



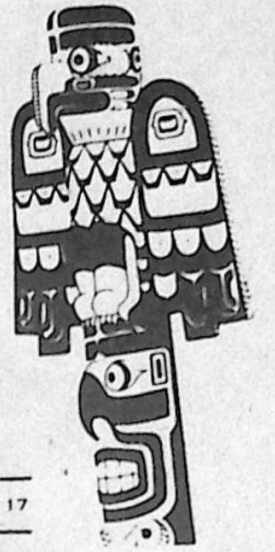
# TOTEM TIMES

If you can't remember - Think!

VOL. 14 - NO. 22

CFB COMOX TOTEM TIMES THURSDAY, NOV. 2, 1972

NATIONAL EDITION 17



TO KICK OFF the new DND safety campaign, Mr. D. I. Darling, director of general safety, presents Deputy Defence Minister Sylvain Cloutier and General J. A. Dextraze with hard hats. If

you're wondering what that funny hat badge is, it's the new CF badge. Don't rush over to Supply, they won't have them for a while. (CF Photo)

## DND embarks on safety program

OTTAWA (CFP) - The defence department has one of the worst accident records in the federal government, and immediate steps have been ordered to curb the situation.

Concurrent with the introduction of a special government "Safety Target '75" program, DND has launched a hard-hitting campaign to cut its accidental manpower and materiel losses. The goal is to reduce by 20 per cent military and civilian personnel accidents throughout the department by the end of the 1974-75 fiscal year.

Co-ordinating the "DND Safety Target '75" campaign is the NDHQ director of general safety, D.I. Darling, in consonance with existing departmental safety programs. It is being implemented through NDHQ and appropriate command authorities.

DND accidents in recent years have resulted in more than 100 deaths and 100,000 man days lost annually, at a cost in excess of \$35 million. This is despite many DND specialized safety programs which maintained excellent records over the years, said Mr. Darling.

The new special DND safety campaign extends to all personnel, both military and civilian, in all activities, operational and non-operational, during on and off-duty hours.

Implementation of "DND Safety Target '75" so far has included a message from the defence minister, and others from the deputy minister and chief of the defence staff to all elements of the department.

In the mill are a series of posters, displays and articles dealing with the campaign; introduction of a comprehensive general accident investigation and reporting system; increased safety training and education for all levels; systems for identifying and safeguarding hazards before they become problems; analysis and dissemination of accident statistics identifying major problem areas and causes;

and expansion of first aid training for all personnel.

Progress of the campaign is to be reviewed at regular intervals with senior management, and semi-annual progress reports are to be submitted to the Treasury Board.

Because safety is a command responsibility, and because everyone benefits from an opportunity to provide special emphasis on accident prevention, plans for the campaign were developed to enable all elements of DND to participate and assist in reducing the current accident rate to the optimum degree.

Safety authorities responsible for the various

specialized safety programs within DND are supporting the campaign to the fullest extent possible through the medium of their respective programs.

Officials admit that the military-civilian composition of DND, the scope of its operations, and the uniqueness of many of its activities present certain problems with respect to safety. However, they are confident that the 20 per cent reduction in accidents can be achieved. They point out that the success of the campaign depends on the extent of co-operation, support and involvement it receives from everyone at all levels.

## Kids can use gym without parents

In a memorandum to all squadrons, branches and sections of CFB Comox, Capt. W. M. Keener, base physical education and recreation officer, made the following progress report on the operation of the base gymnasium.

"The co-operation of service personnel and dependants at CFB Comox in the operation of the base gymnasium during evening recreation hours has been excellent during the past months. Dependants thirteen years of age and over are eligible to use the gym without parental accompaniment at the present time.

"Several incidents of minor vandalism have however, been noted. Users are reminded that such incidents may result in restrictions being imposed on the evening gymnasium operation.

"Servicemen are asked to pass this information to their dependants. The co-operation and initiative of all gymnasium users is solicited in order to keep the facility safe, clean and open to all."

## Schools to close on Monday, Nov. 13

Public schools throughout British Columbia will be closed on Monday, November 13, in observance of Remembrance Day, Education Minister Eileen Dailly has announced.

Mrs. Dailly said she hopes schools throughout the province will hold special assemblies on the Friday before the holiday, so that

students will be able to suitably honor those who have served their country in the past.

"Emphasis should be placed at this time upon the need for bringing about a future which is highlighted by peace and honor for all of the people of the world," Education Minister Dailly said.

## 4000 people involved

## NDHQ move starts early next month

Shortly after 5 December, the move to the New National Defence Headquarters building will begin for some 4,000 members of the department.

Officials who are planning the occupation of the new building and the move are quick to explain that there will be no mass exodus on 5 December. That is the target date for DND to take over the structure from the Department of Public Works. At first the move will be a trickle of essential services and, as these become established, the move will swell to a peak early in 1973.

### NO BREAK IN SERVICES

The dominating factor for the planners is to make the move without any break in essential services. This means that some support services, such as security and communications, will be duplicated in the old and the new headquarters building until they are no longer required in the Cartier Square complex. In most cases, staffs will move into the new structure in a patterned program related to their functions.

The restructuring of the headquarters during the past year has involved a lot of additional work for those who are planning the move. The original plan was based on the old headquarters organization. But as the new structure of the headquarters took shape, it became apparent that the restructuring would involve a lot of costly reshuffling in the new building. So the plans were changed, and the new headquarters building will reflect the revised organization structure of NDHQ.

### REVISED GUIDELINES

Another factor which changed the planning in the new building was a set of revised guidelines put out by Treasury Board for the use of space in government buildings. Under the new rules, more space is allowed per person, and this allowed

the DND organizers to loosen up the rather tight plan they had originally proposed, even though they did not go for the maximum space allowable under the new regulations.

For reasons of economy, they are anxious to house as many of the headquarters staff as possible in the new building, while leaving themselves a slight margin for flexibility.

Some organizations which do not necessarily have to be located with the main headquarters staffs will remain where they are or be

housed in other accommodations.

For instance, most of the logistics organization will be accommodated at Rockcliffe, the computer operations and services will remain in the new computer building at Tunney's Pasture, and Quality Assurance and Quality Engineering Test Establishment is likely to remain in Hull.

The details of the occupancy are still being worked out to reflect the new structure of NDHQ.

## Tanzanian women train in Canada

OTTAWA - The first four Tanzanian servicewomen ever to train with the Canadian Forces arrived here yesterday to begin 14 weeks of courses at armed forces bases in British Columbia and Ontario.

After a brief stay in Trenton, the four, all officer cadets, will attend an eight-week basic officers' training course, beginning October 27, at CFB Chilliwack, B.C. They will train in a platoon of Canadian women officer cadets.

Following a Christmas

holiday, the Tanzanian servicewomen will travel to CFB Borden, Ont. for a six-week personnel support administration course with Canadian men and women officers.

Esther Katemba, 23, Zwadi Madawili, 23, and Grace Mwakipunda, 18, have already had four months basic training at the Tanzanian military academy in Dar-es-Salaam. Jane Mhando, 18, has had five weeks training there.

The four Tanzanians are expected to return home in mid-March, 1973.

## Government lights Halifax memorial

HALIFAX (CFP) - The Halifax Memorial, dedicated to 3,257 Canadian and Newfoundland servicemen who died at sea in two world wars, will now be floodlit, courtesy of the federal government.

The lights were originally donated by the Royal Canadian Naval Association in 1969. Money from private citizens, local businesses and armed forces officers have paid for the upkeep since then. Now the Department of

Veterans Affairs will be responsible for maintenance of the lights.

The 40-foot granite cross stands in Point Pleasant Park, in Halifax's south end. Names of the seamen and soldiers lost at sea are inscribed on 23 bronze panels, ringing the granite podium of the memorial's base.

The memorial, visible day and night to ships entering and leaving Halifax harbour, can be seen many miles out in the Atlantic.

## Canada sends medics to screen Ugandans

OTTAWA - Four more Canadian Armed Forces medical technicians will fly to Kampala, Uganda, to assist in the medical screening of Ugandan Asians on their way to Canada.

The additional personnel are needed because the number of persons processed each day has risen to approximately 300 as the Nov. 7th deadline for evacuation draws nearer.

One medical assistant and three laboratory technicians will join eight other armed

forces personnel, along with six doctors from the department of national health and welfare, in the almost round-the-clock screening.

Armed forces medical technicians have taken X-rays and conducted assorted laboratory tests on nearly 4,000 persons so far.

The four new members of the medical team are: Sergeant William Kowaluk, CFB Edmonton; Master Corporal Joseph Hachey, Moncton, N.B.; Master Corporal Eugene McLaughlin, CFB Kingston; and Corporal Robert Vincent, Guelph, Ont.

## CSB drive doing well

The annual Canada Savings Bond on Air Defence Command bases and stations has topped the objective for total sales and 21 units have exceeded goals.

On Oct. 26, total sales represented \$1,976,000 which is 104 per cent of the ADC objective.

## 403 gets colours

CFB GAGETOWN - 403 Squadron will be celebrating its 25th year of service in June, 1973. Highlights of the celebration will be the official presentation of colours and a reunion of former squadron members.

Planning is now in the preliminary stage and the squadron is anxious to get in touch with all former members. These include members of the wartime Wolf Pack squadron, the City of Calgary auxiliary squadron, and the present helicopter operational training squadron.

Former members who wish to participate in the celebrations, or who may be able to assist in compiling an "old comrades" list, are asked to write to: Maj. G.B. Bartley, 403 Helicopter OTU, CFB Gagetown, Oromocto, N.B.



THIS SECRET WARTIME PHOTO of the construction of Comox airport was taken on Nov. 4, 1942, and shows that Runway 11-29 is progressing

well. Photos taken in August of that year show forest covering the entire area of the station.

# 407 Tech Ramblings



FLT. LT. G. T. Sutherland, was adjutant of 407 Squadron from Nov. 1944 until June 1945. He is the organizer of the annual reunion of 407, 415 and 434 Squadrons. (Nat. Def. Photo)

## Demon History

By CAPT. A. E. JONES

Having served only in the post-war era, I looked forward to the recent reunion of Second World War members of 407, 415 and 437 Squadrons with some foreboding. For some inexplicable reason, I imagined that it would be a reserved, sad even, memorial occasion at which I would feel somewhat ill at ease. I felt that the reunion would accentuate the tragedy that had become the central event in their lives.

Nothing could be farther from the truth. While it is true that the reunion did, logically enough, focus itself on the past, it seemed to me that almost all of those present focused on its positive aspects.

The important things were the personal relationships that had been formed under stress. Who was alive? Where did he live? What was he doing?

The comments about those that had sacrificed their lives were short and factual. Time had allowed wartime members to disengage their emotions from the war's tragic events. Indeed, some of their memories seemed almost too selective, too positive regarding those things that were discussed.

This reunion, an annual affair was organized by George T. Sutherland who served as adjutant for each of the three squadrons. As usual the reunion was held in the Royal York Hotel in Toronto. Approximately 175 wartime members attended. The largest delegation was from 407 (Demon) Squadron. Amongst the serving members, however, 415 Squadron provided the largest contingent, Lt Col Sinnott and 13 officers attended from Summerside. 407 and 434 Squadrons each sent two officers.

Registration commenced at 1500 hours and was followed by a smoker which lasted until 1800. During this time, several members took the occasion to review the scrap books and material which both 407 and 415 had brought for the occasion.

The dinner as such started promptly at 1900 hours. After grace had been said by the chairman, Mr. Sutherland, the evening followed the pattern of a mess dinner.

The Brussels sprouts that were served as part of the main course caused many a wry comment from the wartime members. It seems that in wartime England, aircrew ate ten times the normal allotment of sprouts, and they were unwashed at that!

After the toast came the presentations. One of the highlights was a slide presentation about RAF station Thorney Island by an ex-415 member who had returned there for a visit a few years ago. While 407 was born at Thorney Island, I understand that 415 spent a much longer period there.

Amongst other activities, the leading officers of the serving squadrons were introduced. It was then that Major Dandeno put forward a strong plea urging all former 407 members to attend the squadron's standard presentation next year.

The most interesting part of the evening was the telling of various war stories and anecdotes. Did anyone know that 407 once had an earl serving in its ranks? Sgt. L. Jaggard, the pilot of an aircraft lost while on patrol off the enemy coast on 31 Jan., 1942, actually had a seat in the House of Lords.

For those late, late movie fans, the next time you see "Captains of the Clouds," you might remember that 407 did the PR shots to advertise the film. RR-N (for Nuts) was the aircraft used. Sgt. R. J. Mullen, now an executive with the Bank of Commerce, remembers doing the filming from his aircraft.

Mr. Mullen, once referred to as Mr. Demon, also recounted another story that bears retelling. 407's aerodrome was attacked, in error it seemed, by a single Ju-88. As Sgt. Mullen emerged from his hut he saw two 250 kilo bombs arch towards him. He dove head-first into his water-filled shelter and emerged a few moments later wet but relatively unscathed. The combined kitchen was demolished.

Meanwhile the RAF Regiment had shot the Ju-88 down and the German captain of the aircraft turned out to be an Oxford educated officer. Accordingly, a very large party was held in the

(Continued on page 5)

### REPAIR DESPAIR

Greetings from the bay of engines where the mopping up process continues and things are beginning to look pretty good after the recent onslaught against our favorite power plants. Repair proper are also keeping their heads above water and all appears well in that area although the grape-vine has it that our last column created a slight disturbance in their domicile. It should be noted that anything appearing in this column is written in a humorous vein and never with malice of forethought, so, as the saying goes, if you can't take a joke, don't read this.

A while ago we mentioned that MWO MacLeod (Tiny) shaved with a Wilkinson Sword and, having recently espied the ARO sporting a heavy crop of facial foliage, we wonder whether or not Norm might be persuaded to loan him his prized weapon. Speaking of MWO MacLeod brings to mind the fact that he will very soon be time expired and we wish him well upon his joining the ranks of the unemployed. Also, don't forget your entitlement to a period of unemployment benefits before you go crashing around the countryside indulging in what appears to be the favorite pastime of so many ex-Warrant Officers - peddling real estate.

**FLASH!!!** The aforementioned MWO Norm MacLeod will probably remember October 26th as the most encumbered day of his life; however, all's well that ends well. Not only were his shackles removed during the course of an STechO branch party that evening, he was also the recipient of a shiny new Mickey Mouse watch complete with red patent leather strap and instructions for its use as provided courtesy of CFCP radio.

Cpl. Barry Arneil, our mobility spares maestro, apparently had to determine the value of one of our engines for customs purposes and rather foolishly proceeded to ask the question of us unknowing clowns. Cpl. Ferry Ferguson was quick to retort, "How much have you got on you?"; So, should an engine turn up missing, one might ask Ferry how much he made on the deal.

We had a few bodies promoted from Private to Corporal recently. Congratulations guys, but we also have some unfortunate news for you all: you won't be able to take advantage of those "PRIVATE" sewing classes offered in the last issue of this fishwrapper. However, things may not be all that bad since you can now mete out "CORPORAL" punishment!

Incidentally, MCpl Blackie Newman completed the mile and a half run in eight minutes and then proceeded to round out his fitness session with a game of badminton. Show off! Sure made me feel bad but then it was reassuring to know that a few bods fared worse than my six times around the track, and time didn't really matter, to me anyway!

Should you perchance encounter trouble with your headlights while driving through Comox at night, it is

possible that you might be confronted by a nude male brandishing a shotgun. If so, the defender of the peace could well be our steel nerved "Killer" Gordie Johnson who performed just such a fete recently. It seems that he forgets that he sleeps in the altogether and, when aroused to action, prepares himself for battle with whoever dares trespass on his driveway. So, be warned.

In closing, it is noted that our Argi are still doing their bit with peace-keeping operations - pouring oil on troubled waters. See yer!

**TORP TOPICS**  
I heard on the tely that predicting election results is fool's folly. Well, seeing how badly I blew it on the B.C. provincial election, all I can do is improve by taking a shot at the Federal one. I figure the Conservatives will take it, not Norm might be persuaded to loan him his prized weapon. Speaking of MWO MacLeod brings to mind the fact that he will very soon be time expired and we wish him well upon his joining the ranks of the unemployed. Also, don't forget your entitlement to a period of unemployment benefits before you go crashing around the countryside indulging in what appears to be the favorite pastime of so many ex-Warrant Officers - peddling real estate.

Last Friday saw a gathering of the clan to bid our final farewells to Jerry Lanouette and Ron Livingston. Yes, believe it or not, Ron is actually on his way to Germany. Jerry is once more a civilian after having spent the last twenty years in the regular armed services. We wish you both well as you go your separate ways, men, and we hope to see you all from time to time in the future.

After over eight years in the Torp Shop, Roy Covey has decided it was time for a change of scene. In future, he can be found somewhere among the Radar Systems group, working with the 407 Repair team. We have not had time to organize a bash for Roy as yet, however, when we do, you can be sure we will endeavour to make it a memorable one.

Attention sports fans. Come out and cheer for your favorite hockey bashers. We realize some of the game times are rather wierd but maybe you could take a night off from the boob tube to see some real live action hockey. Here are some of the times for future games.

- Fri 3 Nov. 1100 - 1230 407 vs. 442
- Mon 6 Nov 2230 - 2400 409 vs 442
- Tues 7 Nov 1830 - 2000 Admin vs 407
- Wed 8 Nov 1900 - 2030 407 vs Avn
- Mon 13 Nov 1900 - 2030 Admin vs 442
- Mon 13 Nov 2045 - 2215 409 vs Avn
- Wed 15 Nov 2230 - 2400 409 vs 407
- Fri 17 Nov 1100 - 1230 Avn vs 442
- Mon 20 Nov 2230 - 2400 Avn vs Admin
- Tues 21 Nov 1830 - 2000 442 vs 407
- Wed 22 Nov 1900 - 2030 442 vs 409; 2045 - 2215 407 vs Admin

Only a short note this week since items of a newsworthy

or scandalous nature appear to be in short supply.

First of all, our congratulations to Bill Reid on attaining the illustrious rank of Corporal. Now your nose will be to the grindstone, Bill, and although you have moved up in rank, you will be moving down from the heights of the Lab's with your internal transfer to Servicing. Additional congratulations are also in order with respect to our two newly appointed Master Corporals, Jack West and Wilford.

407 Avionics personnel wish to extend their most sincere condolences to Sgt. Davies and his family on their recent tragic loss.

It's certainly nice to see all of our chiefs out supporting their section hockey team and, with two games played to date, they are battling a thousand. Coaches Schreiner and Tucker had their hands full with line changes and whatever while our record is one win and one of the other variety. In the first game against 407, our hearts were obviously with 407 since we gave them a 6 - 0 lead in the first period; however, Steve Yaroshak and Al Sheppard

each scored a goal to regain some degree of respectability from the final 8 - 2 score. The second game showed a score of 5 - 2 with 5 minutes to play when the boys suddenly caught fire and the tally read 7 - 5 in our favor at the final bell. Mike Dicker came up with his first hat trick, Heady Pepi Ledrew notched a pair and singles went to Arnie Jepsen and Al Sheppard. Let's get out and cheer them on to further victories.

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# Nighthawk's Nest

Since our last fish wrapper "Chappy" made his presence known in the local area. Harry was given such a fond farewell by Maj. Conn, it was only fitting that the two make Harry's last Voodoo sortie together. To Maj. Conn it was just another white-knuckle trip - it has been said, he never opened his eyes or uttered a sound after lift off. Anyway, 409 and especially Maj. Conn will never forget Harry. Good Luck Harry! I believe the Base Commander of the Cool Pool is looking forward to a close association with you.

Further manifestations of facial follicles are appearing on more and more Nighthawks (now to be known as the Fuzzy Nighthawk variety). To what can these growths be attributed? Continue to read this column for a forthcoming in-depth report on these occurrences. Perhaps "they" belong to some secret society or some devious minority; indeed, could some sexual connotation be involved?

Nighthawks wish to send GET WELL wishes to one of their fine feathered friends namely the Ace Photographer and Cub Reporter Dave McNair. A quick recovery Dave!

Last Friday was the date of our regular self improvement class, ground school. Halfway through the boss' peptalk to the crews, Yahmush Gill, our Navigator's Union Shop Steward, attempted to "inject a little humour" in the proceedings. Inject he did, for spontaneous spoofs, giggles, snorts, chuckles and guffaws came forth in great waves.

Somehow the boss' words didn't sound quite so serious. CINC CAN NOR PAC CACO has another protege in the Combat Alert Center. It seems Marv Guille has delusions of turning pro. Once in the CAC isn't enough for him; and Don thought he had his hands full before.

Maj Sos' brother Col. Tony paid 409 a pleasant visit. According to Col. Tony, he was led astray by the "black sheep of the family" namely

Maj Sos. Apparently a little TacEval action was held at our latest promotee, Maj Poole. Word has it Col. Tony will return shortly.

"Procrastination is the thief of time". Not so with our UFSO. Ken was an instant Hero when he appeared in the local Green Sheets as the first Armed Forces voter at CFB Comox. Last seen, Ken was signing a multitude of autographs, nothing unusual for the "Boxman".

The evidence that a large-scale exercise was to take place was made so very obvious by the number of malades (sick persons). Guy Sullivan kissed the morning sunshine from his eyes and couldn't believe his schedule. Out of the five Navigators scheduled, Guy was the only one present in good health. Guy turned everywhere and after several rebuffs fell to the floor in disbelief. After a further frantic search for bodies his problem finally resolved itself.

A belated congratulations to Henry on obtaining 1000 hours on the big machine!

Barry Watkin had an in-flight emergency during the exercise. After a safe recovery it was noted that perhaps CAC officers should fly a little more; maybe, the aircraft wouldn't feel so strange.

After two scrambles, one from the F-17 desk in the squadron, Maj Jenks managed to drag his tired body up the long stairs and carried out a thorough search for the MO in vain. Failing that he then tried to turn in his checklist, and then he heard he had an airborne order. That's what I call earning your pay!

Dale Kilshaw, the veteran of 48 continuous hours in the QRA, stood next to the F-17 desk mumbling something about "I can't believe I did the whole thing" Don't worry, neither can we.

Our Chief Nighthawk had his first Q-experience last week. Two flight commanders, the Col. and Grant Clements spent a restless day after three weather briefings and countless pacing. Their anxiety was instantly cured

(Continued on page 7)

# Voodoo Nuts, Bolts and Volts

Mixed bag this week. Cpl. Louie Plamondon recovering satisfactorily after a short sojourn in the Base Hospital - results of the after effects of his unfortunate fall in the bush.

Cpl. Kevin Cosby is also doing well in the Base Hospital. Kevin accidentally injected some grease into his hand which proved very toxic. An industrial hazard we don't often think about but should always be on the lookout for.

MCpl. Jock Fleming has taken a Correspondence Supervisors Course. Everything he has learned he has compiled into a little booklet titled "How to Supervise Without Working". It should be worth a mint if he ever gets it published!

Friday the 13th was not the best day for MCpl. Dick Easton. He was sitting in his living room with his wife and dog when an unexpected visitor arrived suddenly. A 1964 Buick ended up in Dick's front room causing \$2,500 damage. The car narrowly missed him and his wife, who escaped without injury, their dog was buried in the collapsing fireplace, but survived. The driver was also somewhat shook-up.

For those of you who are not members of our Base Credit Union, I would suggest you check into the benefits of belonging. Drop in anytime and see the Manager, Mr. Rick Kellow or any of his able assistants. They will be glad to answer any questions you may have. While you are there pick up a copy of "Everybody's Money", a quarterly magazine put out by the Credit Union Movement. The magazine deals with money management, not so much big dry financial stuff that only bankers can com-

prehend, but down to earth, easy reading that anyone can understand. Most of the subjects deal with every day problems in money management. Some of the articles are headed - Buying a Home; Budgeting; Octanes and Additives; Wasteland Peddlers; Gas Station Gyps; and a multitude of other subjects with good information on how to make ends meet - plus household hints that will keep you ahead of the shripes.

Protective Clothing has once again become a bone of contention, as it does every year about this time. Parkas are again rationed out to user sections according to need, but who's to say who really needs one except the guy that's going to wear it. The community parka is fine except when the weather turns cold and everyone wants to wear it at the same time; so it's first come, first served. Hard hats are also in short supply and have been recalled to priority users. A person that's used to wearing one soon learns to rely on its protection. The moment he leaves it off he finds himself with a sore head.

Lt. Bob Atkinson and his crew of hardy bushmen spent a lively week in bush survival and crash rescue training. Except for a good growth of whiskers they didn't seem to have suffered any.

Most of the troops have managed to run their six laps around the track without too much trouble. There are still a

few stragglers who haven't qualified. Rumors have it that the next test will be done with bicycles.

Last Friday we had our first indication of winter approaching. After the rather damp and chilly clouds cleared, the hills to the west were covered with a nice blanket of fresh snow.

I really don't mind snow as long as it stays in them thar hills!

# What's a Nighthen?

Occasional issues of our illustrious "fishwrapper" have featured articles on "What is a Nighthawk?" While I have it on very good authority that all statements are absolutely factual when referring to the feathered variety of the bird in question, it made me ponder the jet-propelled species. I was especially interested in the mating instinct of the average 409-type Nighthawk and my research has disclosed that this particular bird is remarkably astute when choosing his mate.

I have discovered that the Nighthens(?) boast several highly-qualified teachers, registered nurses, practical nurses, a dietician, a dental hygienist, dental assistants, a psychiatric social worker, a hospital librarian, an interior decorator, telephone operators, secretaries, stenographers, bookkeepers, bank clerks, receptionists, cashiers and many more with business and professional abilities that I haven't mentioned here.

They manage to perform all the mundane chores so deplored by Ms. Frieden et al and still have time and energy to give to Scouts, Cubs, Brownies, Guides, OWC, Sunday School, Catechism, Little League Ball, Minor Hockey, Figure Skating, Swimming, Protestant Chapel Guild, Catholic Women's League, Historical Society, Continuing Education and the like. Their hobbies include bridge, gardening, music, painting, candle-making, pottery, ceramics, decoupage, crocheting, knitting, sewing, macrame, rug-hooking, needlepoint, bowling, skiing, skating, cycling, golf, tennis, badminton, curling, water-skiing, fishing, sailing, camping, hiking and many more.

As the above activities do seem odd for a bird, one must conclude that a Nighthen is either very strange or very exceptional. Personally, I favour the latter view, but I must admit to being a trifle prejudiced.

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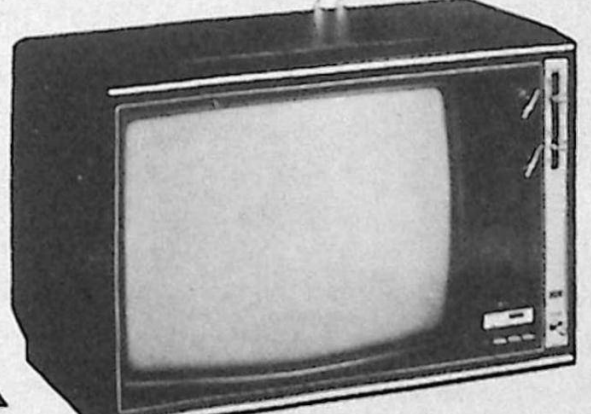
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# EDITORIAL

## De quoi faut-il se souvenir?

par le capitaine Craig G. Mills

Le jour du Souvenir: de qui, de quoi faut-il se souvenir?

Du vieillard aux joues creuses qui gît sur un lit d'hôpital et fixe le plafond? Il se souvient de la détonation des canons, des gaz âpres et mortels, de la solitude ressentie dans une tranchée noire et boueuse. Et que dire de la peur accompagnant chaque nouvelle nuit.

De l'homme d'âge mûr qui regarde s'élever un avion à réaction? Ce dernier lui rappelle de nombreux décollages opérationnels; prisonnier de son poste de pilotage il se retournait pour jeter un coup d'oeil sur la nuit anglaise.

Il se souvient des projecteurs scrutant le ciel, du bruit des canons antiaériens, de la silhouette des chasseurs nocturnes et des voix résonnant dans sa tête. Il se souvient d'avoir été seul et d'avoir eu peur.

Un homme, penché sur son établi, s'occupe à construire un petit vaisseau de guerre. Il revoit en pensée d'énormes vagues noires, un navire en flammes sur le point de couler; c'était son navire.

C'est bien involontairement qu'il tremble en se rappelant le froid mordant de l'Atlantique Nord; il a failli y mourir de froid, mais il a prié; il se croyait perdu quand le miracle s'est produit: on est venu à son secours. Tout cela n'est maintenant que vagues souvenirs, mais la peur existe toujours.

Une infirmière a terminé son service et prend le dernier autobus pour se rendre à la maison; elle pense aux autobus à impériale, ceux qu'on trouve à l'étranger. Elle se rappelle le premier hôpital où elle ait travaillé en pays inconnu, les corps mutilés qu'on ramenait du champ de bataille. Il y a presque trente ans, mais le sentiment de peur demeure vivant.

Le mess est vide; un militaire est assis devant une bière. C'est un autre lieu, un autre temps qui occupent ses pensées. Il est en Corée, il fait nuit. Perdue, sa patrouille tombe dans une embuscade; il trébuche dans le noir; il fait froid, il a peur.

Pourquoi sont-ils allés? La plupart ne pourraient vous le dire, on se rappelle toutefois que c'était pour une bonne cause: il s'agissait peut-être d'idéologie, de paix, de liberté, de sécurité, ou avait-on peur de la tyrannie?

Ils savaient qu'ils devaient se battre. Que pouvait-il leur arriver; c'était toujours l'autre qui encaissait. Première Guerre mondiale: 59,544  
Seconde Guerre mondiale: 42,022  
Corée: 309  
Plus de 100,000 Canadiens sont morts au champ de bataille.

Vous en souvenez-vous?

## Continue your education

By VIC CAMILLERI

Journey into the People's Republic of China

Many Canadians are curious about China. China has undergone a total revolution in recent years; this revolution is not confined to political and economic reform alone. The entire society and culture of China is being transformed in ways radically different from those of the Western World. China is no longer a sleeping giant, but is, in many respects, a country at the crossroads of contemporary civilization. Recent events make it imperative that we come to understand this vast nation with its 800 million people. Official recognition, visits by leaders of a number of nations, including the President of the United States and the Prime Minister of Japan, membership in the United Nations... all focus attention on this country and serve to emphasize the need for a continued study of this vast nation.

Dr. Len Sampson, an educator who has travelled, studied and lectured internationally, was a member of one of the first groups of Canadians to tour Mainland China since Canada established diplomatic relations with Peking. He has put together a set of presentations including colour films on contemporary China, colour slides on specialized topics of China, thousands of colour slides covering all aspects, tapes of music, concert performances, interviews and discussions, and some mimeographed materials for distribution to course participants. A part of his presentation has appeared on B.C. television. His presentations on China have been given also to a number of colleges in British Columbia and the state of Washington, to numerous high schools and teachers' associations, as well as to several clubs, professional organizations and adult groups.

His presentations have been well received. This is an opportunity to see and hear what life in Mainland China is really like -- the cities of Peking, Canton, Shanghai, Soochow, Nanking, Tsinan -- the Chinese educational system from the Kindergarten to the University -- see inside the classrooms and find out what Chinese students are actually learning -- the massive industrialization taking place in China -- the difference between the Old and the New China -- the influence of Chairman Mao Tse-tung and his thoughts on the Revolutionary Ideology in China today.

The four presentations are titled: Journey into China, Education in China, the Social Organization and Life of the People, and Mao Tse-Tung and the Ideology of the Revolution. This series of presentations by Dr. Sampson will be offered locally at G. P. Vanier Senior Secondary School in Room 400 from 8:00 to 10:00 p.m. on THURSDAYS, November 9, 16, 23, and 30. Fee for the four sessions is \$6 for adults and \$3 for students.

# TOTEM TIMES

EDITOR: Mike Pollard (Loc. 409 and 377)  
ASSOCIATE EDITOR: John Clark  
EDITORIAL STAFF: Paul Klam, Norm Blondel  
PHOTO EDITOR: Dave McNeil  
SPORTS REPORTER: Gord Palmer  
BUSINESS MANAGER: Bob Danyer (Loc. 468)  
ADVERTISING SALESMEN: Mary Guile, Scotty Dunca  
PROOFREADERS: Pat Middleton, Allund Sundry  
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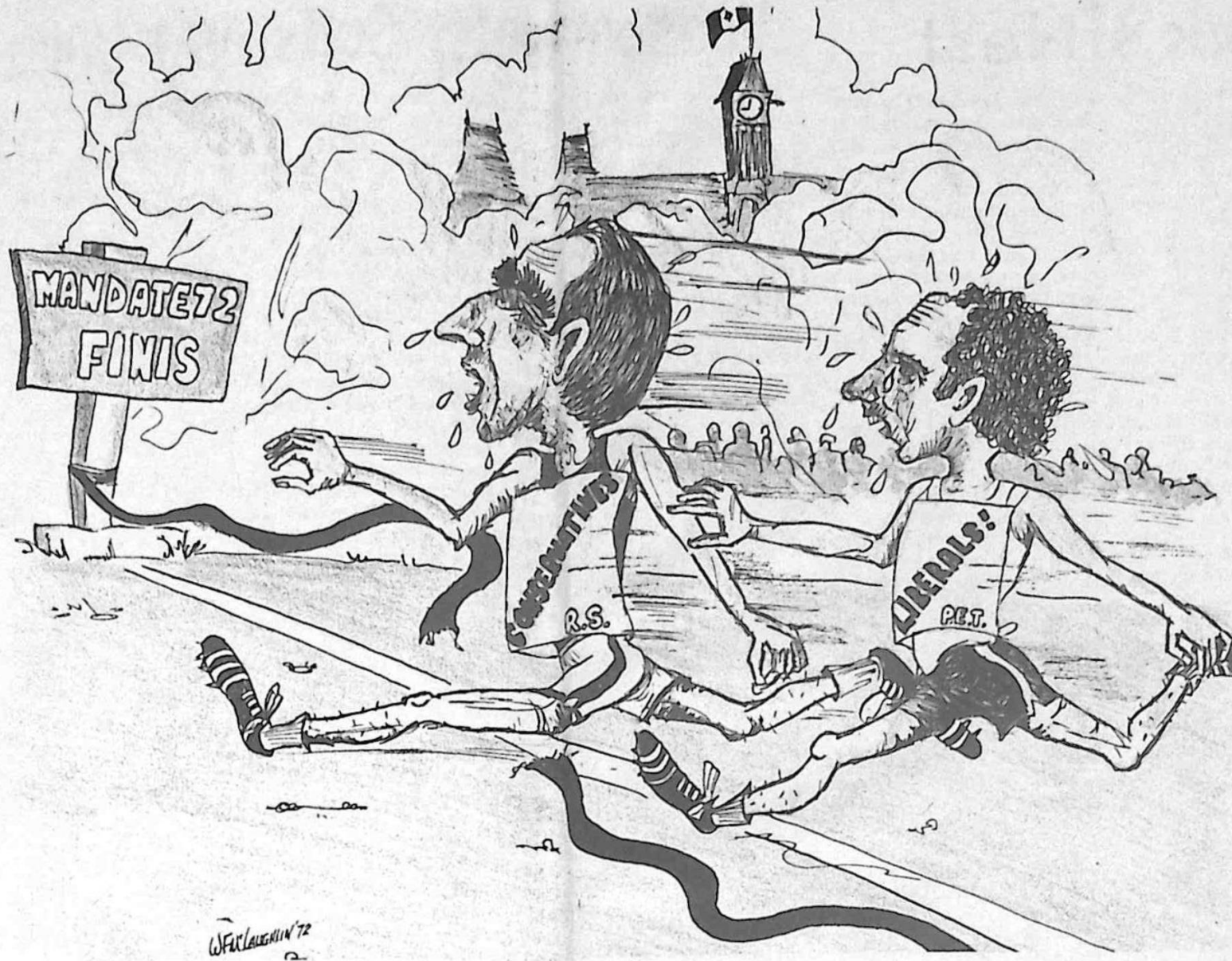
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## Not a passport to luxurious retirement

# Will your annuity be adequate?

By the DIRECTORATE OF COMPENSATION DEVELOPMENT

OTTAWA (CFP) - Annuities are provided under the Canadian Forces Superannuation Act (CFSA) to members who qualify as a result of their contributions during their years of service.

But they are no guarantee of a luxurious retirement.

Military annuities - not pensions, as commonly believed - may be the door to a happy retirement, but by no means should they be expected to provide all the ingredients of the retirement nest. Pensions, paid under the Pension Act, are non-contributory, whereas service members do contribute towards a CFSA annuity.

Service members and women who are making a career of the armed forces may unwittingly assume that, once their salary reaches a level which provides for more than the necessities of life, they need not concern themselves with financial planning.

But disappointment may be around the corner for those who place too much reliance on just how far a military annuity will stretch. Even with maximum years of service, the annuity on retirement is only a fraction of regular pay while serving.

As indicated, an annuity is bought by a member of the Canadian Forces on a shared basis with his employer, the federal government. The employer contributes \$1.80 for every dollar contributed by the member.

Benefits on retirement are based on the member's rate of pay and period of service. This is calculated as 1 per cent times the average annual earnings during the six best consecutive years, times years of service.

This formula applies to all government of Canada employees under the Public Service Superannuation Act (PSSA), the Royal Canadian Mounted Police Superannuation Act (RCMPSA), and the Canadian Forces Superannuation Act (CFSA).

The annuity remains static except for a partial cost-of-living factor. But, it is incorrect to assume that because a contributor has earned a specific amount of "pension" he has also earned a guaranteed standard of living.

25 years means less than half salary

This should be readily apparent from the fact that the maximum "pension" obtainable is 70 per cent (for 35 years service) of the average annual earnings over the best six consecutive years of service. For members with only 25 years service, their income will drop to less than half of their final salary.

Obviously, a serviceman who plans to retire when he is still raising a family, and particularly if he is providing a university education for his children, will find it necessary to obtain employment to supplement his "pension."

In addition to a reduced income on retirement, there also is a factor of reduced buying power due to inflation. As a result, many servicemen are not aware of the inadequacy of their "pensions" until five or ten years after retirement. This may be five years short of the time when the cost-of-living increase becomes payable to them, at age 60. Dreamers beware!

But how inadequate is a service "pension"? Will it satisfy all your needs?

The annuity provided under CFSA may be inadequate for some, yet adequate for others. It all depends on the member's requirements and expectations. However, numerous inquiries and complaints to NDHQ and to the minister of national defence, indicate that some retired service people actually believe that they should be able to live in comfort as a result of their military service.

In reality, the obligation of the government is limited to paying annuities on the basis of contributions made and the periods of service rendered.

What are the annuities payable under the CFSA? The most significant one is commonly referred to as the serviceman's "pension." This, as indicated above, is calculated at 2 per cent per year of service to a maximum of 70 per cent (35 years) of average annual earnings over a period of six consecutive years.

However, the annuity is reduced if an individual retires voluntarily before reaching

compulsory release age (CRA), or before completing the required number of years service, whichever is less.

20 years a must

It should be realized that a reduced "pension" is available only after 20 years of continuous service. Between 10 - 20 years, a member has the option of a return of contributions, or a deferred annuity at the age of 60. With less than 10 years of service, a member is entitled only to a return of contributions.

One exception to this general policy is the eligibility of a member for a medical pension after 10 years of service. However, with less than 10 years of service, a release on medical grounds will result in a return of contributions, or a cash termination allowance.

This is one of the main reasons for the introduction of the Servicemen's Income Security Insurance Plan (SISIP), which supplements other benefits to ensure an income of 60 per cent of the member's rate of pay prior to disability. The Long Term Disability Premiums are now shared by the government at the rate of 50 per cent.

In addition to the serviceman's "pension," the CFSA provides, in the case of his death, for a widow's "pension." A widow's "pension" is paid if the serviceman is in receipt of a "pension" at the time of his death, or if he is serving at the time of death, and has to his credit a minimum of 10 years service.

The amount of a widow's "pension" is one-half that received by the serviceman. It was established at that amount for several reasons. While all of the rationale will not be provided here, some of the significant reasons are:

- cash benefits at time of death assist the widow in eliminating fixed monthly payments. Monies from Supplementary Death Benefits, mortgage insurance and life insurance may be applied against funeral expenses, mortgages and other debts to eliminate or reduce monthly payments;

- child allowances are payable to age 18, or to 25 for those attending university, which can increase the widow's total "pension" to 90 per cent of the contributor's annuity;

- any increase in benefits results in increased cost and an increase in the servicemen's "pension" contributions. There is a desirable optimum which should be maintained in pay deductions, so that an appropriate amount of a serviceman's pay will be available for current living expenses. Rising costs gulp "pension" \$\$\$

Because "pensions" have dipped in terms of purchasing power due to inflation over the years, a supplementary retirement benefit was introduced into the CFSA in April, 1970.

Purpose of the new benefit is to compensate, in part, for the increasing costs of living. The member's increase in contributions was established at one-half of 1 per cent of pay, and the benefits were restricted to 2 per cent per year increases, to be effective at age 60.

Reason for the deferment until age 60 was the cost to the member and the government. Although the escalation would be desirable at an earlier age, it would cost more and the need could be lessened by a member seeking supplementary employment.

Supplementary death benefits  
Perhaps a word about Supplementary Death Benefits is in order. Although it is a type of term insurance, it is included as part of the CFSA. The benefit is one year's salary, or the nearest multiple of \$250 above the annual salary. Monthly premium is 5 cents for each \$250 of annual salary.

Therefore, with a yearly salary of \$7900 the death benefit is \$8000, at a cost of \$1.60 per month. However, the benefit and the premium are both reduced at age 60 by 10 per cent per year until age 70, when the benefit is only \$500 and no premiums are required.

It should be noted that these premiums continue after retirement only if the contributor is entitled to a pension. Otherwise, they are higher. On retirement the contributor also has the option of taking only the reduced SDB of \$500 at a contribution rate of 10 cents per month to age 65. In all cases, the benefit after age 70 is \$500 at time of death.

Unfortunately, not all members of the forces are covered by SDB. When it was in-

troduced it was optional for members serving at the time. If they wanted it they did nothing. If they did not want it, they were required to sign a form indicating that they elected not to take it.

These elections are irrevocable, which means that some members do not have such coverage and cannot now get it. You can tell if you are covered or not by looking at your pay allotments or by asking your pay clerk.

In summary, it should be noted that servicemen have a suitable "pension" plan which meets the criteria which were established in providing for a degree of financial security on retirement.

However the CFSA "pension" is not a guarantee for luxurious retirement. It may fall short of being sufficient to support the needs and activities of a growing family.

Therefore, it is essential that a serviceman give serious thought to his financial planning. He must recognize the limitations of the CFSA "pension" that he purchased during his service career.

## Letters

Dear Sir:

Through your paper, "The Totem Times" may I please be allowed to say "Thank you" to all the personnel of CFB Comox who contributed so generously to our 1972 Comox Valley U.G.N. Fund. Without this type of support we could not possibly hope to meet the goal set for our area. Today it is so easy to say "I am not interested" or "This is not my responsibility". You folks did not see it this way.

Thanks again to those who did all the footwork and to those who supported them.

Yours sincerely  
Nelson McInnis  
Chairman

# Of pens and swords

By PROMETHEUS

Why must there be restrictions on the free expression of opinion in Base newspapers within the Canadian Armed Forces? I submit that it is time the Armed Forces dropped this anachronistic silliness and permitted a greater freedom of expression from and amongst Service personnel. As mature, intelligent Canadian citizens who happen to have the distinction of serving their country in this positive way, Service personnel are surely entitled, in this supposedly enlightened time, to have, hold and express views on government policy and the democratic process for the acceptance or rejection of their fellows.

Armed Forces personnel are seemingly encouraged to prepare papers for various military publications including the Staff College Journal and the Defence Quarterly. Often these papers express views contrary to current policy. Why not extend these same privileges to Base newspapers which enjoy far greater readership? The often sycophantic, boot licking claptrap which seems to appear with nauseating regularity destroys the credibility of newspapers, and, just as bad, the Serviceman's interest in them.

Censorship of this sort is a sign of a lack of confidence. What is there to fear? Divergent views could be expressed from all interested quarters. Writers of any political leaning would be equally free to contribute. After all, Base newspapers accept paid advertisements from political parties urging readers to vote this way or that. Although the Serviceman is traditionally non-political in the way he conducts his duties, surely he is entitled to form opinions and to express them intelligently. This should be encouraged rather than discouraged.

Controls governing how the Armed Forces works and how individuals are expected to perform will always be within the system - and the Forces are the better for it,

# Beware of dysrhythmia!

By CANADIAN FORCES PRESS

Once upon a time the major malaise of travellers was dyspepsia, dysentery or disinterest, depending on your habits, health, sophistication and size of your wallet.

But these days the "dys" disorders have to take an economy back seat to a tongue-twister called dysrhythmia.

Although it sounds like something that may have been concocted in Frankenstein's laboratory, it's simply the mental and physical distress that can occur when your 24-hour metabolic clock is thrown out of whack by travelling across time zones at jet speed.

For example, if you travel from Trenton to Lahr by jet, it takes about 7½ hours. But the clock in Lahr is five hours ahead of the one in Trenton. So when you land in Lahr at 8:30 in the morning, local time, it's only 3:30 a.m. Trenton time. Because your metabolic clock is adjusted to Trenton time, your body is tired and in need of rest.

But your mind acknowledges Lahr time, and it's telling you it's time for breakfast. This schism between body and mind commonly is known as jet lag, but the medical word for this disruption of normal eating and sleeping patterns is dysrhythmia.

Experts are only beginning to define dysrhythmia, and no exact answers or miracle cures have been discovered. It is known, though, that human reaction to crossing time zones at jet speed is as individual as a set of fingerprints.

Your reaction depends not only on age, temperament and metabolism, but on how you help or hinder your body's ability to adjust.

Tips on avoiding it.

Because members of the military are among the world's most frequent travellers, it's likely that someday you will be afflicted with a case of dysrhythmia. Here are a few tips on how to avoid some of the discomfort:

To help your body adjust to time changes, get some rest while on the plane. As simple as this may sound, you will find it almost impossible at first. Even regular travellers find it difficult to doze off while being distracted by jabbering passengers, squalling infants, food, drink and pretty "stewards."

If you can, choose a seat away from the galley or lavatory, pin a do-not-disturb sign on yourself, and sign off. Sleep masks, blankets, pillows and ear plugs sometimes are helpful.

Take a minimum of food and drink while in flight. Doctors claim a groaning hoard of goodies which some airlines offer passengers does not exactly dissipate dysrhythmia. When offered an inviting plate of something-or-other with a big cool drink, think moderation. Fly west, young man.

Naturally, it's better to fly from east to west, gaining an hour over each time zone, rather than travelling west to east and losing an hour. If you have a choice, take a morning flight. A flight leaving Montreal at 11 a.m. gets you to London about 10 p.m., local time. That, of course, allows you to do your sleeping in a bed.

North-south flights do not present a problem because, although there may be a change in climate, you remain, essentially, in the same time zone.

However, you would run smack into a severe case of dysrhythmia if you hopped from Toronto to Australia. This not only turns summer into winter, but noon into midnight.

If you're on a quick trip you may find it advantageous not to adjust your metabolic clock at all. Some travellers keep their watches on home time, eat when they are hungry, sleep when they can, and arrive home tired but with their normal living patterns only slightly disturbed.

However, you'll probably find it best to try to adjust as quickly as possible to your new time zone. The trick is to take it easy the first day and get a good night's rest.

The main thing to keep in mind is that dysrhythmia is temporary, it's not fatal, and it's all a question of time.

# The Stock Market

of course. Therefore, why cannot regulations be loosened to permit the intelligent exchange of ideas amongst Service personnel on the "nitty-gritty," the "bread and butter" issues which are of concern to all Canadian citizens? Controls could be retained, however, to discard those views which overstep the bounds of good taste and propriety.

I think too, that the Canadian Serviceman is perhaps better qualified than most citizens to examine and consider political and other issues. We have always prided ourselves on the continuing development of the individual through multitudinous training and staff courses. Then, after developing his mind and thinking processes we make the mistake of muzzling him.

Base newspapers are, and should be, an excellent organ for voicing the opinions of military personnel. At their best they act as sounding boards of what the military man is thinking. By paying attention to the intelligent opinions expressed through the media of Base newspapers, National Defence Headquarters could read, listen to, and gauge the temper of this important contributing voice.

What is the Stock Market? When it started less than a hundred years ago the main idea was to bring together a lot of people with a little money to provide a source of capital (money) for big business. It still undertakes this function. Companies that want money to expand their operations frequently obtain it from many investors big and small through the stock exchange. Only the most naive think that it is all about today. The majority of the transactions handled today are for investors trying to make a profit for themselves by purchasing a stock or bond today and hoping to sell it in the future at a profit.

# Canex comes of age

By NORM BLONDEL  
An anniversary came and went on September 14, with very little done or said to mark the event. No pronouncements by mayors, moguls or McGaws greeted the quiet occasion - just a special sale. As Canex at Comox enters its second year, the current contrast in the store's goods and services and in its acceptance by the community is startling compared with this period in 1972. Dealing only with customer complaints, since other gripes have proven either irrelevant or unfounded, Totem Times notes that Canex is no longer the staple subject of our feature, "How come?" (In fact, nothing is the staple feature of "How come?", since it died of apathy or general satisfaction some time ago).

Canex appears to be meeting the needs of its clientele more effectively now, so we had a talk with the BXO last week, to find out what's in the future. "A food store?"  
"Nix," said the BXO. "Food prices have risen, but so have wages. We are considering a garden shop for the spring, but other expansion is governed by two things - the Base Development Plan, and availability of funds. For example, the Base Library is being relocated to the old post office, the Hobby Shop has new floor tools, the Auto Centre has doubled its capacity to 25,000 gallons of gasoline, and is laying in improved equipment for the auto buffs to use."  
"Including that (censored) car wash?" we asked.

The BXO allowed that there is a problem with that facility, and alternatives are being considered.

Thinking he'd rather talk about toys, we asked, "How about toys?"

The BXO brightened. "Three truckloads - \$25,000 worth of new toys and merchandise at unbeatable prices are now in stock for Christmas, and some of it is waiting for floor space."

We asked about prices generally. "We try to maintain prices through better buying, but it is difficult: the wholesale price index is rising. For instance, the leather for one pair of shoes recently went up by three dollars. We buy Canadian wherever possible - CCM bikes and such - but stock imports where it is necessary to hold prices down. The cafeteria still sells a good cup of ten cent coffee, and we are generally holding the price line in there too, even with an improved and diversified menu."

"You might note for your readers that it isn't all selling with Canex - like many stores, we support Minor Hockey with prizes, we hire cubs and scouts for cleanups, there's a Canex candidate for Miss CFB Comox in the winter carnival, we've provided space for the Golden Palette Art Club to display their works, and made the cafeteria available for church breakfasts."

Edging into criticism, we asked about the lack of some goods advertised as specials, specifically referring to a recent sale of colored TV sets. "Raincheck," said the BXO. "Anyone who couldn't get the TV can have one at the advertised price by asking for it."

Since this was a report, not a critique, we did not pursue the subject further. Perhaps the readers will. We asked instead, about the special order desk. "If you don't mind waiting, we can order a wide list of items from our

catalogues - furniture, appliances sporting equipment and so on. If we haven't got it, fill out a suggestion form and drop it in the box at the desk. We are open to constructive ideas. Magazines, clothes, footwear, appliances, furniture, the displays, the service - if customers will comment via the suggestion box, we will try to meet their needs. Every customer using the service will receive a reply."

Better than a year ago, when stock was lower, the glitches and bitches occurred more frequently, and there were outside factors to contend with. Now the "Serviceman's Co-op" fits in more closely with his needs, and those of his dependants, due mostly to hard work and a lot

## Demon history

(Continued from page 2)

Officers' Mess with the German officer as the guest of honour. He was later sent to Canada as a POW. Mr. Mullen often wonders what has happened to him.

Those of us now who worry about aircraft security could hardly have the ill fortune of the 407 crew who abandoned their aircraft, a Wellington I believe, when it appeared unflyable. The aircraft unfortunately righted itself, and flew back to France where it landed itself virtually intact. As a result the Germans got an intact allied radar set for the first time. Odd, but true.

While 407 did spend most of its time attacking ships and submarines, the squadron did occasionally record the kill of another aircraft.

T. M. O'Neill informed me that he was the only wartime member of 407 to shoot down an Arado 196A. The Arado was the German ASW aircraft used, at least at that time, in the Bay of Biscay, to protect German convoys and subs.

Probably the most interesting tale that I heard concerned Jack Clarke of Toronto. His tale as the only 407 POW will follow in the next issue.

## Chapel Chimes

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**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 every Wednesday evening in the PMQ School from 6:30 to 7:30 p.m. for Grades I to IX inclusively.

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

**PARISH COUNCIL - CHAPEL COMMITTEE:** The regular meeting of the Parish Council will take place on Sunday, 12th of November at 1300 hrs. in the Parish Hall. The following personnel are reminded to be present: Sgt. D. Stubbs, Cpl. P. Desroches, Mrs. W. McGuire, MCpl. Ervin, Capt. Driscoll, Capt. Briggs, Sgt. P. Miller, MCpl Mullen, Cpl. F. Siberski, Cpl. D. Moore, Sgt. W. McGuire, SSgt. A. Roberts, Cpl. Y. Geneau, and any Parishioner who wishes to be welcome to attend the Parish Council meetings and may have a say in Parish activities.

**YOUNG PEOPLE'S GROUP:** Meets every Sunday at 7:30 p.m. in the Protestant Chapel Annex. All Roman Catholic and Protestant teenagers are welcome.

of patience on the part of the Canex staff. The rate at which Canex continues to improve will depend quite a bit on the interest shown by its customers, expressed in the suggestion box, and (we hope) in the pages of 'Totem Times.' But mostly through purchasing power.

Two per cent of Canex' profits go into the central fund, to support base projects like the beach house, and six per cent to provide the base with money for starter grants to organizations like the gliding and sailing clubs.

Footnote to the TV sets: Seven more color TV sets turned up after this piece was written, but the BXO says the price offer still holds, sale or no sale.

# Communications center

By DORIS FARMER TONKIN  
COMMUNICATIONS is the name of the game at the fourth annual Arts and Crafts Fair sponsored by the Courtenay and District Historical Society. Art was one of the earliest forms of communication and is still more valid than the spoken word, for it transcends all barriers of language, race or culture. There will be about fifty artists and craftsmen communicating in various media. Some will also be demonstrating their thing.

The Fair is scheduled for Saturday, November 18th, with the doors opening at 1 p.m. and closing at 7:30. As the Native Sons' Hall, the locale of previous Fairs is undergoing transformation into a museum, the Fair will be held in the auditorium of the Courtenay Junior Secondary School on Harmston Avenue. The format will be slightly changed because of lesser facilities. A hot supper for the exhibitors and workers will not be forthcoming, but sandwiches and coffee will be available at noon for out-of-towners coming early to set up their exhibits, and sandwiches and hot soup for the evening meal.

As usual there will be something for everyone. Paintings, pottery and

sculpture, and any number of crafts to admire or purchase if desired. An excellent opportunity to buy original Christmas gifts at reasonable prices. It's that time of year again, you know. There will be various displays, notably dolls. The Historical Society will show items from the museum which demonstrate the communications theme.

There will be a demonstration of spinning and weaving, an interesting one of re-cycling plastic bags to make mats, and an artist from Campbell River will gladly sketch you.

Exhibitors are anticipated from Lantzville, Nanose, Port Alberni, Ladysmith, and even as far afield as Victoria. There will be distinguished guests.

Musical interludes will be featured and special events for the children. Other plans

are in the works for entertainment. Come and be surprised!

As before, proceeds are for the benefit of the museum. Not for the Building Fund this time since the Native Sons' generous arrangement has precluded that, but for the upkeep of the new centre.

There will be raffles. A particularly interesting item is a huge Chinese bowl donated for this purpose by a good member of the Historical Society.

Admission tickets cost fifty cents. One entitles you to a chance at a door prize and afternoon tea. It is also a passport to the fun at this very diverse and exciting event. If you have been to previous Fairs you are sure to want to take in this one. If you have not, try it, you'll like it! Don't forget November 18th. See you there.

## Local artists show, sell work Nov. 7-10

Local artists will have the opportunity to display and sell their paintings at an Art Show which is being organized by the Comox Valley Community Arts Society, with the kind assistance of Mrs. Ivy Chapman.

The Art Show will be open to the public from November 7th to 10th during normal business hours, and is located at ARV Services, 4th St., Courtenay. (opposite the Civic Parking Area)

On Monday evening, Nov. 6th at 8 p.m., there will be a private showing for the members of the Arts Society where the members will have the opportunity to meet the Artists. Wine and cheese will be served. Anyone interested in promoting the Arts is welcome to come Monday evening and become a member. Dues are \$1 per year.

The following instructions will be of assistance to Artists interested in submitting pictures. Artists, 18 yrs. and over, residing in the area between Qualicum and Campbell River may submit 2

pictures, which should be properly framed and wired, and be between approx. 11" x 14" and 2' x 3'. Pictures should be original compositions completed within the past three years. Any media accepted - drawings also included. No screen prints accepted. Artists who are not members of the Arts Council will be asked to pay \$1 and will receive a membership card for one year. Pictures may be submitted for sale and there will be a 10 per cent commission.

Pictures should be brought to ARV directly on Monday 6th between 3 p.m. and 5 p.m. Pictures can also be brought to Studio One - 344 5th Street, Courtenay, on Nov. 3rd and 4th, or may be delivered to Mrs. H. F. Chapman. For additional information phone Mrs. Ivy Chapman 334-4177 or Geoff Rainey 334-4042. Pictures must be picked up on Tuesday Nov. 14th from ARV between 3 p.m. and 5:30 p.m. or make other specific arrangements. Pictures should be identified on the back with price or n.f.s.

## OWC

The Officers' Wives Club monthly meeting, presided over by Mrs. Betty Haire, was held Wednesday, October 20 at the Officers' Mess. The evening was quite an entertaining one, the main attraction being a penny auction with auctioneers Judy Richard and Rosemary Gibson hosting. Marg Ranson won the door prize. The next monthly meeting will be held Thursday, November 14 at which time there will be a Mini Fashion Show, with predominantly Christmas-themed, festive apparel being modelled.

The 2nd Battalion, Princess Patricia's Canadian Light Infantry was the first Canadian army unit to fight in Korea.

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**SUNDAY 5 Nov. 72:**  
1100 hrs - Divine Worship

**SUNDAY SCHOOL:**  
Each Sunday at 0930 hrs in Chapel.

**CHOIR PRACTICE:**  
Every Thursday - 6:00 p.m.  
Junior Choir, 8:00 p.m. Senior Choir.

**LADIES GUILD - CHANGE OF DATE**

The Ladies Guild will meet on the third Tuesday of each month instead of the second. Next meeting is the 21st of November at 8:00 p.m. A guest speaker will come from the Mental Health Centre to inform us of what services are available in this area with regard to family counselling, Single Parents, Homemakers, Senior Citizen programs; probationary and rehabilitation services. Use of these services will be explained and how those who want to can get involved in helping.

## CWL

The next C.W.L. meeting will be held Tuesday, November 7th in the parish hall. All women of the parish are invited to participate in the Mass to be held at 7:30 in the hall. Our Spiritual Director, Father J. Borg, will explain the meaning and significance of the vestments worn during the Mass.

The meeting will commence at 8:00, after which Major V. McAloon will share with us her pictures, slides, experiences and impressions from her recent trip to Russia for the Canada-Russia hockey game. Guests are most welcome.



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# Baden tops in CF skeet shoot

OTTAWA (CFP) - Seventy-two marksmen from 13 bases in Canada and Europe shattered thousands of clay birds near Ottawa, October 15, in the Forces' third annual invitational skeet shoot.

Shooters from Greenwood, Summerside, Uplands, NDHQ, North Bay, Trenton, Moose Jaw, Edmonton, Cold Lake, Esquimalt, Portage la Prairie and Kingston's Royal Military College competed all day in a chill wind at the Ottawa Valley Trap and Skeet Club, 10 miles from the city.

## Intersection hockey

Another season of Intersection Hockey got underway on Monday Oct. 23 with last year's champions in both leagues getting beaten, Admin in A League and Avionics in B League. The teams again this year are divided into two leagues A and B. The following results are up to Friday 27 Oct.

Monday, 23 Oct - A League - 442 Sqn 4, 407 Sqn 2; Voodoos 6, Admin 2.

B League - 407 Sqn. 8, Avionics 2.

Tuesday 24 Oct., B League 409 Sqn 4, Admin 4.

Wednesday, 25 Oct. A League - Admin 9 - 407 Sqn. 3. B League - Admin 6, 442 Sqn 5; Avionics 7, 409 Sqn 5.

Friday 27 Oct. A League - 409 Sqn 1, 442 Sqn 0.

A League standings are: Voodoos 2 wins, no losses for 6 points; followed by Admin and 442 Sqn each with one win, one loss for 4 points; 407 with no wins and two losses with 2 points.

B League standings are: Admin one win, one tie for five points; Avionics one win and one loss for 4 points; 407 Sqn with one win for 3 points; 409 Sqn one tie, one loss for 3 points and 442 with only one loss with 1 point.

# Waterfowl habitat improvement project

Waterfowl habitat on Vancouver Island will be improved by a project to be undertaken by the British Columbia Fish and Wildlife Branch this winter. The program, under the direction of wildlife technician Bruce Moir, will result in the erection of nesting tubs for Canada geese, nest boxes for wood ducks, and floating rafts to aid nesting mallards.

"The major problem in waterfowl production in the settled areas of Vancouver Island appears to be predation," said Mr. Moir. "The tubs, nest-boxes, and rafts will help alleviate this problem, and thus allow the waterfowl to raise their broods successfully."

Once the broods are off the nest, there should be no special problems since the island's marshes appear to have an abundance of food and cover.

Mr. Moir plans to enlist the aid of interested members of the public in the habitat improvement project, pointing out that rod and gun clubs at Duncan and Nanaimo have already begun such programs. The Duncan project, which involved placing goose nest-tubs in trees, has been particularly successful. A major portion of the Canada goose production on Quamichan Lake now results from tub-raised broods.

Mr. Moir stated that other rod and gun clubs and natural history groups will be given the opportunity to conduct similar programs in their areas.

An area of particular interest will be the Nimpkish

Valley, where the Fish and Wildlife Branch has released Canada geese in 1971 and 1972 in an attempt to restore the species to the valley. Birds from the first transplant may be expected to attempt to nest for the first time in the spring of 1973, and it is planned to have the nest-tubs ready for them.

Those who wish further information on the program may enquire at the Fish and Wildlife Branch regional headquarters, Court House, Nanaimo.

The first gathering of Forces' skeet enthusiasts took place at Portage la Prairie in 1970. Last year the meet was held at Trenton. This year's shoot was the biggest yet, with teams from CFB Europe entered for the first time.

Best overall individual performance for the day was posted by Summerside's Sgt. Norm Little, who shot a perfect round of 100 birds without a miss.

Lieutenant-Commander Jeff Kellett of NDHQ, newly re-elected president of the fledgling Canadian Armed Forces Skeet Federation, said he was pleased at the results and the co-operation of those involved. He had a special word of thanks for base personnel at Uplands who provided accommodation and transportation essential for the shoot.

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# Consumers' News and Views

By CONSUMERS' ASSOC. OF CANADA

Crumpled sheets are the bane of housewives, so it's hardly surprising that permanent press bed linens are the most popular buy. In the last seven years they've captured over two thirds of the market. Today's permanent press sheets are made of 100 per cent cotton or a blend of 50 per cent polyester and 50 per cent cotton. Most people only care about the color and size of the sheet and whether it has a pretty pattern, but the wise buyer looks for what is called the "yarn count", which is usually printed on the front of the package. The higher the "yarn count", that is, the approximate number of threads running in both directions in a square inch of fabric, the longer your sheet will last. And the lower the "yarn count", the quicker it will wear through into a hole. If you get the chance to actually feel and look at the sheet, you can see the difference yourself.

CAC recently tested cotton and polyester-cotton sheets. They found that the polyester-cotton blend survived durability tests better than the cotton sheets, although there was a slight tendency for the colored and printed

## New movie from Ducks Unlimited

Ducks Unlimited (Canada) has released a new 16 mm color film entitled, "Where There's Water". The 27½ minute film shows Ducks Unlimited's work with water in Canada, and how this work benefits wildlife, agriculture and the environment.

Special emphasis is placed on the prairie farmers and ranchers who have co-operated with Ducks Unlimited in establishing water management projects on their land. These landowners receive the benefits of controlled water ... flood protection, pasture back-flooding for increased hay production and assured water supply for crops and livestock during the dry season.

"WHERE THERE'S WATER" is available for showing from: Ducks Unlimited (Canada) 1495 Pembina Highway Winnipeg, Manitoba R3T 2E2 and from the following Ducks Unlimited offices: 1651-11th Avenue, Regina, Saskatchewan S4P 0H5; 218-10526 Jasper Avenue, Edmonton, Alberta T5J 1Z7; 240-777 Broughton Street, Victoria, B.C. 32 Church Street, Amherst, Nova Scotia.

bed linens to fade a little. After washing the polyester-cotton sheets were wrinkle-free while the cotton sheets showed very little evidence of a permanent press finish. Any housewife expecting a wrinkle-free appearance from these sheets will be disappointed.

All the hems tended to pucker after tumble drying, but some were worse than others. The plainer the hem, the less chance it has of puckering. It's always a good idea to pull the hems gently to decrease any puckering when you take them from the dryer.

Permanent press bed linens require special care. Don't wash them in very hot water, use lukewarm only. NEVER use a bleach, because the chlorine weakens the permanent press fabric. Tumble dry your sheets with a warm drying cycle that includes a cooling down process at the end of the cycle. Even if you're in a hurry, don't jam too many clothes into the dryer at once - give your sheets plenty of tumbling room and take them out as soon as the cycle is finished.

Who hasn't put his foot through at least one sheet in a restless night of tossing and turning? CAC tested their sheets for pulling and tearing. So if you're a restless sleeper in the house, remember that polyester-cotton sheets are stronger and resist tearing better than 100 per cent cotton. With proper care a polyester-cotton sheet will outwear any 100 per cent cotton durable press sheet. CAC believes that Canadian

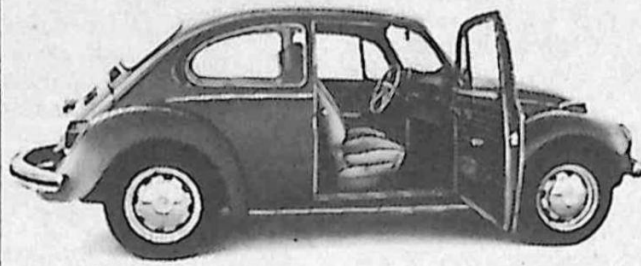
manufacturers could improve in their workmanship. Hems were found to pucker because they were not sewn parallel to the crosswise yarns. Many samples of the sheets tested had printing flaws, weaving flaws, and oil spots. None of these defects should appear in first quality merchandise. Labelling was also highly inconsistent, but the confusion regarding fibre content will be eliminated by December 1972 when all manufacturers will be required by law to state the fibre content of their textile products. Care labelling also needs to be improved.

Last advice: If you live in an area which is hot and humid in the summer, polyester-cotton permanent press sheets may feel clammy because they don't absorb as much moisture as traditional cotton sheets. The 100 per cent cotton durable press sheet will feel more comfortable.

CAC headquarters are at 100 Gloucester Street, Ottawa, Ontario, postal code K2P 0A3.

Food Problem Some shoppers in supermarkets and grocery stores unscrew jar lids to taste and smell the contents. Consumers' Association of Canada has requested that the Departments of National Health and Welfare and Consumer and Corporate Affairs investigate this problem with a view to requiring that jars of food be adequately sealed to prevent tampering with the contents before purchasing. CAC headquarters are at 100 Gloucester Street, Ottawa, Ontario.

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## WO's and SGTS. MESS NOVEMBER ENTERTAINMENT

TGIF - Every Friday (Except Nov. 3rd).

FLOOR SHOW AND DANCE - Nov. 3 - 2100 to 0100 hrs. Brad Street Group. Buffet style dinner. Dress "C". Reservations only. Admission \$3.00 per couple. \$5.00 couple, Honorary Members and Guests.

REMEMBRANCE DAY - Nov. 11th - Open Mess - 1200 to 1800 hrs. Music by Mrs. Jackson at the piano. Food - clam chowder and pick trays.

WIVES' CLUB MEETING - Nov. 14th - 2000 hrs. in the Mess. Let the little women out for a night in the Mess.

## JR. RANKS CLUB NOVEMBER

4th - Bradstreet. Floor show and dance.  
5th - Bradstreet.  
6th - Cpl's Wives Club Fashion Show at the lounge. Proceeds for charity.  
7th - Goodbye Mr. Chips. Michael York, Elke Sommer.  
9th - Shuffleboard.  
10th - TGIF  
11th - Bruce Thompson Trio  
12th - Bruce Thompson Trio  
14th - Zappollin, Michael Redgrave  
16th - Euchre

## OFFICERS' MESS ENTERTAINMENT NOVEMBER

Friday 3rd - TGIF  
Saturday 4th - Make Your Own Party  
Sunday 5th - Brunch  
Friday 10th - TGIF  
Saturday 11th - Remembrance Day  
Sunday 12th - Candlelight Dinner. Steak. 1800-2000 hrs. Reservations Please.  
Thursday 16th - Special Beer Call. Staff College visit. Seafood. 1700 hrs.  
Friday 17th - "The Four Ways" - 2100-0100 hrs.

## BASE THEATRE

Schedule for  
NOVEMBER  
1972

Wed. 1 - Thur. 2  
Susan Erley **SWEDISH FLY GIRLS** Restricted Show Time: 1900 to 2055 hrs

Fri. 3 - Sat. 4 - Sun. 5  
Sydney James **ON THE BUSES** Show Time: 1900 to 2100 hrs

Wed. 8 - Thur. 9  
Diana Kjaer **DAGMAR'S HOT PANTS** Restricted Show Time: 1900 to 2055 hrs

Fri. 10 - Sat. 11 - Sun. 12  
Charlton Heston **THE TEN COMMANDMENTS** Show Time: 1900 to 2240 hrs

Wed. 15 - Thur. 16  
Woody Allen **PLAY IT AGAIN SAM** Comedy Show Time: 1900 to 2050 hrs

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 Water access, 2 blocks from finest salmon fishing on Island and 1 mile from base. CONCRETE PADS, CARPETS, STORAGE AREA, FULLY SERVICED  
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**Nighthawk's Nest**  
 (Continued from page 3)  
 with the initiation of a practice scramble.  
 Everyone knows what a "fun time" is had by all when scrambled in the early hours of the morning. Not to be caught with his overalls down and boots off, our Sqn. Commander slept fully dressed as did his predecessor, and that's really Combat Ready!  
 After practically half the summer and all of the fall, Roger has returned from leave, TD and an extended visit to Beyondville as a fully qualified crest carrying Weapons Expert. Welcome back, Louise, and you, too, Roger.  
 The great moose hunters returned with meat hooks filled. It seems Deadly Dan's trick shots made the trip. Jon wasn't quite so successful. Apparently the opportunity presented itself and Jon's hot and heavy panting clouded his scope. It was all IFR after that. Better luck next time, you can always depend on salmon fishing.  
 BGen Morrison and entourage visited 409 this week. Welcome again to the 409th. Y'all come back soon.  
 It seems the crews in the

QRA had few visitors for "trick or treats" on Halloween. One trick contemplated for the crews was a couple of hours at Battle Stations. One of the captive crew in the Q, Mike Pollard, wished "with all his heart" he could have waited in the pumpkin patch for the Great Pumpkin to appear. Too bad, Mike, maybe next year.  
 Rumor of the Week: it has been said that Roger is going away for another two months, maybe on the Advanced Air Navigation Course.  
**CREDIT SNOOPING**  
 How many business and personal reputation are damaged by incorrect information in a credit report or personal investigation? Consumers' Association of Canada urges the consumer to fight for the protection of his privacy and to urge his Provincial Member of Parliament to support legislation for the control of personal investigations and regulation of credit reporting activities. CAC national headquarters is located at 100 Gloucester Street, Ottawa, Ontario.


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 A COMPLETE LINE OF HARDWARE, PAINT AND APPLIANCES  
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 FLOWERS FOR EVERY OCCASION  
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 A wide variety of Sewing Machines at a wide range of prices. Our credit plan lets you buy within your budget.

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 NEW CARS - USED CARS  
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Phone 334-2174 30th

Fashion Show - Come one, come all, to a Fashion Show in the Festive Mood, Monday, Nov. 6, 8 p.m. at the Totem Inn Lounge, CFB Comox. Fashions by Lavers, footwear by Comox Shoes, hair-do's by Peggy of Style-Rite and make-up by Julie of Courtenay Drugs. All servicemen, wives and their civilian friends welcome. For advance tickets call 339-3335 or get your tickets at the door. Admission \$1.00. All proceeds to local charities. Door Prize. Sponsored by the Jr. Ranks Wives Club 44p

**RECYCLING**  
Corrugated cardboard and newspaper, 8th Street, rear of Safeway store in Courtenay, starting Saturday 28 Oct. 1972 and every Saturday 12 to 5 p.m.

Initiated by Comox District SPEC group volunteers. We are in need of more volunteers who are prepared and willing to donate time to make this project a success!

Every household, club and business is invited to bring corrugated cardboard boxes and newspapers to the rear (8th Street) of Safeway store in Courtenay any Saturday 12 to 5 p.m.

Cardboard - Must be dry, clean, no wax, grease, tar, nor plastic or metal reinforced. May be flattened.

Newspaper - must be dry, clean, fair condition. Fold once, tie securely with two strong cords to secure ends and sides of each bundle which will measure about 12 by 16 inches and 12 inches high, will weigh about 50 pounds.

For more detail you are invited to call 334-3961, ask for Tony. Call evenings or weekends.

**FOR SALE:** 17 ft. travel trailer. Sleeps six. Includes fridge, stove, oven, gas and electric lights. Good condition. Price \$2,000. Ph. 339-4324

**BOVAVENTURE TOWNHOUSES** located between Noel & Elm at Prichard 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 Medallion 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 6th

**FOR SALE:** 19 1/2 ft. cabin cruiser with Johnson 100 h.p. motor, elec. start. Phone 339-3846

Color TV Specials  
Panasonic 19"  
Regular \$599.95 Special \$499.00  
Zenith 25"  
List Price \$799.95 Special \$749.95  
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**FOR SALE - YOUR LAST CHANCE**  
INGLIS automatic dryers special \$169.95 only 1111 Nov. 4  
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For anything electrical your best buy in the valley.  
Electric and Sound Centre  
**LIGHT UP WITH LAMPS AND LIGHT FIXTURES**

**FOR SALE:** Car cassette player \$59.95. Used dual stereo record player \$89.50. Near new 23" B & W Philco TV \$95. Phillips AC DC portable radio. Was \$29.95 Now 19.95. Transistor Radios from \$6.95  
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## CRIBBAGE LEAGUE

DOUBLES	W D L Pts	SINGLES	W D L Pts
BPOE	3 0 0 6	Sgts. Mess	3 0 0 6
Cumb. Hotel	3 0 0 6	BPOE	2 0 1 4
King George	2 0 1 4	Totem Inn	2 0 1 4
Islander	1 2 0 4	Lorne	2 0 1 4
Comox Leg.	2 0 1 4	Islander	2 0 1 4
Sgts. Mess	2 0 1 4	Eagles	2 0 1 4
Eagles	2 0 1 4	Sunnydale	2 0 1 4
Sunnydale	2 0 1 4	Cumb. Hotel	1 1 2 3
Court. Leg.	1 1 1 3	Cumb. Leg.	1 1 1 3
Totem Inn	1 0 2 2	King George	0 2 1 2
Waverley	1 0 2 2	Court. Leg.	1 0 2 2
Cumb. Leg.	1 0 2 2	Waverley	1 0 2 2
Lorne	0 2 1 2	Comox Leg.	1 0 2 2
Fish. Ldge.	0 1 2 1	Fish. Ldge.	1 0 2 2
IOOB	0 0 3 0	Elk Hotel	1 0 2 2
Elk Hotel	0 0 3 0	IOOB	0 1 2 1

**Next deadline Monday Nov. 13**

# COMOX VALLEY INSURANCE

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Insurance is our "Only" Business

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**1. IMMACULATE AND SPACIOUS**  
Choice area in Courtenay. 3 bedrooms, plus 2 extra down. Full basement with partly finished rec. room. Large workshop and utility. Set on lovely grounds, this is a fine home with many quality extras. Owner transferred.  
Phone Michael Emerson 338-5233 or 334-3111.



**4. QUIET STREET, GOOD NEIGHBOURHOOD**  
On a large lot, this 3 bedroom Comox home is only 4 years old and includes a fireplace and washer-dryer hookup. Full price \$20,900.  
For further particulars, please call Max Weegar 334-4568 or 334-3111.



**2. CONVENIENT LOCATION**  
Courtenay. Over 1000 sq. ft. of well-planned living area for your family's comfort. 3 bedrooms, fireplace, washer-dryer hookup. Full price \$20,500 for this 4 year old home.  
Call Max Weegar 334-4568 or 334-3111.



**5. BEAUTIFUL MOUNTAIN VIEW**  
Only 2 years old, this 3 bedroom Courtenay home is in excellent condition and must be sold. Vendors leaving the district. Full price \$18,500.  
Contact Art Meyers 339-2431 or 334-3111.



**3. A TRUE FAMILY HOME**  
Next to school. 6 bedrooms, all very large. Living room 15x18, dining room 12x21, kitchen 21x12. PLUS 14x15 den. Situated on 100x325 lot in lawn and fruit trees. Room for all the family activities.  
Call Al Dixon 334-2682 or 334-3111.



**6. LISTED WELL BELOW REPLACEMENT VALUE**  
4 bedroom home on large lot. Beaufort Avenue, Comox. NHA 6 1/2% mortgage can be assumed with large down payment. Designed for the discriminating family. Call Clay Grant 339-3945 or 334-3111.

IT TOOK THREE years, but Lt. Carolyn McNair's commissioning scroll finally arrived last month. Col. D. W. McNichol wishes Carolyn all the best in her future career as he presents the scroll. (CF Photo)

# SUPER-VALU WAREHOUSE SALE

**BUY BY THE CASE AND SAVE**

- CHESSEA Beans with Pork 6 14-OZ TINS 95¢
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- SUPER-VALU • CHOICE ASSORTED PEAS 5 14-OZ TINS 1 00
- SUN-BYTE FRUIT DRINKS: APPLE GRAPE ORANGE 3 48-OZ TINS 1 00
- SUPER-VALU • CHOICE CREAM STYLE CORN 4 14-OZ TINS 89¢
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- NABORS • FANCY • FRENCH STYLE CUT GREEN BEANS 4 14-OZ TINS 95¢
- NABORS • FANCY APPLE SAUCE 4 14-OZ TINS 95¢
- THOROFED DOG FOOD 8 15-OZ TINS 95¢
- HEINZ • STRAINED OR JUNIOR BABY FOOD 4 4.75-OZ TINS 55¢
- SNOWFLAKE SHORTENING 2 1-LB PKGS. 69¢
- IDAHOAN • FLAKES INSTANT POTATOES 2-LB. PKG. 85¢
- NABISCO CEREAL SHREDDED WHEAT 10-OZ. PKG. 36¢
- PURE VEGETABLE OIL CRISCO OIL 38-OZ. BTL. 1 15
- KRUSTEAZ • REGULAR OR BUTTERMILK PANCAKE MIX 2-LB. PKG. 49¢
- CHRISTIES CHIPS AHJOY COOKIE BREAKS OREO CREMES 15-OZ. PKG. 59¢
- CHIPITS CHOCOLATE CHIPS 18-OZ. PKG. 89¢
- ALLOVER • DANISH SARDINES IN OIL 2 3.25-OZ. TINS 35¢
- SEA HAVEN TINY SHRIMP 4.25-OZ. TIN 55¢
- BABY SCOTT • SIZES A, B, C, D BABY PANTS EACH 57¢

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BREASTS 69¢ LEGS 79¢

GOVT INSPECTED • 'NEW ZEALAND' • FROZEN **Shoulder Lamb Chops** . . . LB. **69¢**

GOVT INSPECTED • 'DEVON' **Sliced Side Bacon** . . . 1-LB. PKG. **99¢**

GOVT. INSPECTED • WHOLE, HALVES, END CUTS **Side Bacon** BY THE PIECE . . . LB. **79¢**

GOVT INSPECTED • 'SWIFT'S' **Piece Bologna** . . . LB. **55¢**

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5-LB. **2 49**

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**KIPPERED SNACKS** LOCAL . . . **75¢**

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FLORIDA, NEW CROP • WHITE or PINK **8 1 00** FOR

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All Prices Effective Wed., Thurs., Fri., and Sat. Nov. 1, 2, 3 and 4 at Comox and Courtenay Super-Valu Stores WE RESERVE THE RIGHT