

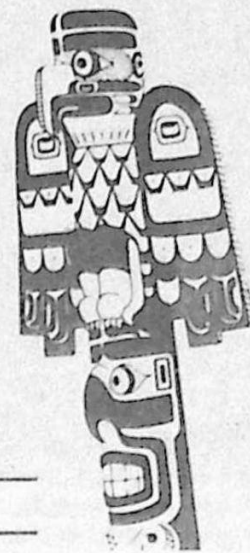
TOTEM TIMES

RESCUE 442 - FIND A SEARCH

VOL. 15 - NO. 11

CFB COMOX TOTEM TIMES

THURSDAY, JUNE 7, 1973



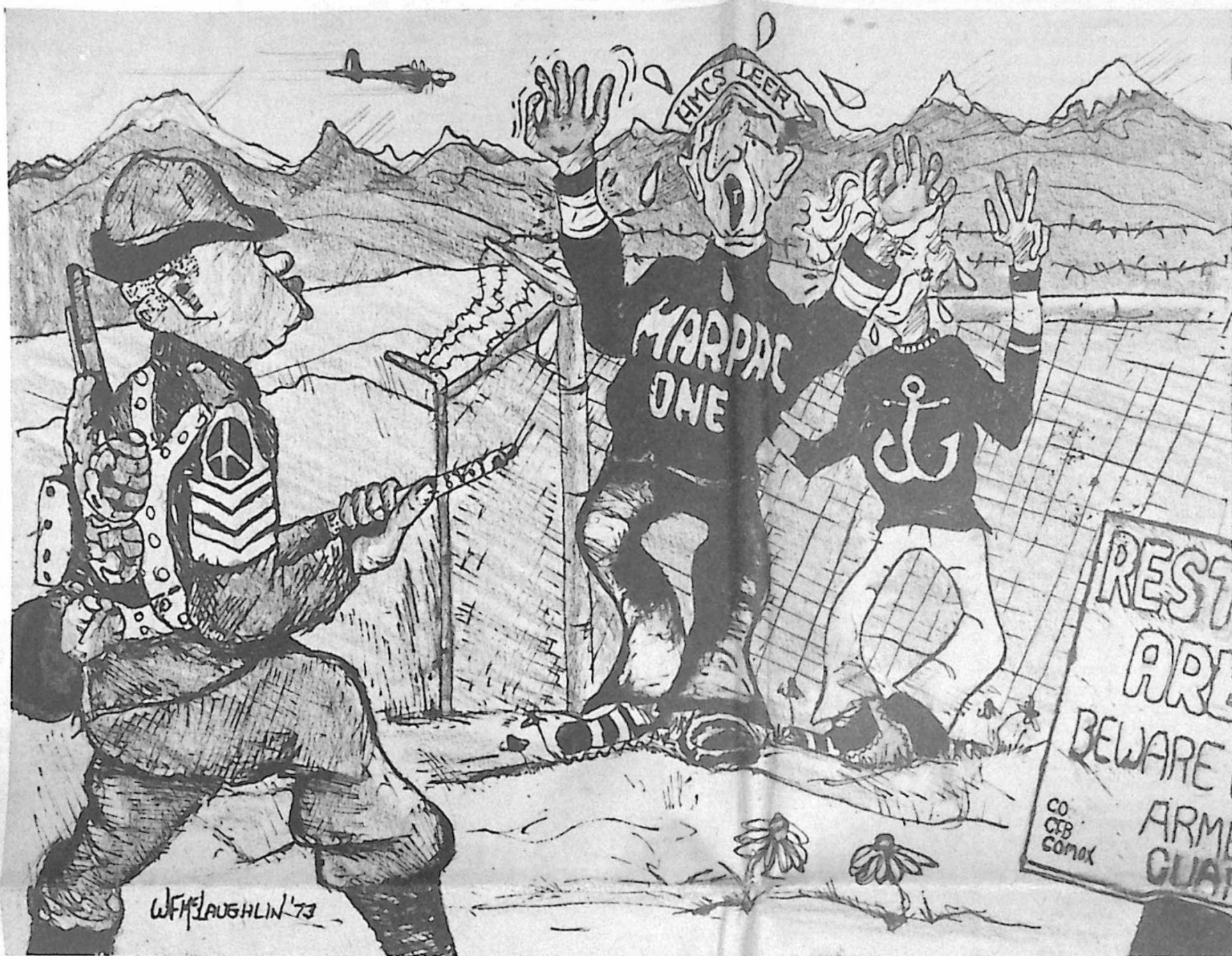
Admiral Leir Inspects 407 Squadron

New CO for 407

A handing over parade will be held by 407 Squadron to welcome their new Commanding Officer, Lieutenant Colonel W. H. D. Hedges on June 15. Following the parade an informal luncheon and an evening reception will be held in the Officer's Mess. LCol Hedges will assume command from LCol Dave Haire who has been posted to the Canadian Forces Maritime Warfare School in Halifax, N.S.

LCol Hedges was born in Bloemfontein, South Africa. In 1944, he joined the South African Naval Forces, was seconded to Royal Navy and served in South East Asia and the Pacific until the cessation of hostilities. He emigrated to Canada in 1948 and joined the RCAF in 1951. He completed his navigation training at 1 ANS Summerside and has since served in various capacities in Maritime Command.

In 1967, he attended the Canadian Forces Staff College in Toronto, then joined the staff of CANCOMFLT aboard HMCS Bonaventure. In August, 1969, he was promoted to his present rank and transferred to CFB Summerside as Base Administrative Officer. In July, 1970, he assumed the duties of Deputy Commandant, Canadian Forces Maritime Warfare School where he served until April, 1973.



There ain't no Admirals in this outfit! Don't move a muscle!

Confirms Base Has No Security Problem

Rear Admiral R. H. Leir, Commander, Maritime Forces Pacific conducted his annual inspection of VP407 Sqn. last Thursday. He was accompanied by Colonel B. H. Moffit, Chief of Staff, Operations and Lieutenant Commander A. G. Schwartz.

Admiral Leir inspected a company of 407 officers and men led by Lieutenant Colonel Dave Haire, and took the salute and march past. The parade was attended by the acting base commander, Lieutenant Colonel Anderson, Mrs. Leir, Mrs. Anderson, Mrs. Moffit and several 407 personnel and their wives. During the parade, Rear Admiral Leir presented C.D.'s and clasps to Squadron personnel and then addressed the company. His speech was short and, to the point. He thanked 407 Squadron for the excellent work they have done in the past and claimed to have proof on paper that 407 squadron outperformed any other Canadian maritime squadron (a fact known by 407 for years).

After the parade, Rear Admiral Leir and 407 section heads retired to the headquarters building for coffee, and a discussion on the

merits of using loud hailer on parade.

At noon, the visiting party arrived at the Officers Mess to break bread with a selection of 407 Officers. Rear Admiral Leir declined the usual tour of squadron facilities in the afternoon and opted instead for an informal get together with all ranks in the Totem Lounge. The affair had a good turn out and several people bent the Admiral's ear over suitable refreshments.

Prior to arriving later at the Officers' Mess, Rear Admiral Leir and his wife conducted their own capability inspection of base security and found Merle Slievert's boys to be as alert and conscientious as ever! Some of the 409 Kerosene Kowboys who were residing in the "Q" Thursday night can give you a blow-by-blow account of the proceedings.

The visiting party wound up their inspection with a sit down dinner. Rear Admiral Leir was presented with a crystal decanter and his wife received a bouquet of red roses. He said the decanter would come in handy in Ottawa, particularly after a day of the hard thrust and parry at NDHQ.

Some quotable quotes from the days events. "An old airplane with good men outperforms a new airplane with poor men" . . . "My speech is like a Texas longhorn; a point here, a point there, and a lot of bull in between." . . . "Those boys in Ottawa take us chaps from the field on our white chargers down into the basement and when they're finished you are just another guy trying to punch your way out of a wet leather bag." . . . "Maritime ops is where it's at, all the rest is just green jelly beans." . . . "and there I was, King of B.C." . . . "so you were digging latrines on your survival course; I learned how to dig them from the experts, in a POW camp!" . . . "Dear, you can remember that Leir rhymes with beer; now may I have this dance!" . . . "Rum and soda thanks, dark rum and soda."

CFB Comox Joggers

As part of the B.C. Festival of Sports, the Canadian Masters Six Mile Championship was held in the town of Comox Saturday, May 19, 1973. Several servicemen from CFB Comox entered the race and finished highly against many tough competitors from Vancouver and Victoria as well as the local area.

In the 30-39 years age group, Cpl. John Bryson of 442 Sqn. Workshops won a third place medal with an exceptional time of 37:55. In the same age group Cpl. Jim Aucoin of 409 Sqn. finished fourth at 38:04. Cpl. Jack Langille of 409 Sqn. also placed a very respectable eight in this category with a 40:38.

In the tough 40-49 years age group, Lt. Al Bell-Cambers of Base Security finished in 53:36 to place sixth, while Cpl. Scotty Reid of Base Supply finished a fine fourth with a time of 43:02.

For Women...

Increased Role In Forces

OTTAWA (CFP) — To some it may seem that the Canadian Forces are simply paying lip service to the times by opening up a number of previously male-oriented trades and officer classifications to women, but as far as Lt.-Col. Mary Vallance is concerned, "it's progress!"

From her vantage point as director of women personnel, Lt.-Col. Vallance is well qualified to make that observation.

The expanded role for women, announced late in 1972, is expected to increase to about 8,000 the number of women in the regular forces within the next decade. Prompted by recommendations of the Royal Commission on the Status of Women and aimed at equal employment opportunities, the new department of national defence policy opens up to women officer classifications varying from aerospace engineer to air traffic controller, and trades ranging from metals technician to draftsman.

If women answer this knock of opportunity, female representation in the Canadian Forces could increase from its present two per cent to more than 6 per cent in only a few years. (At the end of April this year, there were 537 female officers and 1,351 female other ranks in a force of approximately 82,500.)

"I think the Canadian Forces are doing well indeed," says Lt.-Col. Vallance. "Before, we had to justify enrolling women in the regular forces. Now it must be justified why a woman should not enrol in a particular trade or classification, and that's quite a change in attitude."

NO COMBAT
The new policy still does not allow women to be employed in combat-related trades or classifications, but that is not

particularly restrictive. Contrary to popular belief, even in Israel where 18-year-old women are conscripted along with the men, the thousands of "women soldiers" do not fill combat roles. Instead, they fill rear echelon posts as secretaries, radio operators and drivers, thus freeing men for front-line duty.

The director of women personnel agrees with this type of policy, at least for now. Besides, she is convinced women are not often prepared to consider full-time military careers.

"We are a career service, not a job service," she explains. "We are not talking about a wartime situation alone, but a full-time career. For instance, we can't hire military personnel just to drive staff cars — Forces personnel must be prepared for all sorts of duties."

And so, when the role of women in the Forces was reassessed last year, some trades and classifications were automatically eliminated for women. Not only was service in primary combat roles denied, but so were seagoing duty and duty in isolated areas, all in keeping with social attitudes existing in Canada and countries with which Canada is militarily and politically aligned.

There are other female officers who, like Lt.-Col. Vallance, are not fully convinced that women would function properly in combat.

Captain Catherine Wade, a co-ordinator and training adviser with the Canadian Forces School of Administration and Logistics, who deals with women personnel matters at CFB Borden, believes women are not suitable for combat. "A woman may be able to do some things required in combat," says Capt. Wade, "but a soldier has to be able to

do the entire job, not half a job."

WORK COMPARES

Capt. Wade admits, however, that in many areas, women can work as well as men. Some women with mechanical capabilities could change a radio in an aircraft as well as some men, she says.

Women recruited into the forces are generally better educated than the male recruits. Many are university graduates and thus direct entry officers. About 30 per cent of the women in the Canadian Forces are in fact officers, while only 18 per cent of the men are officers.

BACKLOG

With the increased trade and classification openings for women, Canadian Forces recruiting stations in Montreal, Ottawa and Toronto have been inundated with applications, according to Lt.-Col. Vallance. She also claims there is quite a backlog of applications from highly qualified women because the regular forces have been limited in numbers and trades for women since 1963.

Lt.-Col. Vallance suggests that perhaps the women's liberation movement has been partially responsible for many women seeking employment opportunities "out of the norm."

She feels too that the simple lack of jobs has probably led to others seeking positions in the forces.

Essentially, though, she believes there has always been an indescribable "something" that has attracted women to the military. "Women have always been in the market for jobs in the forces," she says, "but there were just not enough openings before to satisfy everyone."

Now, strides are being made to change that.

A Canadian Forces officer who is extremely pleased with

the increased availability of trades and classifications for women is Major Anne-Marie Belanger of the CF Medical School at CFB Borden.

Last year, Maj. Belanger became the first female nurse to participate in a summary trial and, although she does not consider herself to be a women's liberationist, she does believe in equal employment opportunities for men and women.

"The medical trade in particular lends itself vastly to females," says Maj. Belanger who is looking forward to an almost equal distribution of men and women within a year in the medical assistance field in the forces.

A major breakthrough, as far as she is concerned, is the expanded trade structure which opens up to women the specialized areas of hygiene and bioscience. It was previously felt that these two medical assistance areas were too physically demanding for women. One of the inhibiting factors for instance was that field work in hygiene requires sanitary inspections of crawl spaces and dealings with rabid dogs or rodents.

Maj. Belanger expects a greater influx of females in the bioscience area than in the hygiene area. The important thing, she says, is that they are both open.

Whether or not women take advantage of all of the new opportunities available to them in the Canadian Forces remains to be seen.

One thing is certain however, when the Canadian Forces announced that the most qualified person, whether male or female, would be chosen for employment in a greater number of trades and classifications, it did so in the name of progress.

As Lt.-Col. Vallance says: "The Canadian Forces are moving ahead!"

Better Late Than Never

OTTAWA (CFP) — Defence Minister James Richardson announced today in the House of Commons that military members of the Canadian contingent to the ICCS would receive an additional \$70 per month special allowance.

This special allowance, along with the foreign duty allowance of \$150 per month will provide parity between military and civilian members of the contingent.

Payment of the new allowance will be retroactive to Jan. 29, 1973.

Totem Times Wants Help

The Editor of the Totem Times today reported that there is a serious shortage of reporters, writers, editors, typists and proofreaders for the production of your favorite community newspaper.

Experience not required; training will be provided.

Serving or retired military personnel, DND employees and dependents are all eligible.

The only rewards are: interesting work, nice people, short hours and a genuine feeling of accomplishment.

If interested, contact the Editor at local 469.



THE PICTURES I UNDERSTAND but what are those funny marks on the rest of the page? Mrs. J. P. Arsenault, Librarian and Capt. Gary Foster.

Chairman, Base Library examine some of many new books purchased for the Base Library. (See page 8) (Canadian Forces Photo)



REAR ADMIRAL LEIR and Corporal Jack Bowers, PMC of the Junior Ranks Mess, compare "beaks" with the namesake of the Totem Lounge. Our Totem won by a Haire!

(Photo by Ford)

Demon Doins

It all started at morning briefing. Instead of leaving dear heart at home, her hair in curlers, wrapped around that morning cup of coffee, there she was, dressed up in her best flying ensemble at morning briefing. Wives day had dawned again on the Demons.

After Met had told us that it had hailed in Havana, fogged in at Ferryland, rained in Revelstoke and ice prisms in Inuvik, Gord Drysdale stepped up to give the girls their flight safety briefing. The novice crew members were so impressed with Uncle Gord's thoroughness that they later presented him with a small token of their esteem. Gord sends his thanks but is still wondering exactly where to use it!

Crews 1, 2 and 3 had fired up their trusty steeds, and each flew two groups of wives on a short "family" ride. Jim Mar was leader of the pack as they flew up over the Glacier to Tofino, up the canal to Port Alberni, over through Comox Lake, and home. Coffee, donuts and debriefing awaited the girls in 407 Servicing.

Later in the day, an all ranks dinner dance was held in the Totem Lounge. A special thanks goes out from all the wives and squadron members to Capt. Jim Dodd for all his work in organizing the festivities.

Operation Survival '73 was held recently at Quinsam Lake. Crew 2, Deputy Dog, Pirie the pirate, Jack "Jackhammer" Treat and Bill Careless formed "Chainsaw Construction of Comox" to build two privies at the camp. In their spare time, they managed to fit in a little fishing with some "survival" training.

The crew simulated an actual survival situation, and had only their normal

everyday items of flying and survival gear. Fortunately, the simulated cargo on the Argus was a four-by-four loaded with boy scout camping gear on a special mercy mission to Yellowknife. Again, fortunately, there was a simulated cargo chute on the truck that allowed the crew to jettison the cargo before they bailed out. When the crew gathered together after their simulated bail out and pooled all their resources, they barely had enough food to survive to the standard they were accustomed. With good management and adequate rationing they could build the two privies and pull through the three days in the bush.

MCpls. Bob Turnbull and Dan Verfaillie, drawing upon their extensive experience in the field, quickly dug the hold for the men's john, then retired to set up the field kitchen. Fortunately, Bob always carries a small vial of garnish which he shared unselfishly with the crew. He put about a quart of it in the beef stew... I mean rabbit stew.

The food rationing went fairly well with no one getting anymore than one of each, however rationing of drinking fluids ran into a bit of a snag Tuesday night. The crew had the foresight to include several cases of bottled refreshment, not trusting the local water. However, they experienced some uncommonly high rates of evaporation, what with the hot weather and all. Wednesday morning a rescue chopper from 442 located our thirsty crew and lowered a case of refreshment. Unfortunately, those rescue types have a peculiar sense of humor, for the case was full of a substance obtained from the south end of a northbound horse. Crew 2 hopes one day to

return the favor in kind on a suitable occasion.

The crew held a debriefing in the Fisherman's Lodge near Oyster River, where they resupplied their dwindling cigarette and drinking water reserves. The most important thing they learned was that it always pays to be prepared for that night in the bush, and to always carry a four-by-four in the bomb bay.

407 Tech Ramblings

May 25th was yet another memorable day in the minds of the 407 servicing members and their better halves. The morning flying program was treated favorably by the weatherman with the result that the wives aboard the six Argus flights were afforded an excellent view of our beautiful Comox Valley, adjacent seascapes, and mountain terrains. The afternoon sherry party was a similarly enjoyable function attended by the fairer sex and, judging from the many reports of self-administered Saturday morning sick parades, the evening dinner dance must have been a whopping success. These and many previous social and sporting events attest to the success of the VP 407 All Ranks Fund with the only unanswered question being, what happened to the annual fishing derby and golf tournament usually held at this time of the year?

TORP TOPICS
The recently acquired, rather cleaned-out, look of the old Torp Shop cannot help but make a fellow a little bit cynical about the shiny new models on the rack, particularly when he remembers the time that the now departed old units were the

latest thing coming into service. For some of us "Old Sweats and Retreads" there are a lot of memories, mostly fond, going down the road in those coffins and reusable containers. The stevedoring crew, alias 442 Lab, did a mighty fine job with the big low boy since it was obviously a difficult load to build.

Camper Bob Collins and family are presently down east on holidays while yours truly has, so far at least, made it all the way to the back yard. Dennis Wickiam has also made it just about as far, however, a good guess would be that we'll all become real

tourists as the season progresses.

The usual coffee break chatter relative to salmon fishing has been pretty light this year, a condition that is undoubtedly attributable to such missing names as Joe, Brad and Roy. Additionally, Bob has not yet launched, Paul has so far confined his activities to the fresh water and your scribe will have to extend himself in order to get his scow modified and into the water before the deer hunting season rolls around.

The memory banks of quite a few of us will have to work

(Continued on page 5)

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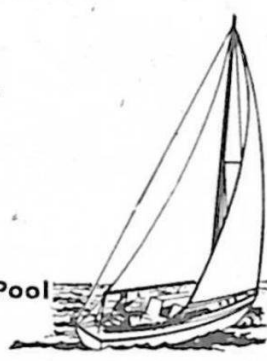
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Veronica Parker

Dave Patterson

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LOTS OF FREE PARKING

Voodoo Nuts, Bolts and Volts

It seems that Master Corporal appointments are back in style, with a new list just received from Ottawa. The appointments are spread out from April 1 to November 1. We haven't figured out whether its for seniority or the result of income tax returns, to see if there's enough money in the kitty to pay them for their extra responsibilities. Our congratulations go to all those selected at this time. The lucky appointees are: MCpl Dave Gould AETech, MCpl J. W. Campbell I & E, Cpl. Roger Foster AETech, Cpl. Tom Hickey AETech, Cpl. George Bulawka AETech, Cpl. Ferg Webster ISTech, Cpl. John Ewert AETech, and Cpl. Bob Telfer AETech and Cpl. I. H. Gillard AETech.

WO Lorne Listoen has taken those TV commercials seriously and decided on the new "dry" look for his summer coiffure. We don't know if he did it to be in style or to fool his chinchillas so that they don't bite him when he pokes his nose into their cages.

The Avionics Support Section golf tournament, held

on the 25th of May under brilliant skies, was cleaned up by NAVCOM. Ron Sinclair took top spot, followed by Doug Tucker and Brian Burke. A course "first" was established by Frank Wiley for shooting a "bag in one"; i.e., he sunk a golf ball into his own golf bag without even trying.

Bert Keryluk was blessed by the great silver eagle to the tune of about \$750.00 for a suggested improvement to the OFTT. It just goes to show - if you see something that can stand improvement, don't just think and forget about it - write it up. Good show, Bert!

The BAMEO Salmon Fishing Derby went off without a hitch, as a matter of fact it almost went without a salmon. It wasn't through lack of participation, enthusiasm or trying. Many hardy souls were out at 0400 fighting cold winds, heavy swells and choppy waters trying to get in on some of the prizes. The competitive spirit was keen but eventually dulled with everybody plagued with dogfish, which were not eligible. The BAMEO, considering the

hazard, personally offered an excellent prize for the biggest dogfish, probably in hopes of depleting their numbers. No such luck, they're still there by the millions.

The first fish to be weighed in were two rock cod, caught by Cpl. Frank Derrien. The others came in later in the afternoon with prizes going to Cpl. Jerry Poth for the first, biggest and only salmon caught weighing almost a whole two pounds. Cpl. Chuck Williams caught a 6 lb. grey cod which won him a prize. Cpl. Bill McIvor was the winner of the biggest rock cod of which there was a fair number entered. Cpl. Clete Weiman took the prize for the only ling cod caught, and Cpl. Joe Lee won the BAMEO's donation for the biggest dog fish.

WO Suds Sutherland was the official cook. Everybody enjoyed his culinary expertise throughout the day. CWO Don Hughes was the official greeter of the disappointed fishermen and Sgt. Andy Melancon was the official bottle opener and weight master, handing out refreshments to boost the low spirits of the empty handed contestants.

All in all, it was a very enjoyable day. The disappointed contestants recovered quickly with the ready and plentiful refreshments and stories of the ones that got away.

The JEFM Shop held their Annual Summer picnic last weekend, at the Teepee campsite. Their revelry and good cheer, with songs well into the night, kept the adjoining campers well entertained, as well as having a wonderful time themselves. I hope I am not forgotten on their next annual get together.

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Your Eyes. A Pacific sunset. A good book. A game of golf. A child's smile. That's what you've got to lose.

Your Hearing. A bird at your window. The laughter of children. A good joke. Your baby's first word. That's what you've got to lose.

Your Hands. A game of softball. Buttoning your shirt. Tying your laces. Brushing your teeth. That's what you've got to lose.

Your Legs. A brisk walk on the beach. A game of tennis. Going upstairs. Going downstairs. A bicycle ride. That's what you've got to lose.

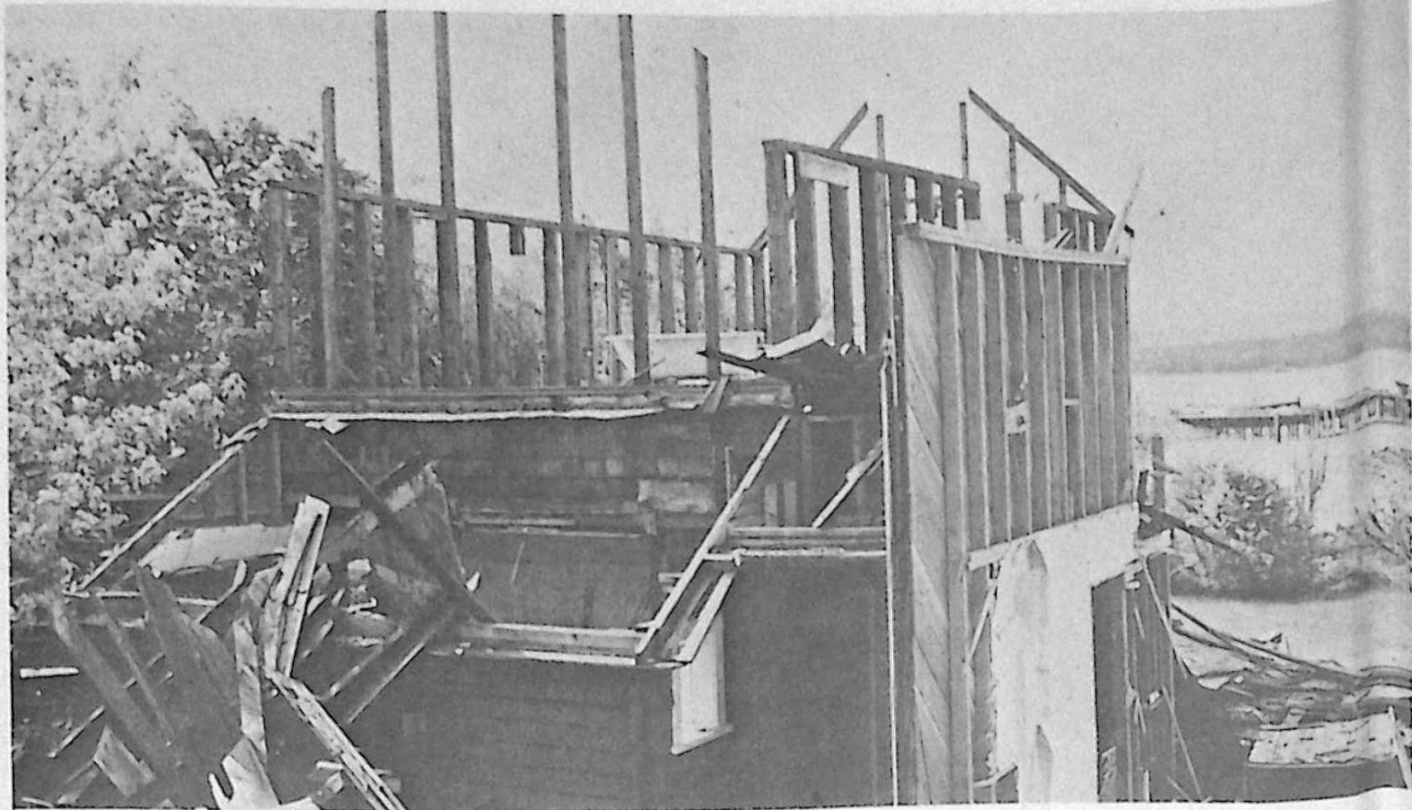
Your Back. An afternoon of gardening. Getting into your car. A day skiing. A comfortable night's sleep. That's what you've got to lose.

Your Life. The entire rest of your life. That's what you've got to lose.

You have a lot to lose. And safety has a lot to give. Follow the safety regulations. Wear protective equipment. Have a safe attitude. Have a safe life.



WORKMEN'S COMPENSATION BOARD OF BRITISH COLUMBIA



THE OLD SUGAR SHACK. That last party was a real blow-out. (Photo by Ford)

HOSPITAL ANAESTHESIA

For those who read this article and periodically visit the hospital, rest assured that we, the hospital staff, have not been standing by idly. We spend most of our quiet hours doing important medical research. For instance, just last week we finally disproved one well-known and, as far as we could ascertain, widely held belief. Now, take note: "An apple a day DOES NOT keep the doctor away." Dr. Landreville has left the splendor of the Comox Valley to assume the role of Base Surgeon, CFB Montreal. We wish Andre a heap of luck with the groundpounders. As we have just stated, eating of apples just isn't any good. Dr. Bob Barnes has been selected (or shafted, as the case may be) to be Andre's replacement. Actually, we would like to say welcome aboard. Bob will no doubt be recognized by many as he is a medical conversion from an aircrew navigator that used to live on that wonderful flying machine, the Argus.

We also did our thing locally, holding a Passing Out parade for Andre. Behind the hospital, of course, so nobody could see; we didn't want anyone to laugh. It was a roaring success (as is everything we do). Everyone passed out, some during, some just after, the parade.

Another one about to say adieu is Sgt. Ed Velestuk (ex-Supercar, himself). He is now

constantly rehearsing and humming that tune that goes "Row, row, row your boat". He is going to that element of the Forces that is generally considered to be all wet, CFB Esquimalt. Ed will be a good addition to Naden. Him know Navy lingo, and how.e.g.

ASTERN - without humor. "The captain told no jokes; he was astern captain."

TIDE - a commercial detergent.

HEAVE HO - what you do when you get seasick, after having too much Ho.

CFB - Canadian Forces Boat

CFS - Canadian Forces Ship.

Congratulations to Paul Goulet of our X-Ray Dept. on receiving his M.Cpl. hooks. Now Paul can admonish himself for taking those half hour coffee breaks.

M.Cpl. Bob (Spook) Fraser, after joining the Navy over a decade ago to see the world (or so he was told) is FINALLY going to get off Vancouver Island - and out of Canada, even. He is posted to Germany. He is busy at this time with German lessons (so he can speak Fraulein) and travel arrangements. He hopes to be sailing down the Rhine in late July.

Capt. Monique LaFleur denies, vehemently, the rumor that if she is not released by the time the baby is born, it will be painted DND

green and become Air Force property.

DENTAL EXTRACTIONS

Would you believe it, we have a bit of a scoundrel in our midst. On 31 May, 1973, Sgt. Gerry Anderson won the B.C. Dental Golf Championship. The tourney took place in Nanaimo and encompassed representatives from all areas in the 11 Dental Unit. Might one suspect Gerry does not use Crest? He certainly was a whiz with those cavities. Not one, but 18 of them. Nice playing, Gerry. "Skip" Solomon was selected as Allstar second baseman after the CFB Totems won the local Fastball Tournament. Congratulations Skip!

Maj. MacDonald has been feeling somewhat disabled, lately. Seems he's complaining of a numb finger. Rumour has it that, while he was doing some dental work on a patient, the needle, apparently misguided, got into the injector AND NOT the injectee - in the finger AND NOT in the mouth. He has been noted for his painless dentistry but this is the first time he was made aware of the fact that the painlessness is long acting if not perpetual. Ever since, all anaesthetics have been banned from the Dental Clinic. Tooth pulled, anyone??

Capt. Croll (our illustrious B Tooth O) has been sent on T.D. to learn the 'Art of Acupuncture in Tooth Repair'.

Fire Prevention

APEX TRAVEL IRON
If you're in the market for an electric travel iron, don't buy the Apex Travel Iron, model 9163.

According to a study done by the Consumers' Research Inc., the Apex iron can not only ruin your clothing, but it also presents serious fire and electrical shock hazards.

These irons, available through a number of mail-order firms, have no thermostat control and in a matter of minutes they heat up to over 900 degrees F. Since dry wood will burn at 750 degrees, the fire hazard is obvious.

The research report makes the following statements:

"The Apex Travel Iron, due to its lack of a thermostat to maintain a steady, controlled and not excessive temperature, and its poorly designed electrical connector (presenting a possible lethal shock hazard) warrants a C-Not Recommended rating."

FLAMMABLE LIQUIDS IN PMQs
A recent fire in PMQs demonstrates the extreme hazard involved in storing flammable liquids in the home.

Two children were playing in the basement of a PMQ near a portable container of the type approved for the storage of flammable liquids. Somehow the cap of the container was removed and a flash fire occurred shortly thereafter. Investigators believe that vapours from the liquid spread across the floor and were ignited as the furnace came on. While the cost to DND property was negligible (\$26.00) the cost in human terms was high - one child dead, the other seriously injured.

Remember that it is the vapours produced from flammable liquids which cause the problems. One gallon of gasoline will produce 25 cu. ft. of pure vapour under normal conditions. When diffused into the air this quantity of vapour could produce nearly 2,000 cubic feet of explosive mixture. Or to put it another way, one gallon of vapourized gasoline has the explosive equivalent of 85 lbs. of dynamite.

Where required for ready use, a maximum 5 gallons of flammable liquids may be

Spring has sprung into early summer and transferitus is upon us again. The moves are many and varied in the patch. To name just a few from council, Bob Conn is going to Staff College in Big Smelly (Toronto), Gord Staley is going to get his own tree in Cold Lake, and Al Young rejoins the descendants from the trees in Pongo-land (Kingston). Some of the newer Council members are leaving as well, but this scribe knows nought about where or when. Howsoever to those departing many thanks for your interest, your time, and the concern you showed for those around you.

The PMQ Bingos have been discontinued - at least for the summer. No longer can you watch the big hams play with the little numbered ping-pong balls.

That very personable young

Hatch O' the Patch

lady that many have seen around the Rec Director's office lately is Miss Leslie Ridgeway from Comox. She is the Summer Rec Director and highly qualified and experienced.

Riddle: If someone fuddle-duddled a watgate, would underwear bare all?

Baseball has been in full swing and playoffs should start this week. Speaking as a coach it has been a very disheartening year. Lack of parental interest has brought about reshuffling of leagues and brought the organization to the brink of collapse. However a few people doing the work of many have kept the league going. Hats off to Bev and Ray Neal and their kids in PMQ 13A. People like these make kids baseball go a long way.

Watch for flyers regarding important PMQ council supported functions such as Summer Rec Program, Bowling, Swimming, etc.

Your support in these endeavours is vital to their success. Also watch for the BCEO's people preparing park areas under the trees in the married patch. A little later your Council will be looking for volunteer help to put in some benches and tables.

For you fishermen that are always losing your weights, here is a recipe for making weights at home. This is first hand information as I've seen it done. First the ingredients.

1. Have DND tender bids for washroom renovations in PMQs.
2. Have contractor come

and take out old sink in bathroom.

3. As new sink is being installed have sealing compound go into drain pipe.

4. After sink plugs have plumber come and tear pipes apart.

5. Have plumber remove hardened compound from elbow of drain pipe.

6. The finished weight is three to four ounces, flat on one side, oval on the other.

The above recipe is only recommended in PMQs (to keep costs down) and you must rig your own swivel to keep the weight on the fishing line.

Clean Up Shape Up

Summer weather is here, at least it was at the time of writing, and it's time we took a good look at Married Quarters.

Are they as neat and tidy as they should be? Is the grass cut regularly and is it trimmed around fences and trees? How does your MQ stack up against your neighbours' up and down the street?

Base Housing and CE are soon going to institute a program to assist in the beautification of M.Q.'s. Roads will be swept and washed. Grassed areas, which are the responsibility of C.E., will be kept cut and trimmed. Old fences around parking lots will be repaired or replaced.

Three areas have been designated for shrubs and flower gardens. These areas are intended to improve the overall appearance of Wallace Gardens but only will do so with the cooperation of all residents. If young children are allowed to play in and around the areas - the gardens cannot possibly survive.

Base Housing and the BCEO ask your cooperation in improving the overall appearance of married quarters.

Final responsibility for management of Canada's forests for the most part rests with the Crown which owns 90 per cent of the nation's forests.

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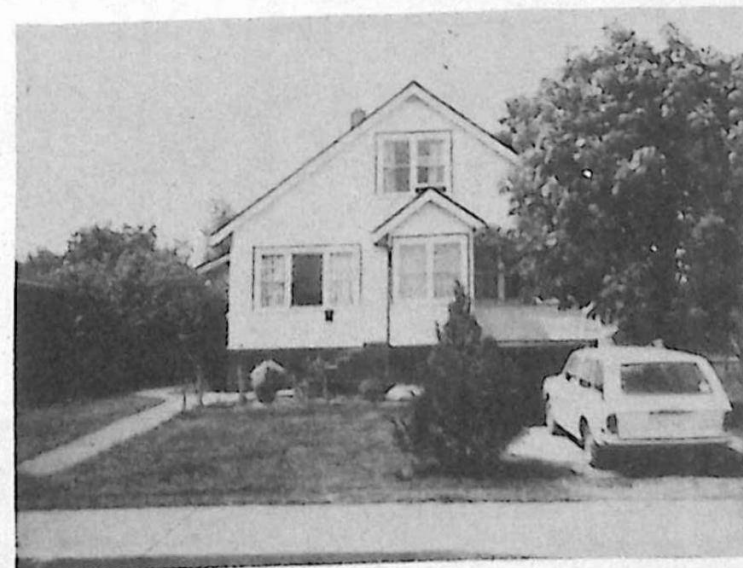
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A KING'S RANSOM?

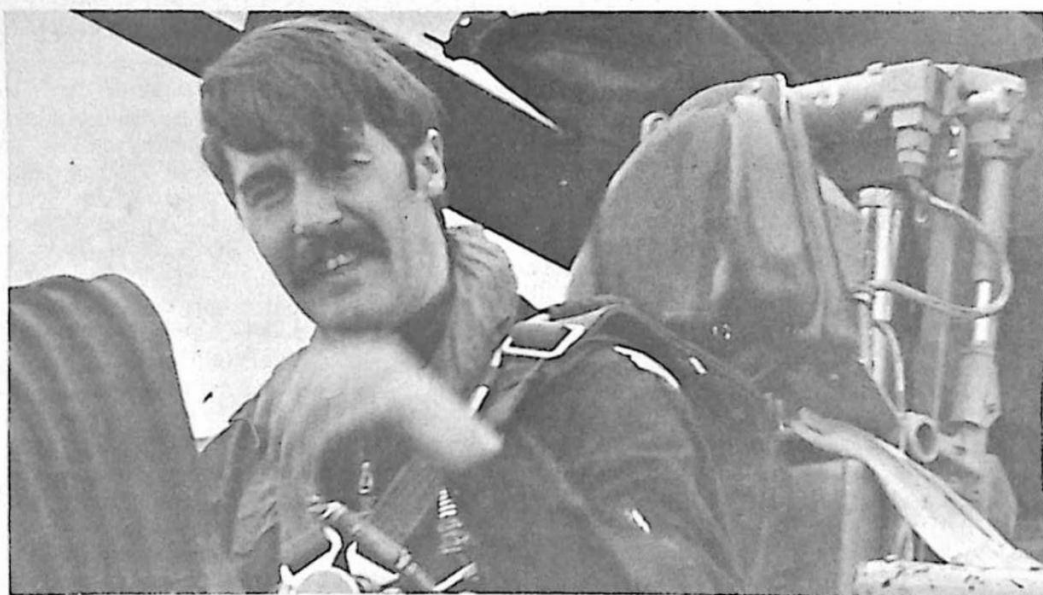
No, but royal comfort in this 3 br. bi-level home. Let me show you style plus value in this home. Located on a lovely treed lot on the outskirts of Courtenay.



LIVE AND EARN

3 br. home plus a bachelor suite that will help pay those mortgage payments. Garage in part of the full bsm. Landscaped with garden and fruit trees. At \$21,900.00 you will have to hurry.

Chuck Perry, Res. 339-3680
Chuck Cronmiller, Res. 339-2153



DR. ANDRE LANDREVILLE prepares to don rubber gloves prior to pulling the ejection seat handle on a CF101 space laboratory. Bon Voyage, Andre! (Photo by Raindahl)



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Editorial

Baby's First Words

EDITORIAL FROM VOL. 1, NO. 1

A wise old saw states: "Fools rush in where wise men fear to tread." It was, therefore, with blithe and cheerful spirit that talk of a station publication first occurred.

It was no more than a way of easing the tedium of passenger flight in a C-119 that the egg was first laid. After discussion with the higher echelons of the station, the first fleeting flutterings of life became evident, and the tiny cracks of the pressure of inner promise appeared in the shell. An appeal for interested and talented personnel to attend a meeting brought forth enough journalistic neophytes to hatch the chick, and even added a few feathers to the wildly beating wings.

From there on it was just a question of working a channel between all the hidden reefs, and these were many: the problems of production, circulation, contributors, advertising (this was a real HOT one), layout, art work, banner design and title, section and column titles, ad infinitum.

And so, here it is, the not yet quite fully fledged RCAF Station Comox Totem Times; but we still need your help to raise that little chick up to be a fine, husky rooster with a good, strong voice.

By the way, if you bought that egg routine, that isn't how this baby really came, and F/O Tom Fielding had the birth pangs to prove it.

We thought it appropriate that the original editorial from the first edition should appear at this time. First of all, in a real way the comments from this ab initio editorial fit the current issue. The editorial staff (if you can yet call it that) are participating in producing their very first edition of a newspaper... anywhere. The new editor did not realize what he was getting into when he suggested to the BAdmO that perhaps he (the new editor) could help prevent the Totem Times from becoming, like the Dodo bird - extinct. Much to his horror (craftily concealed) he found himself not

only editor, but also copy boy, layout man and office staff, and all this after a short on-job training with Mike Pollard.

That's the bad news - now for the good. Mike left the Totem Times in good shape. We have an excellent business manager and advertising staff in Bob Denyer and Scotty Duncan. The photographs of Gary Raindahl and Al Ford and the cartoons of Mac McKay will continue to speak louder than words.

With the supporting staff well established, the biggest problem was to find an enthusiastic, capable and preferably experienced editorial staff. Paul Gill and Bob Shawcross are enthusiastic, capable and, like the new editor, have had absolutely no newspaper experience.

We look on this matter of inexperience with mixed emotions. The first few issues may look and read like they were just thrown together, which may well be true. But eventually, we hope that the paper will show the effects of a fresh outlook which we feel is necessary to maintain its position as the best military newspaper in the Canadian Armed Forces.

Since that historic first edition on March 17th, 1960, the Totem Times has been - first and foremost - a community newspaper. A newspaper which presented the news and views of the whole of the military community in the Comox Valley - the Base, the lodger units, the DND civilian employees, and the dependents. But, the only way to have a representative, alive and kicking, community newspaper is to have the active support of all those just mentioned.

We need reporters, writers, copy and layout editors, typists, etc. - in short, we need assistance in all the areas of newspaper production except printing.

As the Totem Times' first editorial pointed out, we need your help to keep that "fine, husky rooster, with a good strong voice" - healthy.

As Canada Withdraws

The long expected has at last happened. The decision on the withdrawal of the Canadian Contingent of the International Control and Supervisory Force by the end of July may spell the beginning of the end of the I.C.S. Force.

It was a valiant effort. The formation of the Commission was to enable the tempers of the belligerents to cool, and allow an atmosphere conducive to non-violent resolution of the internal affairs of this sadly torn and ravaged country. The working of the Commission and the ability of the I.C.S. Force to carry out its task was a greater challenge and ordeal. The unfolding of the latest development indicates further shattering of any hope on the success of this venture.

Canada and Indochina are poles apart. While one enjoys social harmony and peaceful political atmosphere the other has been torn asunder by internal dissension for decades. While Canada enjoys the freedom to exercise her right to determine her own future, such freedom has been denied and thwarted

for the other. It is under these circumstances that Canada, in consort with other nations, sent a token force of supervisory personnel to the now moribund International Control Commission of 1954. It must have been a disheartening and discouraging experience for those officers and men for 18 years. However it was a task they were assigned to perform and they tried to do it to the best of their ability and circumstances.

The token force of Canadian Servicemen on the present International Control and Supervision Force has faced a similar fate to that of their predecessors. And if they have to return it will be through no fault of their own. Control and Supervision is only exercised when the parties concerned would accept such discipline. It is a pity that "Soldiers of Peace" have no place where hate and violence run rampant. And it is a sad commentary on the state of affairs of our planet Earth.

P. G.

Green Power

It's called the great flapping arms caper. When NDHQ decided to put all those "poor souls" stationed in Ottawa in green uniforms four days a week they did not perceive some of the side benefits - instant arm power!

One bemused Ottawa citizen recently wrote a letter to the editor, Ottawa Journal, on the difficulties of walking downtown during lunch hour, with all those gold-braided green arms flashing up and down in a "... frenzied slashing, karate-like chopping motion."

One only has to let his imagination roam to visualize the scene on the Sparks St. Mall. According to the latest personnel statistics there are about 10,000 servicemen in the Greater Ottawa area including about 5,000 officers.

Now if each serviceman saluted one officer each there would be (5,000 x 5,000) or 25,000,000 salutes. But what if each serviceman and each officer saluted each other and in addition junior officers saluted senior ones what would be the number of salutes? To find out we asked a local mathematician armed with a slide rule and he claims the answer is 63,500,000 salutes (5000 x 1 x 2 x 5,000 x 1,000). Are there any mathematicians amongst our readers who can come up with a better answer?

Also, assuming each salute takes about

two seconds by each individual, at the end of a noon stroll in beautiful downtown Ottawa, our servicemen would have "worked" 132 man years.

It boggles the mind just to think of what could be done with all that arm power. Perhaps the Defence Research Establishment Pacific, Richard Sidwell and friends, should look into this new source of energy!

Admittedly there are more servicemen in Ottawa than at CFB Esquimalt but just to localize the scene, there is no reason why we couldn't use this resource to our advantage. Why according to the latest stats we have about 5,000 "bods" here including about 900 officers. Not up to the impressive total of Ottawa, but not bad.

To what practical use could we put this energy? If all these salutes and salutes were placed on board the Gatineau say, and continuously saluted each other, there would probably be enough energy generated to propel the Gatineau out to sea. Anyway, it's worth a try next time Gatineau has an engine breakdown.

Perhaps this idea is worth thinking about? Here is a source of power that has been generally overlooked by our confreres in Ottawa. The Lookout hopes they will take our suggestion and give serious consideration to harnessing this potential source of energy. Reprinted from The Lookout, CFB Esquimalt.

Bilingualism has its problems

A recent "Safety Poster" on precautions to be taken when refueling an aircraft arrived on the Base Flight Safety Officer's (BFSO) desk. The BFSO routed the poster to the BAMEO since it applied to his area of control. The BAMEO, on checking the poster, found that if it was to be effective, it would have to be translated into a form more readily understood locally, so he passed the poster to the ASRO for translation by a very capable NCO with a French sounding name. WO Cheveries' French is almost as current as his Greek, but Chev, never backing down from a job no matter how tough, and always giving his best, sent this classic translation back to the Aircraft Servicing Officer.

JE NE SPEAK PAS FRANCAIS OWEVER I TRY

Wen gaz da plane besure to ave a soup or visor dare.
An den mak sure evrie one as da pro per close toair
Da fire gard she musbe dere, da gaz she musbe pro per,
An den mak sure she's not contaminate wit tings lak water.
Wen lectric storm shecome aroun, da gaz crew quit you know.
If you don hunderstan dis ting jus hax da Bah Mee-Oh.
Hees going to say dat Cheverle forgot to groun dat plane
Well maybe den he won hax me to translate Franch again.



The Canadian Armed Forces Express

The Irishman

By PROMETHEUS

He was a large man, tall and straight, and he had a sturdy set to his shoulders. He was standing by the side of the road hitch-hiking and as I slowed I noticed a certain decency about his appearance, from his cleanliness and neatness to the trimness of his haircut. As he got in the car I noticed he limped with his right leg and I supposed he had suffered a fall or had otherwise injured a knee. We were travelling companions for the next ninety minutes and the story he unravelled was a lesson in human relations.

Freely the information came out. It was almost as though he was thinking aloud and was recapitulating the events of his life over the previous twenty-five years. But I let him talk and the longer I listened the more my interest grew.

It was established that his family had immigrated from Ireland when he was just a child of two. He grew up in Regina and developed into a hockey player of sufficient talent that he became a professional. After service in World War II he returned to western Canada and in the prime of his life made his living playing hockey and by working in the woods of B.C. in the off season.

When he lost his right leg in a logging accident his hockey days were over. "I wanted to die," he said. "I pleaded with the fellows I was working with not to take me in. An artery

was severed and I was bleeding bad. Told them I'd never speak to them again if they carried me in, but they did anyway. And I never have."

"You never have what?" I asked.

"I've never spoken to any of them again," he said simply.

"But why? They saved your life, man. That's a funny act - no gratitude there."

"Ah," he said. "You don't understand. I was a hockey player. It meant everything to me and I could never play again. I wanted to die."

After a long silence I asked him what he did now. He told me that he made shakes for shake mills, wherever they were, and wherever there was work. That was one of the great disadvantages, moving about the province from mill to mill following the work. But it paid well and he was good at it. When he told me he could make \$140 a day making shakes I almost ran the car off the road. "You mean," I asked, "including overtime. How many hours a day would you have to work to make that much money?" "Oh, no. No overtime," was the answer. "That's working a six and a half hour day."

It turned out that he could average a square of shakes every seven minutes and that even the lowest paid shake mills pay three dollars a square. He'd made the big bundle at Nakusp, about 50 miles north of Revelstoke. "Rather work for a non-union shop every time." Why is

that? "Because of the incentive," he said. "They pay more than union mills and they pay for piece work. Union shops are always telling you to slow down, don't make too many squares a day, you're on an hourly rate, and the other guys look bad if your production exceeds theirs."

Shades of the studies of Westinghouse. We're still living with that nonsense. The Irishman was heading for Vancouver and a visit with his family. He had been a widower for the past seven years and in his quest for a living roamed the province following the work while his family raised his small brood.

"The unions got a lousy contract last year though, and they're not happy," he said. "Why is that?" I asked. "I always thought the unions came out ahead on those things."

"Not this time," was the reply, "they went from piece work to an hourly rate, and now they gotta sit on their butts in the woods waiting for the hours to go by. Before, a faller could make a hundred dollars in three hours or so by dropping three trees before lunch and then he'd be finished for the day. Now they drop one in the morning and one in the afternoon and sit the rest of the time."

When I asked about foremen, I think he referred to them as "bull pushers," which in loggers parlance means the same thing. "Powerless," he said. "They gotta live with the boys in the woods, and they gotta be one

of the boys. The guys have ways of getting to the bull pushers and ostracism out there is a powerful weapon."

When we came to Nanaimo he smiled in a knowing way and said offhandedly that he had once spent eight thousand dollars there in three weeks.

"I had a lotta friends and I guess I paid a lot of rents, but when the money was gone, so were most of the friends."

It was an interesting story and, to me, the Irishman made an interesting travelling companion.

MND Message

All Canadians can be justly proud of the dedicated men and women serving in today's Armed Forces, regular and reserve.

At home and abroad, they perform with skill and efficiency the many tasks they have been assigned by the Government in support of Canada's national goals of sovereignty, peace and security.

Frequently, they perform these tasks under difficult and frustrating circumstances, as in Vietnam, where the leadership and professionalism displayed by the members of the Canadian contingent to the ICCS won the admiration, not only of Canadians, but of peace-loving peoples everywhere.

Continuing emphasis on training, combined with an expanding program for modern and advanced

Education

NO PROJECT LOYALIST IN B.C. FOR 1973-74

The possibility of having Project Loyalist-type rehabilitation training offered in British Columbia in 1973-74 is now very unlikely. NDHQ attempted to persuade Canada Manpower to sponsor these re-training schemes on a nation-wide basis but were unsuccessful. It appears that the funding for these schemes is regional and, at this time, the B.C. Region of Canada Manpower has not seen fit to back a similar scheme to that run in Ontario.

Theoretically at least, retired military personnel from any part of Canada are eligible for one of the 100 course vacancies offered at Loyalist College in Belleville, Ontario. However, there are several practical disadvantages to this arrangement for anyone from the western or eastern provinces.

GEOGRAPHIC

Accommodation, either single or family, is difficult to obtain in the Belleville area and although financial assistance is provided to those not on rehabilitation leave, the financial effects of maintaining two homes for a year could be very trying. Family life would also suffer and this could have an adverse effect on the students' academic results.

ACADEMIC REQUIREMENTS

The courses are concentrated and high pressure because they cover two years normal work in one year. Some personnel, admitted on the basis of their claimed military qualifications, were in fact unable to cope with the electronics and business courses, particularly in the area of mathematics. The normal pre-requisite for the two year course is grade twelve (Junior Matric). This particular pre-requisite can be waived but that doesn't make the course easier.

PROSPECTS FOR 1974-75

Looking ahead another year doesn't do much for those retiring this year. But now that we know that little or nothing can be done nationally, the Personnel Selection Officers at Esquimalt, Chilliwack and Comox are going to band together and try to get something going in B.C. for 1974-75. All we can do is to keep trying and to keep hoping.

MALASPINA COURSES IN COMOX 1973-74

Your response to the university and business course questionnaires appears to be having some positive results.

Because of your interest (over 40 replies) and our pushing, the Director of Continuing Education for School District No. 71, Vic Camilleri, has made tentative arrangements with Malaspina College to offer at least one university-transfer course and one business course in the Comox area in 73-74.

The only thing that may hold it back would be the lack of qualified teachers. If you know of anyone, with a Masters degree, who would like to make a positive contribution to the community and some money - please have them contact Vic Camilleri or the BITO.

equipment, provides a high level of excellence and operational capability.

On Armed Forces Day 1973, I am pleased to pay tribute to the men and women of the Canadian Forces who continue so ably to serve their fellow citizens and their country.

James Richardson

HELP! AD SALESMEN
WRITERS EDITORS
ETC. PROOFREADERS
MYSTICS
ANYONE

THE TOTEM TIMES
WANTS TO JOIN YOU!

TOTEM TIMES

Published on alternate Thursdays with the kind permission of Col. D. W. McNicol, Base Commander, CFB Comox.
Editor: Ray Griffiths (469)
Editorial Staff: Paul Gill, Bob Shawcross
Photographers: Gary Raindahl, Al Ford
Sports and Recreation: Bill Keener (315)
Business Manager: Bob Denyer (371)
Advertising Salesman: Scotty Duncan
Proofreader: Bob Shawcross
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Cartoonist: M. McKay

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In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charge for the erroneous item. "Advertising is an offer to sell and may be withdrawn at any time."

Address correspondence to The Editor, Totem Times, CFB Comox, Lazo, B.C.

Advertising inquiries may be directed to Lt. Bob Denyer at 339-2211 Loc. 371

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

Continue Your Education

An area of post-secondary education that has not been fully developed locally is at the first and second year university level. There are a number of reasons why this has been so, mostly relating to material and human resources. We are now, in conjunction with our neighbouring community college in Nanaimo, making renewed efforts to improve the situation. We hope to have Malaspina College offering classes locally; this depending upon our ability to identify correctly local needs and upon the availability of locally resident and qualified teachers. These conditions would dictate the content, the locale, and the time of day of such a program.

The first condition is 'local demand'. This is most important and must be appreciated fully by the community. We have always invited members of the general public to come forward with ideas and suggestions for any part of our Continuing Education program. It is imperative that we know exactly what your needs are when it comes to this level of education. At this level we cannot be as flexible as in some other parts of the program due to the high qualifications required of an instructor. We must be reasonably sure of obtaining the minimum enrolment required before costly commitments are made. I urge you to make your needs known to us as early as possible. I have already submitted a list of priorities to the college based on information from you to date. However, do not hesitate to come forward with more suggestions. Our efforts in attempting to correctly identify your needs is a changing and continuing exercise.

One other condition, just as important as the first, is the availability of qualified instructors. It is seldom possible for the college to provide the instructor because of on-campus commitments; it is also quite possible that an instructor who might otherwise be available to help might not relish the idea of driving to Courtenay once or twice a week. This points out the importance of looking within our own communities for qualified help.

The college will be carrying out its own advertising in this newspaper for such help. In the meantime I urge those who feel that they are qualified and who wish to teach on such a program to get in touch with me. For university transfer courses an instructor would have to have a Master's degree or be close to being awarded a Master in that particular subject. For career programs and other non-university transfer courses, the college looks for the 'required training and experience'; each applicant would be given careful consideration.

I ask your cooperation whether you are a potential student or teacher. A good start would go a long way towards assuring the development of this very essential part of our Continuing Education programs. Call: 338-5383 (338-5385 after 4:30 p.m.) or at my office in Courtenay Junior Secondary School on Harman Avenue.

Take me in your arms

So now Little Man you've grown tired of grass,
L.S.D., acid, cocaine, and hash.
And someone pretending to be a true friend
Said, "I'll introduce you to Miss Heroin."

Well Honey, before you start fooling with me,
Just let me inform you of how it will be.
For I will seduce you and make you my slave.
I've sent men much stronger than you to their graves.

You think you could never become a disgrace
And end up addicted to poppy seed waste.
So you'll start inhaling me one afternoon;
You'll take me into your arms very soon.

And once I have entered deep down in your veins,
The craving will nearly drive you insane.
You'll need lots of money (as you have been told)
For darling, I'm much more expensive than gold.

You'll swindle your mother and, just for a buck,
You'll turn into something vile and corrupt.
You'll mug and you'll steal for my narcotic charm,
And feel contentment when I'm in your arms.

The day when you realize the monster you've grown,
You'll solemnly promise to leave me alone.
If you think that you've got the mystical knack,
Then, sweetie, just try getting me off your back.

The vomit, the cramps, your gut tied in a knot,
The jangling nerves screaming for just one more shot.
The hot chills, the cold sweat, the withdrawal pains
Can only be saved by my little white grains.

There's no other way, and there's no need to look;
For deep down inside, you will know you are hooked.
You'll desperately run to the pusher and then,
You'll welcome me back to your arms once again.

And when you return (just as I foretold!)
I know that you'll give me your body and soul.
You'll give up your morals, your conscience, your heart,
And you will be mine until DEATH DO US PART.

— Anonymous Addict

Reprinted from The Shield, CFB North Bay

Drug Education Films Available 11-13 June 73.
Call Capt. Keener Local 315



SUPPORT YOUR "CFB TOTEMS" who recently won a local tournament, as they prepare for the Zone Championships 17-19 July in Victoria. Back row: Larry Harker, Duke Snider, Pete Murphy, Red Hill, Ron O'Neil, Barry Whitehead, Doug

Tucker, Jack Kroeplin. Front row: Owen Coffell, Skip Solomon, Bill Rough, Randy Howell, Harve Haerauf, Coach Jerry Murray. Missing: Asst. Coach Jimmy Redmen, Ivan Grant.

407 Tech

(Continued from page 2)

overtime for a while thanks to the lab transfers that have recently come our way. The assignment was easy when the former incumbents were doing it, but now the shoe is on the other foot.

Fred Neild, who has to search for things to do to pass the time while he is batching, claims to have discovered a new species of bird. He describes it as a black thatched, blue coated, gold striped warbler whose distinguishing call, heard around ten in the morning and three in the afternoon, is "Waremsipakkin - Waremsipakkin - Waremsipakkin".

AVIONICS

Recent postings have WO Bert Hayward leaving for

Ottawa this month, while Cpl. Bill Stevenson, previously jubilant about his impending move to Greenwood, is now wearing a rather long face in view of a deferral until late summer.

The local fish populace is quaking, and with good reason: two of the backroom boys in the persons of Ken Kersten and Dusty Miller are the proud owners of new boats. Possibly some Moose Jaw postings in the offing?

The squadron wives day proved a most enjoyable affair with many of the ladies experiencing their first taste of aircrew hospitality and, for a few, a sample of an attendant malady sometimes referred to as mal-de-mer. On behalf of the wives, "thanks to all concerned and let's do it every Friday".

Chapel Chimes

R C CHAPEL

Father J. P. Farrel — Chaplain (RC)
MASSES: Saturday - 7:00 p.m. Sunday Vigil Mass; Sunday - 9:30 and 11:00 a.m.

WEEKDAYS: Tuesday - 7:00 p.m. in private homes; Friday - 10:00 a.m. in the Chapel. On other days Mass will be celebrated on request.

SACRAMENT OF PENANCE: Before Mass on Saturday from 6:30 to 7:00 p.m. and before other Masses.

BAPTISM: By appointment. Whenever possible on the third Sunday of the month at 1:30 p.m. On other Sundays for a good reason.

PROTESTANT CHAPEL

R. J. Ritchie — Base Chaplain (P) Telephone No. 339-2211 Loc 273
JUNE 10, 1973
11:00 a.m. — Divine Worship; Mr. Burns of the "Gideons" will be guest speaker.

JUNE 17, 1973
11:00 a.m. — Divine Worship

NOTE: Summer Service Time - July and August — Starting the first Sunday in July the Service of Worship will be at 10:00 a.m. instead of 11:00 a.m.



"NOT TOO HARD ERNIE, I'm all out of breath just walking over here." Shown are the latest recipients of CFB Comox Aerobics Certificates for achieving 1000 or more Aerobic points over an eight month period. The BAdMO is shown presenting one certificate to MWO E. A. Hall of 407 Sqn. Servicing. Other recipients include (from left) Capt. W. Keener, Sgt. W. Kruschel, MCpl. J. Woloschuk, Cpl. J. Sleeman, Cpl. M. Reid and Cpl. R. Wilson. (Canadian Forces Photo)

CFB TOTEMS

Play at home:
Tues., June 12
Tues., June 19

NOTTAWASAGA INN

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1973 CORTINA "L"



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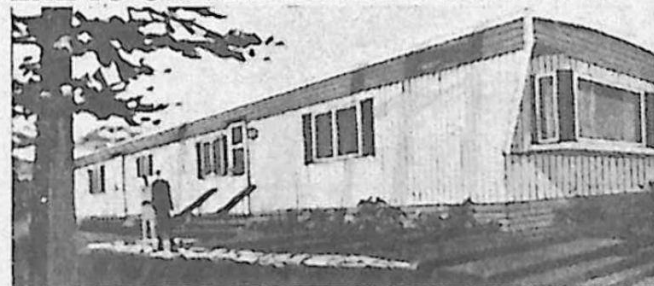
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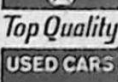
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775 x 14	18.15	775 x 14	20.30
825 x 14	20.30	825 x 14	22.45
855 x 14	21.10	855 x 14	23.85
560 x 15	18.15	560 x 15	18.85
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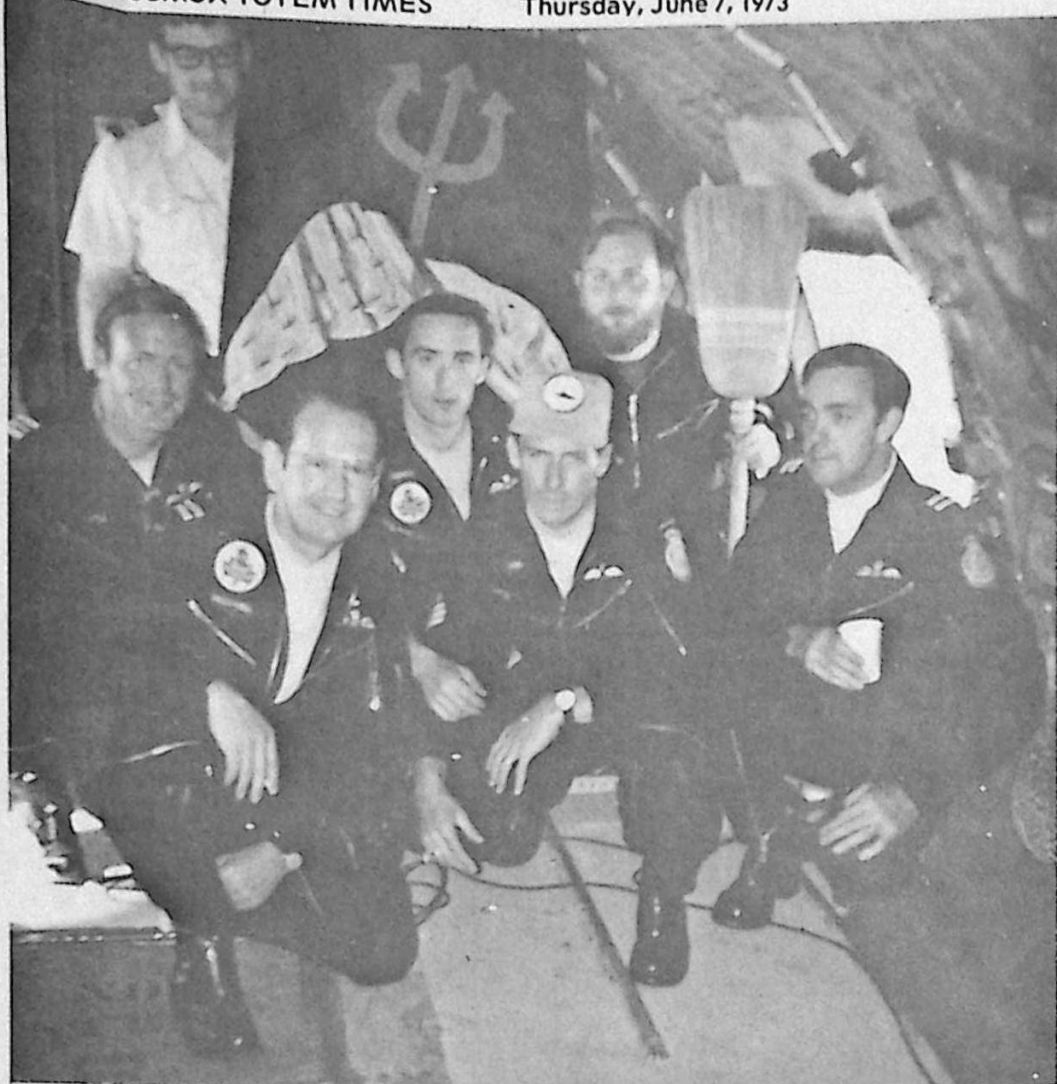
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KING NEPTUNE HOLDS court as Crew 4 noviates of 407 Sqn. cross the equator. The crossing was made on May 16th. The traditional ceremony of initiation was held at 8000 feet in the rear compartment of a modern ASW aircraft. In the photo, standing, Capt. Jack Little. Centre row, Maj. Dan Little, Capt. Pat Murphy and King Neptune, Capt. Jeff Loube. Front row, Capt. Al McConnell, Sgt. Jim Mulhall, Herald, and Capt. Don Wheeler, Bearer of the Gifts of the Sea. (Photo by Woodburn.)



A LOT OF box lunches! MWO Suthersland points to the new clock installed on the Engineer's panel of the Argus after completing 10,000 hours flying time. He explains to Lt. Col. Dave Haire, C.O. of VP407 Squadron that it has been hard keeping track of hours, but with the new clock it should be a snap. Suthers has flown over 7,000 hours on the Argus and the remainder on Lancasters and Canos. (Canadian Forces Photo)

Mushroom Mutterings

OPS ODDITIES

First of all this week, a special offer: in the future all aircrew who attend survival equipment lectures and then proceed to the swimming pool for dinghy drill, will be given, free, a rubber ducky of their own to keep, in their choice of colors. Boy, if this doesn't get 'em out, nothing will.

"Question of the Week". What's the story behind the shiner being sported around by a pilot who goes by the dubious alias of "Flash Flaredrop"? Ya gotta watch those rake handles, Cap'n.

HANGAR FLOOR SWEEPINGS

This week's news from the floor is actually a non-report. That is: I have been told by WO Gabe Sehn, under threat of retribution, not to report that he has been removed, under protest, from Servicing back to Repair. Also, he has told me not to report that he has resigned, with reluctance, his position as WO 1/c-of-making-sure-that-the-garage-hut-always-neat-and-clean. And that's about all I've been told not to report.

Things are lively around "F Troop" lately, with a regular visit from Esquimalt by Don Tweedhope, the X-Ray Technician. Don always has a couple of good stories and or jokes for the troopers.

The new addition to the hangar is rapidly nearing completion and will be used to store equipment for Para Rescue, provided there is room left after the installation of the pool table, shuffleboard table, dart board, 4-channel stereo and other items which the Safety Systems Section vitally needs. I mean; Ya gotta live right, even in Pay Field B.

Carters Commandoes take pleasure in offering belated congratulations to M Cpl. John Webber and M Cpl. Dave Welch, of the 407 Safety Systems Section (bite my tongue) for their valuable contributions to Flight Safety. (Pay review board please take note). I'd like to buy you both a big glass of "suds". This should draw some rather "base" remarks from some quarters. Ho, ho, ho and it ain't even Christmas.

ATHLETIC ANARCHY
Two weeks ago Saturday, the day was perfect. The sun shone brightly in a clean blue



SGT. BERT KERYLUK is shown being presented with an award and \$750 cheque by the Base Commander. Bert made a suggestion pertaining to the

CF 101 Flight Trainer which won him all the loot. (Canadian Forces Photo)



BIG RED SEZ: "No push on me neither."

sky and the sea was as smooth as a mirror. Forty avid Fungus Fishermen took to the water like lemmings, some to spend up to nine hours on the chuck in a vain attempt to retrieve the elusive member of the genus "Oncorhynchus" (If you can say it, you can have it). Alas, everyone but five got skunked. And so the prizes went like this: Biggest Salmon (2 lb. 15 oz.) - Doug Mann; Biggest Cod (2 lbs.) - Bill Brown; Smallest Salmon (1 lb. 15½ oz.) - Al Hendry; Biggest Total Weight (8 lb. 12½ oz.) - Bill Brown; Wierdest Fish (Starfish) - Bob Baird; Hidden Weight - Doug Mann; Biggest Liar (I don't

know why) - Don Grenon. Incidentally, Bill Brown tells me he's going to donate his prize, a fish gaff, to his partner, Mick Blake, who has previously had to get by with an old hook screwed into the end of a stick. Now that's friendship.

FUTURE FEATURES

Don't forget to pick up your tickets for the beach bash on the 16th of June. There's going to be lots of goodies. Also, there will be a giant stag at the end of the month either June 28 or 29 for the many Fungus Faithful who will be departing the patch. More details later. Till, then, non illegitimus carborundum.

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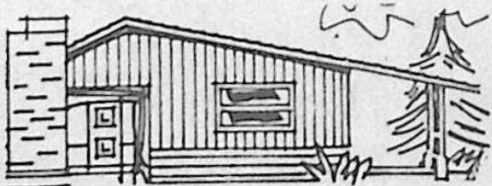
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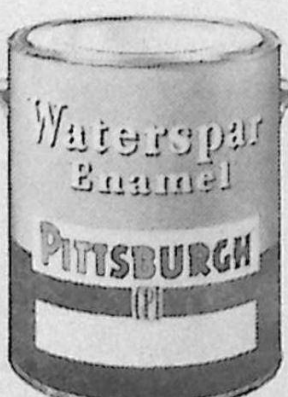


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Please note change of showtime - As of 2nd May,
shows to start at 2000 hrs.

Fri. 8 June **KISS OF THE VAMPIRE** Cliff Evans
Horror Showtime 2000 hrs. to 2150 hrs.
Jennifer Daniels

Sat. 9 June **SITTING TARGET** Gangster
Sun. 10 June Showtime 2000 hrs. to 2150 hrs.
Warning - Frequent scenes of violence

Wed. 13 June **TO BE ANNOUNCED** Thur. 14 June

Fri. 15 June **EVIL OF FRANKENSTEIN** Peter Cushing
Horror Showtime 2000 hrs. to 2150 hrs.
Kathy Wild

Sat. 16 June **THE VILLAIN** Restricted
Sun. 17 June Warning - Very coarse language
Showtime: 2000 hrs. to 2150 hrs.

CHILDREN'S MATINEES

Sat. Matinee 9 June **KATHY O** Patty McCormack
Story of a little girl Showtime 1400 hrs. to 1555 hrs.
Jon Sterling

Sat. Matinee 16 June **WINGS OF CHANCE** Bush Pilots in
James Brown Northern Canada
Showtime 1400 hrs. to 1555 hrs.

NOTE: All matinees are 40¢ admission price
SHOWTIMES: Evenings - 13 to 29 Apr. - 1900 hrs.
2 to 18 May - 2000 hrs. Matinees 1400 hrs.
RESTRICTED SHOWS - 18 years and above - under 18 years of
age must be accompanied by a person over 18.
ADULT SHOWS - 16 years of age and above - under 16 must
be accompanied by a person over 16.

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Saturday, June 9 - Hawaiian Night. The "South Sea En-
chanters" for dancing and entertainment - 2100 - 0100.
Special appropriate buffet - 2130 - 0030. Two exotic punches
available at no extra cost. Join in the festivities by dressing
Hawaiian. Reservations required. Cost: Members \$5.00 couple.
Guests \$8.00 couple.

Thursday, June 14 - Monster TGIF. Send-off for C.I. Team.
Hip-o-Beef. Bar opens 1530 hours.

Friday, June 15 - 407 Sqn. Change of Command. Cocktails
1830 - 2000 for 407 and invited guests. Bar-B-Q 1930 - 2130
for 407 and invited guests. Open Dance 2100 - 0100. Music
Factory. Snack Bar opens 2130 - 0000. Casual dress.

Tuesday, June 19 - Retirement Lt. Col. Warren. Mixed Dinner
- Dance to the Naden Band. Bar available at 1900 for dinner
at 1930 hrs. Informal dress. Reservations required.

Saturday, June 23 - Steak Night. Buy your own steak over
the bar. Dance 2100 - 0100. Casual dress. Please reserve.

Tentative July Hi-Lites:
Saturday, July 14 - 409 Sqn. Dinner-Dance
Saturday, July 28 - 442 Sqn. Dinner-Dance

WO's & Sgts. Mess

June 1973

June 4 - Movie - Night of Dark Shadows
June 9 - Campers' Bingo & Dance
June 12 - Movie - Doctor's Wives
June 15 - Mess Golf Tournament
June 16 - Regular Dance Nite
June 18 - Movie - "2001 Space Odyssey"
June 23 - Salmon Fishing Derby
June 23 - Dance - Hard Times
June 25 - Movie - "A Gunfight"

CAMPERS' BINGO & DANCE, JUNE 9 - 2030 hrs. Music by
"The Wind." Prizes: Camping Equipment. Dress: Summer "C".
Food: Hamburger & Chips. Adm. Members \$1.00. Ass. &
Guests \$1.50. Bingo Cards: 5 for \$1.00.

MESS GOLF TOURNAMENT, JUNE 15 - "T" off 1200 hrs. Adm.
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Friday evening.

REGULAR DANCE NITE JUNE 16 - 2100 hrs. - 0100 hrs. Music
"Alley Cats." Entertainment Wives Club. Food: Chinese. Dress:
Summer "C". Members \$1.00. Ass. & Guests
\$2.00. Ladies FREE.

SALMON FISHING DERBY JUNE 23 - 0000 hrs. - 1700 hrs.
Food: Hamburgers & Beer. Weigh-in - Beach House. Prizes:
Food: Hamburgers and coho and hidden wts. Limited to members
largest spring and coho and hidden wts. Limited to members
and associate members ONLY.

HARD TIMES DANCE JUNE 23 - 2100 hrs. to 0100 hrs. Music
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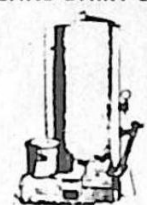
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MONTH OF MAY 73
 Servicemen's Swim Mon - Fri. 1145 - 1245.
 Open Swimming
 Sunday Evenings - 1830 - 2030 hours.
 Tuesday evenings - 1830 - 2030 hours.
 Thursday evenings - 1830 - 2030 hours.
MONTH OF JUNE 73
 Servicemen's Swim Monday to Friday - 1145 - 1245.
 Open Swimming
 Saturday afternoons - 1400 - 1600 hours.
 Sunday afternoons - 1400 - 1600 hours.
 Sunday evenings - 1830 - 2030 hours.
 Tuesday evenings - 1830 - 2030 hours.
 Thursday evenings - 1830 - 2030 hours.

ADULT SWIMMING CLASSES 73
 The first adult class will commence Monday, June 4th at 1900 hours. Classes will include Pre-Beginners to Senior Red Cross Levels also Survival Training will be taught. Register at the Base Rec Centre local 315, contact Pte. A. Thompson NCO 1c Aquatics.
BRONZE MEDALLION COURSE
 Will commence at the Base Pool Monday, 18 June 73 at 1900 hours. All interested personnel are to contact Pte. A. Thompson Base Rec Centre local 315.
SUMMER CHILDREN'S SWIM PROGRAM 73
 Registration: At Base Rec Centre 0800 - 1100 hours Monday to Friday 18-22 June 73. Cost: \$5.00 per child for one session of 15 periods.
 SESSIONS: 1st - 2 July - 20 July 73.
 2nd - 23 July - 10 August 73
 3rd - 13 August - 31 August 73
 Age Restriction: 5 years of age.
 Minimum Height: 3 feet, 6 inches.
 Classes will consist of Red Cross Pre-Beginner to Senior levels.

New Books For Base Library

Salt Water Fly Fishing - Sam Nix.
 The Tale of Pigling Blond - The Tale of Two Bad Mice.
 The Tale of Ginger and Pickles - Beatrix Potter.
 Stranger in China - Colin McCullough.
 Brando - Morella.
 Meaning and Magic of Music - Peter Grammann.
 Indian Rock Carvings - Edward Mead.
 Field Guide of the Stars and Planets - Donald H. Menzel.
 Diver Below - Hank and Shany Frey.
 Step by Step Weaving - N. Znamurowski.
 The Ways Things Work Vols. I and II - Simon and Schuster.
 Power Baseball - Mel and Gerry Didier.
 Motor Auto Repair Manual 1973 - Louis C. Forier.
 Dwarf Fruit Trees Indoors and Outdoors - Robert E. Atkinson.
 Julia Clements Gift Book of Flower Arranging - Julia Clements.
 13, The Flight That Failed - Henry S. F. Cooper, Jr.
 Pictorial Encyclopedia in Insects - V. J. Stoorck.
 The Complete Book of Boating - Ernest A. Zodig.
 There's a Seal in My Sleeping Bag - Lyn Hancock.
 Chess Sets - Graham F. Lanier.
 The Pictorial Encyclopedia of Fashion - Claudia Roxous.

442 Dart Champs

Under threat of death, I must mention the Junior Ranks Dart Championship, which was won last month by the crack team of: Gord Trenholm, Pat Fogarty, Gaston Bedard, Harvey Herauf, Reg Franklin, Willy Perrault, Larry Bodell, and oh yes, Jack Bowers. Nice arrows, men. Their secret is exercising their shooting arms by lifting a glass object from the vertical through a 90 degree arc to a point tangent to the lips. All very scientific indeed.
 There are only 19 Whooping Cranes in captivity.

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Deadline For Next Totem Times Noon Mon., June 25

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FULL PRICE \$19,900. Almost 1300 sq. ft. of comfortable living area. On a 75 x 150' lot, this 4 bedroom Comox home has a new furnace and hot water heater.
 Call Max Weegar 334-4568 or 334-3111



METICULOUS OWNERS have cared for this older 3 bedroom home in beautiful condition set on a large attractive yard. Zoned commercial, and available for a reasonable down payment.
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BASEMENT COMPLETELY FINISHED. Lovely 3 bedroom home, with 4th bedroom down. Rec. room, den, 2 fireplaces, double plumbing. Sundeck, storage off carport. Tastefully landscaped and fenced.
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plump and thrifty... perfect for backyard barbecues...

Indoors or out, Sunday dinner becomes a banquet with one of these tender, flavorful young birds on the table. Everyone is guaranteed perfect eating and at this low SUPER-VALU price your best buy in meat.

WHOLE FRYING CHICKEN 57¢

• GOV'T INSPECTED
 • GROWN IN B.C.
 • CRYOVAC FROZEN
 • GRADE Y, lb.

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• GOV'T INSPECTED • GROWN IN B.C. • "WILTSHIRE" FROZEN
 5 to 7 lbs. average Grade A lb.

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DOLE PINEAPPLE JUICE 2 48 oz. tins 69¢	SUPER-VALU CHOICE WHOLE TOMATOES 2 28 oz. tins 69¢	FOREMOST ICE CREAM Gal. pail 1.95
NABOB SPAGHETTI IN TOMATO SAUCE 3 14 oz. tins 49¢	SUPER-VALU MARGARINE USE AS A SPREAD OR IN COOKING 5 1 lb. prints 88¢	CLEARBROOK FARM LARGE EGGS Grade A doz. 65¢

Bacon 99¢
 "Capitol" Sliced Side. 1 lb. pkg.

CANADA APPROVED SEAFOODS:
 LOCAL **COD FILLETS** 1 lb. **79¢**

FRESHEST UNDER THE SUN
 LOCAL GROWN
RADISHES OR GREEN ONIONS 3 for 29¢

MEXICAN WATERMELON 11¢
 lb.

LOCAL GROWN BUNCH BEETS 2 bunches 39¢

LOCAL GROWN FANCY LETTUCE 2 for 39¢

SAUSAGE MEAT • Gov't. Inspected "Wiltshire" 1 lb. chub pak **59¢**

ITALIAN SAUSAGE • Gov't. Inspected • Hot or Mild Ideal for the B.B.Que. 1 lb. **99¢**

PIZZAS "Pizza Plus" 12" \$1.39 9" 99¢
 Deluxe or Pepperoni and Mushrooms... each

FROZEN FOOD FEATURES:
 MINUTE MAID **LEMONADE** 3 12 1/2 oz. tins **89¢**
 SWANSON'S FANCY **HUNGRY MAN DINNERS** 16 oz. each **1.19**
 BIRDSEYE **COOL WHIP** Dessert Topping 16 oz. **39¢**

OVEN FRESH BAKERY:
 "OVEN FRESH" **CHEESE BREAD** 16 oz. loaf **45¢**
 TERRY LYNN **APPLE TURNOVERS** 5's **49¢**

ITEMS YOU'LL NEED:

MAXWELL HOUSE Instant Coffee 10 oz. jar **1.85**

CHOCOLATE OR PLAIN Ovaltine 12 oz. pkg. **89¢**

DREAM WHIP Dessert Topping 4 oz. **49¢**

RISE 'N' SHINE ORANGE FLAVOR Crystals 5 3 1/4 oz. envs. **85¢**

ELETRASOL DISHWASHER Detergent 20 oz. **59¢**

SURF DETERGENT Powder 3 lb. pkg. **89¢**

MOP MAGIC Floor Cleaner 32 oz. **1.49**

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