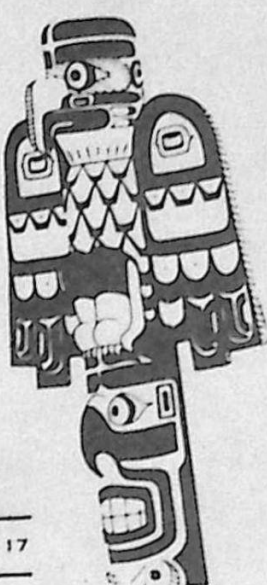


# TOTEM TIMES

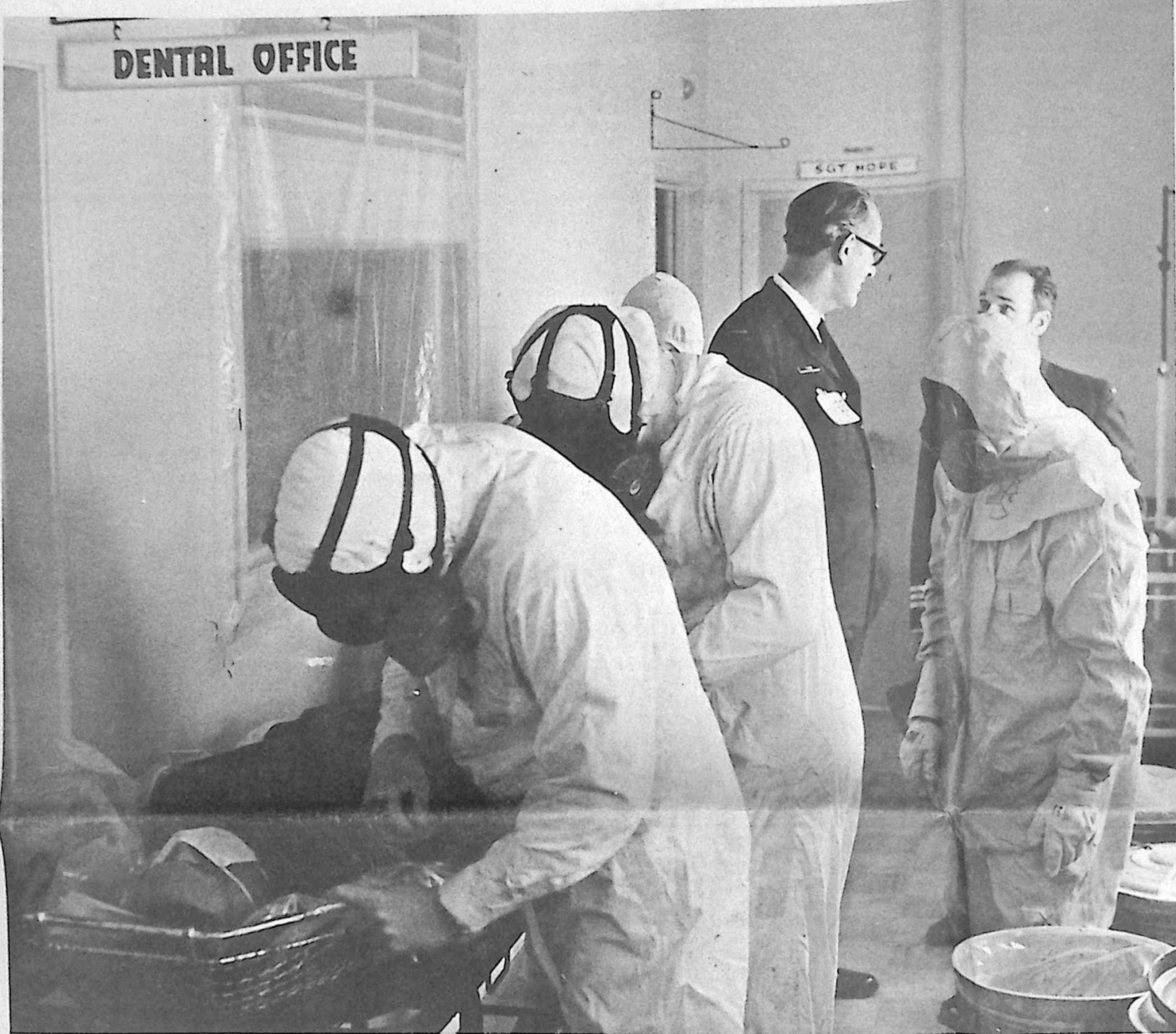
Will Team Canada can Canada?

CFB COMOX TOTEM TIMES THURSDAY, SEPT. 21, 1972

VOL. 14 — NO. 19



## Comox invaded by Eastern hordes



IT'S EASY TO SEE from this scene why people are afraid to go for their yearly dental check. Actually, this is a simulated casualty

during the C.I., used for checking the success of the base disaster plans.

This week, Canadian Forces Base Comox is undergoing its annual Capability Inspection. The inspection, which is carried out by teams of inspectors from ADCHQ, CFHQ, and observers from the USAF, look into all aspects of the base's ability to store, handle, safeguard and if necessary use any nuclear weapons it might someday receive.

For the inspectors and the inspectees it has been a busy week. All the procedures pertinent to the employment of nuclear weapons are thoroughly scrutinized to ensure that any such operation would be totally safe. Air and ground crews have to pass written exams which are a thorough test of knowledge. All the emergency procedures which have been developed to contain any sudden disasters are exercised, and the sudden disasters are duly contained. One unsatisfactory rating was given to the Met section for providing terrible fishing and golfing weather during the whole week the team was here.

At the end of the week, we hope the inspectors have been unable to find any flaws in the program, a fact that will cheer them so greatly that they leave, promising to speak well of us when they return to that vast puzzle palace on the banks of the Ottawa.

### UGN needs full base support

The annual United Good Neighbor Appeal will be conducted on the Base commencing on 2nd October, ending 13th October. Base Campaign Manager, Capt. T. Murray, has set the base objective as \$5,000. During the campaign, each serviceman and civilian employee will be contacted by his section canvasser. Personnel willing to contribute may do so by cash, monthly pay assignments, or by a single payroll deduction. The Base Commander, Col. D. McNichols, has requested each section to give their full support to this worthy fund drive.

(Continued on page 7)

### Battle of Britain vet retires

The last Battle of Britain pilot, but one, who still serves in the Canadian Forces has just retired after 34 years of service.

Lieutenant-General Edwin M. Reyno, 55, of Halifax, has been deputy commander-in-chief of the North American Air Defence Command since 1969. His retirement took effect Sept. 1.

Commissioned in the RCAF in 1938, Flying Officer Reyno flew overseas in No. 1 (later 401) Fighter Squadron and fought over the skies of Britain in 1940. The other flying officer still in Canadian uniform from those historic days when Britain denied air supremacy to the German air force and blocked invasion is Col. Beverly E. Christmas, now deputy base commander at Esquimalt, B.C.

For the rest of the Second World War Gen. Reyno commanded squadrons and air stations in Canada and was awarded the Air Force Cross.

In 1966, he became chief of personnel for the Canadian Forces and was vice-chief of defence staff in Ottawa before becoming the number two man in NORAD. He has been succeeded there by Lt.-Gen. Reginald J. Lane of Victoria, four-time decorated veteran of wartime bomber missions.

### Chief's farewell message

On September 15 I will relinquish my appointment as Chief of the Defence Staff, and I'll change my uniform for civilian dress.

Before I do I want to thank all of you in the Canadian Forces for the strong support you have given me in the past few years, and for the dedication you have shown in carrying out the thousands of jobs, both big and small, which you have been asked to do.

I know that, with our reduced numbers, the effort required from each of you is greatly increased in order to respond in the same way that we have in the past. I know, too, that some of you are working long hours and carrying additional responsibilities to maintain the efficiency of the forces. We have been able to meet the commitments assigned to us by our government, and I am most grateful to all of you for your extra efforts which have made this possible.

The many changes that have taken place over the last few years have created uncertainty in the minds of many of you. Although there may be more stability in the future, rapid and significant change is a feature of our age. We must therefore, learn to live with change, and in fact participate in it and benefit from it.

I would like to leave you with one thought. Let us never forget that the Canadian Forces is the only organization in the nation that is trained to fight, and we must be very good. We willingly accept other national commitments in time of peace which will, and do, contribute to the well being of the nation. But we would be doing Canadians a disservice if we were not trained and willing to fight for Canada. Until society finds some other solution, military preparedness is an essential ingredient of deterrence.

If this sounds aggressive, it is not meant to be. The members of the Canadian Forces deplore the use of war as much as any other group of Canadians as a means of resolving international differences. We have proved this again and again. The officers and men of the Canadian Forces have carried a very large proportion of Canada's peace-keeping responsibilities for more than 20 years. Under the banner of the United Nations you have eaten the dust of deserts, sweltered in the tropical heat of jungles, and laid your lives on the line on the battlefields of Korea in the preservation of peace.

When I leave the Canadian Forces, I shall miss you all, miss being part of a fine organization. I know I shall always be proud of you as I am today.

### General posted to civvy street

Brigadier-General C.J.A. Hamilton, 51, of Brandon, Man., has been assigned to the Great-West Life Assurance Company, Winnipeg, for 18 months beginning Sept. 1, under the Public Service Commission's executive interchange program.

He is the first Canadian Forces officer assigned to a position in civilian industry under the program.

The executive interchange program involves the temporary assignment of executives between the federal public service and the business community, universities, and other levels of government. The program was established a year ago to help promote a better understanding of problems and areas of common interest between the public and private sectors.

Appointed as research associate, corporate planning, Brig.-Gen. Hamilton will undertake a special project concerned with the reporting systems between the company and various government departments.

President of Great-West Life, J.W. Burns has expressed his hope that the results of the study would bring about greater efficiency and economy in the reporting systems between the company and government.

Brig.-Gen. Hamilton has served in the Canadian Armed Forces for 31 years.

He saw action as an infantry officer in the Second World War and was awarded the MBE for services as a staff officer in Korea.

He has attended staff colleges in the United States and the United Kingdom and was the assistant commandant of the Canadian Army staff college in Kingston, Ont., from August, 1966, to January, 1968.

In January, 1969, Brig.-Gen. Hamilton was appointed the Canadian military representative with the international observer team in Nigeria.

Promoted to his present rank in August, 1969, he took command of 3 Combat Group in CFB Gagetown, N.B. In June, 1970, he took over as commander, 1 Combat Group and CFB Calgary, the position he held until his appointment to Great-West Life.

### William Tell crews gather at Tyndall

Forty-eight fighter interceptors from the U.S. Air Force Aerospace Defense Command (ADC), Air Command (CF ADC) will fly four missions each at Tyndall AFB, Fla., in attempting to boost their team to top honors at William Tell '72, Sept. 18-29.

Teams will be competing in this aerial weapons meet in three categories — each determined by the type of fighter interceptor they fly — the F-101 Voodoo, the F-102 Delta Dagger, or the F-106 Delta Dart.

In the F-101 category, the teams are: Maine ANG's 132nd Fighter Interceptor Squadron; the North Dakota ANG's 178th FIS, Fargo; and the Canadian Force's 425th All Weather Fighter Squadron from Bagotville, Quebec. Competitors flying F-102s are the 57th FIS, an active duty ADC Squadron from Keflavik, Iceland; Vermont ANG's 134th FIS, and Wisconsin ANG's 176th FIS. The F-106 category includes ADC teams from the 2nd FIS, and Wisconsin ANG's 176 FIS. The F-106 category includes ADC teams from the 2nd FIS,

Wurtsmith AFB, Mich.; 5th FIS, Minot AFB, N.D.; 318th FIS, McChord AFB, Wash.; and the 460th FIS, Grand Forks AFB, N.D.

Each aircraft of each team must fly two of the four missions against the jet-powered Firebee, a radio controlled drone capable of high speeds and elusive maneuvers. In the first profile, the pilot must intercept the drone at an altitude of about 45,000 feet and use a "snap-up" tactic to fire a rocket at the target. In the next mission, which takes place at about 40,000 feet, the pilot must intercept the target head on, fire a missile, then convert his attack to the rear of the target with a high G-force turn to re-attack.

On the third mission, the aircraft is pitted against a towed target at about 2,000 feet. The target is attached to a "tractor" aircraft by a five-mile long cable. The interceptor pilot must attack from the rear and seek out the target from the low-altitude "clutter" on his airborne radar.

The last mission is against

an electronic counter-measure equipped aircraft. No live weaponry is used during this intercept-attack profile. Rather, aircrews dry fire at the target and evaluation devices score the mission.

During this mission, the fighter aircrew is pitted against the target aircrews which have many mechanical and electronic countermeasures at their disposal to defend themselves.

Scores of these four missions will be pooled for the team score. Other events making up the team score are weapons loading and radar intercept direction. Each team will have a weapons loading team who will be scored on how quickly and safely they load their aircraft. Radar intercept directors manning Back-Up Interceptor Control (BUIC) command and control consoles at the BUIC centre at Tyndall AFB will

be scored on their use of the sophisticated computer system to guide the interceptors to the target. "William Tell '72 provides the necessary opportunity for realistic training for pilots, maintenance crews, weapons controllers, and munitions loading crews. It is the proving ground for our aerospace defense network, and I can think of no better way to commemorate the Air Force's 25th anniversary."

### Gen Dextraze new CDS

OTTAWA — Canada got a new chief of the defence staff Friday when a 53-year old, multi-decorated infantryman, General Jacques A. Dextraze of Montreal, took over the reins from retiring 56-year-old Gen. Frederick R. Sharp of Moosomin, Sask.

A Second World War bomber commander with 37 years service, Gen. Sharp has led the Canadian Armed Forces for the past three years.

A simple signing of documents marked the 11 a.m. handover ceremony at National Defence Headquarters before acting defence minister C.M. Drury and senior military and civilian members of the department.

The new head of the armed forces, Gen. Dextraze, began his career in 1940 as a 21-year-old infantry private with Les Fusiliers Mont-Royal, a Montreal infantry regiment. By 1944 he was commanding his unit in the rank of lieutenant-colonel, and won the Distinguished Service Order for gallantry in the fighting in Northwest Europe. He won a bar to the DSO for pursuing a German general

to surrender the Dutch city of Groningen.

He returned to civilian life after the war, but returned to uniform in 1950 to lead the 2nd Battalion, Royal 22e Regiment (Van Doos) in Korea. For his service there he was made an Officer of the Most Excellent Order of the British Empire.

Several senior posts followed until 1963 when he went to the Congo as chief of

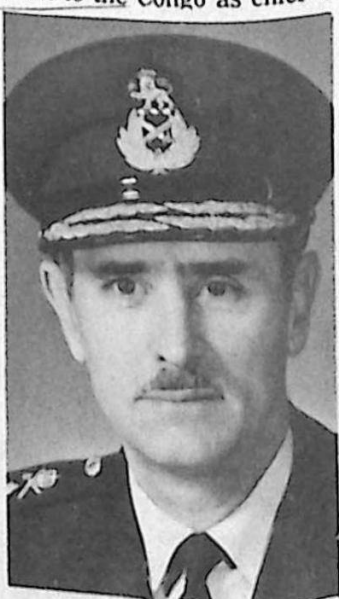
staff of the United Nations forces there. For "outstanding planning and leadership in rescue operations" he was made a Commander of the Most Excellent Order of the British Empire.

He went on to hold top staff and field appointments in Petawawa, Montreal and Ottawa until the end of 1970 when he became chief of personnel of the Canadian Forces.

The retiring chief, Gen. Sharp graduated from Kingston's Royal Military College in 1938. He held several wartime training posts in Canada before going overseas to command 408 (Bomber) Squadron, winning the Distinguished Flying Cross.

Post-war appointments have included the command of RCAF Station North Bay, 25th and 26th NORAD Regions, Training Command in Winnipeg, vice-chief of the defence staff in Ottawa, and deputy commander-in-chief of the North American Air Defence Command (NORAD) at Colorado Springs, Colo.

He became Canada's top man in uniform Sept. 15, 1969.



Gen Dextraze

### Busy summer at lost-found

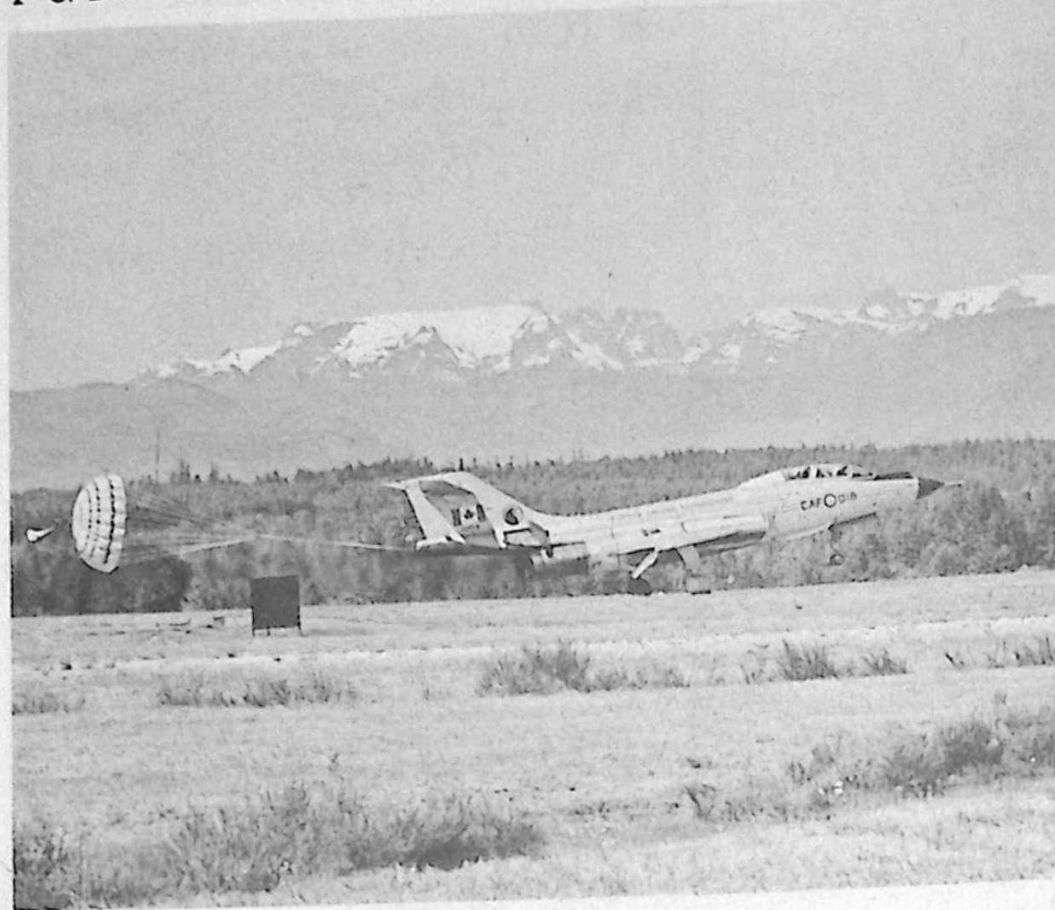
Canadian Forces Rescue Co-ordination Centre, Victoria, logged its busiest summer on record with a substantial increase in marine incidents, the centre announced yesterday.

Aircraft incidents decreased from 46 to 32 but marine increased from 502 to 604, and mercy missions from 83 to 85 over last year's figures. All told the rescue centre recorded 801 incidents in the June-August period marking the largest number handled since the centre's formation in 1947.

In addition, the Victoria Rescue Region's facilities were instrumental in saving 136 lives since January 1st this year. This compares with the figure for all of 1971 of 114 lives saved.

The jump in marine incidents reflects the ever increasing numbers of pleasure craft operating off the B.C. Coast, according to RCC commander Major E. Gordon Bissell. At present there are well over 100,000 registered B.C. marine craft, excluding tugs and commercial vessels.





MONSOON MISSIONS HAVE taken the place of easy summer flying in the last few days. We printed this picture to show any new B.C. waterlooges that the sun does shine sometimes.

Dave McNair Photo

## Nighthawk's Nest

409 Squadron has undergone several changes within the last two weeks, the least of which is a return to 0745 briefings. The hurried pace of summer has finally slowed now that the Hawks are back to almost full strength. Complementing the crews will be our newly arrived Squadron Commander Lt. Col. L.C. Price, as well as Maj. L.G. Jenks, and Capt. S.A. Livings. Welcome Nighthawks and Nighthawks.

Back to the nest has come our token 28 percent from an exhausting summer at the Pacific National Exhibition. Rumor has it that he was so fearful of Tom Murray's

threat of a full week in "the box" that Guy managed to misplace his "gen book" temporarily. While away, Guy has changed, he has now joined the "martini set" to some degree. Guy's solution is a beer based martini with olives on the side; anyway, "Bienvenue Guy".

Maj. S.O.S. had an adrenalin incident last week. Red lites flashed, Responses were instantaneous and a single engine approach with a safe landing was carried out. It sure must be a welcome sight to be back on "terra firma" even for a skipper.

It is as embarrassing to all concerned when one learns that he has been wearing the wrong parachute as waking up on the wrong cheslerfield.

Fair Kirk seems to be a fairly common word around 409 lately. The Hawks experienced II in quick succession last week. This flurry of activity was indeed a direct result of the anticipated Capability Inspection, a somewhat regular yearly event to confirm ADCHQ's suspicions. The CI team arrived this week and thus the 409 mates were dutifully briefed on the "nots and nos" of the Inspection. The hands were also briefed to be careful of "trick" questions and not to volunteer anything unless specifically asked and even then to reveal only name, rank and serial number.

Two balloons were temporarily inflated this week. It appears that the vast pool of Captains have been diluted again, this time by Tim O'Rourke and Marv Guile.

Wednesday had the new "Save the Q Committee" (for what?) behind closed doors. New developments are in the offing, so stand by 409 (don't hold your breath for all of them). One statement seems to have emanated from this meeting. "Let me make this perfectly clear, it was said, (eventually) "conscription for QRA duty will be replaced by a volunteer force." Seems to me I have heard that line somewhere before.

Nighthawks gathered in their favorite nest for a steak and a little B.C. bubbly. Joining the Hawks were some base personalities, Col. D.W. McNichol, new Nighthawks, Lt. Col. L.C. Price and other invitees. The luncheon was notably quiet (at first) probably because the guests

were segregated from the mob by a head table. The "Karachi Cowboy", the squadron's newest combat ready person, convened the luncheon ad libs. After several beginnings and renditions of "Here's to Paul..." The Cowboy managed to welcome the dignitaries and guests (at least that is what we thought he did). The Chief Nighthawk Lt. Col. Price, expressed the view that tomorrow will be the first day of the rest of our tour at Comox and that with his help it will be the best tour we will ever have. I'll drink to that! Maj. Sos was thanked by Col. McNichol for his short stint as acting Squadron Commander. Maj. Sos's departure as Sqn. Cdr. was certainly dramatic as was attested by several goldfish pool visitors later that night. Adjournment was then sought and the Nighthawks retired to another room to take advantage of Lt. Col. Price's generous offer and to pass the Loving Cup.

Rumor of the Week (or Year) — After returning from the Cool Pool Maj. Sos has been looking for a buyer for his boat (or ship or whatever they call them).

## PMQ fire inspection

The Base Fire Department will be carrying out fire inspections of PMQs in accordance with CFP 120. This program is designed to make your community a safer place in which to live. The inspection will be accomplished by Fire Inspectors who have been trained to find fire hazards in the home.

This program will begin Sept. 25, 1972, and will take place from 1330 to 1600 hours Monday through Thursday. PMQ occupants will be advised at least one week in advance as to what day and approximately what hour the inspector will arrive.

The purpose of this program is not only to provide an inspection service, but to promote an educational service as well. Co-operate with your Base Fire Department and help to reduce the loss of life and property.

## William Tell Report

Weapons loading competition and the first kill of the meet highlighted the first day competition at the Aerospace Defence Command's William Tell '72 Weapons Meet in progress at Tyndall AFB, Fla. The "Alouettes" of the 425th All Weather Fighter Squadron, Bagotville, scored the first kill of this aerial weapons meet against a low-level towed target. The kill gave the Alouettes 2,665 points out of a possible 3,200.

In weapons loading competition the 460th Fighter Interceptor Squadron from Grand Forks AFB, N.D., led their field by scoring 1,840 or 2,000 possible points.

The Canadian aerial shooters are in competition with two other teams flying the F-101 Voodoo fighter interceptor. The other two teams are from the Air National Guard units in Bangor, ME, and Fargo, N.D.

During Canada's first mission Monday, Captains Lowell Butters and Douglas Danko made up the two-man aircraft that scored the first direct hit of William Tell competition. Their F-101 Voodoo was the number two airplane of Canada's four-ship flying team in William Tell competition.

Captain Butters, pilot of the airplane said, "I saw her hit the target and explode, nicest sight I've ever seen in my life." Captain Danko back-seat radar operator in the two-seat aircraft attributed this first kill to the outstanding support of other team members including his maintenance men and

weapons loaders. Said Captain Danko, "After that our (radar weapons) controllers put us in there right on the money and it was just a matter of locking on and taking the triggers and there she was."

The target shot down by the two Canadians was a TDU-25 tow target being pulled by a five-mile long stainless steel cable attached to a jet aircraft. The target was being pulled at 3500 feet and the two "shooters" were directed for the kill by Capt. Ronald Willard, their ground based intercept controller. Captain Willard used a stern attack tactic against the target and the aircraft fired a heat-seeking Falcon missile against the target now lost in the Gulf of Mexico. The mission took place on the Air Force Test Range south of Tyndall, AFB, over the Gulf of Mexico.

Captain Willard, the controller, used the facilities at the 678th Air Defense Group back-up intercept Control (BUIC) system for the successful intercept. BUIC is a sophisticated computerized command and control radar system which will be used throughout William Tell '72. The CF-101 fighter interceptor being flown by the Canadians is essentially the same as the F101s being flown in William Tell competition by United States Air National Guard teams, the 119th Fighter Group from North Dakota and the 101st Fighter Group from Maine. Monday the 119th posted 3,085 points out of a possible 3,200.

## Gen Sharp receives award

General Frederick R. Sharp, retiring Chief of the Defence Staff, was invested as the first Principal Commander of the Order of Military Merit by Governor-General Roland Michener at the Citadel in Quebec City.

The Order of Military Merit was created last July 1 to recognize outstanding and meritorious service by members of the armed forces. The Order comprises three

degrees — Commander, Officer and Member. Honorary awards may be made to members of armed forces of other countries for service to Canada.

The Governor-General is the Chancellor of the Order and the Chief of the Defence Staff will be the Principal Commander. Following his retirement, Gen. Sharp will retain the degree of Commander for life.

## Dental dangers

The preventative dentistry program has not been a success. Ignored appointments have created many problems to the BDentD and to efforts of his staff both in preventative dentistry and for the continued program of dental treatments.

A total of 128 dental appointments were made during August, yet 74 individuals from the sections listed made no effort to attend or advise the Dental Clinic of their inability to honor their appointments. This situation is a repetition of previous months

appointments. In most cases, dental appointments should be known to Section Commanders as appointments are sent to individuals through sections.

Section Commanders must take the necessary action to emphasize to individuals the need to attend the preventative dentistry program. When personnel are unable to attend, they must advise the Dental Clinic. Failure to observe this requirement could mean disciplinary action against offenders. You could also find it difficult to eat someday.

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## Voodoo Nuts, Bolts and Volts

The annual Capability Inspection Team more commonly referred to as C.I., are on the base this week checking out our operational capabilities, which means everybody just has to try a little harder. We started the week off well with 12 out of 13 of our favorite flying machines "serviceable" and ready to go. Our 13th naturally is on inspection.

The C.I. should not put any undue strain on the troops, since they won't be doing anything they haven't been doing all year except maybe a little more of it and under scrutiny. Keeping our flying wonders "serviceable" is the real challenge, since seldom are two snags alike.

Reserved Parking has come to the fore again. It seems that 40 percent of all parking space

on the base is "reserved" for VIPs, as a matter of fact some people are so conscientious about having a reserved parking spot that they keep an eye on it 24 hours a day, even if they use it for only a short period of time. It is understandable for a person who is important or lucky enough to get a reserved parking spot to want to have it available in his normal course of duty. However, it hardly seems logical to post guards on it after he is through with it for the day. A critical time for parking is at the 4 o'clock shift change, when the night crews come in to work, but the day shifts haven't left yet. Since 99 percent of the parking space is in use you take what spot you can find, by 4:30 the whole lot is empty. Yet, I know a certain Captain from CAC who gets his jollies by reporting parking violations because he sees a "green" sticker where only "red" stickers should be parked, a sort of self-appointed parking policeman. There is nothing more demoralizing than getting a parking violation ticket when there are 50 open parking spaces in the im-

mediate vicinity. I still say NPF is missing the boat by not charging nominal fees for all reserved parking. If this ever comes about I'll bet 90 percent of the reserved parking would disappear, along with all the problems it causes.

Winter dress comes in effect 1 Oct., which means you wear a tie.

I asked Bud Dash what transpired in the hangar while I was on leave. "Nothing new, but this roof still leaks," he answered.

There will be a STAG party for all members of the BAMEO organization on Fri., 29 Sept., in the Totem Lounge, starting at 2000 hours. Admission is free. Food, fun, games, entertainment and refreshments will be there for everybody. Tickets for the 101 Silver Dollars draw are now available from your entertainment committee members or the Servicing Canteen. The draw will be held during the night of the party. If we're lucky, there may also be some promotion announcements and hopefully a raise in pay, so don't miss the party — you may be lucky.

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A TYPICAL HUDSON CREW in the early days of the war consisted of two pilots and two WAG. Note the aircraft's Squadron identifier ROMEO ROMEO which identified 407 Hudsons for some time.

## 407 Tech Ramblings

### REPAIR DESPAIR

Once again it's time for greetings from the bay of engines and, to all who have aching legs as a souvenir of their mile and a half gallop, our condolences. Viewing this aerobics bit from a number of different angles, it is readily apparent that the programme is evoking little interest and the foremost question is, "do we want track stars or tradesmen?" A single run is a strain on those of us who lead an average life, whereas the minority, who pursue a fairly active athletic interest, do not need to prove how easily they can cover the prescribed distance. However, being servicemen, most of us do obey an order regardless of its origination - even if the source might have been someone outside the age limit who does not have to attempt it himself.

If we are expected to maintain ourselves in top physical condition, then all personnel should be required to spend an hour each morning on an organized physical training programme - and that would cost a pretty penny in terms of manhours.

Chuck Boyce and Larry Bourgeois have departed for a short course on constant speed drives and hopefully, upon their return, will be able to give the rest of us a better understanding of that mystic piece of equipment that causes so many headaches. In closing, I would like to express my joy at seeing so many good fitters appointed Master Corporals effective September 1st!!!

### TORP TOPICS

On the afternoon of Friday, Sept. 8th, we couldn't help but think of the boys from the

shop who were toiling away in the balmy breezes of Hawaii while we were enjoying a smashing section golf tournament. We had no problem with overly warm weather condition since, on the contrary, liquid sunshine was provided for 60 percent of the time. However, the weatherman's untimely offering failed to deter the ten stalwart duffers who sloshed around the nine holes equipped with a variety of umbrellas and rainwear that was seemingly produced from nowhere.

St. Michael won the low net with his 33.5 while the low gross went to Cuvillier who had a 48. Paul Fisk won the hidden hole which he found down by the tank farm during the course of one of his many ball hunting expeditions. In passing, may we remind you that, "Old golfers never die, they just lose their balls".

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SERGEANT RON HERMAN of 407 Squadron receives the traditional Hawaiian greeting from Karen Stuntz. Relax Demon wives. Karen is only fourteen and was bussing under the watchful eye of her father, who is the Commander of U.S. Naval Air Station, Barbers Point.

CF Photo

The Trudeau government shrugs off 6.7% unemployment.

**TOM BARNETT DOES NOT VOTE BARNETT**  
Comox-Alberni NDP campaign committee



The really big happening in the Demon Den recently was the return of crews 1, 2 and 6 from Hawaii where they were participating in RIMPAC, a multi-nation exercise held in the Hawaiian area.

The Demons flew with 5 Sqn. RNZAF, 11 Sqn. RAAF, and VP 6 of the USN. Also participating were surface and sub-surface forces of the participating nations, and units of the HANG (Hawaiian Air National Guard) who launched landbased strikes on the surface forces to keep them on their collective toes. As in all exercises of this type, safety was the primary consideration.

Rimpac is a unique exercise for the 407 Sqn as it gives us the opportunity to operate with a large surface force and to operate against several submarines, both conventional and nuclear powered. One of the big advantages is the opportunity to discuss with other members of the Maritime community ideas and tactics on the 'user' level.

During our stay in Barber's Point we were ably hosted by members of VP 17, themselves newcomers to the Hawaiian area. In addition to the usual organized parties, many of us were invited to their homes for dinner or drinks. Some of the Demons were fortunate enough to be offered the use of a second car, providing much needed wheels.

LCol Haire, Squadron C.O. was treated to a special demonstration of a sensational new ASW weapon useful in confined waters, the Mk. HI-LL board-launched Pool Bomb. The Colonel was escorted to the trials by a number of interested Squadron members who were there to ensure that he had a

front seat for the display. Our 'Stralian friend, Grime 'Arvey was so intent on getting the C.O. into his rightful place that he, (the F L), lost his footing and preceeded the boss into the pool. "Splashing," he (the F L) said, "Absolutely splashing!"

All was not lost, however. The C.O. occupied the spot vacated by Flt. Lt. 'Arvey and the bomb functioned within predicted parameters.

## Don't light the fuse

How often have you seen some careless smoker aimlessly toss cigarettes and matches into a trash can or waste basket?

The average office or shop trash can is a kindling pile of combustible material. Discarded paint cans, oily rags, and paper that accumulate in these waste receptacles are handy fuel for fires. A thoughtless flick of an ash or the toss of a match can ignite the ordinary waste can into a roaring incinerator.

A crushed cigarette butt or extinguished match can smolder for hours in a pile of waste before erupting into flames. The smoker is often surprised to see his handy "ash tray" suddenly engulfing adjacent desks, work benches and walls with flames.

Trash receptacles are potentially dangerous fire hazards ready to explode. Don't light the fuse!

Bills account for 15 percent of the mail received by the average Canadian household.

## Back to school

Thousands of young people returned to school this month and drivers should be especially careful in watching for them. Always remember children do unpredictable things. Drivers are reminded to pay particular attention to school zones and to obey all school zone speed signs (20 mph). The police will be closely watching school zones for speed violators.

Motorists should also be on the lookout for increased

bicycle traffic, especially in the early mornings and late afternoons.

The red flashing lamps on a school bus indicates that students are either entering or leaving the bus. Vehicle drivers are required by law to stop when the lamps are flashing if they are approaching the signalling school bus from the front or the rear. The requirement of the law is to remain stopped until the lamps stop flashing.

## Demon History

PART IV  
18 OCT 42 - 6 NOV 42

### SYNOPSIS:

After a busy opening period (33 sorties in nine days) there was a marked tapering off in activities during the last part of September. Between the 10th and 23rd only 19 operational trips were flown, most of which were accounted for by the Cherbourg aid of the 23rd. Command policy seemed unsettled, flak and night fighters had made low level attacks on enemy shipping extremely costly. The new high level technique had lost only one crew since switching to 4,000 foot bombing. The whole future of the Hudsons seemed in doubt. They apparently had had their day. Faster, harder-hitting aircraft were needed now. As of 28th September an advance party had arrived at St. Eval. A pall of gloom fell over the Squadron. It felt that it's strike days were over; the new station's location suggested anti-submarine operations over the Bay of Biscay, a less adventurous form of sport.

LAC Hopkins' log continues:

OCT. 18

Bob and I arrived back off leave to Edinburgh and had a swell time. We went by bus from Edinburgh to Greenock. It took us 24 hours to get to Edinburgh from here.

OCT. 20

At 7:20 this morning Flt Sgt. Lumar, Flt. Sgt. Keil, Sgt. Merchant and Sgt. Grain went out on patrol, and failed to return, the whole crew were well liked and had just come back off leave the day before.

OCT. 24

Tonight at 2200 hours "W", "V" and "L" went on patrol and Flt. Lt. Arnett at the stick with Flt. Off. Gillespie, Sgt. Craig and Sgt. Parker got a submarine, but — it was one of ours. The reason he bombed it was it didn't show the color of the day. The sub was damaged so much it took ten days to reach port. Two of the gunners were hurt.

OCT. 26

The same three "W", "V" and "L" went out again at 2300 hours. "W" was the lucky one again, and got a merchant ship off the French coast, Flt. Sgt. Ferguson, Ph. Off. Flemington, Ph. Off. Low and Sgt. Wheeler were in her this time, they dropped depth charges on each side of her and one in front, she sank within a minute, she was split down one side.

NOV. 3

This is just about the closest I've ever come to being killed. At 1130 "W" took off with some new kind of anti-submarine bombs — I hadn't been up for a long time and was about to go; when someone said "If you want a bed in our new billet you better go and get one." I went and when I came back at 1200 noon I heard my kite "V" had crashed in the bay off of Newquay. In it was Wg. Cdr. King, Pt. Off. Worthington, Sgt. Vailet - a fitter, and Flt. Lt. Caullis and the armament officer. It is thought they went too low and the concussion blew the tail plane off.

NOV. 6

At 9 a.m. the advance party left for Docking and we arrived there 2200 hours. It's beginning to get cold here now and it looks like another North Coates — Brr. The camp is scattered all over the place, but we can get up to Bircham two miles for the odd show, etc.

### HISTORIAN'S NOTES

It comes as quite a shock to learn that the very first sub the 407 Demons attacked was one of our own. It was the only sub seen during this three to four week period of operations in the Bay of Biscay.

The whole move to St. Eval had been to support the large Allied convoys making their way towards their landings in North Africa.

Wg. Cdr. King's crew were testing a new 100 pound A-S bomb which, upon explosion, lifted the tail of the aircraft so much as to put it out of control at very low level. Sgt. M.B. Valette was the aero engine mechanic who took LAC Hopkins' place. This was a particularly black day for the Squadron because hard on the heels of this tragedy came news of the loss of another crew while doing armament practice in South Wales.

The move to Docking was to make room for long range aircraft who could reach the Bay from that base. The Hudson's of 407 did not have the range. This move, the loss of Wg. Cdr. King, the lack of replacement aircraft and the prospect of little operational activity all combined to reduce Squadron morale to a new low. Even Group Headquarters was in the dark as regards the Demons' future. The Squadron had entered it's "Troubled Days".

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## Why Give

On October 2 the United Good Neighbor Campaign on the Base gets underway with an objective of \$5,000.

It seems like a lot of money, but when it is broken down it comes to only \$3.13 per wage-earner for the year.

Last year only about fifty percent of the personnel canvassed gave. The canvassers were given many excuses for not supporting the campaign, some legitimate, but a lot of servicemen took the attitude of "Why should I give? I don't live here and I am leaving shortly so I won't be asking any of these local organizations to do anything for me." Hopefully these same people may never have to depend on an organization that must solicit public funds in order to function.

However, let's just think for a minute and suppose that an accident, a crippling illness, or some other misfortune should overtake them or their families. They may spend the rest of their life depending on the help of an organization which they have never supported.

One of our American servicemen can testify to the type of help that these organizations can give. His wife had lost the use of her hands, due to an arthritic condition. The Canadian Arthritic & Rheumatism Society put them in touch with a doctor specializing in treating arthritic hands. Financial help with the three very expensive operations and the long period of therapy after the operation was also provided. This is a typical and by no means isolated example of the help and aid provided our servicemen during the past few years.

In order to carry out their task these organizations need our support. Without it they are helpless. So let's give the UNITED WAY when your section canvasser contacts you.

## Fit or Fat

As thousands of Canadian Forces members puff their way around a one and a half mile track to prove they are fit or unfit, many doubt that they have proved anything. Any rational person would agree that good physical condition is one of the most important factors for a long and productive life; but has a person who has just run a mile and a half proved anything about conditioning?

The armed forces of the world have traditionally, and necessarily, required their members to be in top condition. The question is, what does good physical condition consist of in our present day force? It is enough to say that because a man can run fast that he would be strong enough to stand his ground?

A run will definitely gauge the ability of one's cardiovascular system to cope with stress, but it will also give a false impression of fitness when it is used, without any other physical tests such as push-ups or chin-ups.

Many people in the forces are very much out of shape, and something should be done to correct this situation. Everyone should ensure that he keeps himself in the best shape by using the many forms of available exercise, but he needs help.

There is reason to doubt the entire Armed Forces fitness program. Because the forces demand that it's people be in peak condition, it must contribute in positive ways. An annual panting around a track tends to turn people against keeping fit. A concerted effort toward allowing personnel, particularly those on shift work, to participate in a well thought out fitness program would be a step in the right direction.

Many other factors go hand in hand with exercise, to contribute to a person's physical well being. One of the most important of these is nutrition. The Forces should ensure that personnel, who are forced to eat on the base, have proper foods available. For example, the food in the messes, while normally very tasty, wouldn't come close to allowing anyone to maintain a low caloric or low cholesterol intake. The snack bar in Hangar Seven, where most of base personnel work and eat, has an even more limited menu. When people go to coffee break, they eat something that is high in sugar content, perhaps a glazed doughnut. If a person wanted an apple to munch on, he is out of luck. Many people are unaware of the importance of good diet. Others, who are aware, are frustrated by the sources of food on the base.

If there was a change in the fitness program from making people sweat yearly, to a genuine detailed education on maintaining good health, both the Forces and its members would benefit.

## Today's NCO

The NCO in today's Armed Forces must demonstrate that he can lead on the basis of his ability and managerial skills. He is the link in the chain of command who is responsible for getting the job done.

As the middleman he must answer for delays, poor workmanship, missed deadlines, and any failure at lower levels. He can't make excuses. He has to deal in facts. He must be well informed and be able to keep top management advised on the status of all the various tasks assigned.

The technical aspects of an NCO's job are equally important. A good NCO must be able to show his men many tricks of the trade that make the difference between just doing a job and doing it well.

The airman relies on the NCO. The officer relies on the NCO. Through the years a tradition has been established that makes the NCO the man to see to get things done.

An NCO must know when to give a lecture to a young airman and when to give a perfect parade ground salute to an officer. He has to have tact. He must know how to keep secrets and how to stop rumors. He has to know many things. He has to know how to get the job done, regardless of obstacles and how to do it with the resources at hand. He may not always like what he has to do, but he can be relied on to do it.

Today's NCO must be able to communicate well with both officer and enlisted personnel since he deals with both on his job. He must be a good listener. This is important to being a good communicator. He must be easy to approach and talk to.

He must be understanding. This is most important in dealing with today's young enlisted force. The young airman wants to be heard, recognized for his work, and be understood. The NCO normally is the airman's first contact in the chain of command and a good NCO can solve many of the airman's problems at the supervisory level.

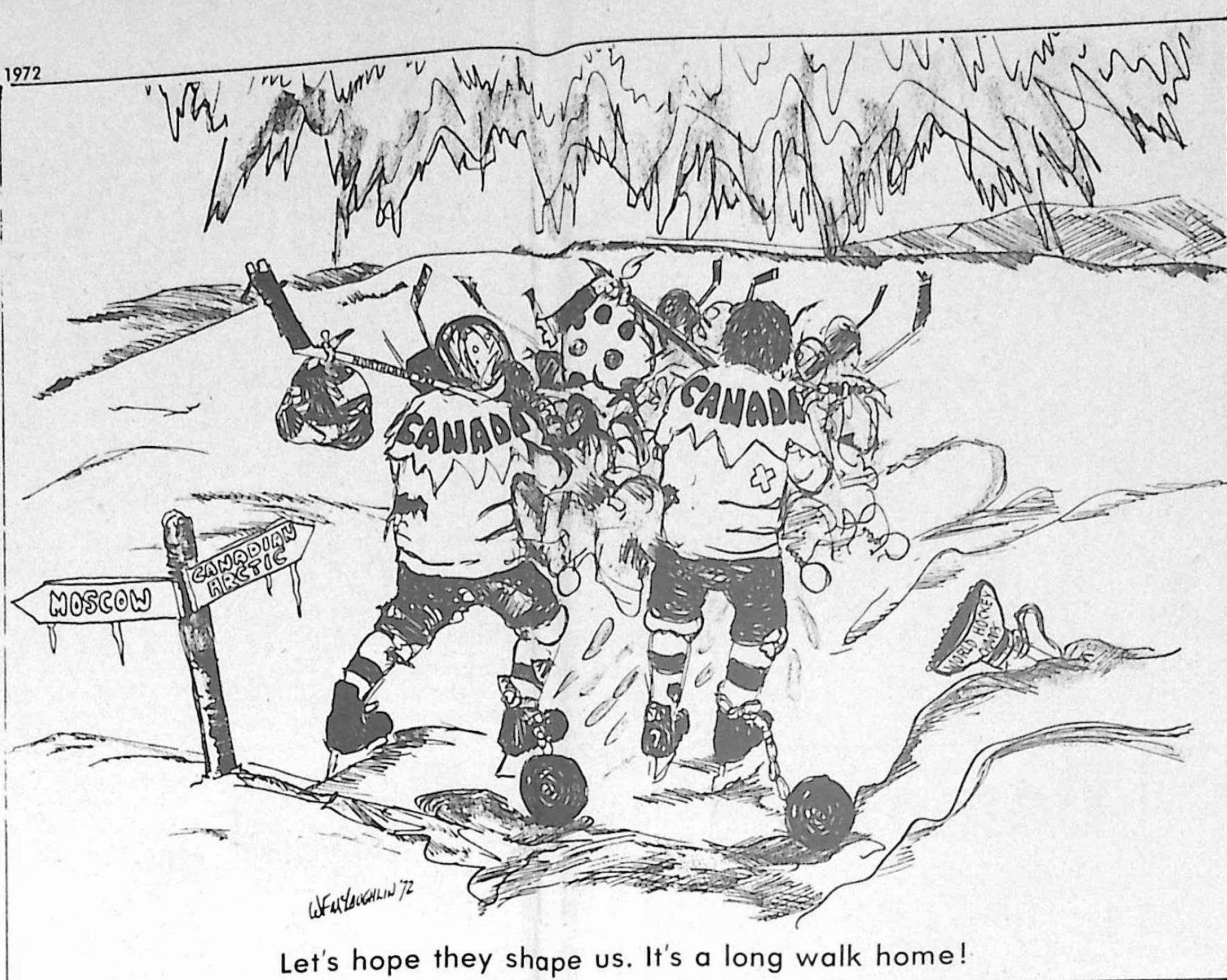
He must possess a good, friendly, and likeable personality, but not be over-friendly to the extent of making his subordinates feel that they can slide by without accomplishing the work they are assigned. An NCO must grow with the remain adaptable to his position. This is more important in today's Air Force than being a rigidly indoctrinated and reacting military man.

An NCO must possess a well-rounded knowledge of the Air Force, the command, and personnel.

The NCO has been portrayed as a hero, a good samaritan, and in dozens of other roles by writer and comic strip artists. In reality, he has to be a little bit of everything.

Today's NCO is better educated, more highly skilled and has been given more responsibilities than the NCO of 30 years ago. He is an important member of today's Air Force aerospace team.

from TAC press service



## What's to do in Comox anyway

BY EDITH KIRBY

So you've been transferred to Comox. You've looked around and thought "good grief, nowhereville!" and spent your time ever since watching the seven little dials on Channel 3 turning first this way, then that way.

I've been here one year now, and being sympathetic to your problem, I thought I'd tell you how I've managed to kill some time here. Some of my ideas you will like; others will have you wondering at my sanity.

The first thing you must do is face the fact that you have left four-lane freeways, symphonies, rock festivals, and haute couture far, far behind. From now on in you gotta groove with Mother Nature.

Why nupt study the beaches for a start. I tested every edible clam, mussel, oyster and crab in my own kitchen, and now I have a collection of recipes to delight any gourmet. As I shucked the oysters, I threw the shells back into the ocean, as I've heard they grow anew from the old shell. Then I studied the shells from an artistic point of view. If you go down to the Arts Gallery on Church Street, you will see what beautiful things you can make with seashells.

I have a friend who collects rocks. He is enthralled by the beautiful patterns that emerge after he polishes them. He didn't know what to do with his collection of polished rocks. I didn't either, so I sent him to the Arts Gallery too.

Feeding seagulls was fun too — for awhile, until I started going broke, and realized I was depriving David Logan of part of his livelihood. Back home on the prairies, out of pity for the poor little birds starving in the below zero weather, I used to build little bird feeders. I stocked them with suet and birdseed, and watched as the icy north wind blew it all away, untouched by those ungrateful birds I felt so sorry for. But to my delight, the seagulls grabbed up everything I threw out, but the novelty soon wore off when they began to follow me to the laundromat, screeching at

all their friends to come along too. Anyway, it might amuse you too for a while.

My husband wangled an invitation to go out with some commercial fishermen, and found it interesting to watch the hideous things they hauled up from the bottom. He learned some dandy new words as he listened to the fishermen joking among themselves. But he

decried I could not go with them next time as it was no place for ladies, liberated or not, so I have to find something else to do the next time the shrimp boat leaves.

Lots of interesting things go on at the dock. The whole scene is an artist's or photographer's delight, at any time of day or evening. My husband painted one of the more scenic boats; the owners came up and watched from behind. We have them the picture; they invited us on board, and a new friendship was born.

Dock people are a unique breed. The same man who will watch someone being murdered on the streets of Vancouver, becomes his brother's keeper on a boat dock. He watches everyone's boats. Your neighbor may watch your house being ransacked by vandals and do nothing, but they had better not touch your boat. Hanging around the dock has another advantage. Some fishermen just hate fish, so if you're in the right place at the right time, you get the fish.

Sometime in September watch for the annual grunion run. The word will pass like lightning through the community, so be sure you get down to the beach to see this phenomenon, and bring home a mess for the next day's breakfast.

I got a book from the library about edible berries and plants on Vancouver Island, and have been on the forage ever since. I know I won't starve so long as the forest has goodies like skunk cabbage, cat tails and ferns.

I gathered Oregon grapes and made jelly. My family's verdict — "pretty good stuff!" I climbed all over Forbidden Plateau for a half pail of blueberries from which I made a disastrous pie. Speaking of Forbidden Plateau, there's another skiing season coming up.

We climb the cliffs at Point Holmes. We build driftwood fires and roast weiners. We put burning driftwood into the ocean and watch the kids throw rocks at them. We watch the seagulls making one last tour of the beaches before they retire for the night to the outer islands. As the moon rises and the embers die, we watch the lights on the Royston Highway string a diamond necklace around the bay.

Comox is the ideal place to cultivate the art of goofing-off. Study the pattern of the snail trail over the sand; listen to the ocean in a nautilus shell; stand hip keep in the ocean, shut your eyes, and feel the waves rock you back and forth.

Feel yourself in tune with life's rhythm as you watch the ins and outs of the tide, the rise and set of the moon, and listen to the fire siren that blows every Tuesday night at 7 p.m.

Who says there's nothing to do in Comox? "But," I hear you asking, "does Comox swing?" Yes it does, but you can see from the exciting things I've been doing I just haven't had time to look into it.

## A Nation of Slobs

By PROMETHEUS

Athletic events during the past few weeks continue to bring home to us how misguided our efforts are towards our youth and how we continue to fail them through our lack of emphasis on sportsmanship and fitness training. Let's face it. We're a nation of slobs, and smug, self-satisfied slobs to boot.

Both provincial and federal governments, like their predecessors, have failed to provide leadership and direction for the development of our young people. The mess of the Opportunities for Youth Programs, the colossal waste of money and waste of young lives in these programs, the continuing fiasco of the Company of Young Canadians, all exemplify how out-of-touch with young people this airy-fairy, hypothetical, give-away, trial and error government really is. "Give them money instead of a challenge," is their credo. How far removed they are from the inspiration of President John Kennedy who rallied the imagination of millions of young Americans with his call to reach for excellence in all things, principal amongst them sport, to do so "with vigour" as he used to put it, and thereby reach new standards of fitness in physical and mental health.

"Mens sana in sano corpore" is the way the Romans described it 2100 years ago. But the Prime Minister has said in defence of welfare and unemployment insurance payments that "It is a man's privilege and right not to work if that is what he chooses." Hardly inspiring to our youth.

This article is a condemnation on both the failure in leadership on the part of the government and on the complacency and ignorance of millions of Canadians who permit themselves individually and collectively to be ripped off and duped at every turn.

We have watched our supposed best, our over-glorified professionals, be outplayed at our national game. Although we acclaim the participation of our olympic athletes, Canadian achievement in international competition is a disgrace.

We're so bloody smug and complacent in this country it's sickening. Amongst the most blessed of all lands, we have turned into a nation of deluded, self-satisfied, unfit, TV hooked slobs — a nation of spectators, sopped and sapped by lingoism and handouts from a

"bread and circuses" government, weakened by hedonism and a false and phoney Playboy philosophy.

Where will we find the leadership capable of putting things back in their proper perspective once again? Where are the visionaries who will create the track clubs, the swimming and diving clubs, the outdoor clubs, the challenge-to-youth clubs, which will inspire and lead our youth away from addictions and stupidity and moral chaos? Where are the figures in government who will stand up and say, "Yes, 'a sound mind in a sound body' is what life is all about; in that lies our greatest natural resource, an inspired and inspiring youth. Let us put our millions behind that, and by so doing we will reduce the laggards' and unfit amongst us and put a justified pride back in the people once again."

The almost universal physical unfitness of Canadians is testimony enough of our false values. The lack of inexpensive sports and recreation clubs has been exemplified by our continuing failure to develop sufficient numbers of young athletes capable of meeting the worlds best. "Oh, Canada, we stand on guard for thee . . ." Almost.

## Why I Want to become a pilot

I want to be a pilot when I grow up . . . because its a fun job and easy to do. That's why there are so many pilots flying today. Pilots don't need much school, they just have to learn numbers so they can read instruments. I guess they should be able to read road maps, so they won't get lost. Pilots should be brave so they won't be scared if its foggy and they can't see, or if a wing or motor falls off they should stay calm so they'll know what to do. Pilots have to have eyes to see through clouds and they can't be afraid of lightning or thunder because they are closer to them than we are.

The salary pilots make is another thing that I like. They make more money than they can spend. This is because most people think plane flying is dangerous except pilots don't because they know how easy it is. There isn't much I don't like except girls like pilots and all the stewardesses want to marry pilots so they always have to chase them away so they don't bother them. I hope I don't get air sick because I get car sick and if I get air sick, I couldn't be a pilot and then I'd have to go to work.

## Uncle Al



Dear Uncle Al,

I just received some crushing news today and I don't know which way to turn for help. Since I was hoping to send my son to military college, I decided to read the RMC Newsletter to find out more about the place. To my horror I saw this statement, "It is the Government and DND policy that the temporary goal for officer recruiting is 50 per cent Francophone in order to increase the numbers of Francophone officers in the Forces." I don't understand this since, according to the 1971 census, Francophones comprise only 26.5 per cent of Canada's population. Is there any hope for my son's enlistment?

Cheezed at Chilliwack



Dear Cheezed,

I'm sorry that I took so long to answer, but I've been too busy learning French so I'll have a chance for promotion. I'm afraid your son's enlistment chances are not too good, but take heart there is a bright side, as always, to this situation. If he does manage to enlist he should do quite well. After this policy comes into effect, things will reverse, because then 50 per cent of the officers will be trying for 26.5 per cent of the promotions.

Al



Dear Uncle Al,

I am very disappointed in your column, because you use the same tricks that all advice columns employ. What I am referring to is the use of an old picture, that obviously flatters you. I cannot believe that anyone with such a friendly looking face could write with so much malice.

Anti, Skeptical and Snowbound in Moose Jaw

Dear A.S.S. in M.J.

Gosh thanks, that is the friendliest letter I have ever received. I hope I have more letters from you poor devils on the other side of our Rocky fence.

Al

## Ten years ago

The new Sabin oral polio vaccine arrived in the Valley.

Flt. Lt. Dave Broadbent and Flt. Lt. Vic Bartlett were forced to bail out of their Voodoo.

You could see Ben Hur for one dollar at the station theatre.

Here's a bargain - three bedroom home in Courtenay. Full price \$7,600 with \$2,000 down, balance at \$45 per month. (which includes taxes).

Lamb in the Basket was 29 cents a pound. Canada Savings Bonds gave 5.11 per cent interest.

Harris tweed sportcoats were \$32.50.

The Station pharmacy announced new hours of operation for dependents prescriptions.

Continental Home Supply would pay your gas to and from Victoria for a major purchase.

Read in the best messes in the Canadian Forces

Published on alternate Thursdays, with the kind permission of Col. D. W. McNichol, Base Commander, CFB Comox.

<b>EDITOR:</b> Capt. Mike Pollard (Loc. 409) <b>EDITORIAL STAFF:</b> WO Paul Klem (Loc. 388) Cpl. Norm Blondel (Loc. 330) Capt. John Clark (Loc. 409) <b>PROOFREADER:</b> Allund Sundry (Loc. 377)	<b>BUSINESS MANAGER:</b> Lt. Bob Denyer (Loc. 379) <b>ADVERTISING STAFF:</b> Lt. M. Guile (409) Cpl. S. Duncan (409)	<b>SPORTS:</b> Cpl. Gord Palmer (Loc. 365) <b>CARTOONIST:</b> Capt. Bill McLaughlin (Loc. 308) <b>CIRCULATION:</b> Cpl. Yves Genuau (Loc. 270) <b>PHOTO EDITOR:</b> Capt. Dave McNair (Loc. 409)
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COL. McNICHOL PROVES that he is a swinger at the opening of the Col. Lett Trophy golf tournament held at Glacier Greens. Brig. Gen. Lett looks on, wondering if he can top the Base Commander's form, not just the ball

CF Photo

## Sports around the base

**BY "SCOOP" PALMER**  
I have a feeling that the rainy season is not too far away from CFB Comox. Then of course it won't be too long before that beautiful white stuff is upon us once again. Don't those thoughts just brighten up your day. If you want another gem there are only approximately 78 shopping days till Christmas (Humbly).

It was certainly nice to see Brigadier General Ken Lett back here at Comox for the Lett Golf Tournament a short time ago. The Glacier Greens had just begun construction when he left Comox so I was curious to find out what he thought about the course. He had just finished shooting an 88 when I asked him that question. He said, "This is going to be one of the finest golf courses on Vancouver Island in a very short time."

With a Low Net of 65, Jack Hawkins, captured the Lett Trophy. The runner up was Dave Davidson with a 69 while Reg Blois fired 70. The Low Gross title went to Frank Creamer with a 75. In second

## 300 or bust

CWO Latulippe will commence a walk for the Canadian Cystic Fibrosis Foundation at 1700 hours October 1, 1972. The walk is planned for 300 miles.

Information concerning the walk is as follows:  
TIME AND DATE - 1700 hrs 1 Oct. 72.

PLACE - Base track, CFB Petawawa, Ontario

EVENT - Attempt to break his own world record of 257.4 miles in 81 hrs by increasing it to 300 miles.

CO-SPONSORS - CFB Petawawa and 1 CDN FD Hospital

Donations and pledges may be made at so much per mile or a lump sum and all monies received will be donated to the Canadian Cystic Fibrosis Foundation. Cheques may be made out to "March for Cystic Fibrosis" and mailed to Commanding Officer, 1 CDN Field Hospital, CFB Petawawa, Ont.

Receipts are available from the Foundation for income tax purposes. Persons wishing receipts are requested to enclose their name and address.

## Sailors and Archers meet

A general meeting of the Archery Club will be held in the Totem Lounge at 2000 hrs on Sept. 28th. A general meeting of the Sailing Club will be held in the Base Armament Section at 2000 hrs on Oct. 4th. All interested persons are most welcome to attend. Further inquiries to Cpl. Norm Blondel at Loc. 330.

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## Tomboy has 160 to 1 odds

CALGARY (CFP) — One hundred and sixty-six men and Constance Bell, 18, of Calgary have embarked on a two-month combat training course at Canadian Forces Base Calgary.

The only female in a Militia course, designed to produce junior non-commissioned officers for units across Prairie Region, was destined for a desk assignment until she put her foot down and demanded to be put on an equal status with the young men around her.

"We had her slated for a modified version of the training," says course commander, Major Lou MacKenzie, "but when she found out she insisted that she be treated as an equal. We were happy to oblige, and she's making a success of it."

"I guess I've always been a bit of a tomboy," the brunette responds, "and I wanted to prove to myself that I could hack it."

After a moment's pause, Constance allows that the boys have been generally great to her and that she's pleased it is working.

## Judo Club

The Judo Club will be having registration on Sept. 25 and 26 from 6 to 8 p.m. each evening. Registration fees are \$4 and the monthly dues are \$2. Register at the Judo Club. Weekly sessions will be held on Mondays from 5:30 to 7:30 p.m. and on Wednesdays from 6 to 9 p.m. For further information call Cpl. Woods at Local 296 or Cpl. Campbell at Local 462.



**THE FIRST EIGHT MONTH** aerobic fitness program ended Aug. 31, 1972. This program called the CFB Comox Aerobic Fitness Club has proved quite successful, both for the participants and the program. Receiving the ADC Athletic awards are those who achieved over 1,000 aerobic points. Mrs. Crocker achieved 800 points which is outstanding for the opposite sex. The second eight month period began Sept. 15 and will end April 30, 1972, so don't talk about it, do it! Join the club and improve your fitness level.

## Cache Creek open

The annual checking station for hunters at Cache Creek began its 26th year of operation on September 2.

The station will be open from 8 a.m. to midnight each day.

Dr. James Hatter, Director, Fish and Wildlife Branch, stated that the information obtained from hunters at the station each year provides valuable statistics for the wildlife management division and assists them with their wildlife management programs in the central and northern regions of the province. Biologists are able to determine the age and sex of animals by analyzing tooth samples and for this reason successful hunters are requested to assist in the management program by

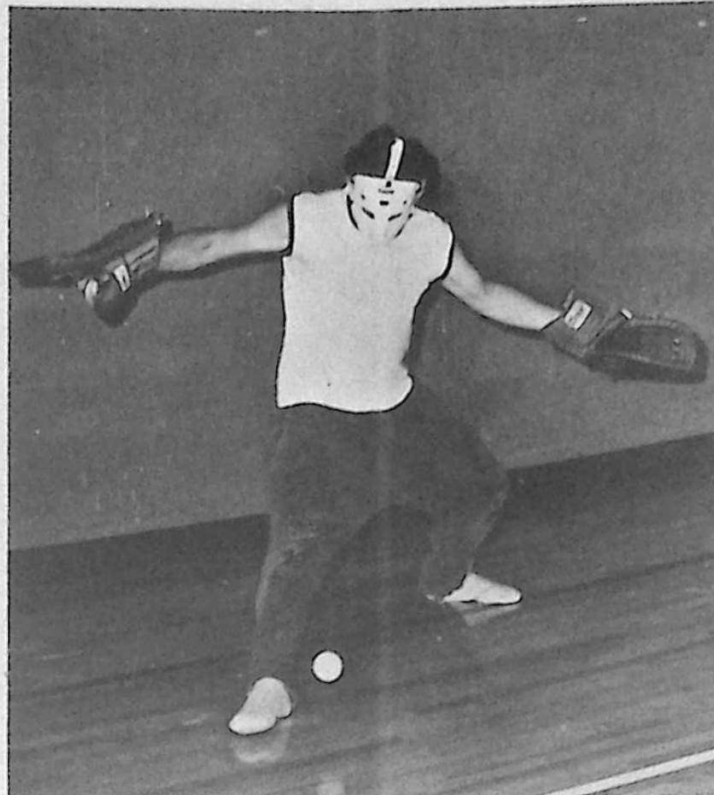
turning in at the station the lower jaw or front teeth of any animal taken.

## Creamer golf champ

Under sunny skies, in ideal golf weather, Capt. Frank Creamer of 407 Squadron was crowned 1972 Canadian Forces Golf Champion.

Creamer was extended to three extra holes by Cpl. Fred King of CFB Edmonton in a sudden death playoff.

After par golf for two holes, Creamer sank a pressure birdie putt on the third hole to break the deadlock and walk away as the top individual golfer in the 36 hole tournament.



**AS HOCKEY SEASON** rapidly approaches the masked marvel has been working out in the Rec Centre. Even if he doesn't sharpen up his goal tending, his tennis will improve.

Dave McNair Photo

## Hunters' News

**GOAT AND CARIBOU CLOSED**

Summer surveys indicating high winter mortality have prompted the closure of the hunting season on mountain goat and caribou in two areas of north-central British Columbia.

Dr. James Hatter, Director, Fish and Wildlife Branch, announced today that the areas, designated as the McBride and the Smithers closures, will be closed to the hunting of goat and caribou effective midnight September 20, 1972. These two areas are portions of Management Areas 25 and 20 respectively and exact boundary descriptions are available from Fish and Wildlife Branch offices in these regions.

"It is our responsibility to close seasons whenever it appears there is a danger to certain animal populations and this appears to be the case in these two areas," said Dr. Hatter.

Until 1874, when a system of dealing with dead letters was introduced, all unclaimed letters were advertised.

## WIVES NOTE

**Armament & Photo Family Picnic at AF Beach**

23 Sept 72 10 am - 5 pm  
Games - Sports - Prizes etc.

Mum: Make sure you bring Dad and The Kids.

Food provided about noon.

## Courtenay Glass

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## Happy Day Nursery School

## OPEN HOUSE

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## Chapel Chimes

**PROTESTANT CHAPEL**  
Rev. R.J. Ritchie  
Base Chaplain (P)  
Telephone No. 339-2211

Local 273  
Sunday Service  
24 Sept. 72 - Divine Worship  
11:00 a.m. Holy Communion  
11:45 A.M. (Presbyterian Custom)

Sunday Service  
1 Oct. 72 - Divine Worship  
11:00 a.m.

**SUNDAY SCHOOL**  
Registration only, 1 October  
at 0930 a.m. in the Chapel Annex. Children should be accompanied by an adult. Classes begin 8 Oct. at 0930 hours.

**CHOIRS**  
Every Thursday - Junior 6:00 p.m. Senior 8:00 P.M. - We need more voices in our Senior Choir.

**PROTESTANT LADIES GUILD**  
Tuesday 26 Sept. 72 at 8:00 p.m.

All the ladies of our community living on the Base or on the economy are invited to meet with the Chaplain, in the Chapel Annex on Tuesday evening, September 26th at 8:00 p.m. The purpose of this meeting is to discuss our Chapel activities and programs with special emphasis on the women's role in our Church. There are significant changes being made in the administration and financing of our Chapels. This is your opportunity to

make your opinions known and to be updated on our programs. No elections will take place at this meeting.

**RC CHAPEL**  
Father Joseph A. Borg  
Base Chaplain (RC)  
Telephone No. 339-2211

Local 274  
**SUNDAY MASSES**  
9:30 a.m. and 11:00 a.m. in the Chapel

**WEEKDAY MASSES**  
Tuesday 7:30 p.m., Wednesday 4:30 p.m., Thursday 4:30 p.m., Friday 7:30 p.m., Saturday 7:00 p.m.

**SACRAMENT OF PENANCE**  
After Mass on Saturday at 7:00 P.M. and before weekday Masses.

**BAPTISM**  
By appointment, usually the third Sunday of the month, at 1:30 p.m. On other Sundays for a good reason.

**CATECHISM CLASSES**  
Are held each Wednesday evening in the PMQ School from 6:30 to 7:30 p.m. for Grades I to IX inclusively. If there are any children who have not yet registered, they may do so this coming Wednesday prior to the commencement of classes.

**JUNIOR CHOIR**  
Will meet in the PMQ School every Wednesday evening following Catechism Classes at 7:30 p.m. Ages 10 years and over.



LAST SUNDAY THE PROTESTANT Chapel received a set of offering plates from Mrs. Enid Luneberg. They were presented in honor of her late husband Capt. Rodney Luneberg who died in a flying accident at Moose Jaw in August 1970.

## CWL Happenings

It was announced at the first Catholic Women's League meeting of the season that the local Probation Officer for the Comox Valley, Mr. D. Ross-Smith, will speak to all concerned adults and youth on October 3rd in the Airport School auditorium. Mr. Ross-

Smith will discuss some of the problems our children are facing today and will offer guidance.

Mrs. D. Raskob's Guide report was quite disheartening as one Guide and two Brownie Packs, involving approximately 60 girls will have to be closed. They need more leaders! Registration will be held on September 21 at 7 p.m. in the Airport School Auditorium for the remaining packs.

Our major project again this year will be in aid of our children. Visual Aids for the Catechetics program, which is essential to complete instruction, will be purchased with the greater portion of our funds. Aid to our student priest in Ecuador, Carlos Freile, who has only two years to his Ordination, and, of course, our monthly visits to the Glacier View Home for the Aged will be continued as in past years.

A special Folk Mass to celebrate International Youth and Children's Day has been proposed for Saturday, Oct. 7 at 7 p.m. in the Base Chapel. Father Borg would like to see the introduction of a monthly Folk Mass especially for our

youth. However, he has stressed the need for guitarists, without whom a Folk Mass is impossible. Please contact Mrs. Joyce Geneau at 339-3643.

Following the meeting, Father J. Borg, our Spiritual Director, showed slides of his homeland, the islands of Malta. Father's great backlog of the history and legends of each picture of churches, temples, castles, fortifications, monuments, villages, transportation, industry, and craftsmen gave each of us a better understanding of the Maltese people and their way of life. It made most of us wish we were spending our holidays on these Mediterranean Islands.

The next C.W.L. meeting will be held on Tuesday, Oct. 10. All women from age 18 interested in coming to a meeting are most welcome. ITEMS OF INTEREST

Catechism: Wednesdays, PMQ school 6:30 to 7:30 p.m. Young Peoples' Choir: Wednesdays, PMQ School, 7:30 to 8:30 p.m. C.W.L. Meetings: First Tuesday of each month at 7:30 p.m. Visits to Glacier View Home: 3rd Monday of each month at 6:45 p.m.

Suzie sez

## Merely a matter of form

OTTAWA (CFP) — SISIP is a great game to get into, but you have to know the rules. Now any member of the regular force can apply to join, married or single. But there are certain formalities. That means forms, really. They're available on base and station and in ships.

There's the SISIP enrolment form, and an evidence of insurability form applicable to you and, if you're married, your wife. It doesn't apply to your children.

If you're over 40, you'll have

to get a doctor to complete the medical examiner's report section. He won't have to fill in that section for your wife. Service doctors are usually available for the examination but if you run into a traffic jam at the medical inspection room, go to a civilian doctor. If you're under 40, ignore the medical section.

The next step is to get the completed forms off to SISIP, care of Maritime Life Assurance Co., 5435 Spring Garden Road, Halifax. When you get the enrolment form back from Maritime Life, approved, there's just one more form to go.

Fill in form CF 77 — Pay Allotment, sign it and turn it

over to your pay services officer to clinch the deal. Now, pull up a chair and buy some chips. You're in the game, pal.

## Antique fair

The annual Hycroft Antique Fair presented by the University Women's Club of Vancouver and the Greater Vancouver Antique Dealers' Association will be held at "Hycroft" 1489 McRae Avenue, from October 13 through October 21. The show will be open daily to the public.

Tickets, \$2 each, may be purchased at the door or from members of the University Women's Club.

This Antique Fair, the largest of its kind in the Pacific Northwest, affords an opportunity to see an outstanding collection of antique furniture and objets d'art in one of Vancouver's finest historic homes.

Lectures on various aspects of antiques will be given daily at 2:30 and 8 p.m. including two "Stump the Experts" panels when visitors are invited to bring items of interest for information and discussion. This year, in addition to the fine antiques, there will be a display of superb old Wedgewood pottery, the property of a local collector, and beautiful flower arrangements by the Vancouver Garden Club.

## Your fridge down in the dumps?

Many times refrigerators get turned out to the garbage dump when they are in good enough shape for repair. There is a continuing need for these in the Courtenay workshop of Goodwill Enterprises. In addition, of course, there is a regular need for other electrical appliances and all the repairable bits and pieces about the home. A call to 334-4145 will have any major items picked up and smaller items can be put into the familiar blue and gold deposit booths.

Where there's a will there's a way ... Where there's a Goodwill, there's a good way to help the handicapped.

## New drug film available

A new color film stressing the positive approach to the drug problem is now available for showing to community groups.

The 30-minute color film titled "Different Tune, Different Drummer" was produced by the British Government Advisory Council on Drugs, Alcohol and Tobacco.

The Council said the film provides an insight into the attitudes of young people toward the problem of drug abuse and its broad scope of interest makes it ideal for showing by service clubs and other community-oriented organizations.

**Parents!**  
**Youth Group Leaders!**  
(Cubs, Scouts, Brownies, Guides)  
**Teachers!**  
(Educational, Sunday School, Catechism)  
**Coaches!**  
**Junior Secondary & High School Students!**  
**BE INFORMED**  
**SHOW YOU CARE**

Are you aware of the role of the Probation Officer in the community? Don't miss the opportunity to meet the probation Officer for the Comox Valley. Meet him socially, it may spare you the heartache of having to meet him officially. He is an authority on some of the problems our children are facing today and can offer guidance.

**TIME: 8:30 p.m.; Tuesday, Oct. 3rd**  
**PLACE: Airport School Auditorium**  
**SEE YOU THERE?**

## PORT AGUSTA MOTEL

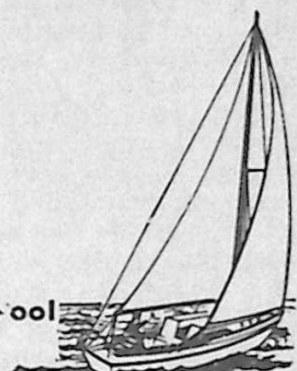
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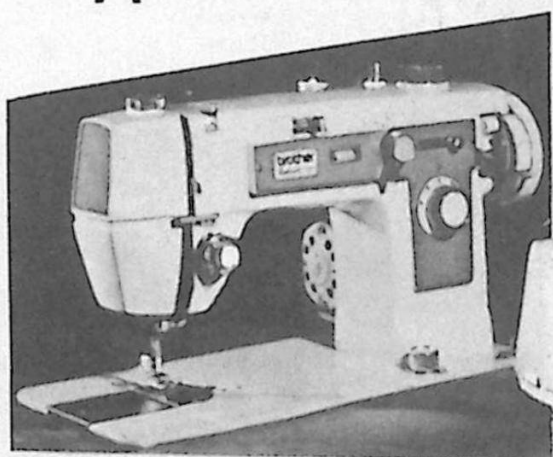
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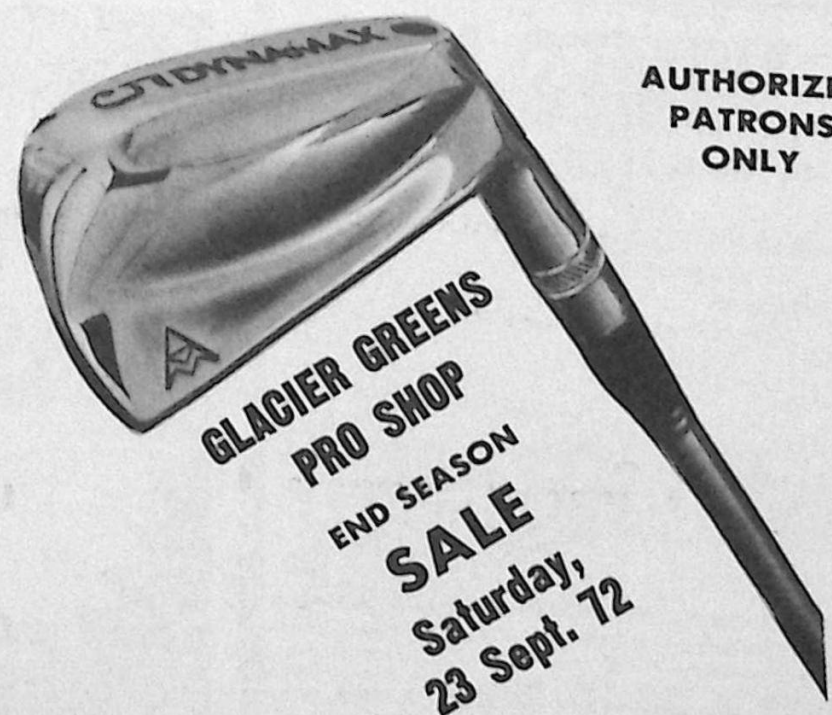
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GLACIER GREENS  
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Saturday,  
23 Sept. 72





THESE SERVICEMEN, like many others across Canada, took a few moments on Battle of Britain Sunday to remember those that fought in the English skies thirty two years ago.

Dave McNair Photo

## Consumer contact

### Wonder about "Wonder Foods"

A longing for the "good old days" has revived a faith in so-called medicinal foods. Brewers' yeast, blackstrap molasses, sunflower seeds, wheat germ, honey and cider vinegar have once more been embodied with magical virtues and the science of nutrition has been forgotten.

What is so wonderful in wonder foods? Blackstrap molasses, a by-product of sugar refining, is a source of available iron but offers little else. Other sources of iron such as meat, eggs and green vegetables are just as good, somehow more appealing, and at the same time superior sources of other nutrients. Besides there is NO substantiation for claims

made that blackstrap molasses can cure ulcers, cancer, varicose veins or arthritis.

Rose hips, the seed pods of roses, are a rich source of Vitamin C. There is nothing unique about the Vitamin C from rose hips, and you may prefer cheaper sources like tomatoes, oranges, grapefruit, broccoli, canteloupe, strawberries or green peppers.

Brewers' yeast and wheat germ are indeed sources of protein and B vitamins, but eating wheat germ and yeast is not the most economical way to obtain these nutrients.

Garlic brought fame to Mediterranean cuisine but it really will not cure intestinal

disorders and tuberculosis, or prevent cancer, pneumonia or aging.

The Food and Drugs Act states that no food can be labelled or advertised as a treatment, preventative or cure for certain severe diseases such as cancer, diabetes, arthritis and tuberculosis. This legislation prevents advertising honey as a cure for arthritis but it will not prevent over-the-counter advice or testimonials quoted in popular but sometimes questionable paperbacks and magazines.

Use reliable sources of information. No one but YOU can question the truth of such testimonials.



FLIGHT LIEUTENANT B. BASSETT of the RNZAF points out a great night spot he found, in Waikiki Beach, to Demon Pat Murphy, Lt. Richard Hynes from the U.S. Navy and F L R. Moody from the RAAF seem interested, but Pat said he never has been very interested in such things.

CF Photo

## What you are is how you drive

Recent driver surveys indicate the way a man handles a car provides insight into his character and personality. A true-false quiz will give you a chance to second-guess the experts:

1. Many personalities undergo a change as soon as they get behind a steering wheel.
2. The most dangerous drivers are youngsters between 16 and 17, who haven't been driving very long, and get a big thrill out of being behind the wheel.
3. Motorists tend to be jealous and resentful of people in brand-new cars, and you'll receive more courtesy and consideration from other drivers if you are driving an old car.
4. Women show less consideration for other drivers than men do.
5. Drivers who use seat belts are better educated than those who don't.
6. Children of extremely rich or extremely poor parents make the worst drivers.
7. The most intelligent people drive best.

### ANSWERS

1. TRUE. The brow-beaten, hen-pecked husband frequently acts recklessly as soon as he gets in the driver's seat. The sense of power that comes with having control of a vehicle makes him a different man.

2. FALSE. Driver studies show that, contrary to popular opinion, teenagers in the 16-to-

17 year bracket drive more cautiously and have fewer accidents than older and more practiced youngsters.

3. FALSE. Tests show motorists are far more apt to give you more consideration if you are driving a new expensive car than if you are driving an older model.

4. FALSE. Motorist reaction surveys show that men drive more aggressively than women, are less considerate, more impatient with traffic delays, and more apt to "hit the horn" when another driver's action irritates them.

5. TRUE. Studies conducted show that "those with a higher level of completed education are not only more likely to have seat belts but are also more likely to use them." The use of seat belts increases in direct relation to education, being least popular among those who didn't go to high school.

6. TRUE. A study of over 1600 high school students showed that children of wealthy parents and their opposites tended to have the most accidents and traffic violations.

7. FALSE. Studies show that the best drivers are people of average intelligence. People with lower than average I.Q. tend to be more accident prone because they are less vigilant and less able to foresee a hazardous situation. The fellow with the high I.Q. is more likely to suffer mishaps because driving a car is so simple and elemental.

## Coming soon

### Metrication in Canada

In January 1970 the Federal Government proposed that Canada adopt the metric system of units. The Weights and Measures Act, passed by Parliament later in that year included a table of permitted metric units and the Consumer Packaging and Labelling Act of 1971 includes the requirement that prepackaged products shall be labelled in these metric units. A Metric Preparatory Commission will direct the conversion in Canada.

In most cases, metrication implies more than merely converting existing units to metric ones. For example, a prepackaged product at present sold in the "round" quantities of 1/2 lb. and 1 lb., could be converted to 227g and 454g; but true metrication would replace these quantities by 250g and 500g — which are round metric equivalents. Metrication provides an opportunity to examine all package sizes to see whether they are ideal for present-day marketing or obsolete.

The basic units that will be used for measurements of mass, length and capacity are, respectively, the kilogram (kg) the metre (m) and the litre(l). Other units likely to be used on consumer goods are the gram (g), the millimetre (mm), the centimetre (cm) and the millilitre (ml). It is likely that grams will be the usual unit for packages weighing less than 2.2 lb.; kilograms for heavier packages. Similarly, millimetres will be the usual units for hardware in small dimensions (e.g. bolt diameters), while centimetres will be used for larger hardware items and also for

garment sizing. Metres will be used for fabric lengths and short distances, while kilometres will replace miles for longer distances. The most usual measure of capacity of consumer goods will be millilitres (replacing fluid ounces) although larger quantities (at present measured in quarts and gallons) will be measured in litres. Temperatures will be measured in degrees Celsius (degree C) instead of degrees Fahrenheit.

## UGN

(Continued from page 1)

The Comox Valley UGN chairman, Mr. N. McInnis, has announced the area objective as \$34,450 and said that without the support of Base personnel that objective would be difficult to meet. He also released the names of the organizations requesting funds for 1972. They are: B.C. Borstal Association, \$300; B.C. Heart Foundation, \$3,200; The Canadian Arthritis and Rheumatism Society, \$5,000; The Canadian Cancer Society, \$4,200; The Canadian Red Cross Society, \$6,600; The Canadian National Institute for the Blind, \$2,500; The Pythian Cerebral Palsy Committee, \$2,000; Children's Hospital, \$250; Comox Valley Homemakers Service, \$2,000; The John Howard Society of Van. Is., \$1,750; St. John Ambulance Corps, \$250; The Salvation Army, \$4,400; Multiple Sclerosis Society, \$2,000; Upper Island Mental Health Society - participating; Total for the Comox Valley \$34,450.

## Petawawa brass promoted

Colonel Douglas S. Nicholson, 52, of Cornwall, Ont., has been promoted brigadier-general and posted to Canadian Forces Headquarters as director general logistics services. He took up his new duties Sept. 5.

Since August 1969, he has been deputy commander, CFB Petawawa, Ont. Commissioned in the Stormont, Dundas and Glengarry Highlanders in 1940, Gen. Nicholson later transferred to the Royal Canadian Army Service Corps. He served with various RCASC units in Italy, and for his services as a staff officer in Northwest Europe was made a member of the Most Excellent Order of the British Empire.

After attending the Canadian Army Staff College

from 1953-54, he served in Europe, the Middle East and Canada, and was promoted lieutenant-colonel in 1958.

After a three year tour as deputy director movements at Army Headquarters, he was selected to attend the United States Armed Forces Staff College in 1963.

For the next two years he served as the senior operations officer at 30 NORAD Region in Sioux City, Iowa. In 1965 he was posted to Mobile Command Headquarters in St. Hubert, as a member of the planning group. Promoted to colonel in 1966, he held appointments there as senior staff officer logistics plans and deputy chief of staff personnel until his posting to CFB Petawawa in 1969.

metric units. For example, most people when asked the height of a tall man, would reply, "6 ft. 6"; the person who is thinking metric will give the answer "2 metres". This applies to other metric units as well.

There is bound to be a period of difficulty when the metric system is being introduced. The aim is to keep the transitional period to a minimum. It may take ten years before people actually make use of metric units every day.

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2 door, Sedan, 4-Spd. Trans. .... Now \$1350

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1969 PLYMOUTH FURY III 4 dr. h'top, V8 engine, auto trans., power steering, power brakes, Radio \$2295  
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1970 PONTIAC SEDAN R.C.M.P. Real clean, well maintained \$2095  
Only \$2095  
MAKE US AN OFFER

1970 CHEV NOVA 4 door sedan, 6 cyl., auto trans. Real family car for only \$1995  
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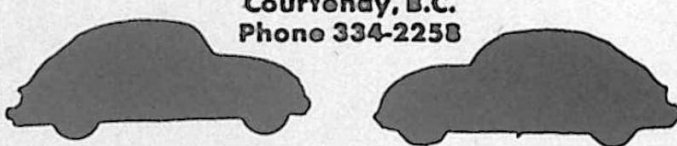
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Comox-Alberni NDP campaign committee



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With Darben canopy, V8 automatic, 36,000 miles ..... \$1995

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New transmission, Good motor ..... \$1195

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Special ..... \$695

1963 RAMBLER STATION WAGON  
6 cyl., standard, Good rubber ..... \$495



you can't help feeling smug

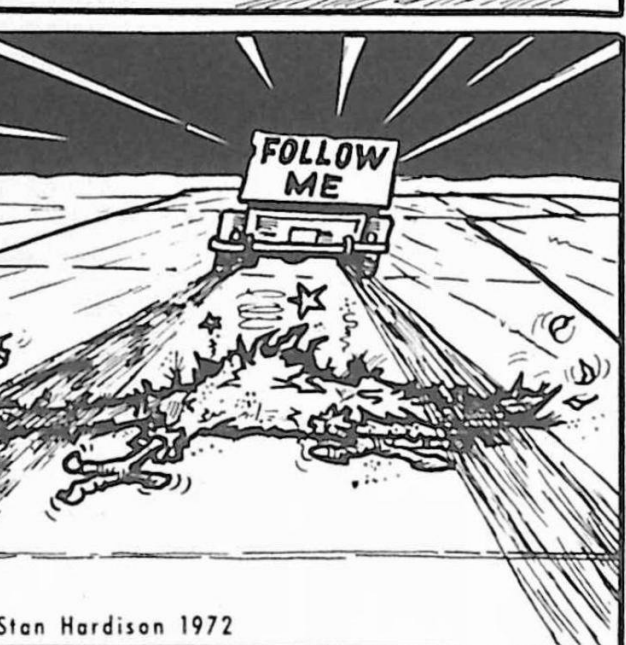
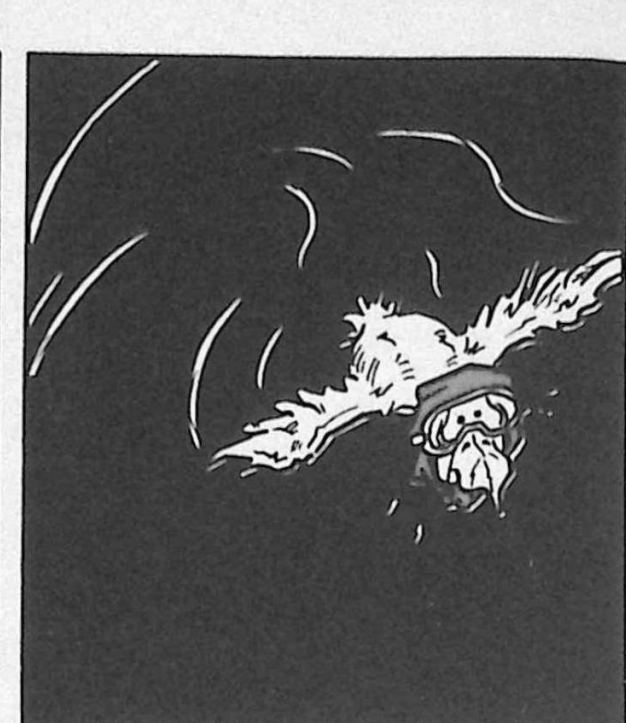
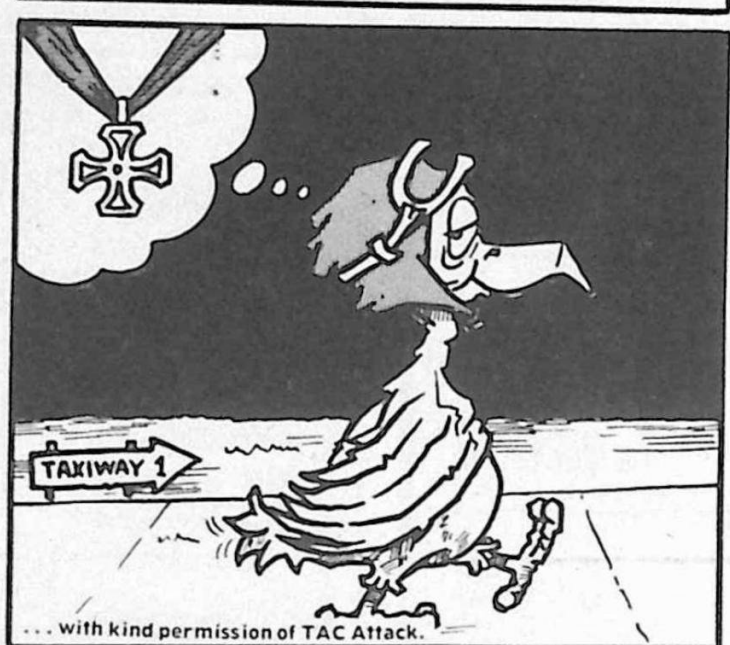
At a credit union, there's a lot of satisfaction in knowing you're getting the best available interest rates on your savings. Right now, credit unions are paying increased rates on a wide variety of savings plans—Term Deposit rates are especially high. Take a cue from the experts... they don't leave their money in one place indefinitely. They move it where it will do the most good.

Go ahead! Move your savings to higher earnings at a credit union and get that nice warm feeling when you see that monthly interest piling up.

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## Voting rules for Canadian Armed Forces

A member of the Regular Force is eligible to vote if he is a Canadian citizen, or other British subject who was qualified to vote at the 25 June 68 general election. The same qualifications apply to a member of the Reserve Force on full-time training or duty who is serving with, or attached to, a Regular Force unit. Other members of the Reserve Force on full-time training or duty must, in addition to being a Canadian citizen, or other qualified British subject, have reached the age of 18 years to be eligible to vote. Except as noted below, voting takes place in a service poll established in a unit.

Notwithstanding that his name may have been placed on a civilian voting list, a member of the Canadian Forces may vote at a civilian poll only when all of the following conditions are met:

- he has previously completed a statement of ordinary residence, as required by the Rules;
- he is, on civilian voting day, actually ordinarily residing in the electoral district in which is located his place of ordinary residence as declared in the statement referred to in subpara a;
- his name is on the civilian voters' list;
- he has not voted at a service poll;
- he is a (1) Canadian citizen, or (2) other British subject who was qualified to vote at the 25 June 68 general election; and

f. he has reached the age of 18.

An officer of man on terminal leave has the status of a Canadian Forces elector if he otherwise qualifies and can only vote in a civilian poll if he meets the above requirements. After the effective date of his release from the Canadian Forces, he is subject to the civilian qualifications and procedures.

**DEPENDANTS OF CANADIAN FORCES ELECTORS**

Wives and other dependants of members of the Canadian Forces when residing in Canada vote only as civilians and their entitlement to vote is governed entirely by the qualifications required of any civilian voter under the Canada Elections Act. If otherwise qualified, they will be eligible to vote at the civilian poll established for the area in which they occupy private or married quarters.

**VOTING IN A SERVICE POLL**

To be eligible to vote at a Service poll a Canadian Forces elector must have declared his place of residence in a statement of ordinary residence, since this determines the electoral district in which his vote will be cast. The choice of the place of residence is laid down in the Rules, but will normally be already known for members of the Regular Force, since they are required, on enrolling, to complete a statement showing place of

residence. Members of the Reserve Force on full-time training or duty after the issue of an order for a general election must complete such a statement. However, when a member has not already made out a statement of a place of residence, the deputy returning officer of the Service poll will allow him to complete the necessary statement at time of voting.

**VOTING PROCEDURE IN SERVICE POLLS**

The deputy returning officer of a Service poll will give the voter any assistance he needs to follow the correct procedure for casting his vote. He has a list of the candidates standing for election in all federal constituencies, and is able to inform the voter of the names and party affiliations of the candidates in the constituency in which the voter's place of ordinary residence is located. The voter must choose between these candidates, and cannot vote for a candidate in another constituency.

Voting at Service polls commences two weeks before civilian voting day, and continues Monday to Saturday on days, and at times, set by the commanding officer. If a voter is away from his unit on leave or temporary duty during this period, he may cast his vote at a Service poll of any Canadian Forces unit. Notices will appear in unit orders giving the days and hours of voting and the location of each voting place established in the unit.

At the Service poll, the voter will first be required to complete a declaration on the back of an envelope addressed to the civilian special returning officer who is appointed to superintend the receiving and counting of the votes from all units in the territory in which the Service poll is located. The declaration will state:

- the number, rank, and name of the voter (in the case of a dependant elector, that of her husband or other member of who she, or he, is a dependant);
- that he is a Canadian citizen, or other British subject who was qualified to vote at the 25 June 68 general election;

- that he has attained the age of 18 years (except for those members of the Canadian Forces mentioned in para 4 of the voting rules who have not attained that age and for whom age is not a qualification);

- that he has not previously voted in the general election; and
- the voter's ordinary place of residence in Canada, including the street address where applicable (which, in the case of a dependant elector, must be the same as the member of the Canadian Forces).

The declaration is signed by the voter and is witnessed by the deputy returning officer. The procedure for voting is as follows:

- the deputy returning officer will give a ballot paper to the voter;
- the voter will cast his vote secretly by writing on the ballot paper the name of the candidate of his choice;

- when writing the candidate's name, initials must be included. Voters are reminded, however, that they are not to place any mark on the ballot other than the name and initials of the candidate;
- the voter will fold the ballot paper, place it in a plain envelope given him by the deputy returning officer, and seal the envelope;

- the voter will hand the sealed envelope to the deputy returning officer, who will place it in the outer envelope containing the declaration mentioned in para 12 of voting rules and then seal the outer envelope.

- the deputy returning officer will hand the sealed envelope to the voter; and
- the voter will mail the

## What's it really cost

Separating the blah from the real bargains in supermarkets is headache enough. But now try this one on for size:

If a 35-ounce box of detergent costs 99 cents, and a 4 lb. 11-ounce box of the same stuff costs \$1.79, which is the best buy?

The answer doesn't exactly strike like a clap of thunder does it?

Now, told that the price per pound for the detergent is 45.6 cents and 38.4 cents respectively, where's the problem? No mathematical conundrum involved. Comparison price shopping made easy.

And this is all unit pricing tries to do for the supermarket shopper; offer easy, simple-to-understand comparisons of price so as to reduce puzzles on the supermarket shelf... and take some of the guessing out of an \$8 billion-a-year business for the Canadian housewife.

More and more supermarkets in Canada are switching to unit pricing to help the beleaguered housewife make her money stretch further. Most meat counters now carry labels showing the price per pound and the total price. Some stores have extended this helpful system to pre-packaged goods.

And where this has been tried housewives have welcomed it, used it, and have been vociferous enough to demand its reinstatement where the supermarket operator had withdrawn it believing it unhelpful.

Without unit pricing, shoppers have been left with pen and pencil figuring, expensive guesswork or tripping through the yellow pages for the nearest rent-a-computer agency.

With yo-yo-ing food costs and 8,000 different items of the shelves of the largest supermarkets, the Department of Consumer and Corporate Affairs is actively

encouraging supermarkets to show unit prices, by the ounce, pound or quart, wherever it is practical.

Some stores have rushed to the shopper's aid with a list of unit prices tacked up on one wall. This has been helpful but hardly handy because the consumer can't see the actual products while studying the prices.

The most acceptable method has been to put the unit price label on the shelf the product is displayed upon. Because shelves are not normally thick, labels have the disadvantage of being hard to read and, on the bottom shelf, almost impossible. But better this than nothing.

Unit pricing helps shoppers to not only choose the most economical size of a particular brand but also, if they believe there's little to choose between them, to select the cheapest. In practice a woman may not buy the least expensive for various reasons. But with unit pricing, at least she knows how much extra she pays for exercising her particular choice.

The choice of establishing the "unit" price can be a problem. One general rule though is to select the unit in which the product is usually sold. Instant coffee, for instance, is sold in 2, 6 or 10-ounce sizes. Okay, the logical answer is to sell or show the price by the ounce. Toilet tissue could be shown in price per 100 sheets.

With many food chains offering a variety of high-quality foods, it becomes necessary to offer the housewife some help in the supermarket shelf maze. Unit pricing is one tool — and a good one. Stores have extended experimental unit pricing systems where customers have shown they appreciate it.

In some stores — the smaller supermarket that wouldn't use computers for stock records for instance — unit pricing could be expensive and difficult and might push up prices of food for the extra labour that needs hiring. But the bigger stores can do it. Competitive pressures may well persuade more stores to overcome the difficulties of introducing the unit pricing system whose only beneficiary is the housewife.

And housewives who do get the hang of unit pricing won't want to return to the old system.

Unit pricing is a proven boon to the supermarket shopper. If your supermarket hasn't introduced it, suggest to the manager that it be given a try out. And if he hasn't got the authority to implement it, write to the company's head office and suggest: it at that level.

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"CENTRAL FURNACE IS NOW LIVING LIGHTING"

We've changed the name of our Lighting Division to Living Lighting. We've affiliated with the National Living Lighting Chain in order to bring to Courtenay the latest in lighting ideas at the lowest possible prices.

Central Furnace is still going strong but Furnaces and Water Heaters aren't as pretty as lighting so we've moved them to the back of our showroom.

"HUNDREDS OF BRIGHT NEW IDEAS"

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## EATON'S TRANS CANADA SALE

STARTS TUESDAY, SEPT. 26

CONTINUES THROUGH SEPT. 30th



OVER THE SIDE she goes. During Exercise RIMPAC72 an American Navy Chopper made the mistake of landing on HMCS Provider (the crew thought it was a giant floating BX). Fortunately the USS Morton was close by and the Canadian CF Photo crew had second thoughts.



# BUSINESS DIRECTORY

## OFFICERS' MESS ENTERTAINMENT

### SEPTEMBER

22 September - TGIF  
23 September - Get Acquainted. Cocktails 20:30.  
\$5.00 per couple. "Four Ways". Res. Please  
27 September - JOB  
29 September - Monster TGIF - Hip-o-Beef

### OCTOBER

4 October - JOB

## WO's and SGTS. MESS

### SEPTEMBER ENTERTAINMENT

EVERY FRIDAY (EXCEPT SEPT. 22) T.G.I.F.

DANCE SEPT. 22 Entertainment by "The Four Ways"

DANCE WITH WINE & CHEESE

Sept. 22 - 2100 hrs to 0100 hrs, entertainment by the "Four Ways". Food - wine and cheese with pick trays. Admission, regular and associate member \$2.00 per couple. Honorary and guests \$4.00 per couple. Tickets available from Mess Secretary on 8 Sept. for honorary and guests 18 Sept.

MOVIE SEPT. 25 "First Time"

SOCIAL NIGHT SEPT. 30 - Music Records.

## JR. RANKS CLUB

### SEPTEMBER

21st - Crib  
22nd - TGIF  
23rd - Tidesmen  
24th - The Four Ways  
26th - Movie - First Time (Adult) J. Bissett  
27th - \$50.00 Consolation  
28th - Snooker  
29th - TGIF  
30th - Canadian Edition

## BASE THEATRE

### Schedule for SEPTEMBER 1972

#### CHANGE OF HABIT

Wed. 20 Sept. Elvis Presley  
Thurs. 21 Sept. Mary Tyler Moore  
Fri. 22 Sept. Show starts at 2000 hrs. Out at 2200 hrs.

#### CARRY ON HENRY

Sat. 23 Sept. Sydney James  
Sun. 24 Sept. Joan Simms  
The Biggest Comedy of the Year  
Show starts at 2000 hrs. Out at 2200 hrs.

#### NAKED UNDER LEATHER

Wed. 27 Sept. Marianne Faithful  
Thurs. 28 Sept. Alain Delon  
RESTRICTED  
WARNING: Nude and suggestive scenes  
Show starts at 2000 hrs. Out at 2155 hrs.

#### TWO MULES FOR SISTER SARA

Fri. 29 Sept. Clint Eastwood  
Sat. 30 Sept. Shirley MacLaine  
Sun. 1 October  
Show starts at 2000 hrs. Out at 2200 hrs.

Got something newsworthy?  
Let the Totem Times know  
Call 377

# Honestly!!

Don't you think you're a little better driver than the next guy

Prove it! Enter the family "bus" in the CFB Comox "Road Runner Rally" Sunday, October 1, 1972 for an afternoon of skilled driving\* competition and fun for all.

\*Navigating too - But don't let the aircrew 'pros' scare you off - There's no STOP signs at 30,000 feet and the only radar help down here is operated by the RCMP!

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For Further Information

Gord Staley  
264 or 339-3024

Bill Munden  
424 or 339-3491

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Your Year Round Toy Store

"FUN IS OUR ONLY BUSINESS"

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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, CARPORTS, STORAGE AREA, FULLY SERVICED 65 UNITS  
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A good supply of SEIKO and ORIENT WATCHES, Ladies and Gents, in latest designs. Various other makes and models to choose from. All Fully-Guaranteed.

Large selection of Ladies and Gents BIRTHSTONE RINGS in traditional and modern settings. DIAMOND RINGS, Fully Insured and Guaranteed in a wide range of prices and styles. A small deposit will hold any selection.

Does your present diamond ring need resetting? Come in and have your rings cleaned and checked regularly. All Watch Repairs Fully Guaranteed.

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FANCY CAKES  
BREADS - BUNS - PASTRIES

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PAINT AND FLOOR COVERINGS  
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Paint, Wallpaper and  
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## ONE YEAR WRITTEN WARRANTY BICYCLES

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New fully equipped large 2-bedroom family units  
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BOATS - WATER SKIS  
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WOLF RAUTENBERG

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COURTENAY, B.C.

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## Dave's derrieres

—KEEPING UP WITH THE Voxair Vixen, the Contact Cutie, Len's Lovelies, the Trident Trixi and the Roundup Rudie can be very difficult, but fortunately the Comox Valley has the Puntledge River to give us a fighting chance.

## Hazardous products labelled

Using the regulations of the Hazardous Products Act, the Consumer Affairs department is checking and controlling, for safety's sake, a wide range of products used in the home which may be hazardous. Items already acted on include toys, paints, varnishes, children's furniture.

Effective March 1, household chemicals fall within the scope of the act. The hazardous substances regulations insist that this month, at the retail level, any regulated household chemicals sold, including caustic drain and furniture cleaners, must be labelled to indicate to the consumer the degree of danger in using or abusing it. Knowledge provides some protection.

These household cleaners, bleaches and polishes which accidentally poison too many under-school-age children a year in Canada, must be labelled to indicate the hazards, and recommend first aid instruction is mishandled. The first line of defence in any home is common sense

and the printed labels, showing the degree of hazard, simply reinforce this; safety can only be legislated to a point. Pencils can be dangerous unless used properly, so can table salt. What these latest regulations do is attempt to further reduce the risk of accidents involving solvents, glues, sanitizers, aerosol cans and domestic cleaners made hazardous by the very chemicals in them.

The labelling system is based on a set of easily-understood symbols which show what the hazard is and the degree of danger.

Four hazards have been pinpointed: poison, flammable, explosive and corrosive. Three degrees of hazard have been determined: danger (it could kill you), warning (it could make you ill or hurt you), and caution (it could make you ill).

What you have then are 12 basic symbols which can be used in various combinations: No laws and no regulations will protect careless handlers of hazardous products. Safety from them requires alertness and education. It is your business to heed the warnings and prevent the tragedies.

TRUDEAU can afford to eat, can YOU? For fair food prices Vote

**BARNETT**  
Comox-Alberni NDP campaign committee



## Classifieds

**PILON TOOL RENTALS HAS MOVED**  
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Rototillers  
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Tractors  
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Electric Jack Hammers  
Phone 334-2174 30tfn

1970 DIPLOMAT mobile home, 12 x 42', 2 bedrooms, washer and dryer, carport and sundeck. Located on ocean view lot at Union Bay. New condition. Phone 334-2439 or 335-2893 30tfi

I WILL look after children in my home while mother works. Tye Park. Phone 339-3573.

**HOUSE FOR SALE:** Quiet Comox street close to schools and shops. 3 b.r., 1170 sq. ft., wall to wall in living, dining rooms and hall. Rosewood feature wall and fireplace. Carport, 4 ft. crawl space, utility room, Lot 141 x 90' with treehouse and brick BBQ. Full price \$20,500. Call 339-3911 after six.

**EARN MONEY IN SPARE TIME**  
Men or women to re-stock and collect money from new type high quality coin-operated dispensers in your area. No selling. To qualify, must have car. References, \$1,000 to \$3,000 cash. Seven to twelve hours weekly can net excellent income. More full time. We establish your route. For personal interview write: including phone number.

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**BONAVENTURE TOWNHOUSES** located between Noel & Elm at Pritchard St., Comox. NOW RENTING NEW 3 bedroom townhouses. All townhouses have wall to wall carpets, custom drapes, 1 1/2 baths (color), ample closets and are sound proofed. Electric heat and wiring to Gold Medalion standards. On site laundromat. Rent will include range and refrigerator in Avocado, free cablevision and use of 20' x 40' swimming pool (for tenants only). We regret no pets. For appointment, phone Mike Mendra, 339-3645, 339-4658, usually on site 8 a.m. to 5:30 p.m. or write to Bonaventure, Box 3291, Courtenay 61fn

**FOR RENT:** Two bedroom cabin at Ship's Point \$75 a month. Call W.E. Banks, R.R.1, Lowery Rd., Parksville, B.C. 248-9950.

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### COUNTRY LIVING

This 2-bedroom home is situated on 1.5 acres. Acorn fireplace, sundeck and barbeque included. Fenced for animals. For further details contact Duke Schiller 334-2203 or 334-3111.



2.

This 3-bedroom home is only 2 years old and you can move in 2 weeks. \$3375 down and take over monthly payments of \$145, including taxes. Call Max Weegar, 334-4568 or 334-3111.



3.

**LOW DOWN PAYMENT**  
Courtenay. 3 bedrooms, full basement. Beautifully landscaped yard. Contact Art Meyers, 339-2431 or 334-3111.



4.

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4-bedroom home on 5 acres of pastureland. Large stable, riding ring, small stream, fruit trees, mountain view. Terms available. Call Charlotte Willis, 338-8962 or 334-3111.



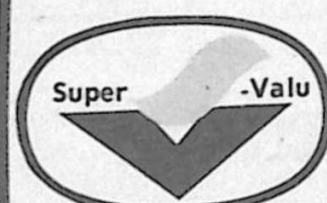
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Near new ranch style family home. Over 2,000 sq. ft. living area. Magnificent setting of approx. 2 acres. Fully landscaped with natural rock retaining walls, leaving 1 1/2 acres of good pastureland. Please phone Malcolm Pearce, 335-2269 anytime or 334-3111.



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**DEODORANT** Secret . . . 6 oz. tin **1<sup>19</sup>**  
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**TAMPONS** Playtex, Reg. or Super . . . 30's pkg. **1<sup>19</sup>**  
**HAIR SPRAY** 10 oz. tin. **75<sup>c</sup>**

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**FACIAL TISSUE** Kleenex, White or colored. 2 100's pkg. **39<sup>c</sup>**  
**PAPER TOWELS** Kleenex White or colored . . . 2 roll pkg. **61<sup>c</sup>**  
**BATHROOM TISSUE** Delsey Assorted colors. . . . 2 2-roll pkg. **77<sup>c</sup>**  
**GARBAGE BAGS** Glad. . . . 20's pkg. **1<sup>29</sup>**

**WHOLE ROUND STEAK or ROAST 89<sup>c</sup>**  
Guaranteed tender . . . . . lb.

GOV'T INSPECTED "NEW ZEALAND" FROZEN



*Freshest under the Sun!*



**NORGOLD POTATOES** . . . 10 lbs. **49<sup>c</sup>**

IMPORTED

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SUNKIST

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**CHINESE VEGETABLE MIX** 24 oz. pkg. **49<sup>c</sup>** **BEAN SPROUTS** . . . 2 8 oz. pkg. **39<sup>c</sup>**  
ALSO AVAILABLE - BOK CHOY - SUI CHOY - FRIED NOODLES

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**McINTOSH APPLES** AVAILABLE THIS WEEK

HOOR AFTER HOOR

**DEODORANT** Tin. . . . . each **99<sup>c</sup>**  
**SUNLIGHT - LIQUID DETERGENT** . . . . . 24 oz. btl. **55<sup>c</sup>**

All Prices Effective  
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Super-Valu Stores  
WE RESERVE THE RIGHT  
TO LIMIT QUANTITIES

GOV'T INSPECTED "NEW ZEALAND" FROZEN

**RUMP ROAST** 1st, 2nd Cuts . . . . . lb. **89<sup>c</sup>**

GOV'T INSPECTED "NEW ZEALAND" FROZEN

**SIRLOIN STEAKS** BONELESS Eat all you buy. . . . . lb. **1<sup>39</sup>**

GOV'T INSPECTED

**GROUND BEEF** . . . . . lb. **79<sup>c</sup>**

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**NABOB TEA BAGS** 125's. . . . . **\$1<sup>59</sup>**

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**ROYAL CITY PUMPKIN** . . . . . 2 14 oz. tins **47<sup>c</sup>**

**ROASTING CHICKEN** 5.7 lbs. Average Gr. **A 59<sup>c</sup>**  
GOV'T INSPECTED GROWN IN B.C.

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Spreads smoothly 1 lb. print **19<sup>c</sup>**

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All Purpose Grind 1 lb. pkg. **85<sup>c</sup>**

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BUY BETTER - SAVE MORE

