can also be expanded and be of greater use when co-ordinated with other community services. For example, when operated in conjunction with neighborhood schools such services can include many family aids, including health clinics and recreation facilities for all ages. They also are potential neighborhood information bureaus.

A complete program of this

nature can involve the private sector of the community, professionals in the field, government, and community groups working in related fields.

In this way the day care centre becomes a complete supplementary child care service and involves all segments of the community in providing new and changing social requirements for a changing society.

Copies of the Day Care pamphlet are available free from the Institute, 151 Slater Street, Ottawa.

NCO's WIVES HAVE JOLLY NIGHT

The WO's and Sgts. Wives Club held their annual Smorgasbord on Saturday June 12 at the Waikiki in Comox. After dinner, President Polly Waycott presented souvenir spoons to Irene Price, Irene Oullette, Dorothy Petch, Betty Carson, Mona Collier and Madeline Blythe, as they will be leaving the area.

The ladies then returned to the Mess where they put on hilarious skits for the members and wives. MC for the evening was WO Dick Osmond.

President Polly Waycott presented the Mess with a swag lamp, the annual gift from the Wives Club.

The evening was greatly enjoyed by all.

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G78-14	8.25-14	34.88 ea	33.88 ea	32.88 ea	31.88 ea
H78-14	8.55-14	37.88 ea	36.88 ea	35.88 ea	34.88 ea
I78-15	8.15-15	34.88 ea	33.88 ea	32.88 ea	31.88 ea
J78-15	8.45-15	37.88 ea	36.88 ea	35.88 ea	34.88 ea

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7.00-13, 6.45-14, 6.95-14, 7.35-14, 6.85-15	24.88 ea	23.88 ea	22.88 ea	21.88 ea
7.75-14, 7.75-15, 8.25-14, 8.25-15, 8.55-14, 8.55-15	26.88 ea	25.88 ea	24.88 ea	23.88 ea
	27.88 ea	26.88 ea	25.88 ea	24.88 ea
	30.88 ea	29.88 ea	28.88 ea	27.88 ea
	33.88 ea	32.88 ea	31.88 ea	30.88 ea

Row, Row, Row Your Boat Gently Down The Fraser

L.J. Wallace, General Chairman of the British Columbia Centennial '71 Committee, and Honorable Gerard Pelletier, Secretary of State, announce the sponsorship by the federal government of an historic canoe pageant as part of Centennial '71 celebrations.

Mr. Wallace said the colorful event will start at Fort St. James on July 25, will follow the Fraser River and tributaries, ending about three weeks later in Victoria.

He said the pageant will also be seen in the Kamloops area and on Lake Okanagan, and the crossing of Georgia Strait will be from Vancouver to Nanaimo, with stops at Duncan and Sidney before the finish in Victoria's Inner Harbour.

All the Provinces and Territories of Canada have accepted invitations to enter crews, making it a truly national event in the year British Columbia celebrates its 100th anniversary of entering Canadian Confederation.

Similar pageants were outstanding successes in other

Centennial years, Mr. Wallace pointed out. "In 1958, the Centennial year of the establishment of the Crown Colony of British Columbia on Vancouver Island, one of the most successful events was a re-enactment of Fraser's exploration of the River," he said. "In 1967, Canada's Confederation Centennial, a trans-Canada canoe pageant attracted wide attention. The government's sponsorship of a canoe pageant in Centennial '71 is most appropriate."

Co-ordinator of the pageant is Colonel William Matthews of Gabriola Island, who was commodore of the 1967 trans-continental pageant.

The canoes will be of simulated birch-bark, constructed of fibre glass in the NorWester design, 25 feet in length, and will seat six paddlers. An average of 30 miles will be covered each day with portages of the more difficult passages of the Fraser River. The crews will compete in sprints each afternoon upon arrival at a different community where the local Centennial Committee will organize welcoming festivities during the evening.

Winter Sport Fest Set For Dec. 1-12

VICTORIA — Premier W.A.C. Bennett today announced the first annual British Columbia Festival of Winter Sports which will be held in Centennial Year, December 1-12.

The Premier's announcement comes on the heels of his request to the B.C. Festival of Sports directorate, asking that such a program be established in Centennial Year. The Premier's request came as he opened the second annual Festival of Sports in Victoria, May 20. The Festival of Sports ended a successful three-week run on Monday.

Mr. Bennett said the Festival of Winter Sports will highlight the 16 athletic events featured in the Canada Winter Games. The next national Winter Games will be held in 1975 and as a perpetual event, the Festival of Winter Sports will become a playdown for the nationals.

"The December 1-12 dates were selected this year," the Premier said, "to place the events in Centennial Year, after the Grey Cup football classic in Vancouver and prior to Christmas holiday season."

In the initial year's program, a list of 8 to 10 sport-sanctioned communities will be selected. In future years, all 16 Canada Winter Games sports will select venues in co-operation with the Festival office.

The Premier said the objectives of the Winter Sports Festival will be identical to that of the summer Festival — a) to focus province-wide attention on the development of amateur sports and the value of fitness and conditioning for good health; b) to encourage British Columbians to visit other parts of the province, thereby becoming more aware of British Columbia's opportunities and attractions; c) to create programs of Provincial events that in their total will attract attention and visitors from other parts of North America.

Speaking on the British Columbia Festival of Winter Sports idea, Dick Jack, president of the B.C. Sports Federation said:

"The Federation enthusiastically welcomes the Premier's announcement that a

major winter sports event will be staged in the province. We pledge our full support for the success of the program. The implementation and continuation of an annual British Columbia Festival of Winter Sports concept will broaden the scope of youth involvement and increase participation in a maximum number of amateur sports throughout the province."

UBC Student To Survey Area Rec Facilities

Conducting a recreation survey on Vancouver Island this summer will be University of B.C. student, Eija Peitso, of Vancouver.

The survey of sports and recreation facilities is being financed by the Federal Government's department of National Health and Welfare and is being coordinated in this province by the B.C. Sports Federation.

"Miss Peitso, who will visit Oak Bay, Duncan, Ladysmith, Lake Cowichan, North Cowichan, Sooke, Nanaimo, Courtenay, Comox, Cumberland and Campbell River, is one of 12 students who will cover every part of the province," says provincial coordinator Don Basham.

"These students will work closely with the Provincial Government's community recreation branch consultants in most areas of the province."

"Information compiled through this joint provincial-federal operation will be used to allow the various levels of government to plan for future recreation needs," says Basham.

Miss Peitso, who will take post-graduate studies in physical education this fall at UBC, has worked on the recreation staff of the Vancouver parks board and for the YMCA summer swim program.

The survey is being duplicated in most other provinces and territories of Canada.

Sky Divers Land Close To First Aid

A team of sky-divers from the B.C. Sport Parachute Council will lend extra excitement to the world's first International First Aid Championships to be held in

Dollars For Your Thoughts

OTTAWA (CFP) — The Suggestion Award Committee of the Public Service of Canada repays initiative with cash.

As a case in point, Captain J.F. Chapman, (ret'd), combined establishment change proposals and authorizations on one form rather than two. Since this was a saving of twenty minutes per form and there were 1,500 forms completed in 1970, Capt. Chapman saved DND \$4,250. For this idea he received \$600.

G.H. Cote of CFHQ worked out a plan to repair rather than replace, ejector base assemblies for bombs on the special weapons trainer for CF-104 aircraft. The result was an award to Mr. Cote of \$430.

An additional 47 servicemen and DND civilians were awarded amounts ranging from \$10 to \$300, in the latest awards list.

Vancouver's Capilano Stadium, Saturday, June 26, from 8 a.m. to 3 p.m.

The Championships, sponsored by the B.C. Workmen's Compensation Board in co-operation with St. John Ambulance, have drawn over 30 teams from the United States and across Canada to compete in four categories: International Invitational, National, B.C. Senior Men's, and B.C. Junior Boys and Girls (aged 10 to 14 years).

B.C.'s Lieutenant-Governor the Honourable John R. Nicholson will officially open the meet at 11 a.m., accompanied by the Vancouver Police Pipe Band.

Throughout the day, the five-member teams will take turns dealing with dramatic, simulated accidents, planned and executed by experienced WCB and St. John Ambulance first aid men. Presentation of awards to the winners will take place at a banquet for competitors following the Championships.

Admission to the International First Aid Championships is free, and refreshments will be provided without charge for all school children in attendance.

SUMMER SWIM PROGRAM AT THE BASE POOL

SWIMMING POOL SCHEDULE — MONTH OF JUNE

OPEN SWIMMING PERIODS

— Sunday, Monday and Wednesday nights from 1900 - 2100 hours
— Saturday and Sunday afternoons from 1400 - 1600 hours
— Week of 21 June - 25 June from 1330 - 1530 hours.

SERVICEMEN'S SWIM PERIODS

— Every day of the week from 1200 - 1300 hours.
407 DINGHY DRILLS — June 10, 15, and 22, from 1100 - 1200 hours.

Children's swimming registration will be held between the 21st and the 25th of June. Times will be from 0930 - 1130 every morning. Cost of the 15 sessions will be \$5.00. For further information contact Cpl. Marshall at the Recreation Centre or Local 315.

SUMMER SWIMMING POOL SCHEDULE — MONTHS OF JULY & AUGUST

Every Monday, Tuesday, Wednesday, Thursday and Friday the pool hours are:

0800 - 1200 Swim Lessons
1200 - 1300 Servicemen's Swim
1330 - 1530 - Open Swimming
1900 - 2100 Open Swimming.

SATURDAY - 1400 - 1600 Open Swimming
SUNDAY - 1400 - 1600 Open Swimming; 1900 - 2100 Open Swimming

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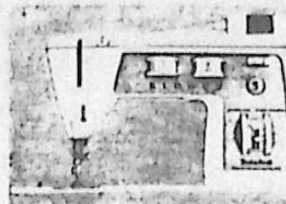


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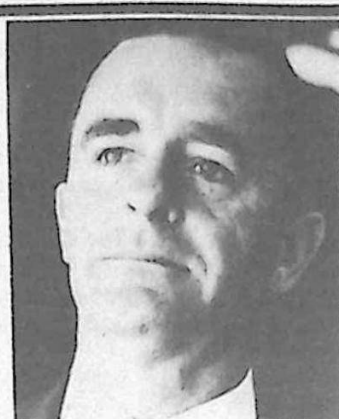


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OFFICER'S MESS ENTERTAINMENT

JUNE 1971

Thurs. 24th — BBQ Steak - Sea Hawks - 9p.m. - 1 a.m.
Fri. 25th — TGIF - Fish and Chips
Sat. 26th — "Hawaiian Nite" - Outrigger Floor Show
Sun. 27 — Family BQ Steak
Mon. 28 — Jugs \$1.00
Wed. 30 — SBQ Steak - Jugs \$1.00

JULY 1971

Thurs. 1 — Holiday - B. Mary's - 11 a.m. to 1 a.m.
Fri. 2 — TGIF
Sat. 3 — Open Night
Sun. 4 — Family BQ - 7 to 9 p.m.
Fri. 9 — TGIF
Sat. 10 — Beachcomber Dance
Sun. 11 — Family BQ - 7 a.m. to 9 p.m.

SERGEANT'S MESS Entertainment for JUNE 1971

June 25 - Weepers Night
June 26 - Dinner Dance - Details will be announced later
June 28 - Movie: "Bullitt"

JULY 1971

July 2, 9, 16, 23, 30 — Happy Hours
July 3, 10, 24, 31 — Combo Nights - Alley Cats - Reddi Hot-Foods
July 5, 12, 19, 26 — Movie
July 5 — Thomas Crown Affair
July 12 — Bonny and Clyde
July 17 — Games Night - Baron of Beef 12-1 - Dancing 10-2 to the Alley Cats - Admission \$1 per person
July 19 — Battle of Britain
July 26 — Guns of San Sebastian

Jr. Ranks Club

JUNE ENTERTAINMENT

Friday 25 — TGIF
Saturday 26 — From Vancouver - Hootch Klootch and Gramophone
Sunday — Hawaiian Night - Floor Show

July Entertainment

Friday 2 — TGIF
Sat. 3 — Cross Country Express - 1/2 Price + No Food
Sun. 4 — Dance in Totem Annex
Tues. 6 — Movie - Thomas Crown Affair
Friday 9 — TGIF
Saturday 10 — Western Night - Time Rail - Western Dress Admission 90c - No Food
Sunday 11 — Dance in the Annex
No Bingo Until September

BASE THEATRE

JUNE 71 JULY 1971

Thurs. 24 June WHERE ANGELS GO Milton Berle
Fri. 25 June TROUBLE FOLLOWS Arthur Godfrey
Rosalind Russel Stella Stevens Robert Taylor

Sat. 26 June PERFECT FRIDAY Stanley Baker Adult
Sun. 27 June Ursula Andress David Warner

Thurs. July 2 DEATH RIDES A HORSE Lee Van Cleefe

Sat. & Sun. HERE WE GO ROUND Barry Evans
July 3 & 4 THE MULBERRY BUSH Judy Geeson
Restricted

Thurs. July 8 BORN FREE Virginia McKenna
Fri. July 9 Academy Award Winning Song Bill Travers

Sat. & Sun. THE GIANT Rock Hudson
July 10 & 11 James Bean Elizabeth Taylor

SATURDAY MATINEES

June 26 NAMU THE KILLER WHALE

July 3 TIME MACHINE

No Saturday Matinees from July 3 to September 4

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WORLD'S SLOWEST JOCKEY — Emmanuel Arca-longshoemaker is shown at the start of the running of the Kelsey Bay Classic, the annual sweepstakes to determine championship of eighteen-year and over bog-sprung thoroughbreds that have been rejected by leading glue factories this side of the Rockies. During the race, Emmanuel set a new record by allowing his horse to start the race some five minutes before he did, but he rapidly caught up and by the finish was only one furlong behind.

Hotel Operation a Service Must

Hotel management won't be found in the Canadian Forces' trade specifications but it's the daily job of a small band of servicemen and women.

Last year the two forces-operated hotels handled over 40,000 service members and their dependants.

Located at CFB Trenton and at Lahr, Germany, the hotels provide overnight accommodation to service families going to or returning from Europe.

Capt. Peggy Vaughan who headed the Europahof in Lahr for a year and a half now looks after the larger of the two hotels, Yukon Lodge, at Trenton. She is assisted by Sgt. Pat Russell and a staff of local civilians.

The Europahof in Germany is operated by Captain Linda Wagh. She is assisted by two servicemen and a mixed Canadian-German civilian staff.

The Yukon Lodge can handle up to 200 people a day while the Europahof has a capacity of 160. Both establishments have laundry facilities and are equipped with play rooms for children. Rooms are large and well furnished. Some two-room suites with bathrooms are available for larger families. Restaurants are located nearby.

In 1970 both hotels were exceptionally busy. The Yukon Lodge handled over 22,000 military members while the German unit looked after 18,000.

CLASSIFIEDS

FOR SALE: 2 Mini-toy poodle pups CKC registered. Phone 339-2172

FOR SALE: Owner moving to library so must sell: 4 piece rum set, Boller, White pearl finish, includes high hat and 20" cymbal. Asking \$200. Phone 339-3506 after 6 p.m.

FOR SALE: 1970 Volkswagen Camper. \$3,200. For details phone Lt. Clark at local 409 or 339-2390.

FOR SALE: 1970 Camaro 307 cu. in. 3-speed automatic, PS & PB. Immaculate condition with 7500 original miles. Take over payments or offers. For further information call Norm, Local 318 or 339-4382 evenings.

FOR SALE By Owner: Large 4 bedroom, 4 year old home in Comox. Two floors, each has bathroom and fireplace. 7 1/2 per cent mortgage. Phone 339-3474.

FOR SALE: 1965 Studebaker 4 door, automatic, excellent condition, has GM motor and parts. Trailer hitch. Phone 339-27.

FOR SALE: Electric stove, 24" wide, white, excellent working order, \$100. Round kitchen table with 4 chairs, 42" diameter, very good condition, \$75. Phone 339-3924.

FOR SALE By Owner: (Being advertised for the last time before it's thrown to the wolves) - this attractive Comox home, modern, 3 bedroom, basement, fireplace, balcony, carpeted stairways, large kitchen with built-in stove and exhaust system. 7 per cent mortgage and low monthly payments. Phone 339-3685.

FOR SALE:

WEBSTER DICTIONARIES
Library size 1970 edition, brand new, size in box. Cost new \$45.

(WILL SELL FOR \$15)
Deduct 10 per cent on orders of 6 or more.

MAIL TO NORTH AMERICAN LIQUIDATORS
58 - 158 2nd Ave., N. Dept. B-114,
Saskatoon, Saskatchewan.

C.O.D. orders enclose \$1.00 per volume good will deposit. Pay balance plus C.O.D. shipping on delivery. Be satisfied on inspection or return within 10 days for full refund. No dealers, each volume specifically stamped not for resale.

HOSPITAL & DENTAL MURMURS

Latest flash from the Halls of Bldg. 27.

Our blond matron arrived on the scene in late February and took over the reins from Marg Keenan. Capt. Vera McAloon hails from New Brunswick and comes to us from the Hallowed Halls of CFH Kingston. She recently attended the NAR course at CFB Borden and ever since has been seen wearing dark glasses - is it that the sun is too bright in Comox?

Mrs. Sally Shelton is our lab technician these days and will be with us till a Service replacement comes in the fall.

Cpl(s) Larry Cole joined our staff this Spring from CFH Halifax, another salty addition to the Medical ranks, and Pte. Gilles Dion is working with us after completing his pay level four course in CFB Borden. He's recently married and is gradually adjusting to the trials and tribulations of matrimony.

Capt. Shirley Begin also arrived in March from the "Garden of the Gulf", after completing the USAF Flight Nurses course, making her a valuable member of the aeromedical team.

Terminating his service with the CAF in May was Cpl. Phil Elphick and we wish him every success in the future.

Cpl. Brian Oster, our X-Ray technician, has departed on transfer to CFH Kingston

recently. He never did complete all the details or work plans for the patients' patio. In his place we welcome Cpl. Paul Goulet (no relation to Robert) to our staff. He and his family have taken up residence in Courtenay.

Major Bob Thatcher has added another notch in his gun with the arrival of Meighan, a sister for Tara.

WO(s) Harry Robinson recently spent six weeks with us learning how to be independent with our Medical Officers as part of his Pay level 6B course. He was most cheerful and helpful to all of us. He recently has been drafted as O.C. Sick Bay on HMCS Provider.

2Lt. Marc Foulkes (no relation to the illustrious General) will be studying and working with our Medical Officers. He has completed his second year with UBC Medical School. We hope he will enjoy his brief stay this summer.

In recent months, the Dental staff have said their farewell to Sgt. Flo Putman, who was transferred to Ottawa with her husband. Pte(s) Patricia J. Lunney "P.J." has joined the Dental staff for contact training. She recently transferred from the Tel Ops Branch with CFB Winnipeg.

The one and only Capt. Bruce Lowden and his wife Kathy have departed with his guessing tools to take over the chores of Base Surgeon at CFB Edmonton. On arrival there - he'll be known as

Vacation School in Okanagan

For the teenage students a hostel is available at very reasonable rates during the term of the school. This is adult supervised at all times, with a series of activities organized for the hours away from classes. Fun time in the Okanagan can easily be combined with fascinating courses at the Summer School for a vacation that is different and at the same time instructional.

An extra feature this year will be a Centennial project arranged by the school. Two highly-skilled totem carvers of the K'San tribe near Hazelton are being brought to Penitction to create a totem pole, an unusual public display of this ancient art.

Another highlight will be a demonstration of Glassblowing given by John Lees on July 27.

Many students, young and old, anxious to add something new to their summertime experience have already enrolled for one or more of the 16 courses offered by the Okanagan Summer School of the Arts. As many of the courses are filling fast, those who are still making up their minds are urged to do so quickly.

The Summer School will be in session for the last three weeks in July in Penitction, offering something for everyone, music, dance, drama, sculpture, painting, batik, stichery, pottery and creative writing. Full descriptions of courses, as to times and rates, and details about the well-qualified instructors are available on request. A note to Box 141, Penitction, will bring one by return mail.

Information Canadomes

A unique film presentation makes up a key segment of the Canadomes, travelling exhibits of Information Canada which began their circuits on June 11. The projection wall, produced by the National Film Board of Canada consists of a double screen on which multiple still images are projected in rapid succession. The unusual aspect of the presentation is that the twin projectors are frequency controlled and, at times, give the

impression of a motion picture film.

The Canadomes, three geodesic domes, 85-ft. in diameter and 35 ft. high, will travel throughout Canada telling the country's story and showing the role of government. They set out on their tours from Sherbrooke, Quebec; Sudbury, Ontario and Vancouver, B.C.

The projection wall, directed by Henri Stadt with technical direction by Keith Packwood, presents the national problems of Canada through the years in a fast-paced four-minute production. Almost 1,000 images, drawn from 25 sources, flash on the screens at a rate up to four frames per second.

The main topics dealt with in the presentation are the problems of marginal farms; overcrowding in the cities; pollution; unemployment; the difficulties of the isolated community and the history of the nation's economy. The problems are fully depicted; the solutions are not.

SOFTBALL STANDINGS

	P	W	L	T	D	PTS	POS
USAF	9	6	2	1	0	14	1
BAMEO	9	5	4			14	2
Fire Hall	8	5	3			13	3
Supply	8	5	2	1		12	4
442	8	3	4	1		10	5
407 "B"	9	3	4	1	1	10	6
407 "A"	9	1	7		1	9	7

ZONE I TRYOUTS

For further information as to Zone I Ball Practices contact Cpl. John Waller Local 315, Base Recreation Centre.

WHY BUY USED?



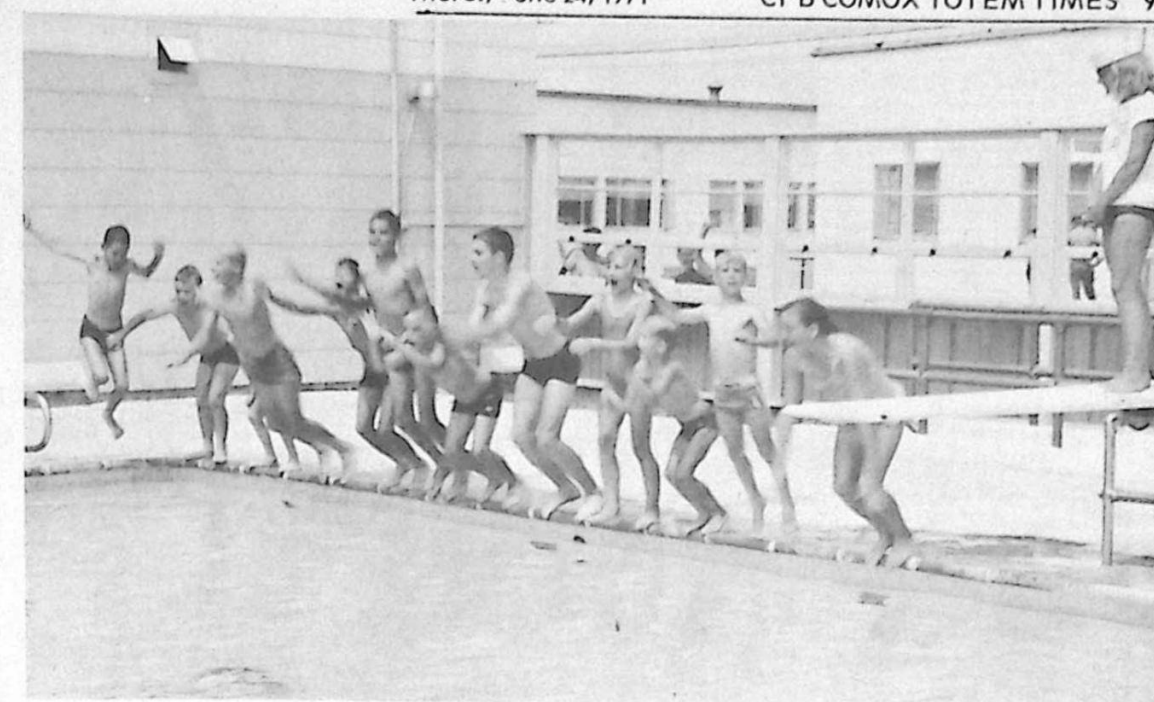
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FREEZE, roared the swimming instructor, and the first dozen students in the Comox Olympic swimming class promptly fell into the water. They didn't stay long, however, as someone had forgotten to heat the pool. Three of the swimmers made the length of the pool in record time and raced to the shower room, only to find it already crowded — the others had all climbed over the side.

It has been suggested by a recent work study group that the pool at CFB Comox could accommodate three times the population based at Comox if only the water were kept cooled to a constant 40 degrees. Swimming classes would be reduced from 30 minutes to 10 minutes, and would consist of throwing each student into the pool an increasing number of times, depending on how rapidly he was progressing.

442 OPS O
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Swimming For Mommas & Poppas

We would like to start some special swimming classes for all those interested. These courses are as follows:

Mothers and Tots
Cost \$5.00 per mother and child — 15 lessons.
Time - Monday thru Friday 3:30 - 4:30 p.m.
Bronze Medallion
Cost \$5.00 plus cost of award.
Time - Tuesdays and Thursdays 8:30 - 9:30 p.m.; Saturday 10:00 - 12:00 a.m.

Adult Merit
Cost \$5.00 plus award fee.
Time - Tuesdays and Thursdays 8:30 - 10:30 p.m.; Saturday 10:00 - 12:00 a.m.
Adult Classes
Cost \$5.00
Commences - July 5, 1971
Beginners and Juniors 8:30 - 9:30 p.m. Monday to Thursday.
Intermediates and Seniors 9:30 - 10:30 Monday and Wednesday.
8:30 - 9:30 Tuesday to Thursday.

Survival Swimming
Cost
Time - 1330 - 1530 hours.
Limit - 16 to a class.
Length - Monday to Friday. New course each week till the end of summer.
Commences - July 5 - 9, 1971.

Anyone interested in any of the above courses, please contact the Recreation Centre prior to the commencement dates. Your participation will help the courses run more smoothly.

442 SQN ANNUAL FAMILY PICNIC DAY

SAT. 26 JUNE 71 - 1300 Hrs.

AIR FORCE BEACH

RACES — HOT DOGS — ROOT BEER

FOR THE KIDS

WEAR YOUR SQN BADGE

NOTIONS 'N' THINGS

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ANNOUNCES

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