

AIRCREW FROM 409 SQN. last week spent several days in the wilds of Vancouver Island on their annual survival training camp. This typical campsite shows a lean-to constructed entirely of materials at hand in the wilderness in the interior of the island. The replica of the FN rifle was whittled from cedar and ironwood. Preparing a gastronomic delight for the campers are the squadron's gourmets, both ex-ROs. The seven course meal, featuring bananas prepared seven different ways, was climaxed by Bananes aux Moustiques for dessert. (Canadian Forces Photo)

New launching ramp ready

Capt. Richardson the BTO and his staff with volunteers from Base Armament have undertaken the job of improving the boat launching ramp at Air Force Beach. A tremendous amount of volunteer work has gone into the job already with a good deal more to do, but with the fishing season in full swing and the improved weather, the ramp should be completed by the time you see this in print.

The direction of the ramp has been altered to facilitate easier launching of boats with an improved slope into deeper water. Hopefully it will no longer be necessary to fight to get the boat off the trailer as was so often the case on the old ramp. It should slide smoothly into the water with relative ease.

The site of the old ramp will be cleaned up for and excellent sheltered swimming and playground for children on the beach.

The new improved launch ramp will eliminate any dangers to youngsters or other people using the beach and help maintain a clean play and swim area.

A lot of thought and effort has gone into the project and with everyone's co-operation we can have the finest beach facility possible.

Teepee Park with all the improvements should also be a boon to campers and no doubt be utilized to its fullest capacity as the weather gradually improves.



HOW MUCH FLYING TIME would it take to devour 2,173 box lunches? About 10,000 hours. That's how many hours Capt. Arch Tompkins now has in his log book. When Arch landed, LCol Haire, CO 407 Sqn., was on hand to greet him with a handshake and a sodium bicarb. Much of the time accumulated to break the 10,000 hour box lunch barrier has been on an ASW aircraft. (Canadian Forces Photo)

407 Tech ramblings

GUN PLUMBERS' CORNER

One of the most enjoyable events in many a moon was the recent wedding of Chris and Sue Styles. The bride was radiant and the groom nervous, with the latter condition possibly attributable to a last minute change of shoes and socks by Chris. The reception was an excellent affair while, among the many gifts, was a "Newfie Stereo" donated by the boys from the section.

Duane is showing up for work looking rather bleary-eyed these mornings and claims his condition is caused by his new nine pound alarm clock that wakes up to be fed at irregular hours. Welcome to the clan, Papa Schlamp.

Craig, alias the World Traveller, returned to the island Monday evening after a hectic day of water skiing behind a B.C. cruise ship. Secrecy still surrounds this impoverished voyage.

Oil has just returned from the basic electronics course at Greenwood and is busily engaged with the practical application of his newly acquired math skills in his daily task of tallying his sonobuoy inventory. With women's lib currently in vogue and having some effect on most areas of our domain, the next problem will be that of changing sonobuoys to sonogirls.

Soon after giving a group of air cadets a briefing concerning sick parade procedures in the Canadian Armed Forces, Zeke packed his Blue Cross mobility kit and departed for Edmonton.

Still on the subject of travel, Harold Hardy arrives for work daily with his luggage packed in hopes of some word concerning his departure date.

for the land of beer and sauerkraut.

Some of the servicing gang have gotten around the new leave policy by becoming the number one ulcer crew. Could Gary be the cause of this?

Meanwhile, back in maintenance, Bruce's new masterpiece conforms with the slope of 7 hangar and the W.O. is looking for the dummies on his inventory — to paint them green?

There seems to be some problem in telling who is who among those people who are wearing the new summer work dress. Possibly a "hey, you" or "green man" would do the trick.

The daily green line stretched out across the apron in front of the hangar gives rise to the question, "Will this lead to the possibility of our becoming a tourist attraction on Parliament Hill?"

Question: Should people who have had an H.A.I. course qualify for casual air duty allowance on LSD trips?

TORP TOPICS

Word has it that R. Livingston is being considered for a position in the diplomatic field. The outstanding attribute that brought this recognition about is his ability to stand rigidly at attention for indefinite periods of time while blowing from the waist and seemingly nodding approval to all and sundry.

Another point that was undoubtedly taken into consideration is the fact that Ron is neither capable of speaking nor understanding anything but his native B.C. style of English. In any case, he admits that his performance is not one of his natural traits and, in theorizing as to the possible reason for his abnormal behavior, believes

that it may just have something to do with standing at attention for unduly long periods during the recent practice parades while wearing an undersized baseball cap. This, he goes on to say, has the effect of restricting circulation to the brain with the resultant forward motion upon passing out.

This of course, thanks to his youthful stamina and vigorm he has not done. In conclusion, this behavior will undoubtedly

pass in a short time and Ron will have missed out on a wonderful opportunity for advancement.

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Nighthawks Nest

The story you are about to read is true. Only the real names have been used so that you get the story straight. 409's annual trek to the great outdoors was again a resounding success judging from the number of complaints received from the squadron members' wives. The camp was again split into two groups to give Mother Nature a break, and to make sure one group received the benefit of being soaked to the skin for three days.

Kiddie Carr spent his three days washing the worms he had been diligently cultivating in his back yard. Linda was suitably rewarded for her patience with a large can of very clean worms.

Baby Huey and Lance by Chance were unusually quiet this year. After having failed the test for his Junior swimmer's badge at Morton Lake last year, Baby Huey, under the able tutelage of the Deadly Duo Part II, handily managed to fail the Drinking Man's Offensive Driving Course sponsored by nobody in particular.

Major Grip, the squadron's new A&CO (Arts and Crafts Officer), showed the boys how they used to shoot them down in the old sword days. The authentic vintage GI crossbow he whittled produced such a mess of shavings, he was forced to whittle himself a rake to clean up the campsite.

Jethro was his usual suave, debonair self proving to one and all that if you are in superb physical shape, you too can stand the punishment of having half a dozen dip-somaniacs walking all over your body till the wee hours of

the morning. He managed to recover long enough on the second day to become an experienced kitchen staff of one and put together a mess dinner highlighted by the specialty of the tent, pears and fruit cocktail flambe. The flaming dessert changed hands almost as much as the key to the latrine did the next morning.

A belated welcome to Capt. Frank Campbell and his wife Judy who have joined us from Holloman AFB, Alamogordo, New Mexico. Frank spent a long time getting checked out on F-4s before going to Holloman only to find out that all the time he was going to fly 101s anyway. The Americans aren't any smarter than we are after all.

Already Frank is having trouble with the English language. The clutch on Frank's south of the border chariot packed up one of the area's more illustrious logging roads and refuses to accept anything but genuine Yankee parts. Oh well, you rich Americans can afford it.

With the arrival shortly of the mini Tac Eval, ground school is in half swing again. The normal assortment of lectures and exams is planned which is good because nothing ever seems to go as planned.

Harry Chapin is back in the land of the living after spending two weeks in the Bedpan Hilton in Victoria. The only cure for that is ninety days leave after which we hope to see Harry back flying. You only have 67 days in the "Q" to catch up on, Harry.

Rumour of the Week: Tom and Major Sos are compiling a volume of ethnic jokes.

WATER SKIING

The 4 CEES AQUA SKI CLUB in the Comox Valley is proud to co-ordinate the Canadian Water Ski Association, B.C. Region.

Touring Ski Clinic - on the 27 and 28 May

The professional group will be in the area to give instruction on the finer points in the art of water skiing from beginners to pros.

The clinic is sponsored by the B.C. government and the CWSA and is open to all CWSA MEMBERS. If you are not a member, the membership fee is only \$1.00.

The clinic will include films in the CRA Hall, Courtenay, plus instructions and a demonstration at Comox Lake.

On the local scene, the 4 CEES AQUA SKI CLUB is holding an outing at Comox Lake on the 22nd May. Anyone interested is asked to please contact —

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Whose fault?

Last week 442 Sqn was involved in a search for a missing helicopter. The helicopter left Port Hardy on Thursday and turned up again at Port Hardy Friday afternoon totally unaware of the problems he had caused. This little incident, however, cost the government several thousand dollars and wasted the time and efforts of the search crews.

Briefly, what happened was that last Thursday at noon the helicopter left the Port Hardy airport to go "to the shopping centre and back." He did not file a flight plan or flight notification and he claims he said that he was going "to the shopping centre."

He did arrive at the Port Hardy shopping centre and was observed flying away from their parking lot at 3 p.m. That was the last that was seen of him that day. Towards evening the tower controllers became concerned when he didn't show up and they started checking to see if they could locate him. They had no success so in the early hours of the morning they called the Rescue Co-ordination Centre in Victoria. 442 Sqn was then called and a search was initiated. The first search helicopter departed Comox at 6 a.m. Friday. Late in the morning an Argus from 407 Sqn. was called in to assist in the electronic search. At noon a second helicopter departed Comox followed shortly by a Buffalo which also carried the Searchmaster to Port Hardy.

At 4:20 p.m. the "missing" helicopter flew into Port Hardy. The pilot was totally unaware that anything was amiss.

What he had done was to leave the shopping centre and fly to a friend's fishing camp nearby. He stayed overnight there and then returned to Port Hardy the following day.

There were many people and various agencies involved in this incident which wasted a lot of time and money. What can be done to prevent this from happening again?

Was the pilot at fault? We know it is extremely foolish to fly without filing a flight plan or flight notification, particularly in mountainous regions. Still it is not legally required. Thus the pilot may have violated the dictum of common sense but not the rules of the air.

The tower controller? He had talked with the pilot on take-off and expected him back that day. Here again we have a case where we are not dealing with a proper flight plan but as the pilot gave a verbal indication of his plans the controller felt a responsibility for him.

To all intents and purposes we now have an overdue aircraft, or do we? Since the pilot didn't give an estimated time of arrival at Port Hardy then technically he cannot be overdue. However, when a man's life is at stake should RCC hold back because of a technicality? They had good reason to believe the aircraft was overdue and so they instigated search proceedings.

The Searchmaster and his crews are then put in the unenviable position of looking for a pilot who has not given a proposed route other than the short hop from the airport to Port Hardy and back. Once those few miles are thoroughly combed then what? The two choices are: to close off the search and forget about it; or to do a lot of detective work looking for a pilot who didn't consider his life and his aircraft worth the two minutes it would have taken to file a flight plan. In this case his company gave his final destination as Ketchikan, Alaska.

Are the rules at fault? Should a person be allowed to take off from a controlled airport without filing a flight plan? Right now the rules say yes.

If a person does take off without filing a flight plan should Search and Rescue be called in? Should men's lives be risked and thousands of dollars be spent trying to help a pilot who doesn't spend the two minutes helping himself by filing a flight plan?

At this time, as can be seen by this incident, Search and Rescue does whatever possible to find missing aircraft regardless.

The two items which would greatly aid in the recovery of missing aircraft are flight plans, at no cost, and emergency locator beacons, at minimal cost, compared to the cost of an aircraft.

At present neither one of these items is compulsory.

The ambulance down in the valley

'Twas a dangerous cliff, as they freely confessed,
Though to walk near its crest was so pleasant;
But over its terrible edge there had slipped
A duke and full many a peasant.
The people said something would have to be done,
But their projects did not at all tally.
Some said, "Put a fence 'round the edge of the cliff,"
Some, "An ambulance down in the valley."

The lament of the crowd was profound and was loud
As their tears overflowed with their pity;
But the cry of the ambulance carried the day
As it spread through the neighboring city.
A collection was made, to accumulate aid,
And the dwellers in highway and alley
Gave dollars or cents—not to furnish a fence—
But an ambulance down in the valley.

"For the cliff is all right if you're careful," they said;
"And if folks ever slip and are dropping,
It isn't the slipping that hurts them so much
As the shock down below—when they're stopping."
So for years (we have heard), as these mishaps occurred

Quick forth would the rescuers sally,
To pick up the victims who fell from the cliff,
With the ambulance down in the valley.

Said one, to his pleas, "It's a marvel to me
That you'd give so much greater attention
To repairing results than to curing the cause;
You had much better aim at prevention.
For the mischief, of course, should be stopped at its source;
Come neighbors and friends, let us rally,
It is far better sense to rely on a fence
Than an ambulance down in the valley."

"He is wrong in his head," the majority said,
He would end all our earnest endeavor.
He's a man who would shirk this responsible work,
But we will support it forever.

Aren't we picking up all, just as fast as they fall,
And giving them care liberally?
A superfluous fence is of no consequence,
If the ambulance works in the valley."

The story looks queer as we've written it here,
But things often occur that are stranger.
More humane, we assert, than to succor the hurt
Is the plan of removing the danger.
The best possible course is to safeguard the source
By attending to things rationally.
Yes, build up the fence and let us dispense
With the ambulance down in the valley.

Author Unknown
(Reprinted from USAF Aerospace Safety)



"... if the Le Dain Commission has its way, my kid will be back on the pot in ten years . . ."

Our greatest shame

By POOMETHU

Never before have parents been so concerned over the behaviour and life style followed by growing numbers of young people. A deep concern exists over the standard of education, the teaching of values, morals, disciplines and the general training of youth. Many thinking citizens are in despair over the proliferation of drug experimentation and abuse. It represents the criminal destruction of young lives by profiteering vermin and swine who aren't fit to live. Strong language? Not strong enough! And remedial action should be stronger.

This week the US Department of Health issued a report which estimates that six percent of US children have tried heroin at least once. Well, what are the school principals doing about it? What are their teachers doing about it? Very little, it would seem.

Surely there is a strong relationship between the inferior standard of education in the Comox Valley, the lack of direction and discipline in the schools and the growing disaffection of youth and their turning to drug usage and vandalistic behaviour.

I have been talking with parents and young people in this area during the past week and what I have learned compels me to relay the message in the bluntest of terms. Marijuana is openly smoked in and around the Vanier High School. One student there told me that LSD can be bought in the corridors of the school, and not from a registered student either. He told me that "... all the kids know you can buy your LSD from 'Ted'." And 'Ted' isn't a student nor is he a teacher, but he struts the halls of the school during period breaks selling death to young people, apparently unchallenged by the school authorities.

One mother, whose opinion I respect, who has children in the Comox Junior Secondary School, told me that she was in the school when classes changed and that she actually

feared she would be knocked over by hordes of running, milling, shouting, undisciplined children. Is this good enough? Hardly! It's disgusting. The lack of discipline and education standards is a community and provincial disgrace and those in authority who cannot correct such unacceptable situations should be dismissed as incompetent.

We are aware of some teachers today who dress like freaks and hippie kooks and have neither strength of character or mentality to influence young people towards decent precepts. These same teachers have a most unprofessional approach to their jobs and should be removed from them.

The police are overworked and handicapped in their efforts to control antisocial manifestations by the very controls we have placed upon them. Therefore, it is up to us, as concerned parents and taxpayers, to work closely with the police and the school authorities to put our house in order. We need leaders in the community (in all communities) to come forward, to identify the problem areas and institute methods to correct them.

There is much that can be done. Standards of dress should be reinstated and enforced. Expected standards of behaviour and deportment should be enforced. A more intensive drug education program should be instituted and drug traffickers and those using drugs should be more severely dealt with. I make allowance for compassionate understanding and rehabilitation, where possible, of first time offenders among the users. Lastly, the local school district, and, indeed, the Department of Education, should reassess what is important in the way of education in socializing our young people and in making them more human and better suited to playing a meaningful role in their personal lives and in their community.

We stand on guard for thee?

We note that the government has introduced a bill in the House to amend the words of our national anthem, O Canada.

The new version eliminates two of the five "we stand on guard" phrases.

We, like all peace-loving chaps, heartily applaud the government for such a fearless, progressive step and doff our cap to Mr. Pelletier for introducing such a bill.

Is it not time, we must ask ourselves, that Canada try to live down its blood-drenched past and sublimate its crazed passion for battle and carnage? Have we not — all too often — in our brief history worked ourselves into a frenzy of hatred and spilled across our borders in an orgy of rape, pillage and loot, attacking such nations as the United States, Germany, Italy, Japan and North Korea? Has not the world stood aghast as we wreaked wanton destruction on such helpless victims?

But, praise be, our legislators now recant the evil and wickedness of yesteryear and in living testimonial to our good faith, have reduced the militant "we stand on guard" by forty percent. (This act is buttressed by the fact that those who stand on guard have been reduced in numbers in somewhat a similar ratio.)

We are concerned, however, that the government has not gone further in this regard. A forty percent reduction of militaristic clauses is a good start, to be true — but let us consider the remaining words of the anthem.

"True patriot love" is suspect. It smacks of blind devotion and willingness to defend to the last gasp, as it were. If we are to make an honest and credible move in the direction of the doves, surely we can get by with simply "Love".

Then we have "in all thy sons command".

Command? Oh come, come — again the militaristic suggestion. Let us be less rigid and say, instead, "suggest" or "would like". And as gesture to the Women's Lib lobby, we should insert "and daughters" after "sons" — or preferably "daughters and" before "sons".

"With glowing hearts we see thee rise." This will never do. Glowing hearts is an open statement of blatant patriotism and we've already flattened that subject. Strike it completely. Also delete "rise", for a rising nation is a great to lesser and more static nations and creates further gaps in credibility as to our peaceful intentions. For "rise", substitute "develop"; a far more acceptable word.

Who are we, pray tell, to claim the "True North" so defiantly as our own? All nations encroaching on the Arctic circle have cause to be petulant over such arrogance. The Danes, Russians, Americans — can we be so indifferent to them? Nor can "strong and free" be left to taint our anthem. Warlike, by God. The entire line would better read as "some of the northern community".

And so it goes. The entire thing needs revision, and we should not sit by idly and permit the government to do a slipshod job by removing a few "on guards".

We're slowing getting rid of the "royals" and other such un-Canadian devices and phrases — let us ensure that the righteous crusade against anti-imperialism rolls onward. Do your bit in aiding the cause — and perhaps in a dozen years — say 1984, we shall at last have the true, Just Society with no further need to revise, whittle and amend such things as offensive national anthems written by cooling fanatics in a previous age of degeneracy.

(Reprinted from VOXAIR)

Over the counter

BY LCDR. I.F. McKEE

Canadians are noted for buying a lot of life insurance. What makes life insurance interesting is that it is a gamble on whether or not you are going to live ... and you are taking the side that you will die. Even if you win — you lose.

Elliott Janeway in his book "What Shall I Do With My Money?" (Dell, November 1971, \$1.25) takes a different and more realistic view. I recommend you read the original however here is a précis of his comments on this subject.

Insurance is the biggest bargain anyone can buy today, the earlier the age at which it is bought the bigger the bargain. The purpose is protection. It is only a bargain so long as you are buying protection. As an investment in a 10 percent money market, the four or five percent return is poor planning. There are three main kinds, term, permanent and annuities.

The premiums are based on your current age and increase as the insured gets older. It may be renewable or convertible. If it is renewable it can be renewed regardless of health but at a higher premium. It cannot be renewed indefinitely — typically there is a cut off age. A convertible policy can be converted to permanent insurance regardless of health. PERMANENT INSURANCE

As the name implies this is of a long term nature and, because of the long period of time, the insurance company is able to charge a level premium over the insured's lifetime. This is the type of insurance that will provide income if the father dies or money for estate taxes and administrative costs.

These provide a guaranteed income for life and are cheaper as you grow older as the payout period is likely to be shorter. They are designed to give high income where there is no desire to pass assets on to a beneficiary on death.

Permanent insurance comes in three common types. Whole life (also called straight or ordinary life) has the lowest premium which is paid at the same level as long as you live. Limited payment life has a higher premium but becomes fully paid up at the end of a specific period and then remains in force until the insured dies. An endowment policy in addition to death protection pays the full face value to the living insured at the end of the endowment period. It is so expensive it is seldom bought these days.

How much insurance should you have? That depends on your earning power, educational obligations to children and earning power and health of the rest of your family. It also depends on your debts. Mr. Janeway recommends that you buy the equivalent five years' pre-tax earned income plus at least five years worth of any mortgage or short term debt. This will hurt at the start but after you put this aside and start investing you can rely on your investments to keep you within your five year goal as your income increases.

The fascinating thing about investments is that if you can make them grow faster than your expenses you need less insurance as you get richer. That last theory is the only original McKee comment in the column this week.

PMQ for sale

PMQ 278 has been put on the market by Hank Watson who is retiring from the Service next month. Highest offer will be considered but can accept no less than a return of rent contributions over the last six years which comes as close as dammit \$9,000.00.

For Sale

- Four room bungalow with basement, situated in beautiful Curtis Park near crystal clear world famous Miramichi River in this Picture Province.

- This bungalow is dirty white with four shades of blue trim.

- Large sized unfenced lot. Nicely landscaped except for a deep ditch between lot and road. This ditch, because of its location is ideal for the disposal of empty beer cans accomplished with only a leisurely throw from lawn chairs during summer "coffee breaks".

- There is a telephone pole on the front yard. However, this does not detract from the view of back porches and garbage cans.

- There is a large oak tree in the centre of the back lawn which is in full leaf during the whole month of August. During autumn the leaves slip and fall from the tree. So do boys and tomboys who are up there picking acorns.

- Several pounds of fertilizer and weed killer have been used on this lawn, but it still produces an excellent crop of dandelions for wine. Credit for part of this must go to neighborhood dogs.

- Cutting this lawn can be adventurous. When run through the mower, the dog doilies produce interesting patterns on both the walls of the house and on mower operator. Caution: before cutting, lawn must be searched for approximately 4,000 egg-sized rocks which appear mysteriously from time to time. It is suspected these rocks are thrown there by a bunch of neighborhood, but apparently fatherless, children.

- The front lawn is very popular during baseball season when it is the right field for the unofficial neighborhood diamond.

- This PMQ is ideally situated close to school. So close that 10,000 kids cut through the yard every day, on the way to and from school.

- The snow plough operators are most cooperative. They always wait until the driveway is shovelled before filling it in again.

- A unique feature of this home is its distance from the base. It is too close to drive and too far to walk. Present occupant was not able to solve this problem.

- There is no garage, but a car left out in the open for the year will accumulate distinctive scratch designs. This is the proud work of local artists, who are thought to be the sons of unwed mothers.

- The basement is equipped with a rare antique — a monster sized octopus which produces heat with unusual sound effects.

- There is a partially finished bedroom in the basement. It is cold, dark, dusty and out of the way — ideal for a mother-in-law.

- This PMQ is well ventilated in winter by icy breezes which by-pass the storm windows.

- Equipped with cable TV., which for \$5 a month, gives more cable than TV.

Interested personnel are hereby informed that this is a CASH SALE ONLY. No posted cheques. No credit. No time payments. No mortgage. No renters need apply. No triflers, please.

Present occupant is anxious for a quick dicker. Prospective buyers are warned of possible litigation in obtaining a clear deed from DND. This is not the responsibility of the present occupant as he will have retired to a country which has no extradition treaty with Canada! (Reprinted from CHATAIR)

Bottlenecks

Now that the base, and everybody else is on Daylight Saving time and summer hours, everybody is anxious to get home to their favorite pastime, whether it be golfing, fishing gardening or just plain relaxing with a cool drink handy. There's only one problem about getting home that leads to no end of frustration and that's the traffic bottleneck at the main gate.

It seems that the man directing traffic at the intersection outside the main gate always considers the underdog first perhaps because he may feel like one himself, by stopping and holding up 50 cars to allow one car to cross.


It could also be that these people need the practice to maintain their proficiency in controlling traffic should they ever get posted to where there's a need.

Observing the traffic flow from the side roads into the main stream of cars its quite obvious that 90 percent of the drivers on the base are courteous and will gauge their speed or stop to allow the smooth flow of traffic along the entire line.

The PMQ gate, which is open at this time, is not being used as much as it should be probably because of the blind spot caused by the wire fence. A traffic controller at that point instead would be a welcome relief.

It would be interesting to know how fast the 4 o'clock traffic would clear on its own as compared to the controlled line.

Perhaps a staggered work hour would be the answer to the 4 o'clock rush, and the morning jam-up at the gate.



TOTEM TIMES

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

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Printed in Courtenay, B.C.



THE NEW EXECUTIVE of the Catholic Women's League on base was recently installed in a service at the RC Chapel. With Father Borg are Pat Harwood, president; Laura Murray, 1st vice-pres.; Verna Driscoll, treasurer; Lois Young, secretary; Joyce Geneau, 2nd vice-president; and Yvonne Mullen, past president. (Canadian Forces Photo)

Chapel Chimes

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Base Chaplain (RC)
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Sunday-0930 and 1100 hours
WEEKDAYS
Tuesday-7:30 p.m.
Wednesday-4:15 p.m.
Thursday-4:15 p.m.
Friday-7:30 p.m.
SACRAMENT OF PENANCE
Before Mass on Saturday from 6:30 to 7 p.m. and before weekday Masses.
BAPTISM
By appointment. Whenever possible on the third Sunday of the month at 1:30 p.m. On other Sundays for a good reason.



PROTESTANT CHAPEL
Sunday, May 21, 1972
0930 Church School
1100 Divine Worship
Sunday, May 28, 1972
0930 Church School
1100 Divine Worship
Youth Group
May 21-Cancelled because of holiday weekend.
May 28-1930 hours in Annex: Film on drugs and discussion.

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Catholic Women's League Report

The annual CWL Smorgasbord will be held Wednesday, the 31st of May, in the Parish Hall following the regular monthly meeting. Members have invited their husbands and the Parish Council to join them in celebrating the end of a fine year's work. The meeting was put ahead so that all of the women who are moving could attend. We hope that the evening will be a huge success.

At the April meeting the league decided to continue its support of a young student priest in Ecuador whose sole means of income is charitable donations. Also it was decided that a new fund raising campaign be undertaken for the Sacred Heart Seminary in Malta, which Father Borg attended for many years. The Seminary's library is threatened with closure due to lack of funds.

Mrs. Rascobb, the CWL representative to the Girl Guides and Brownies on the base, reported a desperate need for Brownie and Guide leaders. At the moment a tiny group of women are valiantly trying to cope with a job which requires many willing hands. Please, ladies, couldn't you spare just one free hour a week to give to our young people? The recent Girl Guide

Cookie Sale held in and around the base was a huge success. Money received for helping with the intersection Hockey League banquet was given to the Ladies Auxiliary of the Cubs and Scouts. The Ladies Guild held a successful Mother's Day Breakfast at the Base Rec Hall last Sunday. The many mothers who attended enjoyed themselves and ap-

(Continued on page 6)

The Gift of Life — Your Blood

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25
1947-1972

Life as an ADC wife

What to do in the boonies

NORTH BAY — The old adage that behind every successful man there stands a woman is true when it comes to the distaff side of the Canadian Armed Forces Air Defence Command (ADC).

The service personnel of ADC are recognized as being tops in their field; and much of the credit for their performance goes to their "better halves".

But the wives of the command are no slouches themselves when it comes to getting things done and being "activists" in their community.

ADC units are located across Canada from Atlantic to Pacific. Many of these sites are semi-isolated; some enjoy sub-arctic winters; others are small towns in their own right.

The wives all share the common bond of being twentieth century nomads with moves occurring every three or four years and in some cases more often.

Because of these moves the girls tend to give their most to each new "home" area.

Some of these moves come as a shock.

BEAUTIFUL BALDY HUGHES

In the words of Mrs. Monica Duguid, wife of the commanding officer of Canadian Forces Station Baldy Hughes, B.C., "I was stunned when I heard we had been transferred to CFS Baldy Hughes, B.C. Our family was just completing three deliciously enjoyable years with NATO in Belgium ..."

But Mrs. Duguid found Baldy Hughes to be typical of many of the 28 radar sites across Canada where there is an active community life. She also quickly learned how the station was named.

The radar station is located on the site of a staging post of the Cariboo Road which was named after its proprietor "Baldy Hughes". If the station had been built five miles down the road, Mrs. Duguid would have the pleasure of living at CFS "Sour Beans" MacKenzie, the name of the next stop.

Baldy Hughes is located 27 miles west of Prince George.

The children of the 35 families who live on the site are bussed there to attend school. The balance of the station families live in Prince George.

Eighteen wives who live in Prince George have formed a club which is active in civic and community affairs such as assisting in blood donor clinics, the Multiple Sclerosis Society, the Crisis Centre for drug and alcohol users, and giving a monthly birthday party at the school for mentally handicapped children.

ALLURING ALSASK
Other radar sites have wives' groups that conduct similar activities.

The wives' club of CFS Dana, Sask., supports a foster child in Viet Nam in addition to contributing to local charities.

The Protestant Chapel Guild of CFS Alsask, Sask., is another group of ladies who have adopted a foster child. Their adoptee lives in Kalimpong, India. As well, they contribute to the support of a leprosy mission, also in India.

A group at Alsask also contends with a problem faced by many of their civilian sisters — pounds, calories and inches. They have formed a branch of the

Canadian Calorie Counters Club of Canada and call themselves the Alsask Kilo-Offettes.

At nearly all ADC units youth groups such as Cubs, Brownies, Girl Guides and Boy Scouts are organized and run by the wives. These groups, as in civilian communities, play a useful role in turning out future community leaders.

From CFS Val d'Or, P.Q., comes the Commissioner of the Harricana Division of Girl Guides. She is Sally Crone, the wife of Corporal Norm Crone. Sally started her work in guiding in 1961 and has kept at it wherever she has been posted. One of the highlights of her guiding has been her enrolling of her eldest daughter, Sharon Lee, as a guide.

FUN AT FOYMOUNT

CFS Foymount, a radar site some 100 miles west of Ottawa, represents a good cross-section of recreation activities available for wives and mothers. They have active volleyball, curling and bowling leagues, as well as a swimming program and badminton league. At other units the ladies have slim and trim classes to aid in keeping them in good shape.

Ceramics, art lessons, handicrafts are organized and run by wives at still other units.

But the wives are also individuals who have some interesting occupations. Mrs. Lynne Jeary, whose husband is a corporal at CFS Ramore, typifies this aspect of wives' lives. Lynne is a qualified X-ray technician who tired of internal pictures who now works as a part time TV cameraman (or woman) at a Kirkland Lake TV station. In addition to this work she also is employed as a secretary, and sometimes private investigator, for a security agency. And to make sure she has something to keep her occupied, she also teaches music to station children.

Some ADC units also have their own radio stations to supplement the local outlets and to ensure coverage in fringe reception areas. One such station is CHIB at Chibougamau, P.Q. Here, three wives are executives while another 20 keep the station on the air for its daily 19 hours of live broadcasting. Lady DJs are also on the staff of CFB Bagotville's radio station providing a bilingual coverage in a largely Francophone area of Quebec.

The ADC units in the Maritimes also have active wives groups.

At CFB Chatham, N.B., the Catholic Women's League have a foster child in the Philippines, but most of their activities are directed in helping people in the local area. They make weekly visits to a senior citizens' home; prepare 24 Christmas hampers for needy families; assist in blood donor clinics; and send donations of clothing for infants and needy children in the local hospital.

One activity they are proud

of is the religious education of their children. In addition, they also contribute a \$50 bursary each to the Catholic boy, and girl, with the highest academic standing.

The Junior Ranks Wives' Club of Chatham aid in the base's annual "old vets" night as well as taking an active part in other community projects.

SYDNEY ON THE SEA

CFS Sydney, N.S., has one activity that is also common throughout the Command — A "Pre-Teens Club". The teens and pre-teens at most units have their own active life but they require adult guidance and the ladies at Sydney pitch in.

The "now generation" have dances, bingos, parties, and the wives provide chaperones, counsel and ideas.

Though the wives of Air Defence Command may stand behind their menfolk — they don't stand still very long. They are far too busy being themselves and doing things to take a back seat to their husbands.

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We are showing this picture for the benefit of the 1972 graduating classes, with the hope that they will think twice before driving with someone who has been drinking.

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

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YOUR PROTECTION IS OUR BUSINESS



THE DESIGN of an improved communications system for use by personnel carrying out explosive ordnance disposal earned the Certificate of Award which Capt Peigl presented to Sgt L. F. Forbes, a Weapon Tech (Air). (Canadian Forces Photo)



CONTINUE YOUR EDUCATION

By VIC CAMILLERI

Recently we made submissions to Malaspina College, UBC, and UVIC for courses to be offered locally. The following summarizes their replies and lists the few courses that will be available here and in other areas.

UBC's departments are apparently stretched to the limit of their resources and are unable to offer anything here except for a course in Physical Education if sufficient response were to be shown.

Malaspina's help in our district has been mainly in the field of Business Management. They have been offering a course from this program every semester for the last couple of years and will continue to do so as long as the demand exists. They will also help us in other courses where sufficient response is indicated and where the course does not require their instructor to travel this way more than once a week. Unfortunately, a course which seems to be in demand locally (Geography 101) is a laboratory course and would require the instructor to come up twice a week. They are understandably reluctant to commit themselves to such a proposal.

UVIC is willing but not always able. The long drive from Victoria is no doubt an important factor and this is where local qualified talent could really help out. In any case, their program for off-campus courses for the academic year 1972-73 lines up as follows:

COURTENAY - CAMPBELL RIVER

Art Education 300 (Advanced Art Education)

PORT ALBERNI

Education 305 (Psychology of Children); Art Education 300 (Advanced Art Education)

NANAIMO

Education 340 (Research & Program Dev. in Primary Educ.); Education 305 (Psychology of Children)

DUNCAN

Education 301-304 (Introduction to Measurement in Educ.) (Evaluation of Learning); Education 345 (Selected Topics in General Science)

Students who were registered in credit courses prior to September, '72, should apply for re-registration on or before June 30. Persons seeking admission to UVIC for the first time must submit their application form on or before Aug. 1. Details on registration procedures and fees are specified on the 1972-73 University Calendar which can be obtained from the registrar's office.

FOR PERSONNEL carrying out explosive ordnance demolition, Sgt. P. R. Mugford, a Weapon Tech (Air) designed an improved communication system earning him an Certificate of Award which was presented by Capt. Peigl.

(Canadian Armed Forces Photo)

CWL report

(Continued from page 5) preciated the thoughtfulness of the Guild.

Numerous transfers have gravely depleted the ranks of our CWL and new members are urgently needed. We would welcome any ladies interested in the work of the CWL.

We would like to take this opportunity to extend our thanks to our league public relations representative for a job well done this past year.

BY ANNE CROUSE
Incredulity, anger, worry, disgust, were some of the reactions registered last Friday when an unsuspecting portion of the Armed Forces here at Comox trotted off to the bank for their bi-monthly withdrawal. After so many years of depending upon the fact that we could obtain the

Artists elect new executive

Not yet one year old, the Golden Palette Art Club recently elected a six-man executive to manage its affairs for the 1972-73 season.

The key figure in our organization, Mrs. Ivy Morand, was elected president. Serving the club with her are Gerry Turmaine as vice-president, Mrs. Pat Middleton as secretary-treasurer, Mrs. Audrey Collings as social convener, Mrs. Nancy Bennett as Finance & Fund Raising Chairman and Mrs. Anne Power as executive advisor.

Plans are being made for adult and children's art classes to commence in September, a second annual spring exhibit and possibly a fall exhibit. Further announcements regarding registration dates and fees will be published shortly. Anyone wishing to contact the club may call Cpl. Gerry Turmaine at 339-3801 or Mrs. Pat Middleton at 339-3010.

CLASSIFIED

WANTED — Credit Union members to assist nominating committee in selecting Board of Directors and Credit committee nominees. This is a preliminary selection for next year's annual elections. Call Paul Klem Loc 388.

FOR SALE: 1966 Austin Mini 850. Good condition. Owner transferred. Best offer. 339-3406.

WANTED TO RENT: 2 to 4 bedroom house, near Comox base, permanent, from July 15 or August 1, quiet couple. Reply Box 18, Totem Times CFB Comox, Lazo.

ANNOUNCEMENT — A meeting of the Ladies Glacir Greens Golf Club will be held in the Club House, Thursday, May 18, at 7 p.m. An invitation to all lady golfers and would-be golfers is extended. Let's have a big club this year.

Win 22 Days in Europe and a Bug to bring home.

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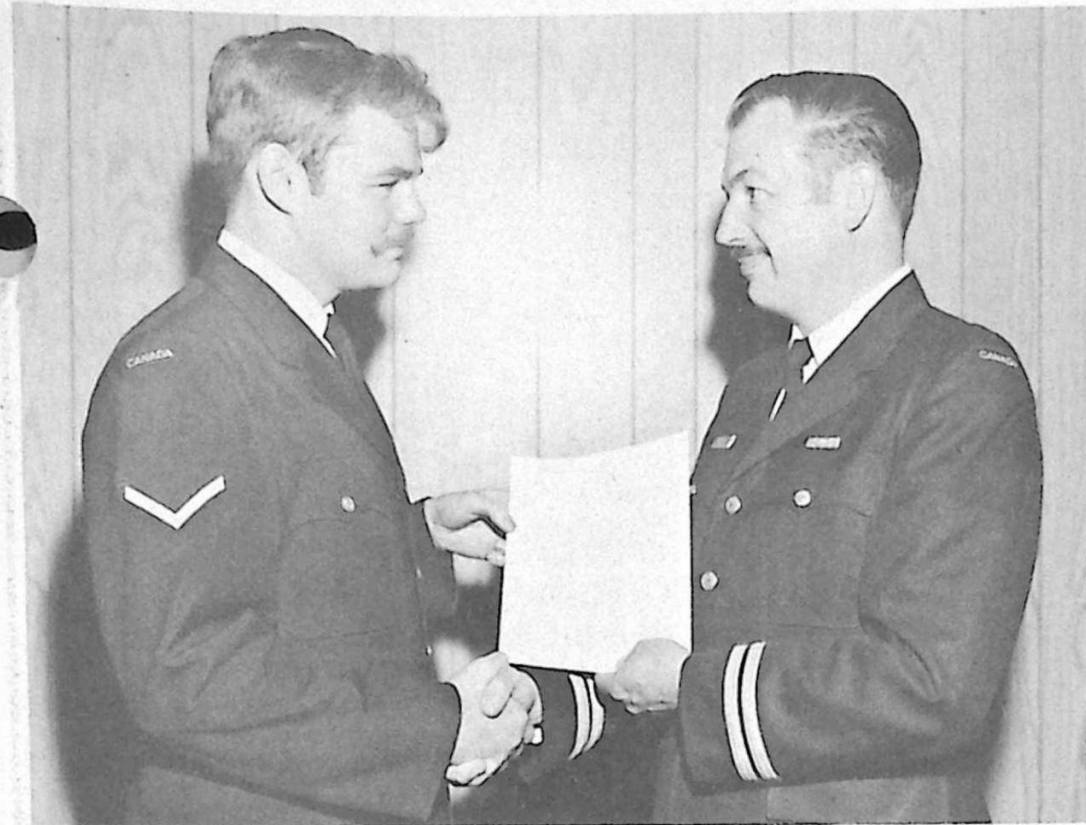
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The CO of CFS Baldie Hughes sent a letter of appreciation for the photo work which Cpl A.M. Jazey did during that station's winter carnival. Capt. Peigl presented him with a copy of the letter. (Canadian Forces Photo)



FOR PHOTO SERVICES SUPPLIED during their Klondike Daze Festival, the CO of CFS Holberg sent a letter of appreciation commending Pte D. A. Southward's work. Capt. Peigl congratulates him on receipt of the letter. (Canadian Forces Photo)

On CBC-TV May 26

Chariots of the Gods reruns

Chariots of the Gods, the controversial but intriguing special, dealing with the possibility that our earth was visited by gods from other stars thousands of years ago is on CBC-TV again... Friday, May 26 at 8 p.m. (The program was originally shown in March of this year).

This 90-minute color presentation is based on and adapted from the novel of the same name by Erich Von Daniken.

Not many people have come up with valid answers to questions regarding extra-terrestrial beings, but Von Daniken has come up with some ideas which must give us pause.

Who built the pyramids of Egypt, and what secrets lie buried in them? What kind of help did man have in erecting structures which included stones that weighed hundreds of tons, and which can hardly be moved by some of today's advanced machinery? Did man have help? And was the help provided by gods we've never seen?

Von Daniken travelled the world seeking clues to strengthen his arguments, and what he found certainly did not detract from his claims.

In caves and on rocks in Mexico, Egypt, Iraq and Chile

there are drawings of vehicles and men which bear strong resemblance to the spaceships of today and the astronauts (suited up) who ride in them. If we believe that these drawings are as old as they are reputed to be, what are they drawings of? Are they reproductions of beings and their space vehicles from other worlds?

As the final piece of evidence in the film special, probably the most mystifying of all: Director Harald Reindl and his crew were in the old city of Nazca in the Peruvian Cordilleras when he was confronted with the "inconceivable". He explained, "For days and days we'd been plodding about and did not see anything, and then we took an airplane —". The things which Reindl and his team saw are described by Von Daniken as: "Hugh geometric lines which had been drawn according to astronomic plans."

Possibly a landing ground for visitors from space centuries ago?

Director Reindl concurs: "From the ground one does not see anything, from the air, however, everything is quite clear. And the only explanation I can find for this is that all this had been constructed for someone who came from the sky."

Puzzling? Maybe. The evidence on which the film is based is all over the world — in California, Mexico, Chile, Peru, Bolivia, Egypt, Iraq, Lebanon, and South Africa. And it's all put together in Chariots Of The Gods.

When the program was first aired on March 12, it prompted the greatest favorable response to any television program in CBC's history... more than 4,000 phone calls. The sponsors also had their share... more than 200 calls and more than 50 letters. The majority of these were asking for a repeat.

Baha'i Faith

The judgment Day of God is both a retributory calamity and an act of holy and supreme discipline. It is at once a visitation from God and a cleansing process for all mankind. Its fires punish the perversity of the human race, and weld its component parts into one organic, indivisible, world embracing community. (Writings from the Baha'i teachings.) Today man must search for himself... if interested please call 339-3719.

Auto safety tips

Are your kids safe?

BY CONSUMERS' ASSOCIATION OF CANADA

The year round safety of children is of concern to almost everyone. Each year statistics tell the same story — accidents are the leading cause of death among children under fifteen. More children are dying as a result of accidents than from all the leading childhood diseases combined, and the biggest single killer is traffic.

Consumers' Association of Canada reminds parents that today's children live in an increasingly complex world. An important part of their education is learning how to live safely in our modern, fast-moving society. Children can and should be taught to be careful, and the chances of accident reduced by all possible means.

The creation of safe attitudes in children depends largely on teaching by example. By taking time now to explain possible dangers to children, and show them how to meet possible hazards, will help them to avoid accidents throughout their entire lives. Accidents do not just happen. The use of safety restraints in cars is assuming greater importance as the toll in child

passenger injuries increase each year. Specially built seats anchored to the safety belt system are proven devices for preventing death and injury to tots and babies.

To be effective, the restraints must be anchored to the frame of the car. Seats that only hook over or slide under the seat back without being anchored to the car frame offer no protection in an accident. In fact they add another 10 pounds to the weight of a child if he is thrown forward in a sudden stop or collision. The only seats that have successfully passed dynamic safety tests are the GM Infant Carrier and the Ford Tot Guard.

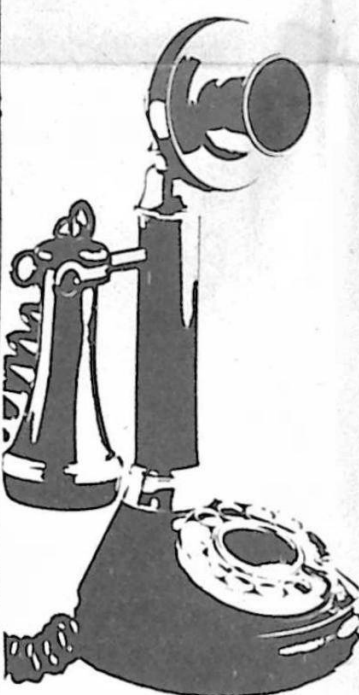
Children under the age of five or under 50 pounds should not be restrained by the adult automobile seat belt. Many parents do not realize that due to incomplete development of bone structure, children of this age should have a restraint that will distribute the force of a collision over a wide area of the body.

For the older child, the best way to reduce the incidence of injuries is for parents to insist that all children over 50 pounds buckle their safety belts. They may be propped

up on a firm cushion so that they can see outside. The belt should be adjusted to fit across the hips. It must not be permitted to ride across the stomach. It is not recommended that children use the shoulder harness until they are at least four foot seven inches tall.

Each year Canada Safety Council promotes an awareness campaign to direct attention to the issue of child safety, and each year the statistics show an increasing number of children killed and injured in cars. Consumers' Association of Canada has cooperated with the Safety Council in trying to inform and educate the general public to the need for properly restraining children while they are riding in a car. The Association has received a large volume of correspondence and requests from concerned parents for information to help them understand the necessary safety considerations, and this has resulted in the development of a series of articles on this topic. The complete series on Children's Automobile Safety is available, price 50 cents, from CAC, 100 Gloucester Street, Ottawa, Ontario, K2P 0A3.

SAY HELLO TO AN OLD FRIEND.



We've brought back the "twenties" with Candelstick. Available in Black Bottom Black, Whiffenpoof White, and Razzamatazz Red. The cost is your regular telephone rate, a connection charge, and an additional monthly charge. Call the B.C. Tel business office. And... tell them Joe sent you.

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WO's and SGTS. MESS MAY, 1972

SOCIAL NIGHT — May 20 — Music — "RECORDS."
MOVIE — May 22 — "Alfred The Great"
SOCIAL NIGHT — May 27
MOVIE — May 29 — "Good Guys, Bad Guys."

OFFICER'S MESS ENTERTAINMENT MAY, 1972

May 19 — Monster TGIF
May 21 — Brunch - Candlelight Dinner
May 24 — J.O.B.
May 27 — Spring Informal - Timerrail - Dress Casual.
May 31 — J.O.B.

JR. RANKS CLUB

Thurs., May 18 — Shuttle Board
Fri., May 19 — TGIF Golf Tournament
Sat., May 20 — Bruce Thompson Trio
Sun., May 21 — Bruce Thompson Trio
Tues., May 23 — Movie, Alfred The Great
Thurs., May 25 — Euchre
Fri., May 26 — TGIF
Sat., May 27 — Bruce Thompson Trio
Sun., May 28 — Bruce Thompson Trio
Tues., May 30 — Movie, Good Guys, Bad Guys

BINGO EVERY WEDNESDAY NIGHT
Wednesday, May 17, Merchandise Bingo

BASE THEATRE

Schedule for May, 1972

Fri. 19 May	THE DEVIL'S bride	Christopher Lee
Sat. 20 May	BREWSTER MacLEOD	Sally Kellerman Bud Court Stacy Keach
Sun. 21 May		
Tues. 23 May	BEYOND THE VALLEY OF THE DOLLS	Dolly Read Synthia Myers
Wed. 24 May	Restricted	
Thurs. 25 May		
Fri. 26 May	LIVING DESERT & VANISHING PRAIRIES	Walt Disney Family Show
Sat. 27 May	THE WILD ROVERS	William Holden Ryan O'Neal
Sun. 28 May		
SATURDAY MATINEES		
Sat. Mat. 20 May	THE WIZARD OF OZ	
Sun. Mat. 21 May		
Please Note: ALL SEATS 50c, both matinees		
Sat. Mat. 27 May	LIVING DESERT & VANISHING PRAIRIES	
Please Note: Child Admission 30c		

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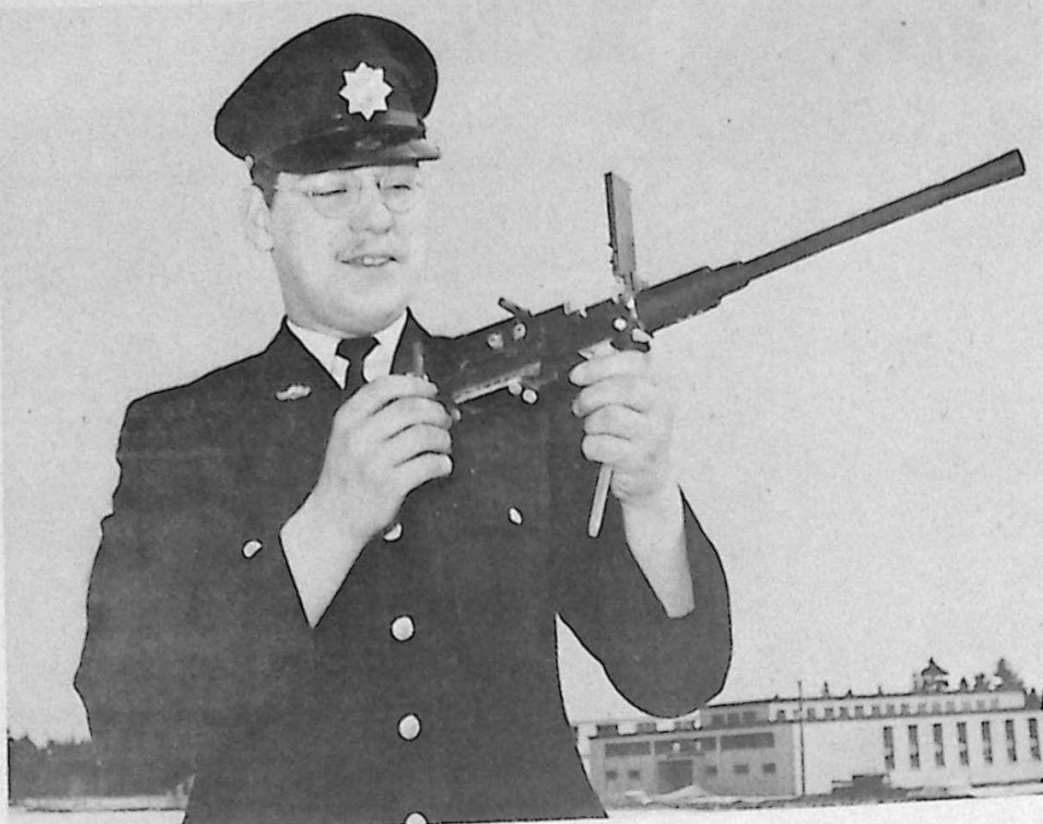
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WHILE PTE RAYMOND LUST was recuperating from a knee injury, he found that he had quite a lot of spare time to kill. A modeller par excellence, he built this scale model of a 50 cal. heavy machine gun using ordinary household materials very resourcefully, using a knife, file and hacksaw blade.

(Canadian Forces Photo)

A resourceful modeller with time on his hands

CFB Gagetown, N.B. — Time on his hands? Don't you believe it. But a period of light duty after a knee injury provided Private Raymond Lust of the Second Battalion,

The Royal Canadian Regiment some time to get back to his hobby of modelling the things he sees around him. His most recent achievement is a working

model of a fifty caliber heavy machine gun used as a support weapon in infantry battalions. Ray said he used to build model kits, but the challenge of them wore off. His next project will be to model a 106 mm recoilless rifle and a vehicle other than the present military pattern vehicle to carry it.

This model cost him about five dollars. The barrel is made from Lysol tubes, the flash eliminator from the handle of a lint roller brush. The barrel jacket is made from a pill bottle and the plastic cassette boxes were used to fabricate the body of the model. The breech cover folds up as shown and exposes the working mechanism inside the gun. The cocking handle moves down and back operating the cartridge loading mechanism.

The tools used in the construction of the model were a knife, a triangle file and a hacksaw blade.

Water skiers' club

Do you water ski? Would you like to water ski? CFB Comox has a water ski club. It's called the 4CEES AQUA SKI CLUB and is subsidized partly by the recreation budget. This is the third year for the club and things are going nicely. We have plenty of equipment and are presently working on a ski jump. We have a piece of land on the south shore of Comox Lake donated by Weldwood of Canada.

You don't need a boat to join. There are sufficient boats to enable all club members to get plenty of

skiing on our club outings. Our club, the 4CEES, is a member of the CWSA, and all our members receive the privileges inherent in belonging to this club.

During the year, we put on at least two water ski displays, usually on Cumberland Days and Comox Days, but we have also put on a display in Campbell River.

If you would like to get in on the fun and join, the membership fees are:

\$50-family, \$40-couple, \$30-single, \$20-junior. Call Bob Gould, president, 339-2763.

Judo club in tourney

Last Saturday, members of the CFB Judo Club competed in a tournament with entries from all over B.C. The contest, held in Campbell River, saw two Comox competitors place third in their respective weight classes. The honors went to Bob Thomas and Brian Fulton.

Club president, Barrie Woods, coached the club in the competition and the Comox club did very well. The juniors will not be meeting again until mid-September, while the senior class winds up at the end of May.

Softball

Inter-section Softball After its second week of play the inter-section league seems to be well off the ground and heading for an interesting season. The following are the results as of this morning:

P W L T PTS

442-Bameo	3	3	0	0	9
CE Fire Hall	3	2	1	0	7
Avionics	3	2	1	0	7
USAF	3	2	1	0	7
407-409 Air	3	2	1	0	7
Supply	3	1	2	0	5
MP	3	0	3	0	3
407 Ground	3	0	2	0	2

Teams are still in need of players and anyone interested should contact their section sports representative or M-Cpl. Waller, Base Rec Centre, loc 315.

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Sports festival begins today

VICTORIA — Prime Minister W. A. C. Bennett will officially open the third annual British Columbia Festival of Sports, Thursday, May 18, in a colorful ceremony commencing at noon in front of the Parliament Building here.

The Festival of Sports will run from May 18 through June 5 and bring together more than 100,000 athletes to compete in 45 individual sports in 91 British Columbia communities. Overall, there are more than 320 events in the Festival.

Competitors taking part in the Festival are coming from many parts of Canada, 15 American States, Australia, New Zealand, Britain, Mexico and West Germany.

Premier Bennett will officially open the Festival by lighting a flame on top of a cairn erected at the foot of the Legislature steps. The flame will burn throughout the three-week period of the Festival.

A torch will be delivered to the Premier on horseback by Billy Baker, 18, of 100 Mile House, the all-round cowboy at last year's provincial high school rodeo championships.

He will be preceded on horseback by the queen and two princesses of this year's rodeo. The queen is Sherrie Angle, 17. The two princesses are Ann Edall, 15 and Barbara Perry, 15. All three live at 100 Mile House.

The Festival of Sports is the largest athletic event of its kind staged in North America.

It is sponsored by the B.C. Sports Federation in co-operation with the Government of British Columbia, Department of Travel Industry.

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Two mile walk test scrubbed

That favorite semi-annual two mile walk which ADC personnel have been doing to prove their physical fitness has gone by the board. However, something new and better has replaced it.

Twice yearly, once in their birth month and then again in six months, ADC personnel will be required to cover a distance of 1 1/2 miles in a minimum time which increases with age. This test is based on the Aerobics program developed for the USAF. This year, testing will be first carried out in August and September, giving CFB Comox athletes plenty of time to get in shape.

In order to assist personnel in their fitness conditioning, classes are being held daily at

1100 and 1530 in the Base Gym. The classes consist of a warm-up circuit training period followed by progressive jogging. It is recommended that three classes a week is the absolute minimum to obtain any benefit. If a body fails to attain the required level in the test, these classes will be mandatory.

For the older chaps, aged 45 and over, the program is voluntary, but highly recommended. If you're over 35, strenuous activity without previous conditioning could be hazardous to your health.

The Totem Times has been unable to determine whether this program will apply to non-ADC personnel on the base.

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CANADA

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Dial Salters 2 4-OZ. FOR 27¢

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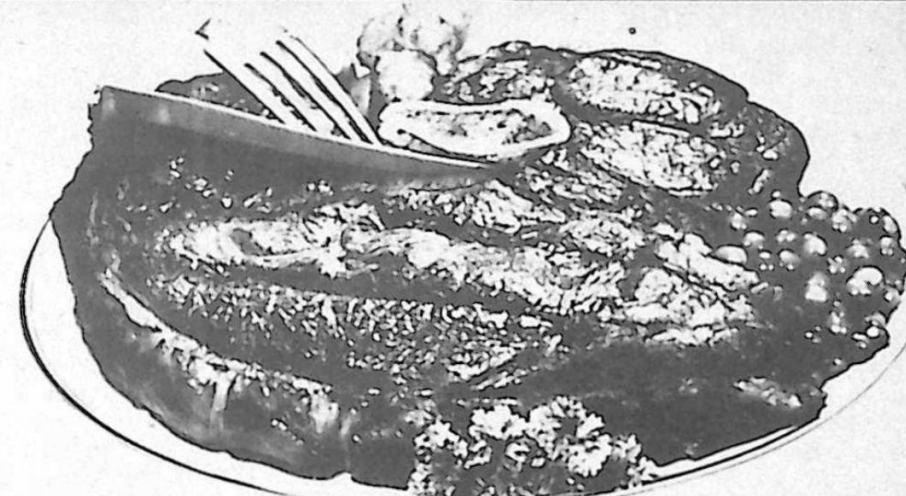
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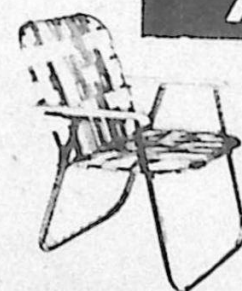
Tomato Juice NABOB • FANCY 2 48-OZ. 89¢

Potato Chips NALLEYS • TRI-PACK 8 1/4-OZ. 49¢

Canned Pop WHITE ROCK • ALL FLAVORS 6 10-OZ. 79¢

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