



TOTEM TIMES

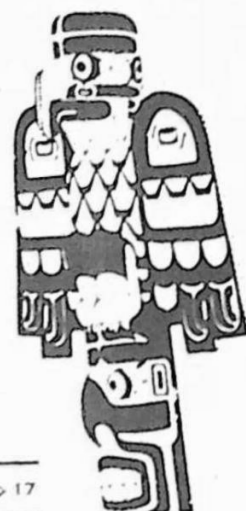
All the news that's print to fit.

VOL. 14 NO. 4

CFB COMOX TOTEM TIMES

THURSDAY, FEB. 24, 1972

17



New post office nears completion

NO CRESCENTS ON DOORS

Bathrooms improved

Acme Commercial Painting, of Victoria, has been awarded a \$70,000 contract to modernize the bathrooms in 97 of the 299 PMQs at CFB Comox. According to M.K. Wallace of Defence Construction (1951) Limited, who is supervising the project, the contract will see the bathrooms almost completely refurbished.

Showers will be added to all the bathrooms, along with vanity washbasins. New tubs and toilets will be installed as required. Then, the bathrooms will be finished with ceramic tile.

This project has nothing to do with the PMQ rent increases that were announced recently.

Servicemen get UIC benefits

OTTAWA (CFP) — Here's something you should know, and probably have been asking about: unemployment insurance.

Because of legislation enacted by the federal government last June 27, Canadian servicemen and women began contributing to the unemployment insurance program Jan. 2, 1972.

Benefits from the fund may be realized as early as March 1, 1972, for initial participants. Contributions will be made through monthly deductions from your pay account.

Here's good news. The fact that a serviceman is receiving an annuity (pension) does not in any way preclude eligibility for unemployment insurance benefits.

Like others entering the scheme for the first time, servicemen will contribute at a preferred lower rate of approximately \$11 per year for a \$3,000 salary, to approximately \$28 for the earner of \$7,800 and above. By Jan. 1, 1975, the maximum rates will have been reached where the \$3,000 earner will pay about \$27 annually, and the top earner about \$70.

Contributions are tax deductible, ranging from about \$2.50 per year for the \$11 contributor, to about \$11 for top salary earners. By January, 1975, the tax offset will range from \$6 to \$30 annually for the lowest and highest contributors.

To collect unemployment insurance, a serviceman must be unemployed because he was laid off — reduction in forces strength; fired — compulsory release; quit — voluntary release; or retired — reaching compulsory retirement age.

Payment of benefits is related to insured earnings. For a person eligible by the qualifying date of March 1, the amount will be two-thirds of average insured earnings, up to a weekly maximum of \$100. The minimum weekly benefit is \$20.

Factors influencing the length of time an unemployed person can collect benefits include length of time the person has worked, the national unemployment rate, the rate of unemployment where the person resides, and the willingness, availability, and ability of a person to accept employment. In some cases it may be possible to draw benefits up to 51 weeks.

A retired serviceman's chosen residential location is not a factor in his eligibility to draw unemployment benefits, nor would he be forced to relocate to collect benefits.

Armed forces personnel do not qualify for the three-week retirement benefit on compulsory retirement due to age (CRA). That benefit is paid to people retiring from the labour force at age 65 or 70, and to whom the Canada Pension Plan or Quebec Pension Plan has become payable. But to collect, they still must have been in "insurable employment" for 20 of the 52 weeks preceding their claim.

Application for benefits is contained in a "claimant's kit" obtainable from any post office, Canada Manpower centre, or from your pay office.

Mail the application immediately upon your terminal leave expires, or at once if you don't have any terminal leave.

(Continued on page 3)



AND HERE YOU THOUGHT that you were wasting your money paying eight cents for a stamp. Here the post office introduces proof that if you get

enough extra pennies you can move out of a world war two building. Maybe the idea will catch on.

A McBuilder Photo

Forces discuss northern roles

Over 100 delegates from nine federal government departments, the Yukon and Northwest Territories and Canadian Forces Headquarters and major Armed Forces Commands took part in a three-day study group in Ottawa, recently on federal government activities in the North.

The study group discussed national objectives in the north and the part the

Canadian Forces can play, in conjunction with other government departments and agencies, in meeting these objectives.

Defence Minister Edgar Benson opened the study group and Minister of Indian Affairs and Northern Development Minister, Jean Chretien, gave the keynote address. The study group was chaired by General F.R. Sharp, Chief of the Defence Staff.



Guimond

Guimond to NATO

OTTAWA — A veteran infantry officer of 32 years' service, Brigadier-General Bernard J. Guimond, 51, of Montreal and Quebec City, has been promoted to the rank of major-general to take up a new appointment at NATO Headquarters in Brussels.

In his new appointment he will become assistant director of organization.

Those uncontrolled flying machines

OTTAWA (CFP) — Now that the smoke has settled from last month's air traffic controllers' hassle, some interesting tidbits are emerging from a fistful of reports compiled at CFHQ.

Because of the risk of flying in uncontrolled air space, training flights, necessarily, were shaved to a minimum. However, the armed forces logged a total of 30 special flights, many with the full cooperation of the controllers. Some stand out more than others, but none qualified as pleasure spins for crews or medical attendants.

For instance, on January 20, four-month-old Tommy Clements was flown from Charlottetown to Halifax with a severe heart disorder.

On the same day, a 22-year-old woman on Nova Scotia's

Cranberry Island was airlifted to Halifax because of a miscarriage.

Two days later, a woman in need of immediate medical attention, along with two RCMP prisoners, were flown by helicopter from Kitimat, B.C., to CFB Comox.

On Jan. 26, a rare leukemia serum, manufactured only at the Institute Pasteur in Paris, was flown to Ottawa for five-year-old Stephanie Monk.

There were a variety of other flights involving delivery of blood plasma, heart pacemakers and kidney machine cartridges. In addition, federal cabinet ministers and members of parliament were airlifted to and fro in the conduct of the country's business.

The missions were varied, and so were the aircraft used to accomplish them.



Comtois

House aide for MND

OTTAWA — J. Roland Comtois, 42-year-old Liberal member of parliament for the Quebec riding of Terrebonne, north of Montreal, has been appointed parliamentary secretary to defence minister Edgar J. Benson.

In Canex-bank complex

Post Office Space at CFB Comox will double around March 20, when the stylish new building adjacent to the Bank of Commerce is due to go into operation. The new structure doubles the area presently in use, and will considerably reduce quitting hour traffic congestion.

Totem Times learned from Postmaster Dennis Williams, who has been trying for six of his ten years as Lazo PM to get better facilities, that the new post office features an indoor box lobby that will — provided no ill use occurs — be open 24 hours a day. The wickets are increased from three to four, with three in use all the time. The actual operating hours will be posted prior to opening day.

Ten year CF-104 reunion

417 TAC (F) OTS is sponsoring a reunion at CFB Cold Lake from 28 Apr to 1 May to commemorate 10 years of CF104 operation. All those who have been actively involved in the CF104 program are invited.

It had been hoped that personal invitations could be sent to all those involved, however, the problem of obtaining current addresses has made this virtually impossible. Therefore, those interested in attending, who have not as yet received an invitation, are requested to contact 417 TAC (F), OTS, CFB Cold Lake, Medley, Alta. (ATTN: Reunion Committee) for further details.

The number of boxes is reduced — due to house delivery in Courtenay and Comox, Mr. Williams explains — from 931 to 840. This will require boxholders of numbers 841 to 931 to get change of address cards out in time for opening day. Box charges are also being standardized at \$4.00 regular and \$10.00 business.

The new building — brightly painted in yellow and blue inside — contains a very large sorting area, a mail delivery room at the rear, toilets, a staff lunchroom, an office for the boss, a fireproof mail drop room and a large walk-in safe. With high windows and strong locks, this building looks very secure.

Construction is by Port Alberni's Southern Co., Dick Downey foreman. Property management — an exchange of title between DND and

(Continued on Page 3)

New construction aids base

OTTAWA (CFP) — Construction projects totalling a little more than \$2,000,000 will be carried out at Canadian Forces establishments from St. Jean, Quebec in the east to Chilliwack, B.C. in the west. These projects are an academic building, a barracks block and a small hospital.

St. Jean, with a military tradition dating back to 1666, will get an enlarged academic building. The expanded facilities are needed to provide more space for the students of new courses. Last year College Militaire Royal began granting degrees in administration and science for the first time.

The annex will increase the

size of the college library from 5,000 square feet to 23,900 square feet. There will also be three 60-seat classrooms, more research areas, laboratories, language study rooms and offices. The project will be completed in November 1972.

At the Pinetree radar site at Armstrong, Ontario, a four-wing prefabricated, barrack block will be built to house 30 personnel. The new building will almost double the number of single rooms now available.

A small 10-bed hospital will be built at CFB Chilliwack to replace the existing hospital which dates back to the Second World War. The new hospital will be a single-storey wood frame building with cedar siding.

AETE BUSY

Choppers have bugs

OTTAWA (CFP) — New equipment — like new shoes — always takes a little breaking-in, and the Kiowa, latest addition to the armed forces' helicopter inventory, is no exception.

Six of the light observation, turbine-powered COH-58A machines are now in service, with 68 more to come from the Bell Helicopter Company by next October. It's a military version of Bell's Jet Ranger.

Four Kiowas now are undergoing instructor work-ups at CFB Portage la Prairie, Man., and the other two are being subjected to extensive testing at the Aerospace Engineering and Test Establishment (AETE) at CFB Cold Lake, Alta.

Problems met so far include flame-outs and possible compressor damage when a specific set of conditions in blowing snow, combined with a temperature range around freezing, are encountered. This causes an accumulation of ice and snow to collect in the engine inlet.

The solution, say AETE experts, is a modification to the air inlet that will permit the entry of air, but block off ice and snow. The device is now being designed.

Another predicament is the formation of ice on the fuel control governor, causing the engine to overspeed. This occurs during conditions of low temperatures (between +10 and +30 degrees) and high humidity (between 90 - 100 per cent).

This problem will be licked, say the experts, by the installation of a fuel control heating kit.

Two other obstacles the AETE people say will be solved in the next few months are inadequate cabin heat at -25 degrees and insufficient battery power at -15 degrees. A

problem of marginal defrosting of the windshield during lower temperatures already has been solved.

But despite the snags, which are encountered in all newly-acquired aircraft, there have been no accidents or injuries and although certain safety restrictions have been placed on the Kiowa, there is no thought of grounding them. Canadian officials are confident that all of the bugs will be ironed out within a year.

Reports from pilot instructors at CFB Portage la Prairie say they like the Kiowa, describing it as "an easy machine to fly".

The Kiowa order was a \$23.7 million, off-the-shelf buy from the U.S. Army. The contract includes spare parts, which can be supplied from U.S. Army logistics sources on both sides of the Atlantic. The U.S. has ordered 2,200 of them on a multi-year procurement basis.

The Kiowa purchase is designed to replace a Canadian Forces fleet of 44 obsolete small helicopters and fixed-wing aircraft, to enhance the operational mobility and flexibility of the land element.

Its capabilities include observation, armed reconnaissance, medical evacuation, command and control, target acquisition and adjustment of fire.

It has a three-hour endurance capability, a cruise speed of 110 knots, a range of 270 nautical miles, and a payload, excluding crew and fuel, of 727 pounds.

Fourteen of the Kiowas will go to Europe, 18 are destined for the training role at CFB Portage la Prairie, and the remainder will go to five Mobile Command squadrons and detachments across Canada, as well as in storage as spares.

Blighters test weapons

GRAFENWOHR, West Germany — Six weeks of blazing away with all weapons in its arsenal ended recently for Canada's NATO land force in Europe at a sprawling Bavarian range 21 miles west of the Czechoslovakian border.

It marked the first training test of the year for the 4th Canadian Mechanized Battle Group, which saw just about every man — from cooks to clerks — take his turn on the firing points.

"This ensures the force's reputation for maximum combat effectiveness is maintained," a force spokesman said.

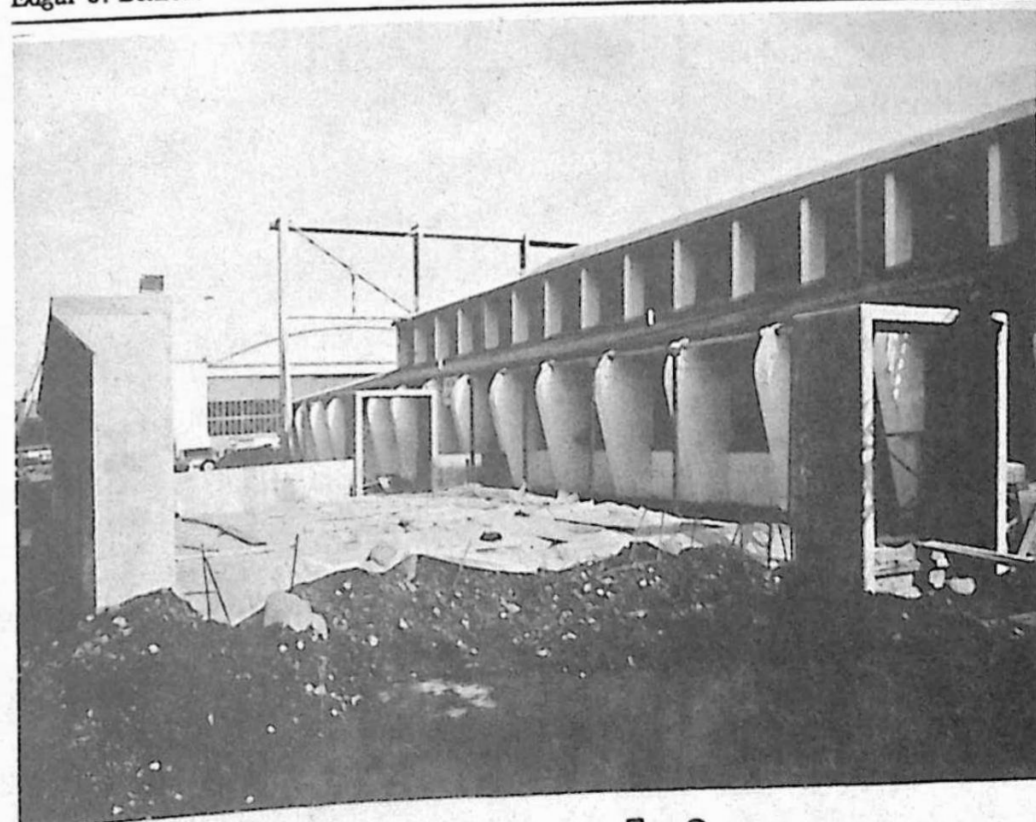
Training over snow-covered ground in near-freezing

temperatures went on day and night, seven days a week.

The live-firing practices saw armoured and artillery elements pounding away steadily at targets in the impact areas, while infantry units roamed open ranges in armoured personnel carriers, attacking "aggressor" forces.

On a dozen or so other ranges, meanwhile, the force's entire inventory of anti-tank, mortar, demolition and personal weapons blazed away throughout the day.

"No matter how sophisticated the weapons," a force official said, "in the final crunch it's still the skill of the individual soldier operating them which counts ultimately."



AMU gets bigger

Work has commenced on the long-awaited expansion of the AMU at CFB Comox. The old AMU, which was overtaxed when the Dak was introduced into service, was completely overwhelmed by the introduction of the 707. To bring the AMU into the jet age, Cana Construction of Victoria has been awarded an \$87,000 contract that will add some 2,400 square feet of floor

space to the existing facilities.

The current baggage handling set-up, which is a throwback to the days of the Vikings, will be automated, and the old air-travel adage of breakfast in Trenton, lunch in Winnipeg, and your luggage in Lahr will function in automatic fashion.

The helpful attendants who staff the AMU will no longer

have waiting passengers sitting on their typewriters. New counter areas will give them a little room to themselves and enable them to get the manifests sorted out much more quickly.

Expanded washroom facilities are also included in the contract, which is being supervised by Defence Construction (1951) Limited.

Nighthawks Nest

As a result of last week's messages, it looks as if there will be many changes in store for the mighty four hundred and ninth. Major Mo finally decided that he's had enough abuse from the Nest and wrangled himself a posting to the Canadian Fun House near Quebec (CFHQ). He arrives in Ottawa at the end of March just in time to be involved in the 414 Faker shuffle. As an extra measure of insurance against further ridicule, he also sold his blue slushomatic for the grand sum of \$12.74. We wish his Ford the best of luck in the Oyster Bay Demolition Derby.

Our next change involves the one and only Hubert Fischer, who is leaving for Portage la Pasture. The obvious question on everybody's mind is: Hubert is ready for Portage but is Portage ready for Hubert? There has been a mad rush in the last week to prepare a new Training Command publication titled "A Glossary of Uncomplementary Words" to aid the average rinky dink Muskateer student pilot in understanding Hugh.

To help send these and other squadron members away in good spirits, the Nighthawks will have a dining-in night on Saturday March 11. Come early and stay late.

It seems that everyone is on leave these days. Our favorite sub reporter Mike Pollard took a bit of time off to give his

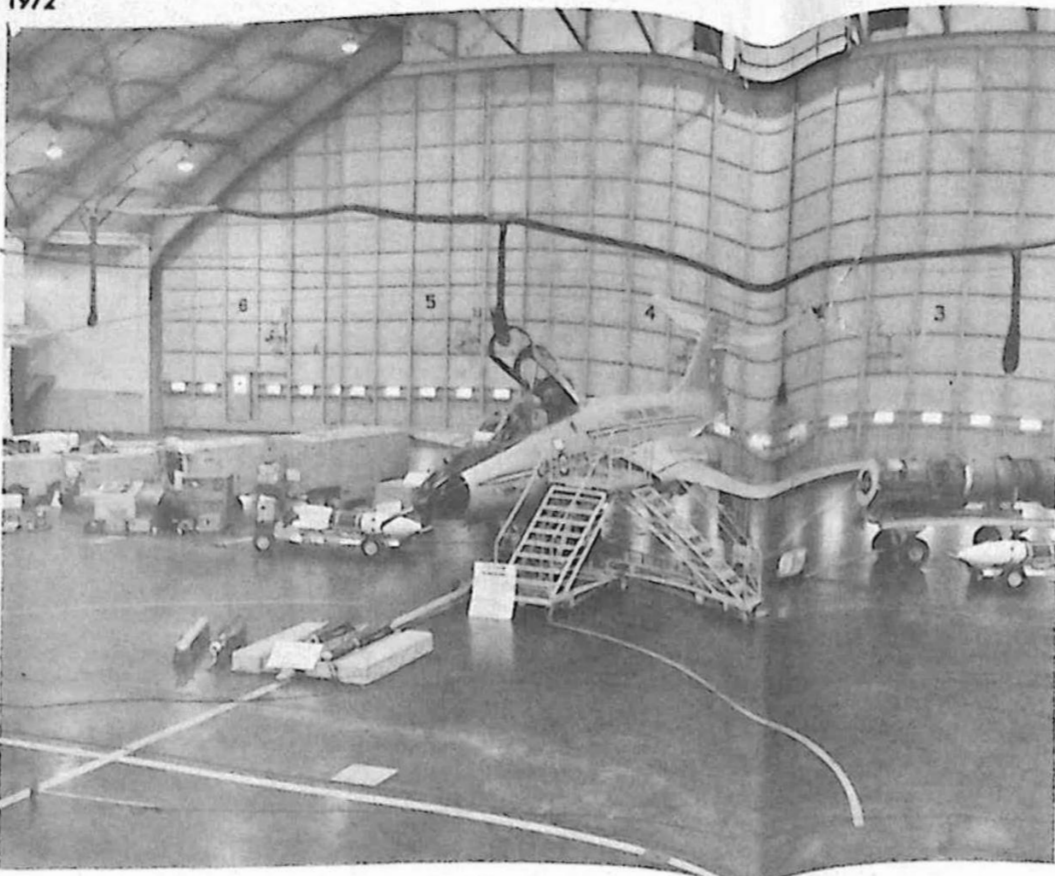
writing finger time to heal, and to study sardonic in preparation for Poison Pen Bob Merrick's departure.

Bob is flying down to Arizona this weekend to check out the cactus situation and also to give Dan Baker a reason to visit his mother.

Lance by chance is taking his leave doing all the things he ever dreamed of, Ski boot polishing, Yo-yo Restraining, graffetti practice and growing hair.

The interflight max effort last Friday was a resounding success. Now is as good a time as any to mention the many awards that were presented during the competition. The Doug Munro Memorial Award for log and chart goes to Maj. Conn for his contribution to the practice of 2030 completion. The Harry Redden Award for promptness at the squadron briefing goes to our new nav Marv Guile. The overall winner was Major Sos for the most consistent hack rate. With post flight bubbly provided by the squadron, all's well that ends well.

Colonel Sam is leading the squadron to a new role. On Saturday he flew to Whitehorse to deliver a part to a u/s Buffalo. Tuesday Don Leonard and Orv. Malcomson continued the new 409 All Weather Transport tradition and flew another part to the land of the midnight sun. As part of the new policy 442 will be holding alert in the "Q" as soon as they get a serviceable Buffalo.



VOODOO POWER: NORTH BAY ONTARIO (NORAD) — To keep one CF-100 "Voodoo" flying takes many "bits and pieces" used by expert tradesmen. From the truck to tow the equipment to the armament, each piece plays its part in getting a Voodoo into the air and doing its job. A CF-100 interceptor assigned to the 22nd North American Air Defence Command (NORAD) Region poses with the equipment needed to give it Voodoo power. Missing from the picture are the most important elements of the Voodoo support — the technicians who operate all that equipment, and keep the airplanes flying. Canadian Forces Photo

Food purveyors face new laws

On April 1, 1972, a new regulation governing the operation of food premises will come into force throughout British Columbia. By Order-In-Council, all operators of restaurants and

catering businesses will be required to have a valid permit issued on an annual, renewable basis by the local Medical Health Officer. The regulation will be known as

"Regulations Governing the Sanitation and Operation of Food Premises". Exceptions are those premises in which only prepackaged non-perishable food is offered for

sale and those premises in which food is prepared or served by voluntary caterers.

The voluntary caterer, however, must meet with (Continued on page 8)

Voodoo Nuts, Bolts and Volts

By PAUL KLEM

The BAMEO Organization is slowly returning to a normal pace again. The new fire safety sprinkler system which disrupted routine hangar activity is in its wrap-up stages. Snags and Servicing office and shop areas are finished their remodelling program and the JEFM Shop finally got a new coat of paint and a spring clean-up.

Things have proved so much that WO Floyd Smith and his Servicing crews have on occasion taken the hint and turned on all the serviceability board lights to green and blue. With the flying program ahead of schedule we may be lucky enough to get some weekend fishing in. I understand Major Phil Perry, our BAMEO, has recently acquired some powered nautical gear and should set the pace for our aquatic activities for the coming summer. Maybe we'll be able to organize a fishing derby or two if there's any salmon left after the commercial fishermen take their

share of what little herring there is left in the Georgia Straits. It may have a good point in keeping the salmon hungry so they'll bite better, but on the other hand they may just move out to where the feed is under the arctic ice cap!

I noticed all our new publications are now coming out in duplicate — or half and half so you can read whichever language you understand best. I even noticed some new words coined from our official double language. The latest came back on a UCR I submitted. It referred to the number of "man hours" spent on the job but it came out "man jours" which could mean quite a difference.

CFHQ made a liar out of me — just when I figured there would be no more promotions till 1 Apr someone pulled two more out of the hat. Our heartiest congratulations to Capt. Tony Ravenda our MSO and Sgt. Richard Casselman of the GSE Section.

Sgt. Messer and his Repair and Inspection Crew have taken advantage of the empty 407 Repair Area to get some inspections out of the way with a little breathing space. We didn't know how lucky we were when we had the whole half of No. 7 hangar to ourselves.

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DEMON DOINS

by HAMMER

Last Friday the Demons assembled en masse in the base theatre for a squadron training day. The following is a rundown of the activities, mostly for the benefit of the squadron members' wives. Most squadron members were there and probably know what went on but the wives must wonder what it is we do on these momentous occasions.

Our CO L Col. Haire opened the program with some words of wisdom on a variety of topics. Customs, pay studies, motor vehicle accidents, bilingualism, OSMET study, and the ever popular master corporal rank were discussed and changes noted by all.

The squadron fund was explained by Capt. Lucken, who enlightened us on its purpose, past performance, financial standing, and the future plans for the fund. It is this fund and the fund members who annually run such functions as the 407 Xmas bash plus golf and fishing tournaments.

Maj. Morse, our energetic XO, was next up with a pitch on the squadron EDP (emergency defence plan). We were forewarned that it is to be dusted off and exercised in the near future.

Capt. Phil Mackey gave us a rundown on some aspects of security as it involves squadron personnel.

L Cdr Desko, our OpsO, appeared, complete with ouija board and crystal ball to enlighten our minds with future planned operations and jam trips.

L Col. Warren, the acting base commander, explained his job as operations officer for the base and pointed out that his job was not to be confused with that of one USN L Cdr. from down the hall. He philosophized upon such subjects as parking on base, drugs, and sundry other things. When queried on the official base view of CANEX vs the local proprietors, he skilfully answered like a true politician.

After lunch electronic warfare was discussed by a MARPAC representative and our squadron intelligence officer Capt. Don Wheeler gave a dissertation on his favorite topic.

The separate trades then retired to different corners of the squadron facilities where self interest flourished and one could haggle amongst one's peers. The grand finale was provided by the flight safety empire who put on a display of our new escape chute but who refused to demonstrate. Capt. Bill McLaughlin was responsible

for this part of the program with aid provided by his henchmen.

The ground training day was the first of many and was most enjoyable, in part

because the troops get to see the decision makers and observe their leaders in the act of leading.

See you at squadron sports day on Friday.



WEATHERMAN IS CUDDLY — Canadian Forces pilots getting weather briefings in Winnipeg are no longer surprised when the weatherman shows up in a dress. She is Carole Klaponski and last summer became the first female weather forecaster at a Canadian Forces Base. Canadian Forces Photo

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Education

An increase of \$44,711,000 to a total of \$448,671,000. \$15,500,000 increase in grants to universities and colleges, to a total of \$129,500,000.

Health Services

An increase of \$48,788,000 to a total of \$388,813,000.

Green Belt Protection Fund

A \$25,000,000 fund to preserve green belt areas throughout the Province.

Powerline Beautification Fund

\$10,000,000 to encourage underground power lines in municipal areas.

Medical Services

\$85,000,000 provided for the fourth full year of operation of the Medical Services Plan — \$32,401,000 more than was spent in the first full year of operation.

These record expenditures which include all capital expenses are completely balanced from estimated revenues of \$1,453,436,000.

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Hon. W. A. C. Bennett, P.C.,
Premier and Minister of Finance

G. S. Bryson,
Deputy Minister of Finance,
Parliament Buildings,
Victoria, British Columbia.

Please send me a copy of the 1972 British Columbia Budget Speech. (Please indicate if you require more than one copy.)

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Through my WINDOW

BY ANN CROUSE

Just as life is not all work, nor all laughter, or endless days of 'dullsville', so too is life in and with the Armed Forces. Certainly I'm no authority on the subject but having spent my life under the shadow of the three branches of the Services, many of the little vignettes from each of them have brightened my life.

There was a time when Halifax in the War years resembled a miniature battle ground. The Army versus the Navy — and if an Airman dared to show his face, the first two combined to fend off the latter. I can only assume that the Airman came out second best because many of our now serving men were then on the side of the Navy, having worn that uniform at that time. After the war they saw the error of their ways and switched to the Air Force.

If the servicemen have a special jargon that takes a special dictionary to comprehend, I think the Navy should assume a fair share of the blame. For example, we all know what a ship is — or do you? It is a floating vehicle that comes in various shapes and sizes but most definitely is either in the water or in the docks. That is only a partially right answer, as I learned one day while working in HMCS Stadacona. While zooming down a corridor, trying to beat the clock to the office, I heard a shrill whistle. I had heard this on a few other occasions but since I had only been working there a short while, other things, such as the acquaintance of fifteen or so young Navy Writers in the Pay Office, took priority. My pace in the corridor came to an abrupt halt as my way was effectively and expertly blocked by some glaring 'older' men. Then I spotted a familiar face and since he was such a friendly man, I loudly called out "Good afternoon Sir" to Commander —. He grinned and in an equally cheery voice replied, "Good afternoon Anne", before proceeding. Five minutes later, my ears crisp from learning about the meaning of being 'piped aboard', I slowly continued down the corridor to work.

One dull afternoon I paused from my work to watch a group of sailors going through their drill. Most of these young lads were raw recruits and a few of them from Quebec were having difficulty keeping up with the mumbling of the Chief Petty Officer. They broke off for a rest and some went to sit on the jetty. The whistle was blown and the CPO bellowed, "Fall in". Yes, you guessed it. One bright young lad did just that and had to be fished out of Halifax Harbour, none the worse for his dunking.

There is something to be said about the safety precautions taken at one time by the Navy. One evening the Pay Officer required my

services to clear a backlog of mail. We were ensconced in the office with the safe containing the pay for the tars, the next day being payday. A dedicated young man stood armed guard outside this office and beyond him was yet another locked door. The Pay Officer decided we needed a coffee break and went to get some. When he arrived back at the outer door, his knock resembled an air raid and the flustered young guard, having forgotten to put the safety catch on his revolver, accidentally discharged it. It took considerable persuasion to dislodge me from under my desk, where I had taken shelter. My unshakable faith in the Navy took a beating that evening.

The male members of my family all felt that without their help the Army would never be successful so I grew up thinking the Army was the greatest. From them I learned the Army had its lighter side.

It is and was traditional that Regimental Sergeant Majors should not try for top prize on the popularity graph. Some of them work extra hard at keeping off of it. One such man who had returned to barracks from a party, had retired to recuperate. A group of men, helped by a plank, led a white horse up the stairs and quietly down to his room. Carefully the door was opened and the poor beast was sent in to meet his foe who thought he was having a nightmare. It was a lively barrack block that evening.

With the passing of the Army as a separate entity I wonder if raw recruits are gullible enough to be plagued by the order, "paint the last post".

It may be noted that the Air Force anecdotes are conspicuous by their absence. It isn't that they haven't had their moments of fun but now that their identities have been submerged almost entirely in the new unified service, it does not seem fair to bruise them further.

Psychologically all people need the stimulation of a goal or competition to build up pride in any group or organization. Formerly the tars, salts, pigeons, dough-boys etc. had the pride in their branch of the service to be this stimulation. Those who have joined in the past few years and have only known the era of the "Friendly Green Giants", will have to build a dictionary of new words and inject meaning into the words "Canadian Armed Forces".



SPEEDING THE MAIL between Courtenay, Comox and Cumberland has long been a dream of the local postal wizards, and this dream will become a reality with the department's acquisition of the Postal Pusherplane, which was designed by an engineer whose qualification for the job was that he is bilingual. The pilot, Mr. Al Batross, recently retired from 442 Sqn.

Seamen cross-pollinate

HALIFAX, N.S. — The Maritime Command Helicopter destroyer Skeena has completed her first month of operations with NATO's Standing Naval Force Atlantic (STANAVFORLANT) and is now steaming for Willemstad, Curacao in the Caribbean.

Skeena's captain, Cdr. Fred Mifflin says his ship has conducted flying, communications, formation manoeuvring, weapons, and seamanship exercises.

Cdr. Mifflin said, "There appears to be a high level of enthusiasm throughout the force and the professional and social liaison between ships' companies is extremely good. The cross-pollination of officers and men from ship to ship in the force has proven to be popular and undoubtedly is responsible for the good communication between all personnel."

During the past month Skeena made port visits to Bermuda, Florida and Puerto Rico. Other present member ships of STANAVFORLANT include HMS Aurora, Royal Navy; USS Charles F. Adams, U.S. Navy; HNLMS Evertsen, Royal Netherlands Navy; and FGS Braunschweig, Federal German Navy.

Four to nine ships are assigned at any one time to the Standing Force — the first multi-national naval force to operate permanently in peacetime.

The force was initiated in January 1968, at Portland, England, to provide inter-

squadron training for NATO navies and to enhance co-operation between participating countries.

Skeena joined the force Jan. 15 and will relinquish her duties May 10 returning to Halifax five days later.

UIC benefits

(Continued from page 1)

For more information, three booklets are available from federal sources. They are "A Right of Canadians"; "A Guide to the Unemployment Insurance"; and "Information for Claimants". They are available from any office of the Unemployment Insurance Commission.

In addition, the June 27, 1971 edition of Hansard containing Bill C-229 (Clauses 23-24) should be available in base libraries.

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339-3839
339-3816

New books in library

The Base Library Reading Room is located upstairs in the Recreation Centre.

Hours of Operation:
Daily Tuesday to Friday 1230 to 1400 hours
Evenings Tuesday to Thursday 1900 to 2030 hours
Closed Saturday, Sunday and Monday.

There are approximately 100 new acquisitions to the library, including recent best sellers, a few of which are listed below:
Bury my Heart at Wounded Knee - by Brown
Last Spike - by Pierre Berton
Exorcist - by Blatty
Nemesis - by Agatha Christie
Day of the Jackal - by Forsyth
Wheels - by Arthur Hailey
Master of Jaina - by LaRoche
Brass Ring - by Bill Mauldin
Message from Malaga - by MacInnes
Complete Book of Bicycling - By Eugene A. Sloane
Western Angler - By Haig-Brown
Winds of War - by Wouk
Going all the Way - by Wakefield
Never Cry Wolf - by Farley Mowat

THURSDAY, FEB. 24, 1972 CFB COMOX TOTEM TIMES 3

TOYOTA

SEDANS - COUPES

from

Corollas to Crowns

Six Models For Your Personal Choice

USED CARS

USED CARS

1972 Corolla 1600
Coupe. Radio.
\$2095

1971 Corona
4 Dr. Sedan. 4-speed trans. Radio.
\$2450

1968 Beaumont
2 Dr. Sedan. Auto. trans. Radio.
\$1495

1969 Envoy Epic
4-speed trans. New Paint. 22,000 miles.
\$995

1967 Sunbeam
2 Dr. Sedan. 4-speed trans.
\$695

1966 Plymouth
4 Dr. Sedan. Standard trans. Radio.
\$695

1968 Mustang
Fast back 428 Cobra 4 spd. pos-trac. Radio. 32,000 miles. Extra tires. By Appt.
\$2495

1965 Ford
4 Dr. Sedan. Auto. trans. Radio.
\$795

1960 Austin
4 speed trans. Radio.
\$149

1963 Ford
4 Dr. Sedan. Standard trans. Radio.
\$395

1960 Zephyr
3-speed trans.
\$95

1965 Chev. Pick-Up
1/2-Ton with standard trans. Radio.
\$995

TOYOTA "WHERE COURTESY COUNTS"
SALES - SERVICE - PARTS
COURTENAY HOME SERVICE LTD.
2650 Cliffe Ave. Phone: 334-2342

New post office

(Continued from page 1)
Public Works was necessary — was by Gary Marriot. Mr. Williams paid tribute to all base people involved in the PO project, which has, except for a slight weather delay, been kept on schedule.

The completion of exterior work involves color co-ordinating the Canex, Commercebank and Post Office and final blacktopping of the whole parking lot — expected in late spring or early summer. With the building of the PMQ access road, the Canex-Bank-Post Office complex will be just about complete this summer, with few of the holdups experienced elsewhere — a dividend of the some sound planning by the individuals and organizations concerned, to whom and to which we extend a Totem Tribute.

THE WALLACE GARDEN COMMUNITY COUNCIL presents
THE COMOX VALLEY DISTRICT BAND
in the
BASE THEATRE
SUNDAY, MARCH 5
Advance Tickets 2:00 p.m.
75c Adults \$1.00 Adults
35c Students 50c Children
Advance tickets available from all councillors

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Phone 334-3195

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- 1 & 2 Bedroom Housekeeping Units • Heated Swimming Pool

IDEAL ACCOMMODATIONS FOR SERVICE PERSONNEL ON THE MOVE OR VISITING FRIENDS AND RELATIVES

Centrally located in Comox overlooking beautiful Comox Bay

RESERVE NOW AT THE PORT AGUSTA PHONE 339-2277

Have you got the information you need?



Tax reform is now law. To explain how it affects you, we recently conducted a massive mail-out of information. It is possible, however, that you were not included in the mailing list.

If so, there are two basic booklets you need in order to have a general understanding of how tax reform affects you. They are:

- "Highlights for Individuals"
- "Valuation Day"

To obtain these booklets, simply write to:
Taxation Distribution Centre
P.O. Box 8489, Ottawa
K1G 3L5

or pick them up at your local post office. Remember, it is in your own interest to read these booklets. Contact us if you have not received them. By preparing now, it will be easier to file your income tax return in 1973.

tax reform and you

National Revenue Taxation
Revenu national Impôt

EDITORIALS

1972 rents for 1945 houses

Ever onward, ever upward is seemingly the motto which can be applied to PMQ rents these days. Almost every year, one is cheered by the announcement that the rents will rocket upward at roughly the same climb rate as that employed by the CF-101 Voodoo in its wilder moments.

Official announcements concerning these events are always couched in generalities that mumble about weighted national averages, surveys by CMHC and other bits of verbal ledger-dream that do nothing to assuage the feeling held by the average PMQ resident that he is getting it in the ear again.

At one point in time, living in PMQs was a pretty reasonable deal for the average serviceman. The rent was reasonable, the need for a second car was minimal, and one was assured of a constant supply of good neighbours.

But no longer. The good neighbours and the one-car family still exist, but the reasonable rent has become but a memory. People paying 1972 rents for 1945 houses are becoming restive. At some bases, beleaguered housing officers are faced with the prospect of empty PMQs, and it is expected that this phenomenon will spread as rents rise to surpass the local levels.

Belated attempts are being made to redress the imbalance. Elsewhere in this issue of the TOTEM TIMES is a story which details improvements that are being made to the bathrooms of roughly one-third of the PMQs at CFB Comox. A

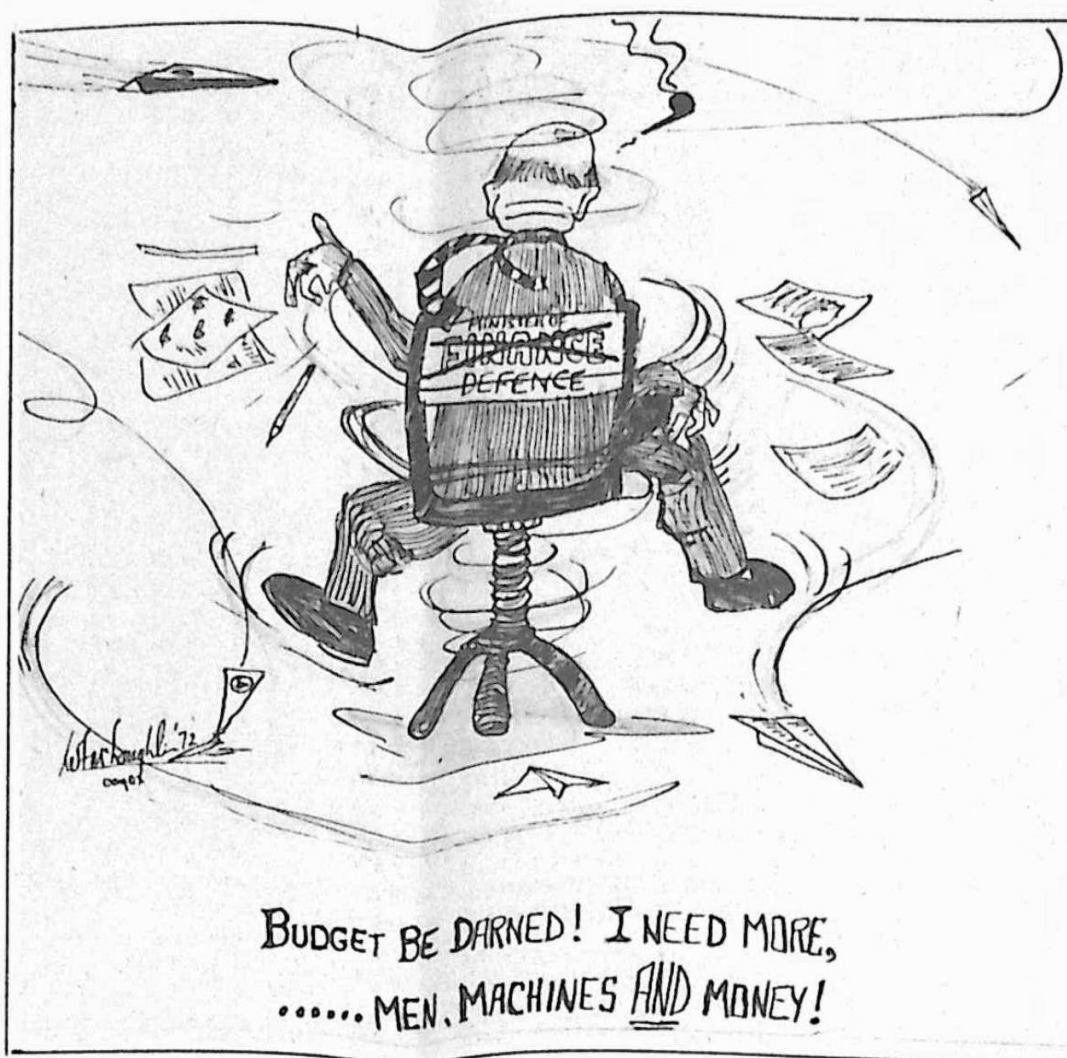
program is underway to modernize the basements, and other improvements are contemplated that will make the PMQs more roughly equitable to the civilian housing to which, for rent purposes, they are being compared.

Despite these efforts to improve the houses, one gets the impression that the rents are climbing faster than is justified by local conditions; that the department is only too pleased to charge today's rents for yesterday's houses.

The average PMQ is, by modern standards, poorly designed, and does not give the same value for the money that a more modern house would do. One case in point is the storey-and-a-half house that allegedly contains three bedrooms. If one enjoys setting his dining room table up on the stove, or if, alternatively, one enjoys using his bed as a dining room table, it is a three-bedroom house. Barring that, however, it isn't, but it still rents as one.

It is one thing to make pious noises about weighted national averages CMHC surveys and the other things on which the steady increases in rents are based. But while we're at it, we should ensure that the product being marketed, in this case housing, measures up to the standards set in that weighted national average.

Otherwise, the department just might find itself with a lot of unrented houses on its hands, as servicemen discover that here is a better way of life down town.



Letters to the editor

Want help for Bangladesh

Dear Sir:

We are receiving an increasing number of enquiries as to what is being done and what can be done to assist the returning refugees and other desperately needy people in the newly-established state of Bangla Desh. We would be grateful if you would make

available in your newspaper the space necessary to relate what CARE is doing and hopes to do to provide immediate relief and continuing rehabilitation for those unfortunate victims of the disastrous events described so vividly in the news media over the past several weeks.

Despite the evacuation of the majority of foreign personnel (both government and private agencies) during the height of the emergency, CARE Director, Henry Selz, and Assistant Director, David Van Zant, were able to remain in Dacca throughout. Although Mr. Selz was wounded by a stray bullet during a final skirmish in the center of Dacca, he has recovered fully and has continued to meet regularly with Bangla Desh officials in an attempt to establish priorities and work out methods for mobilizing all the available resources for the relief of those in most urgent need. Daniel Roth, the head of the CARE UNICEF Team, is also in Dacca and negotiations are underway for the return of the CARE UNICEF Team which was evacuated during the height of the conflict.

In a communication received directly from Mr. Selz last week, we learned that the Government of Bangla Desh has informed him its priority relief and rehabilitation needs are for food grains, transportation and housing materials. Since both UNICEF and CARE have supplies stockpiled and enroute by sea, we anticipate an early start being made in the distribution of food stocks in those areas which can be reached by available transportation.

CARE has available at the moment almost a million dollars in Canadian and U. S. funds to make a significant start in this gigantic undertaking but this is, of course, only a small fraction of the estimated three billion dollars needed just to get the country back to its 1969-70 economic level (when the per capita annual income was still an abysmally inadequate \$30). With an estimated six million homes destroyed and one million four hundred thousand farm families without tools or animals to work the land, all available resources from governments and private agencies will be required to prevent an already disastrous situation from becoming the greatest human tragedy in the history of mankind. There should be, therefore, no hesitation on the part of any Canadian, whatever his income, to make some sacrifice towards alleviating the misery of millions.

The transportation of collected food or blankets presents a monumental problem but money can be transmitted easily. We therefore recommend that everyone who reads this message make an immediate donation to the agency of his or her choice. If CARE is your choice, the address is 63 Sparks Street, Ottawa, K1P 5A6, the designation is CARE-Bangla Desh.

Yours sincerely,
Thomas Kines,
National Director

Burt Campbell, M.L.A.,
Chairman,
Hon. Isabel Dawson,
Minister without Portfolio,
Secretary
Special Committee on the
Classification of Motion
Picture Films
Parliament Buildings,
Victoria, B.C.

Points out rent benefit

Dear Sir:

"It should be noted that adjustments to MQ charges are not related to pay increases but are based on Biennial CMHC appraisal reviews of civilian market rental values throughout Canada."

Now doesn't that make all you PMQ residents feel a lot better ... I thought it would. It's not unlike that tender moment when one's Career Manager assures him that his posting to Pig Nucleo, Saskatchewan is a "career posting".

It doesn't require a mental gymnast to note that PMQ rents have risen approximately 70 percent in the last six years. Let's see what we are getting for our money. In my case it's a group of very nice neighbors and a 25 year old, two-storey, one bathroom, no rec room, small kitchen, small bedrooms, half-duplex whose interior is tastefully painted one color because some klutz, who was once an interior design con-

sultant for granaries, decided that "Duh! off-gray is purty". Please don't get me wrong, living in PMQ's one has some distinct advantages. Every Christmas some charming children strip all the excess decorations off of the house, the local hounds find my lawn positively erotic (except for one poor little German Shepherd who is suffering from terminal dysentery), and PMQ regulations forbid home improvements ... "YOU CAN PUT THOSE MAHOGANY SHELVES IN THE BASEMENT IF YOU WANT BUT BY God you're going to rip 'em out afore you leave." And I haven't even mentioned plumbing out of the Mayflower, all the privacy of the Quebec zoo and an electrical system that wouldn't pass muster in a POW camp. "You're living in one aren't you ... so stop your bitching". Yes I am, but it makes one think doesn't it!

K.D. Munro
Major

Help contest

Dear Sir:

The Government of British Columbia Council on Drugs, Alcohol and Tobacco, is sponsoring an "Advertising Contest on the Dangers of Drug-Alcohol Abuse" open to all British Columbia secondary school students.

The attached brochure will give you the full details of the contest.

As you can see from the contest rules, the students preparing entries will be directly involved in your medium and the winning

submissions will be integrated into the campaign which the Council on Drugs, Alcohol and Tobacco is currently running with you.

It is possible that the students in your locality who are entering the contest will turn to your organization for help and guidance in preparing their entries. If they do, we would appreciate very much any assistance that you can give them.

Yours very truly,
Baker, Lovick, BBDO Limited
R.C. Kenmire

Helpful hints for CO 409

Dear Sir:

I note in Norm Blondel's article on Management studies (Jan. 27) that "Surplus Sam may find himself posted to Sioux Lookout from Comox."

I assume that you refer to that grey haired old gentleman who rides around in supersonic clunks when not on leave in Mexico. Nice to know

that you're finally going to get a good posting, Sam. We've already named a lake after you.

L. COL Bob Hollowell,
Commanding Officer,
CFS Sioux Lookout,
Sioux Lookout, Ontario

Ed. Note — You wouldn't believe what he said you could do with your lake.

Seeks submissions

Dear Sir:

This is to inform your readers that a special committee of the Legislature has been established "to review the policy governing the classification of motion picture films prior to their display within the province and to make recommendations to the House for any revision thereof deemed to be in the public interest."

It is pointed out that the philosophy of the present legislation is classification, not censorship. The basic classification of movies is carried out by the provincial film classification director so that people are aware of what is being shown and may make

up their own minds as to whether or not they wish to attend any particular film.

The last day on which submissions may be received is February 29. Any persons wishing to make written submissions are welcome to do so by writing either the chairman or secretary.

Sincerely,
Burt Campbell, M.L.A.,
Chairman,
Hon. Isabel Dawson,
Minister without Portfolio,
Secretary
Special Committee on the
Classification of Motion
Picture Films
Parliament Buildings,
Victoria, B.C.

Minus one

Dear Sir:

This is to cancel my Mutual Life of Canada advertisement which has been a standing account for one insertion each month.

As well, please take my name off your mailing list.

Yours truly,
Dick Merrick

Over the counter

By LCDR I. F. McKEE

Canada Savings Bonds are not traded. They are worth face value at any time and the return to the investor is the interest. Other bonds provide a return that is more difficult to calculate. For an example, let us take three bonds each having face value of one hundred dollars and a declared interest of five per cent. Let us further assume that they are all due in one year. The first bond can be bought and sold at one hundred dollars. The interest here is five per cent. The second bond can be bought for ninety-five dollars. In one year you get one hundred dollars plus five dollars interest or a total of ten dollars on an initial investment of ninety-five. Here you are getting a return of eleven point one per cent. If the bond costs you one hundred and two dollars in one year you will have one hundred and five dollars or three dollars for an investment of one hundred and two, a return of two point nine per cent. The calculations are further complicated as bonds seldom mature in exactly one year and your income tax on your return will vary depending upon how much of your 'profit' was income and how much was capital gain. Your investment dealer will advise

you on the true rate of return.

The price of the bond will vary depending on the quality. Once issued the change of price will depend mainly on the going interest rates for money. As interest rates drop the price of bonds rises. If you are an owner you make a capital gain. The outlook for 1972 is that short term credit interest rates will continue to fall as the Bank of Canada wards off pressure on the Canadian dollar. As the economy continues to expand short term credit interest rates normally rise as business and consumers both need short term capital. Long term credit rates tend to fall as inflation weakens and companies generate internal cash with the expanding economy. Accordingly the prognostication is for a narrowing of the gap between long and short term rates. Purchases of long term bonds may be worthwhile in the near future but it is anticipated that most of the prospective bond price rise will have taken place by the summer.

Investment Dealers get an initial feel for interest rates by watching the price of the Government of Canada 4 1/2 per cent bonds maturing in 1983. At the time of writing they are 86 1/2 - 87 1/2. Use them to check my forecast.

A hearty story

OTTAWA (CFP) — Weekend athletes! Are you one?

Typical of this set are those who often reflect back on their prowess as an athlete in school, or when they first joined up.

But a few things have changed since then. That once-trim 165 pound shape more than likely resembles a 190-pound blob now.

Most of you ride to work, park a few steps away from your office and amble to your desk for a day of nattering, telephoning and paper shuffling (important papers, granted).

Your mental gymnastics are fantastic. You think hard because you have to, and your section, branch or unit benefits by your decisions. Lunch at the mess or club provides a few moments of diversion (and more calories than you'll burn all day), and then it's back to the desk and on with the paper parade.

At night you're tired, and too well fed after dinner, to even cart out the garbage. Once you've settled back in front of the TV the only exercise you get is the walk to the "fridge" or channel switch and back.

Of course, not all of your days are like this. Weekends,

for instance, you may move some furniture around the house, or dash up and down the back yard with the kids with a hockey stick in your hands.

Then, every now and again, you help push a car out of a snow bank, or shovel the walk in double-quick time to get back to the TV set. Occasionally, you may sprain an ankle, pull a shoulder or feel extremely fatigued.

These, athlete, are little warnings that "the ol' bod ain't what it used to be".

The next warning could be more serious, like a heart attack. If you've got enough brains to recognize over-exertion coming on, cool it, slow down. You are not in shape, and won't be until you take a few minutes every day to build up your body to withstand some of these chores.

There are clubs where men who have had heart attacks exercise regularly, intensely and together, with the permission of a medical doctor.

Reports say there is no problem whatsoever in motivating these men to exercise. NOW! (Adapted for Canadian Forces Press from American Forces Press Service.)

Demons pay tribute

A mess dinner will be held in the Officers' Mess this Friday to allow 407 Squadron to honour some retiring "Demons".

Maj. Earl Smith has retired already to take up civilian flying on P2V Neptune aircraft which have recently been converted to water bombers. The remaining stalwarts will undoubtedly reveal their intentions in their farewell speeches.

Capt. Ken Waterhouse was born in England and joined our illustrious forces in 1950 after serving in the RAF from 1942 to 1947. Ken has served a good portion of time in Maritime Command and prior to becoming a 407 Demon spent several years in Greenwood, N.S.

Capt. Des Mayne is also from the old sod, having the distinction of being born in London, England. Des rejoined the RCAF in 1951 after serving in the RCAF from 1942 to 1946, and has been involved in training as well as staff duties at AFHQ. Des arrived at Comox from a short tour at 449 Sqn. Greenwood having previously

been a Demon and Neptune driver.

Capt. Norm MacKeracher is a stubble jumper from our own Prairies having been born in Eston, Saskatchewan enlisted in Winnipeg in 1943 and has served on a variety of bases across Canada. Norm has served Maritime Command for a good number of years and is ending his career as unit flight safety officer.

Capt. Bill Holland joined the RCAF in 1942 in Calgary and reached the U.K. in 1945. Bill rejoined the RCAF in 1951 and has served in a variety of jobs and places since then. Bill finishes his career as captain of crew 4.

Capt. Arch Tompkins has served in the Canadian Forces off and on from 1943 to 1950 when he joined the RCAF in Moncton. Arch became a Radio Officer in 1951 and has served Maritime Command for the last part of his career in Greenwood and Comox.

Maj. Earl Smith's records have already escaped to Ottawa and as we previously wrote a short piece on him, we shall just bid him a fond adieu and wish him well in the future.

New editor

This issue of the TOTEM TIMES is the last one to be published under the editorial guidance of Capt. Bob Merrick, who has been a member of the staff, with odd gaps here and there, since 1966. Students of English literature will welcome his departure from the scene.

Moving into the editorial chair will be Capt. Mike Pollard, who, nice guy that he is, offered to help out and found himself saddled with the entire outfit, which should

certainly quell any further impulses he may have to volunteer for anything.

If any of our readers have ever had an uncontrollable urge to volunteer for a position on a modern, up-to-date newspaper, now is the time to do it. The old tyrant is moving out, and a new-broom management is taking over. Call Mike Pollard now, and offer your help in this exciting venture. One phone call to local 377 can start you on your way to a new career.

Cancer or Emphysema

OTTAWA (CFP) — Think about it.

Would you prefer to be eaten up by cancer or die from lack of oxygen — pulmonary emphysema?

Cigarette smoking causes emphysema. This is a fact — no question about it. Other things can also cause it, but ordinarily you can't avoid them. But you can avoid exposure to cigarette smoke, can't you?

Pulmonary emphysema is a chronic, progressive lung disease which was almost unknown a generation ago. It produces a breakdown of normal lung tissues, resulting

in lungs which are less efficient than normal in providing oxygen to the body.

What does that mean? Very simply, it means that a person with emphysema is always short of breath, is able to perform no exercise, and eventually can't even care for himself.

The disease is progressive — that means that it gets progressively worse as time goes by, and can never be cured. Medical research has proven that a person with emphysema loses up to 5 per cent of his lung efficiency EACH YEAR once the

process starts, and as long as he continues to be exposed to the agent which produced the disease.

The relationship between emphysema and the number of cigarettes smoked isn't as constant as that in lung cancer. So you've got a choice.

Cancer or emphysema! Or maybe give up that suicidal weed that turns your lungs into something resembling the bottom of a service station grease pit. (Adapted for Canadian Forces Press from American Forces Press Service.)



TOTEM TIMES

Read in the best messes in the Canadian Forces



Published on alternate Thursdays, with the kind permission of Col. G. H. Nichols, Base Commander, CFB Comox

EDITOR:
Capt. Bob Merrick (Loc. 409)

EDITORIAL STAFF:

Capt. Mike Pollard (Loc. 409)

WO Paul Klem (Loc. 388)

Mrs. Josie Casselman (339-2977)

Cpl. Norm Blondel (Loc. 330)

BUSINESS MANAGER:

LI. Gary Soule (Loc. 409)

ADVERTISING STAFF:

Capt. Barry Watkin (Loc. 409)

Capt. Pierre Lafleur (Loc. 308)

LI. Bob Denyer (Loc. 237)

Capt. D. Saunders (407)

LI. M. Guile (409)

Cpl. S. Duncan (409)

Cpl. K. Lee (407)

Cpl. Hansen (407)

SPORTS:

Cpl. Gord Palmer (Loc. 365)

CARTOONIST:

Capt. Bill McLaughlin (Loc. 308)

CIRCULATION:

Cpl. Yves Genuau (Loc. 270)

PHOTO EDITOR:

Capt. Dave McNair (Loc. 409)

The TOTEM TIMES is an unofficial publication of CFB Comox. The Editor reserves the right to edit and reject advertisements to suit the needs of the publication. Views expressed are those of the individual contributor unless expressly attributed to the DND, CFB, or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charge for the erroneous item. "Advertising is an offer to sell and may be withdrawn at any time."

Printed in Courtenay, B.C., by Comox District Free Press



SGT. W.A. HANNAM accepts a Good Show award from LCol L.W. Hussey, CO of 442 Sqn.

Sgt. Hannam wins Good Show

Sgt. Hannam was flight engineer on a Labrador...

however to do a visual check on the engine and discovered two hot spots...

Through his timely decision to investigate and his ac-

442 on search at Whitehorse

The majority of 442's airplanes and personnel are now based on search in Whitehorse.

The search is for a light airplane proceeding from Fairbanks, Alaska, to Whitehorse with two persons aboard.

At 7 a.m. on the 12th a Buffalo piloted by Captain Bill Davidson and crew departed Comox for Whitehorse.

15th the search had expanded to the extent that all 442's aircraft, excepting one Buffalo, on a maintenance inspection, were working out of Whitehorse.

For the initial few days the search was hampered by snow showers in the afternoon.

Canadian Forces Photo

AT BASE THEATRE Council sponsors concert

For a welcome change we are very pleased to report that our ledger-keeper is converting from red to black ink.

Proceeds from our successful Xmas bingo and draw coupled with cutbacks in some areas of spending have put us in a favourable light financially and we are hopeful that we will remain solvent.

Our next attraction will be a band concert by the Comox Valley District Band.

I have an answer for the several residents who asked me, "What are you doing about those 'xxx' dogs running loose in PMQs?"

tired of someone else's pooch fertilizing your lawn or tip-toeing merrily through your tulips (garden time soon), folks at local 212.

friend within 48 hours. Dog owners would be well advised to respect the rights of their neighbors and keep their dogs either tied or in their homes.

The mayor is talking of running an election soon to replace part of the council, so that when next year's council is formed it will have a core of experienced councillors to rally around.

Holberg grants paid

A cheque in the amount of \$550 has gone forward from the office of Tom Barnett, MP for Comox-Alberni, to the Chairman of CFS Holberg Centennial Committee.

constituencies in British Columbia on behalf of the Secretary of State of Canada.

In 1783, the sheriff of Montreal was also the postmaster.

IT'S THEIR BAG

Help Goodwill

On Saturday, February 26th local Scouts and Cubs will be distributing "Goodwill" bags to homes throughout the area.

This project is of tremendous importance to Goodwill Enterprises as the flow or reusable materials is the lifeblood of its existence.

Most of you in Courtenay know of the Goodwill Store on Fourth Street and have made use of its facilities.

Goodwill Enterprises is entirely autonomous and in addition to the store and small workshop in Courtenay, has outlets in Nanaimo and Duncan as well as a store and its major rehabilitation centre and workshops in Victoria.

founding in 1954 over three million dollars have been paid out in wages. This money is made through the sale of discarded but repairable items and clothing after they have been treated by Goodwill.

Apart from those items, mainly major and minor electrical appliances, that can be looked after at the Courtenay workshop, other items are shipped to Victoria.

WE'LL SHOW YOU HOW TO SAVE INCOME TAX DOLLARS

You can save tax dollars by investing part of your income in a Registered Retirement Plan.



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EXCLUSIVE VIEW LOTS

ONLY FIVE LEFT

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ALL SERVICES UNDERGROUND AND PAID FOR BY DEVELOPERS PAVED ROADS AND CURBS

Fairfield Subdivision Courtenay

PHONE 334-2471

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MORTGAGES

NOTARY PUBLIC

(Opposite Court House)

PRE-CHRISTMAS SALE

SEARLE'S SHOES LTD.

WE NEED THE SPACE! OUR SALE RACKS MUST BE CLEARED!

SHOES 50% OFF SALE PRICE

SAVE \$ \$ \$ DOLLARS



GOOD ON SHOES FOR THE ENTIRE FAMILY. NO LIMITED QUANTITIES!

BRAND NAMES! LADIES-NATURALIZER, CELEBRITY, WHITE CROSS. MEN'S-PEDWINS, McFARLANE AND MANY OTHERS

ALL SALES FINAL. NO REFUNDS, RETURNS NOR EXCHANGES 30 1/2 HOURS OF VALUES

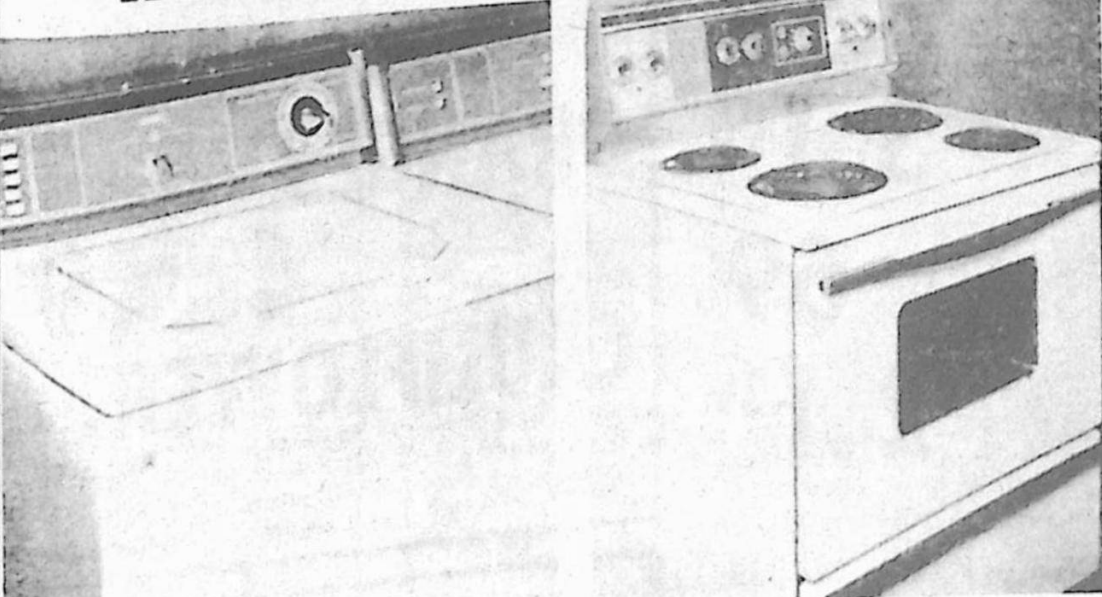
SALE COMMENCES 8:30 A.M. THURS., FEB. 24 AND ENDS 5:30 P.M. SAT., FEB. 26

3 DAYS ONLY!

Searle's SHOES Ltd. COURTENAY, CUMBERLAND, CAMPBELL RIVER

Anything you want to sell will fit in a classified ad phone the TOTEM TIMES

YOU HAVE UNTIL SATURDAY TO SAVE AT EATON'S HOME FURNISHINGS SALE



Decide Now to Buy CGE 2-Speed Sale-Priced Family Size Washer

329.88

Don't Miss Out On Big Savings On Sale of CGE Electric Range

249.88

This washer has many work-saving features such as the popular Mini-Basket for between wash cycles.

This 30" model is equipped with self-basting timed rotisserie, oven timer and oven with broil pan and rack for spatter-free broiling.

EATON'S COURTENAY

"OH MY GOD, I HIT A LITTLE GIRL!"



The injury or death of a child is a terrible price to pay for believing that you could drink and drive with safety.

You can't. As soon as you have more alcohol in your bloodstream than your body can use up, it interferes with your ability to think, act, and see properly.

You risk the lives of yourself, your family, your friends, and anyone else who is unlucky enough to be along for the ride or travelling on the same road.

- The next time you stop off at a bar or go to a party: 1. Don't drink an alcoholic beverage if you intend to drive.

For more information, mail this coupon:

Government of British Columbia Council on Drugs, Alcohol, and Tobacco Parliament Buildings, Victoria, British Columbia

Name Address

GOVERNMENT OF BRITISH COLUMBIA, COUNCIL ON DRUGS, ALCOHOL AND TOBACCO Hon. D.L. Brothers, O.C., Minister of Education-Chairman

Service social workers

Many persons today are not aware of the existence of the Canadian Forces Social Work Service. Many of those who have heard of this service often do not have a very clear idea of how it operates, and what assistance is available from its workers. The following is an attempt to provide some information about the Canadian Forces Social Work Service, which will enable you to better understand how it is organized, how it can help you, and how you can make use of it.

HOW THE SERVICE CAN HELP YOU

One of the primary aims of the Canadian Forces Social Work Service is to try to ensure that service personnel and their dependents have access to the social services they require. Sometimes

these social services are readily available from agencies established in the nearest civilian community, but sometimes they are not, and transfer to another locality where the required services are available has to be considered. To assist personnel in availing themselves of social services, the Regional Social Work Officer acts as a link between the service community and the civilian community's agencies. Of course anyone is free to approach a civilian agency at any time without involving the RSWO. In the case where the required services are not available in the adjacent civilian community, the RSWO can communicate with RSWOs in other regions to determine the area in which the requirement can best be met.

Another primary aim of the Canadian Forces Social Work Service is the prevention of the development of serious social problems, by encouraging the individuals to come forward and discuss any difficulties they may be experiencing as they arise, and before they have reached crisis proportions. Since Social Work Officers are professional persons, they conduct their business according to a code of ethics, which requires them to strictly observe the confidential nature of the information obtained from service personnel and dependents. To this end each Social Work Officer maintains his own files, which are strictly for his use in the interest of providing the best service he can for his clients, and the client's permission is

obtained in cases where there is a need for any information to be released to other persons.

There are no career implications attached to discussing a problem with the Social Work Officer, nor is the revelation of a personal problem to the Social Work Officer going to result in the consideration of release as an administrative problem. In actual fact, if either of these things have been preventing you from seeking help with a personal problem, by arranging an interview with the RSWO to talk it over, you may be able to prevent the situation from deteriorating to the extent where it will have some effect on your career, or result in so many administrative demands on your unit that you become classified as a problem.

The RSWO is often asked to identify the kinds of problems he can assist members and dependents in coping with. The following is a list of those types of problems most frequently encountered:

- a. Compassionate problems involving an illness or a mental or physical handicap of a service member, dependent or other close relative.
- b. Marital problems.
- c. Problems involving addiction to alcohol, barbiturates, etc.
- d. Problems involving family separation due to service requirements.
- e. Financial problems involving budget counselling.
- f. Problems of a member or dependent involving serious personal adjustment within the service, or in society generally, or to particular environmental situations.
- g. Problems of single parents.
- h. Problems involving the use of civilian social welfare resources, such as services for physically handicapped children, mental health services, marriage counselling services, adoption and child welfare services and visiting homemaker services.

The social work service is available to all service personnel and their dependents. Service members may request an appointment with a Social Work Officer through Section Heads or Personnel Administration Officers, without disclosing the nature of the problem via CFA 56-15. RSWO attempts to visit worth-while and rewarding CFB Comox every second week. In urgent cases, a special visit can be arranged.

Scouts seek leaders

February 20 - 27 is Boy Scout Week. This is a good time to get to know your local Scouting organization.

More than 400 families in the Comox Valley have boys in Scouts or Cubs. The largest group is the 2nd Comox (Airport) Scout and Cub Group, with 118 boys.

We are all familiar with the Scouts and Cubs who arrive at the door for bottle collections or asking for donations on Apple Day. But perhaps too few of us realize what the boys do during the rest of the year, and how The Scouts of Canada organization works.

The first and always most important part of the organization is the local Scout Troop and Wolf Cub Pack. This is led by an adult volunteer preferably one who has some experience and training. He is called a Troop Scoutmaster or Cubmaster and is assisted by other volunteers who are parents of some of the boys or are just interested in Scouting.

To help the troop or pack in their activities; to raise money, arrange a place to meet and a place to hold camps, there is a Group Committee made up of parents, people interested in Scouting and members from the Sponsoring Body. The Sponsoring Body is a Civic group such as Elks or Canadian Legion or Church organizations. In the case of the airport Scouts it is the Wallace Gardens PMQ Council.

Members of Group Committees are in turn members of District Councils, in our case the Comox Valley District Council. The District Council co-ordinates activities on a district basis, and is also a member of a Region Council and continuing down the line to Provincial Council and

National Council. All these councils are organized with one thought in mind; to assist the Scouts and Cubs in their activities.

One must keep in mind that with a few exceptions this organization is on a volunteer basis with no pay or remuneration.

Throughout the year the Scouts and Cubs take part in many activities; hiking, weekend camps, summer camps, nature walks, all types of games, competitions and camps with other Scouting groups in boating, canoeing, swimming, cooking and many others. There is also another part to Scouting and this consists of Community activities including such things as visits to radio stations, fire halls, police stations, game preserves, fish hatcheries. Scouts also assist in Community cleanups, take books to shut-ins, take part in parades and numerous other activities.

All these activities are directed towards the Scouting Aim which is, to assist boys in developing fitness, leadership, character, a sense of fair play and to learn by doing. It is easy to see that a well developed program for scouting requires organization, planning, good leadership and a certain amount of money.

The Airport Group has always received great co-operation from parents in special activities such as drivers and cars for outings and bottle drives. However, there is always a shortage of adult assistants in troop and pack regular meetings and I would like to encourage all parents to attend one meeting with your boys and see what they do. Also attend the group committee meetings.

Whenever possible they are held at the scout hall the first Monday of each month. It is interesting to note that over half the leaders and assistants at 2nd Comox (Airport) are single or have no boys in scouting.

There is another aspect to Scouting and that has to do with raising money for scout equipment, camping, books and all the activities. This is the responsibility of the Group Committee. In many groups the parents are asked to pay \$15 for the scout for the year or \$7 if they participate in meetings and assist in transport and activities.

In 2nd Comox parents pay \$5 to register a Scout or Cub. One year's activity for a boy including equipment and books etc. costs approximately \$15 and this does not include summer camp or special camps.

The money is raised in several ways. The sponsor of each group usually provides a certain amount. The boys themselves raise more in bottle drives and on Apple Day. In the Comox Valley the Scouts have a tree farm and the money raised from this is divided amongst all Scouting Groups in the Valley District.

The week February 20-27 is Boy Scout Week. The Scouts and Cubs of the Comox Valley have many activities planned for this week. If you are asked to help in any way please co-operate for Scouting is a very worth-while and rewarding activity for people of all ages.

There are no career implications attached to discussing a problem with the Social Work Officer, nor is the revelation of a personal problem to the Social Work Officer going to result in the consideration of release as an administrative problem. In actual fact, if either of these things have been preventing you from seeking help with a personal problem, by arranging an interview with the RSWO to talk it over, you may be able to prevent the situation from deteriorating to the extent where it will have some effect on your career, or result in so many administrative demands on your unit that you become classified as a problem.

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- h. Problems involving the use of civilian social welfare resources, such as services for physically handicapped children, mental health services, marriage counselling services, adoption and child welfare services and visiting homemaker services.

CHAPEL PROTESTANT CHAPEL

Rev. R.J. Ritchie - Base Chaplain (P). Telephone 339-221 Local 273.

SUNDAY 27 FEB 1972

0930 - Sunday School in Chapel

1100 - Divine Worship

1145 - Holy Communion (Presbyterian Custom)

1845 - Young Peoples Fellowship

SUNDAY 5 MAR 1972

0930 - Sunday School in Chapel

1100 - Divine Worship

1845 - Young Peoples Fellowship

JUNIOR CHOIR

1800 - Every Thursday

SENIOR CHOIR

2000 - Every Thursday

Additional help would be welcome in the Senior Choir as we prepare Easter Music.

CONFIRMATION CLASSES

Adults and young people 12 years and over, who would like to join the church please contact the Chaplains office, Local 273.

RELIGION & LIFE BADGES

Any Scouts, Guides, Cubs or Brownies wishing to earn their Religion & Life Badges contact the Padres office and leave your name, age and phone number.

R. C. CHAPEL

Father Joseph A. Borg - Base Chaplain (RC) Telephone 339-221 Local 274.

MASSSES

Saturday 7 p.m. SUNDAY VIGIL MASS

Sunday 0930 and 1100 hours

MASSSES

Saturday 7 p.m. SUNDAY VIGIL MASS

Sunday 0930 and 1100 hours

Classifieds

RIDING LESSONS will begin immediately, with Bonny Buchanan as the instructor. Call CRA at 338-5371 for details.

DUPLICATE BRIDGE every Monday at the Elks' Hall, Courtenay. Call 338-8237 for a partner. All bridge players are welcome.

WANTED - STUDEBAKER Hawk or parts for same. Mechanical condition not important. Ph. 339-4631

WANTED - One "Wizzard" to replace Bob Merrick, alias "Time Hog", for pending assignment to Luke. Looking for a clean cut, conscientious, upstanding, healthy officer who doesn't fly too much. Additional qualifications include being able to turn Off On switch to "On". Call Luke AFB, or local 377.

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Wants Man Over 40 For Courtenay Area

We need a good man who can make short auto trips. We are willing to pay top earnings.

\$15,000 In a Year

Our top men in other parts of Canada draw exceptional earnings. Contact customers around Courtenay. Air mail W. K. Dickerson Pres., Southwestern Petroleum Corp., Ft. Worth, Tex.

CHIMES

Weekdays: Tuesday 7:30 p.m., Wednesday 4:30 p.m., Thursday 4:30 p.m., Friday 7:30 p.m. Stations of the Cross after Mass during Lent.

VISIT OF COMMAND CHAPLAIN (RC)

LCol F. Forcier, our new Command Chaplain, will visit our Base for the first time from the 25th to the 27th of February. During his stay Father Forcier will meet with the Parish Council (on Friday 25 February at 3 p.m.), with the CWL and the Parishioners (on Sunday at the Parent - Teachers - Chaplain Meeting). He will celebrate Mass on Sunday at 11 a.m. We welcome Fr. Forcier in our midst.

PARENT - TEACHERS - CHAPLAIN MEETING

It is planned to have a parents - teachers - Chaplains meeting for Grades IV, V and VI classes for Catechism. This will take place in the Parish Hall at 2 p.m. on Sunday 27th of February. Please attend as these meetings will be very helpful to you in giving you an understanding of what the Catechism program is striving to achieve for your children.

PARISH COUNCIL RC CHAPEL COMMITTEE MEETING

A special meeting of the Parish Council will take place on Friday 25 February at 1500 hours in the Parish Hall. Fr. Forcier the Command Chaplain (RC) will attend. All Council members are urged to attend.



CWL The regular meeting of the CWL will take place on Tuesday, March 7 in the Parish Hall at 8 p.m.

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1969 PLYMOUTH SATELLITE Sedan. 6-cyl., auto. trans. A real buy at \$1695

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1968 DODGE MONACO Sedan. V-8 engine, auto. trans. P.S., P.B. Radio. White walls. \$1995

1968 CORTINA GT 2 Dr. Bucket seats and console. 4 speed. \$1495

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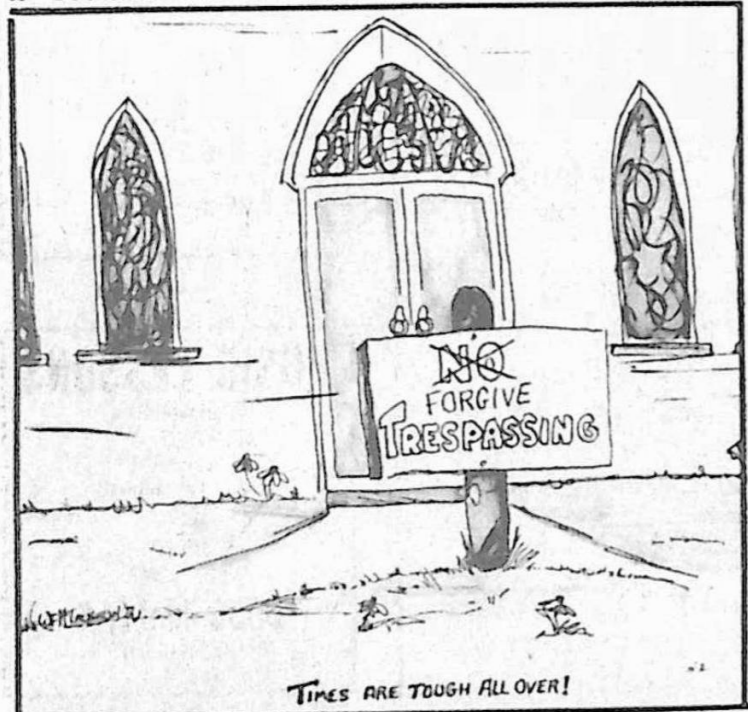
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Canada Choice grain fed red brand steer beef only.

Fresh Roasting Chicken 6 lb. to 7 lb.lb.	59c	Sliced side Baconlb.	79c
Fresh Frying Chicken Whole or cut uplb.	53c	Fresh Ground Beef3 lb.	\$1.99
Cross Rib Roast and Boneless Blade Roastlb.	\$1.19	Breaded Veal Cutletslb.	89c
Fresh pork spareribs Regular or sweet & sourlb.	89c	No. 1 Wienerslb.	59c
Boneless Beef Stewlb.	99c		
Top round steaklb.	\$1.55		
Chuck Steaklb.	89c		
Fresh Baby Beef Liverlb.	69c		

FREEZER PACKS MADE TO YOUR SPECIFICATIONS

\$15.00 - \$20.00

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SIDE OF RED STEER BEEFlb. 76¢

SIDE OF EXTRA LEAN PORK For your Freezerlb. 56¢

NO MONEY DOWN AND SIX MONTHS TO PAY



BADMINTON CHAMPIONS left to right, M Cpl Green, Pte. Andre, Pte. Connigton, Cpl. Liber.

AT ESQUIMALT Shuttle champs play in tourney

Base Badminton was held at the Recreation Centre Jan. 31 - Feb. 3, 1972. The three day tournament was the sight of some great badminton, well worth the watching. The Single and Doubles competition consisted of a double elimination. In the singles M Cpl Green

came out victorious followed closely by Cpl Liber. Both men will now compete in the Pacific Region Singles Championships. After a long afternoon the doubles team Green and Liber defeated the Andre-Connigton team for the Championships. Both first

and second place team will participate in the doubles Championship at the Pacific Region Badminton Championships in Esquimalt Feb. 29 - March 3, 1972.

Our CFB Comox representatives will be: Singles - M Cpl Green (Team Captain), Cpl Liber. Doubles - M Cpl Green - Cpl Liber, Pte Andre - Pte Connigton.

Glacier Greens Golf Club news

Ladies and gentlemen of CFB Comox - IT'S GOLF TIME. Yes, the base golf course soon will be open for the second year of play and the Board of Directors wish to extend a welcome to all past and future members to sign up now for what we hope will be a big year of golf at Glacier Greens.

Over the winter months much has been done to improve course facilities and playing conditions. We would have liked to have done much more but our "prairie" winter prevented us from doing so. Even so, much of the un-rush has been cleared, a new green by the new clubhouse is under construction, equipment has been repaired and purchased, and a program of reseeding and topdressing greens and tees is being instituted. The new clubhouse is now under modification and it is hoped to have it completed by 1 June 1972.

Last year and through the winter months many people were heard condemning the course and calling it a rock pile, etc. When asked if they had ever played the course the general answer was, no, but they had heard from a friend of a friend that such was the case. I can assure you that such is not the case; the course is new and yes, there is room for improvement but it is in good shape considering the short time it has been in existence. Don't believe what you hear or what you read for that matter; come

out and see for yourself. The British Columbia Golf Association found the course to their liking and has accepted Glacier Greens' application as a member of their organization. Through them the course now has a National handicap rating of 70 and plays to a par 72. Being a member of the BCGA allows all club members to participate in all tournaments and events sponsored under their auspices, allows for valid handicaps, aids in Junior Development, and provides a multitude of other benefits pertaining to club operation.

It is planned to open the course and club house operation on 1 March, weather permitting. We plan to leave the green fees and membership costs the same as last year: Men \$45 per year, women \$30 per year, husband & wife \$70, juniors \$10, family \$85.

Daily green fees are set at \$1.50 on weekdays and \$2 on weekends for all players. There are other things happening at Glacier Greens but because of a lack of space here I cannot elaborate. Yearly memberships may be purchased at the Pro shop on the course as soon as it is open. They may be paid in cash or by acquaintance roll over a three month period.

In order to improve the course and keep it in top condition we need members so let's all get out and join; the price is right so why wait any longer - do it now.

Minor hockey

The Vancouver Island Midget and Juvenile hockey playdowns will be held at Glacier Gardens this Friday, Saturday and Sunday. There will be four teams competing in each division. The winner of the Midget Division will get to be the host for the series in the quarter finals the following weekend against the Mainland winner. The Juvenile winner will go to the Mainland for the quarter finals but then if the Island should win that series the semi finals then would be back here on the Island.

High hopes are held for our two representatives. In Midget it is the Comox Marine Mercury's and the Lavers Flyers Juveniles.

Here is the schedule for the games this weekend:

FRIDAY

3:45 p.m. Midget, Nanaimo vs Victoria.
6 p.m. Juvenile, Port Alberni vs Lavers Flyers.
8:15 p.m. Midget, Comox Marina vs Fuller Lake.
10:30 p.m. Juvenile, Powell River vs Nanaimo.
SATURDAY
7 a.m. Midget, Victoria vs Fuller Lake.
9:15 a.m. Juvenile, Port Alberni vs Powell River.
11:30 a.m. Midget, Comox Marina vs Nanaimo.
5:45 p.m. Juvenile, Lavers Flyers vs Nanaimo.
SUNDAY
7 a.m. Juvenile, Nanaimo vs Port Alberni.
9:15 a.m. Midget, Comox Marina vs Victoria.
11:30 a.m. Midget, Fuller Lake vs Nanaimo.
1:45 p.m. Juvenile, Lavers Flyers vs Powell River.

MALASPINA COLLEGE is accepting applications for a PHOTOGRAPHY INSTRUCTOR for the "ENCOUNTER WITH THE ARTS" Summer Program, 1972

The course will involve sixty hours of instruction over a two-week period in July or August.

Submit applications not later than February 29 to:
Dr. C. M. Opgaard, President,
Malaspina College,
375 Kennedy Street,
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Phone: 753-1211

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Thurs. 2 Mar		Ernest Borgnine
Fri. 3 Mar	DIRTY DINGUS	George Kennedy
Sat. 4 Mar	MAGEE	Frank Sinatra
Sun. 5 Mar		
Wed. 8 Mar	DOCTOR IN TROUBLE	Leslie Phillips
Thurs. 9 Mar		James Robertson Justice
MATINEE		
Sat. 4 Mar	LAST SAFARI	

JR. RANKS CLUB MARCH, 1972

Wednesday Mar. 1 - Bingo - \$400 cash prize
Saturday Mar. 4 - and
Sunday Mar. 5 - George Hamilton the IVth and The Numbers
Wednesday Mar. 8 - Bingo \$400 jackpot.
TGIF every Friday
Shows:
Monday Mar. 6 - Wait Until Dark
Monday Mar. 13 - Tick Tick Tick

OFFICER'S MESS ENTERTAINMENT FEBRUARY & MARCH 1972

Every Wed. - JOB \$1.00
Every Sun. - Family Brunch
25 Feb. - Mess Dinner for retiring Mess Members.
Dining Room Prices:
Candlelight Dinners - \$3.00 each
Family Dinners - \$2.00 adults \$1.50 children (12 & under)
3 Mar. - Monster TGIF
4 Mar. - Coboc Fly-In
5 Mar. - Candlelight Dinner
- (No Sunday Brunch)
Family Brunch - 90c adults 65c children (12 & under)

WO's and SGTS. MESS MARCH, 1972

EVERY FRIDAY - T.G.I.F.
BINGO & DANCE
Feb. 26 - Bingo - 2030 hrs, Dance - 2200 hrs to 0200 hrs. Music by the "Carousels". Food - Hot Beef Sandwich. Jackpot - \$150.00 in 54 numbers. Admission: Regular & Associate members \$1.00 per person. Honorary members & guests \$2.00 per person. Extra cards 25c each.
SOCIAL NIGHT - MAR. 4 - Dancing - 2100 hrs to 0100 hrs - Music by "THE TIDESMEN" - Food: Hamburgers and Chips - 50c - Tickets at bar.
MAR. 6 - Movie - "Wait Until Dark"
BINGO & DANCE - MAR. 11 - Bingo 2030 hrs - Dance 2200 hrs to 0200 hrs - Music by "GOLDEN KNIGHTS" - Food: Chicken & Chips. Admission: Regular and Associate Members \$1.00 per person. Honorary Members and Guests \$2.00 per person. Extra cards 25c each.

BUSINESS DIRECTORY

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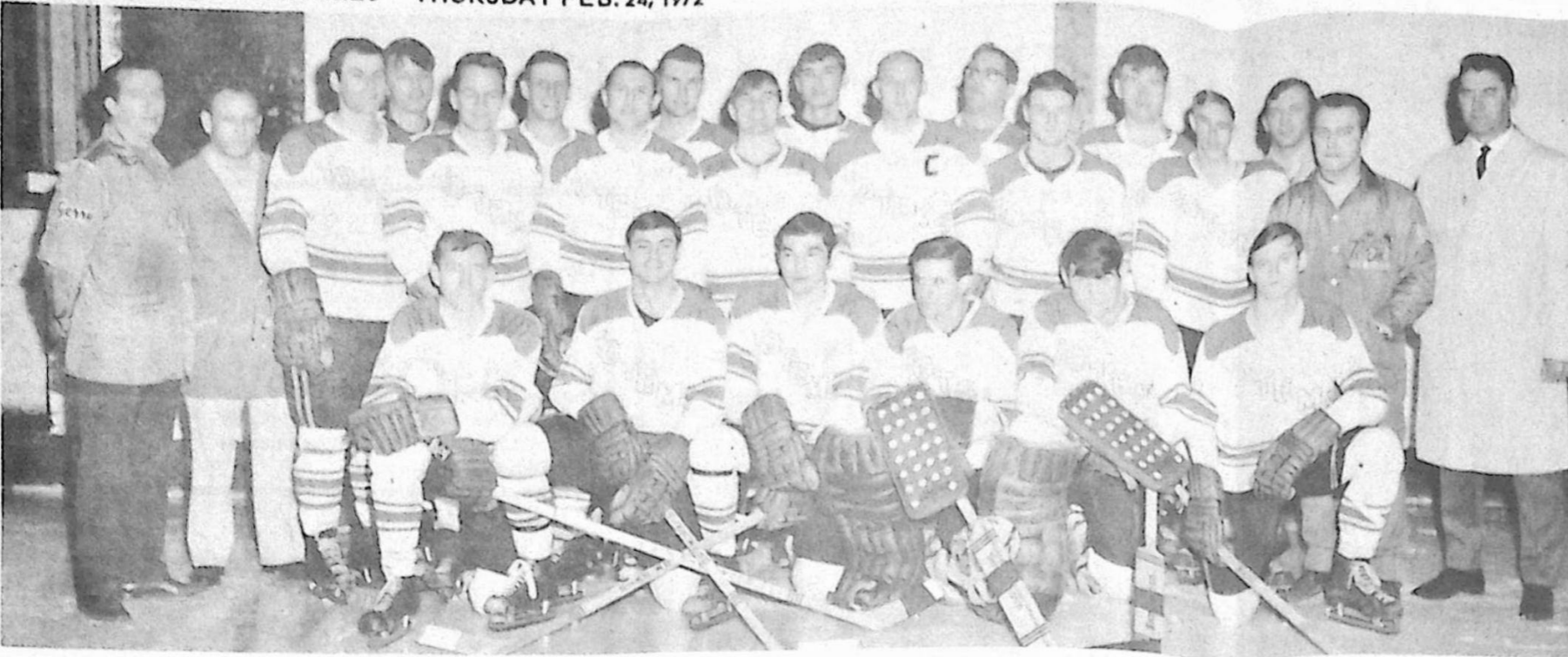
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FLOWERS FOR EVERY OCCASION
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Last turn right Comox-Powell River Ferry.
Water access, 2 blocks from finest salmon fishing on Island and 1 mile from base. CONCRETE PADS, CARPETS, STORAGE AREA, FULLY SERVICED 65 UNITS
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All Fully Guaranteed.
RINGS At Greatly Reduced Prices
Ladies and Gents various styles; birthstone, initial, large dinner rings, including several unique designs.
Many other items all suitable for Valentine Gifts. Come in and see what we have.
Sale Ends FEB. 12



GO TOTEMS GO: Here is the Totems team that will represent CFB Comox in the Pacific Region hockey playoffs. This big tournament will be held here at Comox starting on February 29. Front Row Left to Right - Jim Whelan, Brian Van Herweghe, Hugh Knockwood, Keith Cowden, Jack Smith, Joe Delage. Centre Row Left to Right - Gerry Murray (coach), Paul Goulet (trainer), Larry Harker, Russ

Parker, Lyle Clifton, Fred Robinson, John Kaulback (captain), Skip Solomon, Ed Cumby, Jim Cassidy (equipment manager), Major Phil Perry (manager). Back Row Left to Right - John Waller, Harold Hardy, Jack Hamilton, Barry Howell, Muggs Mulligan, Red Hill, Bill Stevenson. Missing From Picture - Ron O'Neill, Bob Halde, Ken Hoffer, Dave Marshall (public relations).

UNDEFEATED

Kamloops sweeps to broomball title

The Pacific Region Broomball Finals were held down at CFB Esquimalt last week. There were five teams competing in the double knockout tournament. The teams were from CFB Chilliwack, CFB Esquimalt, CFB Kamloops, Navy Ships and CFB Comox.

The Pacific title was won by Kamloops as they went through the tournament undefeated on the strength of three straight victories. It was Navy Ships and Comox tied for second place as they both won two and lost two. In third place came Chilliwack with one victory and two losses while Esquimalt finished in last place when they lost two straight games.

The team from Comox lost its first game to Chilliwack one to nothing and then came back with a win by the

identical score of one to nothing over Esquimalt. In their third game they met Chilliwack once again and this time they came out on the winning end of a one to nothing score. All three of these games had to go into two periods of overtime before a winner was decided.

Immediately following their third game the Comox team had to go right back out on the ice to face a rested Navy Ships team. It was no contest as the tired Comox team suffered a three to nothing defeat. This loss eliminated them from the tournament and put Navy Ships into the finals against Kamloops.

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29 FEBRUARY — 2 MARCH

Comox hosts region hockey finals

By GORD PALMER
The Pacific Region Hockey Finals will be held here at CFB Comox on February 29 and March 1 and 2. There will only be three teams com-

peting in the finals this year. The teams are Navy Ships, CFB Esquimalt, and the CFB Comox Totems. The Totems will be attempting to successfully defend the Zone 1

title they won last year. The playdowns are not referred to as zones any longer as the name has been changed to Regions.

This will be a single round robin tournament with one game being played each day. The game on Tuesday the 29th will be at 1730 hours when the Totems face Navy Ships. On Tuesday night all of the teams will get together for a get-acquainted banquet. The game on Wednesday will be at 1900 hours when Navy Ships will go against CFB Esquimalt and the final game on Thursday will be at 1730 hours and it will be the Totems against CFB Esquimalt.

As I stated before the Totems are going to be trying

real hard to defend the title they won last year. They would like another crack at the Canadian Forces Championship that will be held at CFB Edmonton from the 27th to 31st of March. I spoke to Coach Gerry Murray and he seems to feel that it will be the CFB Esquimalt Buckaroos or the Totems that will emerge as the winners of the Pacific Region. I have a feeling that Navy Ships may have something to say about that statement.

In order to prepare for these championships the Totems have been playing exhibition games all season against a few other bases. Some of the teams that we have seen are Royal Roads Military College, Cold Lake, Edmonton and Esquimalt. They have also played a few games against teams from the Victoria area like Stockers North Americans and the Chemainus Blues. This Saturday the Totems will play Royal Roads here at 8:30 p.m.

At this point no one knows the outcome of the games that you will see in this tournament. There is one thing

that you can count on and that is that the Totems appreciate your support and they are going to do their very best to retain the title. The Totems Hockey Club would like to see Glacier Gardens filled to the rafters for all these hockey games. Remember — this is your Team and they will play to the best of their ability in order to bring to you our "FANS" interesting and we hope, exciting hockey.

From the teachings of the

Baha'i Faith

"The honour of man is through the attainment of the knowledge of God; his happiness is from the love of God; his joy is in the glad tidings of God; his greatness is dependent upon his servitude to God."

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BARGAIN TABLE

Sailing

By NORM BLONDEL

Slack tide this week. The letters are out, and the answers are still to come. But, John Fox informs me, there has been a startling increase in the number of people putting their names down as being interested in the formation of a CFSA squadron at Comox CFB. Is this the old self-fulfilling prophecy trick used by many publicists? For once, I must confess, no. Where I quoted fifty souls in the last Totem issue, the number should have read ONE HUNDRED. And that is no sailor's yarn.

The facts outstrip my reporting, and I am very glad. Care to go for 150? Why not? Send your names and particulars by note or phone to John Fox (339-4216) or Norm Blondel (338-8307). Think

about it. Your next posting might be Puntzi Mountain. And you will have missed the chance to learn or indulge in sailing during your tour at Comox Comox.

If I can squeeze a paragraph in about archery here, it seems that the efforts of local archers to get started in the indoor rifle range have been stymied by a requirement that they take a range safety course with the rifle. I make no further comment about that, since I don't have all the facts — but in the interest of the survival of another fine family sport here, I hope something can be worked out. An indoor range is vital in this climate — without it, archery will die before it even had a chance to prove itself.

New rules

(Continued from page 2)

certain requirements concerning personal health standards and hygiene. In other words, he must wash his hands and refrain from smoking while handling food and be free from any form of communicable disease.



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