

Give The Deer An Even Break — Hunt With Antlers!

CFB COMOX TOTEM TIMES THURSDAY, SEPT. 13, 1973



442 Squadron — Weekend Rescue



THE CESSNA 180 FLOAT PLANE as it looked when spotted early Sunday morning by a Labrador

helicopter from 442 (T & R) Squadron, CFB Comox.

guy that used to say, "I'm of the economy, this little kit (1) Use a pinch of common sorry but the price is too high, I'll do without!"

Find him and inflation can licked, governments toppled and our plastic society shaken to its very core. He used to be known as the king of the economy. Now I say he is a fink! He is a fink because he abdicated his throne. Once he strolled with authority among the pedlars of the land, now he gets pushed from hawker to hawker until his pockets are empty. They tell him he smells and then they sell him deodorant to prevent it. They tell him he is not attractive to women and sell him a hair tonic that guarantees results. They tell a mother her family will hate her if her clothes aren't white enough then sell her a magic soap just in time to save her from being expelled from her family.

The king has sold out for a split level house, two cars, a boat and a family membership in a country club. He has found out that for the loss of nothing more than his personal pride, he can turn his responsibilities over to either his government or his employer depending on how he cast his previous democratic

ballot. But wait a minute, maybe its not too late. I just happen to have with me the very thing you need. They tell me you've lost your kingship. Tell you what I'm going to do. Because you're my friend I'm going to make available to you at a special introductory price this handy dandy do it yourself king maker kit. Guaranteed to

Whatever happened to the make you strut again as king contains a plentiful supply of the four ingredients essential to regaining your throne; 5 lbs. of will power, 2 lbs. of

common sense, a handful of wise decisions and a sprinkling of personal pride. And, oh yes, a plastic crown. (The deluxe model includes, in addition to the above, a heavy duty cardboard throne, some rhinestones for your crown and a tube of rhinestone to plastic glue). This handy dandy kit can be' used on the following consumer problems and many others too numerous to mention.

Balancing the Family Budget (1) Use about a teaspoon of common sense to realize that if you spend more than you make, you will go in debt. (2) Use two tablespoons of will power to keep from doing it.

Inflation (1) Use 1/8 cup of common sense to realize that as long as you continue to buy at prices that are too high they will continue to rise. (2) Use 1/8 cup of will power to do without.

Keeping Up with the Jones' sense to realize it is stupid. (2) Use one wise decision to stop

Dentist Bills: (1) Use a teaspoon of common sense to recognize that straightened teeth do not guarantee happiness. (2) Use a grain of personal pride to brighten that crooked tooth smile.

Taxes: (1) Use 1/2 cup of common sense to realize that all taxes come out of the consumer's pocket. Corporation taxes are part of the price of the goods you consume. (2) Use one wise decision to write to your MP and insist that the government reveal all taxes. If welfare, education and medicare are such worthwhile projects, why hide the collection of funds from those who must pay the bill.

You see my friend, with this handy dandy do it yourself kit your worries will be banished and once again you can become king. Will I wrap one up? What's that you say. The other guys got all your money. Too bad. You would have made a nice king!

Also Harmed

Smoking several cigarettes in a closed room soon makes the concentration of nicotine and dust particles so high that the non-smoker inhales as much harmful tobacco byproducts as a smoker inhales from four or five cigarettes. Smoke from an idling cigarette contains almost twice the tar and nicotine of

smoke inhaled while puffing on a cigarette.

On the average, smoke inhaled while puffing on a cigarette contains 11.8 mg of tar and 0.8 mg of nicotine, as compared to 22.1 mg of tar and 1.4 mg of nicotine from idling smoke. Thus, smoke from an idling cigarette may (Continued on page 6)

MAJOR NORE GUSTAFSON is shown being congratulated by the acting CO of 407 (VP) Squadron, Major N. E. Winchester, on attaining ten grand flying hours. **Base Photo**

Urgent Notice

fiberglass and casting resins:

At Management Safety Conference held in Vancouver, an eye specialist described a hazard that could affect each of you and your families. That hazard is the catalyst (or 'hardener'' or "accelerator") that is added to fibreglass resin before the resin is applied. The eye specialist told us that a drop of this catalyst in the eye will progressively destroy the tissue of the eye and result in blindness. This will occur even though an attempt is made to wash the catalyst from the eye. Furthermore, once the chemical has started to destroy the eye, there is no known way of stopping the destruction or of repairing

the damage. During his talk the eye specialist showed us a coloured slide of an eye damaged by this chemical.

WHEN HANDLING CHEMICALS OF ANY KIND, APPROPRIATE PROTECTION MUST ALWAYS BE WORN.

The hazard associated with fibreglass resin wis unknown to those of us who attended the Conference although many of us hal used fibreglass resin eithe at home or at work. Th' hazard may be unknown t you also and it may b unknown to your wives and children who may also us a similar kind of resin and catalyst when working with fibreglass or with some of hobby kits now available. I hope you will bring this hazard to the attention of your wives and children. The cost of a pail of safety goggles is a very small price to pay for the protection of their eyesigh - and yours.

HIGH PENSIONS

Recent increases has made Canada's old-af pension the highest in t world, reports Reader Digest. And every day Canada the over-65 populati increases by approximate, 100 persons, until today the are 1.8 million receiving O' Age Security.

DND Photo

To all those who use

Four Martime Command Pacific vessels will participate in a four-nation naval Labourthe exercise nicknamed Rimpacex '73 off Hawaii Sept. 10-Supply ship Provider, destrover-escorts HMCS Terra Nova and Kootenay left CFB Esquimalt Sept. 4 and the submarine Rainbow left in late August for Pearl Harbor.

set in.

Also taking part in the exercise will be Argus patrol aircraft from 407 Maritime Patrol Squadron, CFB Comox. The Rimpac '73 exercise will test all phases of allied naval operations including anti-submarine and anti-air defensive operations. The Hawaii-based United States First Marine Brigade will

conduct a limited scope,

reduced battalion-sized

search master, was alerted at

15:48 hours Saturday by the

officials in Victoria. Within an

nour the crews were

The object of the search was

a Cessna 180 float plane

piloted by Gerry Dick, 44, who

flying from Campbell River to

radio or electronic locator

transmitter designed to beam

Dick was a part-time employee of Trans Mountain Air Services Ltd. owned by Don

Braithwaite. He had flown the

plane from Tofino to Camp-

bell River earlier in the day

and was returning by the

same route when bad weather

The flight normally takes

approximately 50 minutes.

When he failed to arrive in

Tofino, Trans Mountain sent a

a signal to aid searchers.

borne for the search.

amphibious operation. Vice Admiral William T. Rappsusn, Commander Third Fleet is in charge of the exercise. The major at sea commanders during Rimpacex '73 are Rear Admiral Donald C. Davis, USN, commander carrier group one, embarked in the carrier USS Kitty Hawk and Rear Admiral A. M. Synnot, commander Australian fleet embarked in the carrier HMAS Melbourne. Senior Canadian officer for the

exercise will be Captain F. W. Crickard, HMCS Provider captain. In addition to the Canadian ships mentioned above other participating units will be: Australia - carrier Melbourne, guided missile destroyer Brisbane, destroyer-escort Stuart and aircraft from No. 11 Squadron Royal Australian Air Force; New Zealand frigate Taranaki and aircraft from No. 5 Squadron Royal New Zealand Air Force; United States - carrier Kitty Hawk, commanders of destroyer squadrons 23 and guided missile frigate Horne, guided missile destroyer Goldsborough, destroyers Leonard F. Mason, Norton and Richard S. Edwards, submarines Barb and Bonefish, destroyerescorts Bradley, Bronstein, Lockwood and O'Callahan, coast guard cutter Midgett, landing ships tank Racine and San Bernardino, fleet oiler Ponchatoula, first Battalion, Third Marines of First Marine

Brigade, patrol wing two and

199th Fighter interceptor

Squadron, Hawaii Air

National Guard.



Within seven minutes the pilot, who suffered facial cuts and battery acid burns, was taken to St. Joseph's General Hospital in Comox where he was treated and released.

Labrador 302 spotted a flare,

and Captain Nels Gesner saw

the missing aircraft on it's

nose in a snow patch.

The crash occurred on a snow field at about the 4000 ft. level near Bedwell Lake. The aircraft was badly damaged and the accident is under investigation by the Ministry

of Transport. In 1971, Braithwaite, the owner of the plane, accused Search and Rescue officials of "Glory Seeking" during searches for missing persons.

Books at

Bookworms should be licking their lips and sharpening their teeth for a special treat from 9 a.m. on Friday October 5th at the Goodwill store on Fourth Street.

Recently a well known second-hand bookstore in Victoria closed its doors and many of the remaining volumes were given to Goodwill Enterprises. Nearly 2000 of these books will be on sale that morning, covering a wide variety of subjects. These volumes are largely vintage works of interest for their bindings and contents.

There are children's books and fiction, biographies and belles lettres, books on eitquette of yesteryear, travel and gardening and there is a special section on Canada and Canadians.

Whether you are look9ng for a complete encyclopedia, some slim volume or a tome to use as a doorstop you will find them all and more in this sale. And remember that wives are often bookworms and there are many nostalgic nibbles for them too.



MAJOR GEORGE CUMMINGS, new commander of Detachment 5, 425th (MUNI) Squadron, CFB

MMSq has a new commander. Replacing Major Chaney who reported to his new assignment in South East Asia in early August, is Major George L. Cummings.

No stranger to CFB Comox, Major Cummings has had the opportunity to visit the Base on several occasions in his capacity as Team Chief on the USAF Capability Inspections. He was born in Butler

Pennsylvania where he at-

tended high school. After graduation he went on to Penn State College and earned a degree in forestry. In 1952 he was commissioned a Second Lieutenant in the Air Force after which he served in Korea assigned to the 67th Recon Wing as a photo-radar officer on B-26 aircraft. After Korea he attended Special Weapons Training and was

Detachment 5 of the 425th subsequently assigned to Langely AFB Virginia.

The following years took Major Cummings to Bitburg Germany and Tucson Arizona. After Tucson he spent a year in South East Asia in of all things, an organization with Korean War vintage B-26 aircraft. Seeing the line up of B-26's made the assignment feel like "Old Home Week." In both Tucson and South East Asia Major Cummings was also the commander of Munitions Maintenance Squadrons.

Just prior to being assigned to Comox, Major Cummings was stationed at Ent AFB Colorado where he spent three years as Chief of the Capability Inspection Branch.

He is married to the former Eliza Jane Radcliffe of Bethlehem Pa. and they have five children.

Battle of Britain To be Commemorated

commemorated throughout Canada on Sunday, Sepceremonies in remembrance of freedom some thirty-three years years ago.

For Canadians, the Battle of significance. It was then, for airmen flew into action in of their choice.

The Battle of Britain will be Canadian units, and it was then that the Royal Canadian Air Force won its first victember 16, 1973. The day wil tories and suffered its first be marked by appropriate casualties. By the time the battle had ended, 47 Canadian of those who served the cause flyers had paid the supreme sacrifice.

A Battle of Britain church parade will not be held at CFB Britain has special Comox this year. All servicemen are requested to the first time, that Canadian attend services at the church



CAPTAIN CRAIG JUD (USCG) and crew from the United States Coast Guard base at Annette, Alaska stop for coffee and to refuel their big bird in Comox.

DON'T BE SO HAPPY -- the job is just beginning.

Totem Photo

CFB Comox Welcomes

spent the first six years of his

Lt. Col. H. M. Sutherland recently arrived from CFB Cold Lake to fill the BTSO's hot seat vacated by Col. Frank Anderson.

Lt. Col. Sutherland, after spending some time as BAMEO in CFB Moose Jaw and a short sojourn in CFB Cold Lake, was delighted to hear of his posting to CFB Comox, which came as a complete surprise to him.

He was even more enthused at being posted to an operational base which he finds more challenging than the routine of Training Command.

Lt. Col. Sutherland hails from Tisdale, Saskatchewan. He thought the Prairies were University of Manitoba and atmosphere of the Comox

Faulkner and his team who

captured the High Single

trophy with an average of 283.

The members of the winning

team include Kevin Sleigh,

Helen Murray, Laurie

Speight, Dianne Goodall and

PMQ Summer Bowling this

year consisted of a total of

seven teams, the final team

Grant's; Third, Gail Ross's; Fourth, David Folster's;

Fifth, Kathy Folster's; Sixth,

Kerry Salmon's; Seventh,

Playground finished on the

17th of last month and was a

great success thanks to the

very active and interesting

activities initiated by our two

leaders Sandra Van Ness and

Leslie Bowers. Part of the

final week's wind-up was a

trip to the Petland Monkey

Jungle which was enjoyed by

Lessons for 7 - 13 year olds

wound up on the 27th and

many of those participating

advanced to a very

satisfactory level, it is in-

teresting to note that some of

the children participating will

be able to give their parents, who took lessons from me in

June and July, a good run for

The annual PMQ Bullhead Derby took place on the 15th and 16th of last month and a

very good turnout of Bullhead Anglers was seen on both

days. The overall winner was

Donny Blois with a 131/4"

bullhead closely followed by

Gary Corke's 121/8" fish, third

place went to Darryl Morgan

with a catch of 12". Prizes for the smallest bullhead caught

went to Jackie Brooks with a 11/2" monster and the prize for

the most unusual catch to

Billy Tabler who managed to

haul in two fish at the same

time using only one hook,

undoubtedly an angler's

The PMQ Fun Swim Meet

was held on Wednesday August 22nd from 1 p.m. - 2:45 p.m. Everything from flut-

terboard races to clown diving

took place and a good turnout

made this a most enjoyable

afternoon, with prizes being

presented to the winners in

FUN SWIM MEET

dream.

each event.

BULLHEAD DERBY

being

Summer

Grant Faulkner.

Karen Tucker's.

PLAYGROUND

TENNIS

their money.

Our PMQ

standings

Congratulations to Grant THROW

are this year's PMQ Summer is winding up this week (Aug.

Bowling champions. Grant 27 - 30), the winner will

not only led his team to a first receive a very good quality

place finish, but in doing so Voit Enduro Icosahedron

Basketball.

SOCCER

BOWLING

Air Force career in Ottawa, where he got a real education. He has served on various bases in Canada with a six year tour overseas. He did a full tour at No. 1 Air Division in Metz, France, plus a tour in No. 3 Wing and No. 4 Wing, before returning to Canada to attend Staff College.

On his arrival he was delighted and surprised at the number of people of all ranks, with whom he had worked, particularly overseas. He is now in the process of getting settled in his new home in Comox, where he plans to remain for some time.

His wife Ann and two young God's country until he came daughters Donna and Laurie here. He graduated from the - are thoroughly enjoying the

Wallace Gardens News

BASKETBALL FREE

The free-throw competition

A soccer league is being

planned for this fall to run

from approx. Sept. 15 to

October 15. This activity is

open to boys aged 8 - 14 years.

It is hoped that enough sup-

Valley and the local beach facilities.

Lt. Col. Sutherland enjoys the personal contact with people he works with. He is not an ardent fisherman and does most of his fishing at the well known Portuguese Joe's fish market, where his success is usually considerably above par of most local enthusiasts. (Probably a lot cheaper too.) (BAMEO, take

He enjoys hobby carpentry and is looking forward to skiing on the slopes of our famous Forbidden Plateau.

As a final comment he said, "Anything you hear about whitewall tires is untrue." I don't know the background of that story but it must be in-

this month of soccer a very

I would also like to take this

opportunity to thank everyone

who has participated in any

aspect of our programs, for it

is oney through active par-

ticipation such as that

displayed this summer that

our activities are a success.

Thank you all very much and

all being well I hope to see you

PMQ Rec. Director

Lesley Ridgway

again next summer.

real success.

Fall Exhibit Would you like to spend a

Art Club

quiet afternoon listening to soft music with a good cup of coffee or a fresh cool punch? Imagine yourself surrounded by the sea, the mountains, and perhaps the rippling waters of the Puntledge Park? Sound impossible? Not at all, for this

their fall exhibit. Past exhibits have lured that the Hellyer brand of many people, not only from eagerly all summer, preparing for the exhibit, and anticipate another successful

Admi ion to the exhibit is available.

Also on the agenda will be the "Artists at Work". You Navy beards is a perfect can see some of the artists' painting in various mediums, and even dabble a little

The Airport School is accessible to all, as it is in the P.M.Q. area, and not within the gate to the base.

So be sure to attend the Fall Exhibit of the Golden Palette Art Club on Saturday, Sept. 29th and Sunday Sept. 30th between the hours of 12 noon and 6 p.m. at the Airport School in Comox. Feel free to call on any member of the Club present for any assistance you may require.



AIRCRAFT REFINISHER makes good! Cpl. Dan Audet crowned and gowned I

Officer Cadet afte doing the full circuit remustering from 1 Navy hull tech to a aircraft refinishe. Recently promoted b Corporal and susequently selected in Officer Cadet training. Good going Dan! Toten

Banned or Blessed Have the Canadian Forces worn, the headquarters' order

Beards

achieved the state of unified bliss predicted by Paul Hellyer in 1966?

Well, ask any Navy man sorry, any member of the Sea Element. In particular, ask is what you'll find at the Airport School, when the Golden Palette Art Chair any sailor now being forced to any sailor now being forced to any sailor now being forced to shave off the beard he has shave off the beard he has Golden Palette Art Club has their fall exhibit share their fall exhibit share their for ten or fifteen years. One thing you will learn is

double-think is still prevalent the local area, but as far away in the Forces. The technique in the Forces. The technique as Victoria. Members of the club have been of the is simple. First you make the Club have been working decision – in secret of course. Then you find every possible specious argument: first to justify the decision to unshow with close to two hundermine any counterded pointings of two hundermine and to discredit the dred paintings and record argument, and to discredit the opposition. Then you announce it in such a way as to free, and refreshment will be suggest that the decision has not really been made at all.

The manner of dealing with example. Beards have not been banned. That would be too honest and direct. It would take courage. It would raise a storm. The disciples of St. Paul know only too well that no one can fight a non-

decision. "Beards may only be worn," says the new order. "in accordance with the following rules." And the rules are so numerous and so cunningly contrived that no man going to sea can wear a beard.

The underhand manner in which the whole problem has been approached is plainly revealed by a document accompanying the order. It is called a "rationale" but in fact it is a rationalization and a pretty feeble one at that. It must have been plain even to Paul Hellyer that in any unified structure, sailors would always be very much a

minority. In any committee they can be voted down. Their interests and the maritime interests of this nation can always be swept under the carpet. That is why today there are far too few ships to do the job, and too few men to man and maintain them.

But to confine ourselves to

• MIRRORS

911McPhee Ave.

- by anyone handling food

- by anyone employed in a medical facility.

- by anyone required to wear a protective mask of any kind - by anyone who operates machinery, including weapons. And there is the usual

blanket clause to take care of anyone who may find a loophole in all this.

The "rationale" also makes reference to shipwrecked merchant seamen who lost their lives in the last war, who suffocated when their beards became clogged with bunker oil as they swam. This betrays how out of touch the author is with naval affairs. Heavy oil of that sort has not been used in Canadian ships for many years

Well, let's look at the points one by one.

First, I challenge and resent the implication that my beard is unsanitary or unhygienic. I'm sure Homer and Jesus Christ and King George V would have resented it too. I challenge the Surgeon General to prove that my beard is any less hygienic than the hair on his head - if he has any. The hair of beards does not fall out. Nor are beards prone to dandruff, Moreover, they are washed every time the face is washed. If the Surgeon General can prove his point, then every great chef and every eminent surgeon in the world had better shave off his beard forthwith. And all doctors and nurses and cooks should shave their heads as well.

Secondly, as an engineer in the Navy for more than thirty years, I never heard of a single case of a beard being caught in any machinery or weapon.

The point concerning leakage of respirators is the only one with any validity. The Defence Research Board speaks of a possible 5 per cent leakage with "mature" beards. A much earlier Royal Navy study put the figure as

(Continued on page 3)

• TABLE TOPS

Courtenay, B.C.

SOCIAL ASSISTANCE & LOW NICOME GROUP 1820a

WILLING WORKERS FROM the Social Assistance and Low Income Group, pause in front of their store at 820A England Avenue in Courtenay. Totem Photo

groups in Courtenay, a littlepublicized organization formed by and for people on low incomes could use a little

Formed in November 1972, the Social Assistance and Low Income Group, which is in the process of being registered under the Societies Act, opened its doors of a small house at 820A England Avenue in Courtenay for donations of anything usable food, clothing, or furniture, which in turn is passed on to people with low incomes, free of charge.

At present a prime need is for clothing for school children - group spokesman Doris Marlow reports that donations of clothing have enabled workers to outfit children from top to bottom ready for the new school year, but that clothing is going out as fast as it is coming in.

Mrs. Marlow reported that support from church groups has been good, but the demand is fast outstripping

PLAN TO

Among the many active the supply and the group welcome any would donations.

One of the group's self-help measures is the purchase of vegetables wholesale from a local co-op which workers at the house sort and weigh.

The Group, which works closely with the Department of Welfare, also offer practical help for people wit problems who are reluctant to contact the Dept. of Welfare themselves. Sometimes people in distressed circumstances find it easier to contact their organization than to contact a government agency directly. In such cases, enquirers are put in touch with the welfare department.

Among the members of the group's directing body are chairman Anne Messer, vice chairman Betty Hanlin, secretary Sue Spinks and vice treasurer Doris Marlow.

Projects slated for the future include organization and distribution of Christmas hampers.



NO, IT'S NOT a new canteen! WO Chuck Shimla, Sat. Bill Careless, M Cpl. Wendall Brown and M-Cpl. Fergy Webster are enjoying the homey atmosphere of a clean I & E Section with a little flower power added! Totem Photo

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IMMEDIATE OCCUPANCY Pretty cedar siding home, streed, large greenhouse, fruit trees. A per binson, 339, 3301,

Three bdrm., with rumpus room, and wall-towall. Must be seen to be appreciated. Call "The Lady With The Hat." Veronica Parker.

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follows: First, Grant Faulkner's; Second, Wendy Voodoo Nuts, **Bolts** and

AMMIS - No it's not a new word coined to promote bilingualism or a friendlier relationship with all our friends in Bagotville, it stands for "Aircraft Maintenance Management Information System". If you haven't heard too much about it you will in the next few weeks when it will be put into operational use. There will be a team of specialists from Command HQ to teach and guide us

AMMIS Correction and

along the way for a starter. AMMIS is comprised of four

new forms identified as CF T349 Aircraft Maintenance Report, CF T337 Aircraft Maintenance Report (Support Work), CF T349

Continuation Report, and CF T31A Off Aircraft Maintenance Report. The rumors that it will take longer to make out the report and fill out the forms than do the work, is not true. I have a better rumor. The CAF is going to recruit girls as secretaries who will go along with the technicians and do all the recording. (We should be so lucky.) No, the AMMIS training team will teach you how to fill out the form so well that you'll hardly know the difference at base level but Commands will get all kinds of statistical information

(Continued on page 6)

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CAPT. (RET'D) will be in Comox to personally answer your questions in the next few weeks.

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FEEL SICK, GOT A PAIN in your gut! See your friendly Base Hospital staff for an aspirin or something.

Nighthawks Nest

The latest report from Vancouver General Hospital indicates that Gary Raindahl and John Pew are recovering quite nicely. John's biggest complaint was that the nurses aren't paying as much attention to him now as they did whe A F was really sick.
Gai Sara ggest problem is being ... the same party line as John. According to Gary the only time John is off the phone is when he is asleep or when Diane is visiting him.

Lt. Col. Price and Maj. Poole went on a little cross country trip to North Bay last week. No one seems to know what the purpose of the visit was but the Col. was observed to take along his hat. something he normally doesn't take on a cross country. Major Poole didn't take his hat because he couldn't get it in his luggage.

Ernie, we are just going to have to get you a bigger shopping bag.

Reports from North Bay were that Major Poole spent the two days lying on the beach showing all the girls his new calendar watch with the fancy alarm. Ernie is planning on taking his watch to P.E.I. this weekend to show his relatives. . . Phil Schreiner will be doing along to see if all thos some es about the magic

pota and no true. The entertainment committee is busy planning a beach party for the 22nd of September. As is typical of a woman, Francoise Watkin thought up the plan and let the guys on the entertainment committee do all the work. Weather permitting it should give us all an opportunity to say goodbye to the Hammerschmidts and to welcome all the newcomers to the squadron. The new nighthawks are as follows: (not necessarily in order of importance) Mike Mahon, Rad and Maureen Arthur, Norah and Dick Borys, Hasen and Brenda Codner and Terry

and Frank Martin. Major Mike Mahon who drove all the way from P.E.I. on his motorcycle will be taking over as nav leader. For anyone interested, Maj. Mike gives free motorcycle rides at 10:30 on Fridays. Also, the premie Maj. Mike is not in the saddle.

Top Quality

USED CARS

Capts. Tom Murray and last week and really think its Ernie Briggs are attending Staff School to learn how to be good officers. Tom and Ernie will be home for the Thanksgiving weekend to pick up a new pair of Volleyball shoes and to do a few errands around the house. We hope Laura and Barb make it to the party on the 22nd.

Speaking of attending parties, future Test Pilot Mike Pollard scored another first when he attended last Friday's beer call. When asked what the occasion was, Mike replied that it was the best place to hang out when you are Orderly Officer. It was a new experience for Mike and we all hope to see him there again before too

One of the regular faces at Friday beer calls was Tim O'Rourke. Getting married didn't stop Tim from coming to beer call but he does go home a little earlier now.

With the pressures on drinking drivers, it is comforting to see some of the officers drinking coke so they can ensure their buddies a safe ride home. Doug Jackson and Al Schulte have a deal where they alternate driving on Friday nights. Last Friday was Doug's turn to drive and just like you would expect from a true friend, Doug stayed on coke and when the won't require the crash trucks time came to go home Al knew there was a capable man landings. behind the wheel.

Lance and Peggy Ctambers have a new addition to their family. It's a 1960 grey Ford which they bought from the Lamothe's . . . Lance said its not much to look at and it doesn't run all that well but he figured for the money it was worth it. That sounds like navigator logic.

Eva Hay had an interesting morning last Saturday. Eva got up early so she could get her pickles pickled before big Gus and little Gus got up. Unfortunately, big Gus, who is normally a good sleeper awoke earlier and had other plans. Eva being the determined little lady that she is finally won out and scored a MA on her pickle project while Gus has another MI to

add to his squadron hack rate. Francoise Watkin and Lynda Carr have discovered the new world of oil painting. They started painting classes

Parts Dept. Ph. 334-2431

PACIFIC

66)

Hospital Anaesthesia

Well, after this past year, the hospital is near breaking a long standing record (long standing means one year) for Air-Evacs. We've already the last years' mark and of magic number is 107. course, it will just be another excuse for a hospital party.
But, how do you get to feel
good on Cokes?? This time round, we'll be able to have a lengthier column 'cause most of the staff have foolishly been letting their hair down in front of our sharp, nose-for-news type reporters. They'll be more cautious in the future. NEEDLES & JABS

Speaking of "letting their hair down", we mentioned that we would have more to say this issue on Capt. Doran. And so we do. She's sweet, 90 years old, wrinkly, and walks with a limp. Actually, her first name is Anne, she comes to us from NDMC Ottawa and, for our sake, we hope she has a sense of humor. Or else someone else will be walking with a limp.

And (surprise!) we've got ourselves another new Med A, Cpl. George Gravonic. He's the good looking one you see in the hospital (modesty prevents me from naming the one other.) Welcome, George. Hope you like Alcatraz.

great. Francoise and Lynda

are starting out painting

scenery but hope to advance

to nudes by Christmas.

Anyone wishing to have a

nude painting of their wife

please leave a colour photo (in

a plain brown envelope) in

either Capt. Watkin's or Capt.

Carr's mail slot at the

squadron. This offer is

generously extended to all

So far Judy Campbell hasn't

had her baby but my guess is

that it will arrive before

Halloween. In the event that it

doesn't, Frank, you could

probably borrow John Pew's

truck to take Judy to the

Halloween Party. She would

probably make a cute pum-

Bob Hallin and Les Cox are

in the process of getting

passports made up for their

trip to England. Bob and Les

are going over on a R.A.F.

Transport aircraft for a two

week visit. They apparently

qualified for the off season

excusion rate of \$20.00 return

since the trip is to see

relatives and not just to have

Good News for the Base

Firemen. Col. McNichol and

Lt. Col. Letcher are getting so

good at flying the T-33 that

after a few more trips they

out for their take off's and

a good time.

valley residents.

Bob Reed, our acrobat from last issue, gives us hope for the future of the Med A trade. News comes to us that he has been selected for remuster to the Hygiene Tech Trade. Dunc McIlvenna, our resident Hygiene Tech, cried openly when he heard the news. This will brighten the days of the BWO who had to inspect the disaster area known as Rm 61 every week. Bob leaves the sunshine coast for the snows of Borden in January.

A touching moment a few weeks ago when the hospital staff gave Dr. MacNaughton a small birthday party. He denied that "40 was over the hill" but the hair dye covering up those gray hairs gave him away. He has been using Rit instead of Greek Formula now everyone as well as his barber knows for sure. His hair is also long enough to tie

On leave at this time are Al Ford and Lloyd McKay, both Golf Tournament in Trenton. not only dire necessities in the They are each hospital for their talents, presented with a hole in one skills and brains but also members of the Totem Staff, Anderson is the only one who for the same reasons. (Ed. knows that a golf club is note: this nonsense was something you swing, not written by Cpl. McKay prior something you join.

leave. Not all of our news is accurate.)

Capt. Gerrard is still at it, she now not only objects to being called Puss 'n' Boots, also Hotlips. "Well, anywav. here we go again."

Capt. Mostowy was shown how not to do it." While being lowered from a lab helicopter to a mountain side to attend to an injured workman, he had his eyes lit up. This being in the form of about 50,000 volts of ungrounded, unadulterated, 100 per cent pure helicopter juice. Well, they had to provide a good stimulus to facilitate movement. After the shock, he stated that he almost had

yes, congratulations to Cliff Andre Base Headquarters. Several moons ago he became engaged to Pte. Rolheiser (our female Med A). They had decided to get married on September 22. Seeing as we are understaffed, she is having some difficulty in getting the day off to attend the ceremony. We have delegated Sgt. Larry Cole to stand in for her, until she gets off duty. Larry hopes she gets off in time for the honeymoon.

We were going to mention Sgt. Vic Hope in this article but we couldn't because, to enable us to write something, one must first be seen doing something.

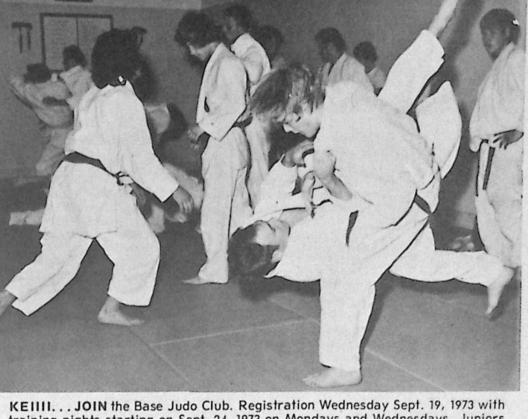
T. T. F. N.

DENTAL EXTRACTIONS M-Cpl. Boles - new addition to our staff, a female dental assistant - she arrived Friday, all Base hospital and

dental staff would like to say -Welcome Aboard! Cpl. P. J. (Patsy) Lunney is driving home to Ontario on Her Toyota was programmed. But whether she gets there depends on whether her Japanese

English. Capt. Croll, Capt. Schow and Sgt. Anderson will be attending the Dental Corp before they leave. Sgt.

computer understands



training nights starting on Sept. 24, 1973 on Mondays and Wednesdays. Juniors 1730-1930 and Seniors 1900-2030. Registration fee is Junior \$5.00 and then \$4.00 per month and Senior \$7.00 and \$4.00 per month. For further information contact Barrie Woods at 339-3838.

Base Supply News

The Editors of the Totem Times have been asking for more news from some of the Sections here at CFB Comox so Base Supply figured they might as well get in on the act.

One of the happiest guys in Supply right now has got to be WO Neil Black, the Assistant Material Control Officer over at R. & I. It seems as though he was supposed to be heading for CFB Shilo (ugh) in Manitoba early in October. Well, the bosses at the Big Factory in Ottawa have seen fit to cancel Neil's transfer and tell him he can stay here at Comox for one more year. How lucky can a guy get! In the very near future we will be losing Cpl. Marty Trekofski to CFS Armstrong, Cpl. Mel Felhaber to Beaverlodge and Pte. Garnet Teskey to HMCS Columbia.

The top floor of No. 7 Hangar has been brightened up considerably with the arrival of Pte.'s Bev Acorn from Prince Edward Island and Debbie Larson from Coquitlam, B.C. How about that, practically right next door to home. Both of the girls came here right off course. Incidentally, Bev has volunteered to write our gossip column for the next issue so I would like to wish her the best of luck.

Officer, Bob Lightfoot, will be back in the fold very shortly after he gets finished with all that leave he accumulated while he was in Viet Nam. He is expected to return around October 1st. In his absence the office was looked after by Sgtr. Clay Rogers who has now departed with his retirement papers clutched in his hand. I understand that Clay is going to be making a few stops along the way as te wends his way back home to

The Supply Divot Diggers

will be holding their Annual

Pulham Golf Tournament at

Newfoundland.

Glacier Greens on Friday September 21st with tee off scheduled between noon and 1 p.m. If you would like to take part in this event make sure you get in touch with Ron now taken up residence in Campbell at LPO right away. All Supply people are reminded by Captain Jack really seems to be enjoying Gibson, Sports Officer, that the big run will be coming up very shortly so start getting in shape. (Me, Sir?) The Supply Christmas Party will take place at the Totem Lounge on installations these days don't Friday December 21st. Once let them scare you. They are again this year we will have what is referred to as Supply those lovely people from the Data Automation Devices and Base Hospital joining us. The they are currently being in-Supply Family Picnic was stalled in Inventory Control, 1,

Our old Supply Admin. short time ago. I am told that a good time was had by all who attended. (Is that right, Glen?)

We would like to say a word of welcome to Captain Ken Krotz, our new Inventory Control Officer. He joined us a short time ago from the Recruiting Centre in Vancouver. Other new arrivals are Cpl. Skip Rines from Senneterre, Cpls Ken "Smiley" Towse and John Evans from Lahr, Cpl. Wally "Grumpy" Berger from Holberg, Cpl. Gord Whaley from Baden, Cpls. Jim Wilson and Barry Brown from Baldy Hughes and Pte. Bruce Rogers and Pte. John Palmer off ye old Supply Course.

Another one of the ancient ones to disappear on release lately was Tom Boyle who has Victoria. The "Old Vet" himself, "Moe" Mowbray, himself over at HMCS Quadra.

If you see a lot of strange machines around Supply held at Air Force Beach a 2 & 5 Supply Groups by I.B.M.

Beards **Banned or Blessed**

(Continued from page 2)

at that the Royal Navy did not see fit to abolish beards. In any event, beards are easily shaved off in times of hostility. The common sense approach of such things in the past has been to leave them to the discretion of the Commanding Officer. Only he knows the circumstances surrounding any given matter. He also knows how difficult and useless shaving can be at sea. But one thing army generals have always resented is the authority necessarily vested in ship's captains. Under unification they have done everything possible to erode that

high as 18 per cent. But even authority. This is the deadly game underlying the apparently frivolous battle of the

beards. The whole order refers to beards as if they were emblems of human vanity like generals' epoulettes. But a beard is as native to a man's chin as the hair to his head. If the generals want to destroy traditions for the fun of it why not start with the fatuous tradition of shaving? It is as barbaric as a bone through the nose. A naked chin is an abomination, it is a shame before the shades of our noblest ancestors.

H. R. Percy Lookout (CFB Esquimalt)



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Editorials

Complaints?

Or Letting Off Steam??

It's a wonder, these days, with so much angry mutterings and complaints by single fellas about the Canadian Forces, that we even HAVE a Canadian Forces. Nothing seems to be right. The food is lousy, the accommodations poor, the pay awful, etc.

Are these complaints valid? Are we being poisoned in the messhalls? Living in slums? On the point of drawing welfare? Or, are these beefs just our way of letting off steam, showing that we have minds of our own?

Let's see . The food. Well, with the price of eggs, milk, meats what they are today, we should be getting instant milk, eggs and what have you on our daily menu. And, limited quantities of each at that. But, what do we see each day. A choice of two or three selections per meal, freshly cooked potatoes (not instant) again, two vegetable choices, and to top it off, a side table. And, what a side table! Cold meats, salads, pickles, cheeses -- a meal in itself! And, when have we been limited in the quantity? The quality -- mind you -- may not be that of the finest or even average restaurant, but our cooks cook for the mass, not the individual. And, so it should be. And, try eating what the guys do on schemes and you'll find yourself wishing to be back in

the messhall. Accommodations. It's tough to analyse what we should have and what we DO have. I've seen better looking living quarters on some bases which are in worse shape than the older looking Hhuts on other bases. As the old adage goes: 'Your home is what you make it'. If we all gave our barracks the decency they should get, even the oldest ones would seem homey. Mind you, staying in the small confines of your room -- on or off base -- continuously, 16 hrs a day, would make anyone sourfaced about his

accommodations. Luxuries such as TV, or stereos add to the livability of any quarters. But, again, we are not prisoners. We CAN leave our rooms, you

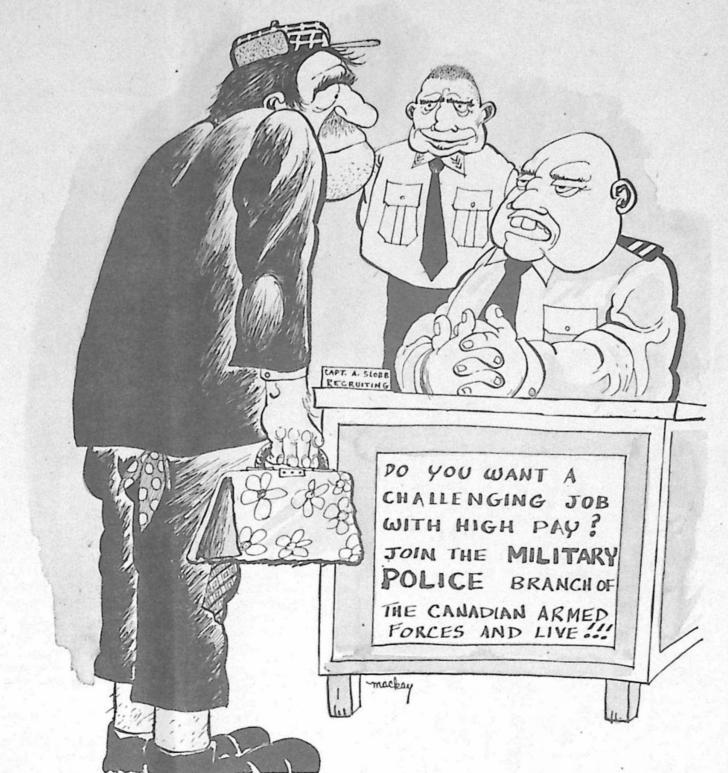
A biggy ... pay. We could spend hours discussing what we deserve, what we're getting or what we're NOT getting. Needless to be a set of the set ting. Needless to say, even as this is being written and read, adjustments to our pay are being looked at and made. But, is this enough? Are they giving us enough? Well, what do you want -blood? A number of trades can be compared with their civil servant counterparts. Others cannot. And, to paraphrase an old saying: 'You can please some of the people all of the time, and all of the people some' -- but you get the message. Anyway, for the work some people do, they are being overpaid! For others, well, it balances out; they are not getting enough. We may not be getting the pay, but, oh, those benefits! Quite a few people envy us simply because of those benefits. 'Nuff

So, what else do we complain about? said. The uniforms we wear? The people we work with or under? The rules that

We DO live in a democracy, do we not? We DO have the right to think for ourselves. We DO have the right to complain. If someone is not listening, we CAN take our complaints to someone else. So, where does this all leave us?

Nowhere. And, yet everywhere. We complain because we have the RIGHT to complain -- valid or not though these complaints may be. Without this right we would be mindless automatons, doing a job and going no place. As long as there are complaints being made, there will also be changes being made, too.

Besides, I've yet to see the perfect military force.



"AND AFTER YOU'VE joined if you complete your grade 8, we'll make you an officer."

Totem Talk

HI-JENKS

What Lt. Colonel on base has a secret yearning to drive a logging truck? In fact, not only does he have this yearning but he is actually doing something about it. He now has his air-brake ticket and he has actually driven one of those \$135,000 monsters. Keep on Truckin'!

A NIGHT OUT

Want a big night out on the town in Courtenay? Well, dress up in your best, grab your girl friend, wife or whatever and go to the movie.

Which one? Well, there's only one in town and that's the one on Fifth. Relax in the beautiful decor and the comfortable seats (vintage 1920's) of Courtenay's premiere entertainment centre and enjoy a good movie or what they are showing.

If you're concerned about the kids and the baby-sitter at home - don't be! There is no phone in the theatre. If someone wants to page a person in the theatre the management, ple winning electronic devices ctant the ticket-taker shout with the

The air conditioning is practically non-existent but then this is the country and we all like those country smells on a hot summer's day. All in all a great place to spend the evening if you are tired of TV and don't have anything else

Pongo, Pidgeon or Polliwog

Let's set the story straight, right off the bat. SO WHAT if you're called a pongo, a pigeon, or a polliwog (or whatever else they call a member of the Sea element. For conformity's sake, we'll use the one word). You're going to die of shock, maybe? He's calling down

your family heritage? Hogwash and balderdash!! When one guy calls another a pongo' (or pigeon, or polliwog) he's not insulting the guy, but RECOGNIZING him. With old traditions, uniforms and distinguishing features of the old services disappearing with the coming of the new, unified Canadian Forces, the one characteristic still remaining, the one tradition if you will, left is the namecalling. This "name-calling" was

here long before the Canadian Forces was even thought of and, I hope will remain long after other traditions are forgotten. Let's face it. There always has been,

is and ever will be a friendly rivalry between the three services -- pardon me, elements. Note the word "friendly". Just because the guy working next to you happens to be of a different element doesn't mean his work will be better or worse than yours. It doesn't make you a social outcast to him or his friends of the same element. And, besides, I've never seen one guy deny help to another guy simply because of his element. No

matter what we happen to be, we've all stuck together. It can really all be summed up in one word: Pride. When we were three, we

had pride in our respective services, our uniforms, our traditions and our history. Now we are one. One service and one uniform (other than workdress, of course). The training, the regulations, and the policies are geared to that one goal -- the propagation of the Canadian

The one thing that comes closest to f the old services is retaining shades of this "namecalling" business.

I have found, surprisingly, that the ones who object most to being called pongos, pigeons or polliwogs, are the newer members of the service. Some hold the belief, and wrongly so, I'm afraid, that they joined the Army, Air Force or Navy, when in actual fact they joined the Canadian Forces -- Land, Air or Sea element. For those who don't know it still, after OI Feb 68, you joined the Canadian Forces and NOT the RCA, RCAF, or RCN. But, we won't deny your wish to be recognized as joining a distinctive service. Just don't deny us that one last tie with the past!

In the final analysis, nobody died from being called pongo, pigeon or polliwog. In fact, there may have been a mental lifting of the shoulders and chest expansion, caused, no doubt, from being recognized for what he was or is or happens to want to think he is.

So, lift your head high! Throw back those shoulders! Be proud when somebody calls you a pongo, or pigeon or polliwog. Remember: you're being RECOGNIZED!

Armed Forces Teenager

We've heard many tales about Armed Forces Wives And the hardships they all must go through. Now here are some wails about Armed Forces lives From a "typical" teenager's view!

We don't mind the travelling the Forces entails For we know, in the end, we shall gain What many young people give everything for. Yet, sometimes, we long to remain.

Some postings are four years while others are two; Close friendships we all hipe to make But, just as the love for our ew home begins, Our ties with that place ve must break. For soon we are sailing for England or France, We're expected to cry out with glee,

But how can we display these feelings of joy When our friends are far across the sea. Our transfers are really no cause for complaint The point we rebel at is this!

We're forbidden to do many ordinary things 'Cause "the Service" may think they're amiss. Some things - we agree - are not always right But sometimes it's slightly unfair. We're tied up in a world and then knotted so tight

That we've scarcely the right to breathe air. And then comes the question of teenage romance, And the rules that make or hearts sink, We shouldn't do this, and we shouldn't do that

For "What would the Armed Forces think"? Education is another thing to discuss, New city, new home and new school. "Your marks - they're atrocious!" they bellow at us,

And each one of us feels like a fool. But, a change in a school means a change in our marks, Because standards are varied a lot; With work always changing each move of our lives, No wonder our marks go to pot!!!

But really this poem has all been in fun, I've been jesting the whole way through, Of the people who love the Armed Forces, I'm one Taken from the booklet TGIF And I always will be, won't you?

Sockratease

Your Base Philosopher is back in print again and ready to attack any and all of the daily dilemmas facing the world. I think the Editor of the Totem Times is really pleased to have a philosophy column because I heard him say that it's nice to have lots of filler, whatever that is.

It's very difficult to gauge the popularity of a newspaper column, but probably the best way is to go by the written response of the readers. Therefore, from all the thousands of cards and letters which have not flooded the lotem limes office following the last edition, I gather that all you local people really loved the column, but just didn't have any problems that required solving. I know that my solution to the drug problem was heeded, though not locally. I understand that the State of New York is now handing out life sentences for possession or trafficking of hard drugs. (I didn't know you could get the Totem Times in New York.)

A lot of space in this week's rag seems to be devoted to education and it is a timely subject, now that the kids are back in school and the rainy season will soon drive the fishermen and golfers indoors, not to mention the fact that the Editor of the Totem Times just happens to be the Base Individual Training Officer.

As a philosopher, I would be remiss if I didn't expound on the values of education. I believe that in human development right from birth to the grave, formal education is second only in importance to the greatest teacher of all -- experience. If one can't see, hear, taste, smell and feel the mysteries of the Orient by going there, then by all means study it from a book so that your mind at least can travel there. The only problem with formal education is that in order for it to become indelible, it must be fortified with experience. I propose that with the experience gained from just the act of living, everyone over the age of forty be awarded an honourary BX degree (Bachelor of Experience).

Education does have its limitations, however, for while it will cure ignorance, it will not cure stupidity. The guy who looks straight ahead, backs out of his driveway and creams your fender could just as easily be a doctor as a dropout.

Now that we have dispensed with education, I will get to one of the more serious questions which has created untold unhappiness, hatred and bitterness throughout the world as far back as our history extends. That is, the problem of racial discrimination. White people, red people, black people, brown people and yellow people have fought with one another for centuria better reason than just the dif colour. I have a perfectly log and workable solution to the problem which I am surprised has not been proposed before now. My solution revolves around motherly love and does not involve mass mixed marriages or a ten year blackout. Everyone loves babies, but mothers in particular love babies, all babies, their own or someone else's, whether the baby is black, white or green. Now the solution to the problem is quite simply this: when a mother gives birth to a child, she will leave the hospital with a baby; however, the baby she takes home must be a different colour than herself. Then, in a few years' time, we will not only be tolerant of other races, but will love them all as brothers.

One last little problem which I will solve may be a bit more in the field of physics than philosophy, but so what, a problem is a problem and my job is to solve them all. There is great concern at the present time over the so-called energy crisis: well, as I see it, we are sitting right beside one of the greatest energy sources available and it's free. . Every day the tide comes in ar tide s to goes out, so all that is neces build large water wheels which would turn with the incoming and outgoing tides, and generate electricity. Between tides, the wheels could be raised, pointed into the wind and used as windmills for the same purpose.

That's it for this edition. I'll probably be talking to you again next edition, provided I can find some problems to solve and provided the Editor needs more fillers.

SOCK

Letters To The Editor

Job Anyone?

Dear Sir:

From time to time we have employed, with success, retired ex-servicemen in the instrument and electrical departments at our Island Copper Mine. It is understood that the forces are continuously

retiring tradesmen who no doubt are in contact with you to assist them in becoming suitably placed in civilian employment. I am enclosing some

literature which will give a general outline of the Island Copper Mine operation, facilities available and benefits which are offered to employees of Utah Mines Ltd.

A supply of application forms are also enclosed, and should be completed by interested applicants. Yours very truly,

Mrs. D. S. Chubb, Personnel Assistant, Utah Mines Ltd. Island Copper Mine P.O.Box 370, Port Hardy, B.C.

Those interested can contact the BITO at local 469 - Ed.

Dress Discrimination

Dear Editor: The standard of dress of

flights, particularly between Comox and Vancouver, is deplorable. I have seen many dressed neatly in dresses, skirts, slacks and suits but too many teen-agers are allowed on in blue jeans. Now I don't mind blue jeans for working around home or even for going to school in but it is a disgrace to see them on a military aircraft.

We all know that Servicemen must wear uniforms even to go to Vancouver shopping, so how come some dependents get on dressed like hippies?

Disgusted

Camp Hospitality

Lauded Dear Sir:

During a recent visit to B.C., I camped at the CFB Comox Campground. I wish to extend my sincere thanks to those responsible for this splendid campground available to visiting ser- Dear Sir: vicemen.

A special thanks to Bob Bonner (who took me salmon fishing) and a hellow to Bob Shawcross of your staff who I knew in 4 Wing as a fellow member of the 4 Wing band. Once again, sincere thanks

to those who hosted a traveller

some dependents on the 707 and congratulations to CFB automatic raise in pay. This Comox on their Campground. Sincerely,

John Good MWO (CE) **CFB** Trenton

Buses Out Dear Editor:

In answer to L. McKay re busing. CFAO 209 para 9 is specific in that "transportation of Service and civilian personnel for private purpose of any kind is not permitted unless specially NDHQ." Further to this, Annex C of CFAO 20-9 lists the DND personnel and their dependents for shopping, entertainment and-or church services. Comox is not one of the "locations" listed.

M. A. Rafferty, Lt. **MSEO**

Price Raise Justified

In a letter in your last issue, Warrant Officer Klem stated correctly that a general gasoline price increase of 2 cents per gallon had been raised to a 2.6 cent increase at the Base Service Station. He wondered if the gas pump attendants would get an

assumption was also correct. At the time the amount of the gas price was being considered, higher wages for all employees at the Service Station were being prepared to be effective on 1 September. The manager and staff of

the Service Station are making every effort to provide fast, efficient service and to hold prices. As shown above, it is sometimes necessary to add slightly to a authorized by this order or by general increase to cover other expenses. In the BX advertisement in this issue, "isolated" locations where new lower rates for bay rentals at the Auto Club should be welcome news for those who like to work on their own cars.

S. G. Skinner Major BPServO

UTPM

Dear Editor:

If you are going to try for UTPM this year, now is the time to get in gear. The person who helps you now is doing you a disservice. The whole thing depends on you, you'll be the only one going to

Once at university, you have to depend on yourself for everything you get, so now is a

very good time to start. The section head that does anything for you besides writing a good PER is not doing you a favor. If you cannot do it here (schooling + full work day) you'll never do it at the university (unless of course you are an artsman). If pushing through the paper work at this base/level discourages you, it's just as well you don't go because then you cannot even be an art-

Now is a good time for UTPM because you will be going to a service college. There will not be the catastrophic (in many cases) cultural shock of going from the undisciplined personal life of the university to the first phase summer camp. The eleven weeks (or nine for people from service college) spent in first phase gets as many or more failures as the school work.

The longer one has been an enlisted man, the harder the enlistment (for most people). One gets too used to overone by cooperation (as a private or a junior rank) private than command by divine right as they want at Chilliwack or Borden. I personally know two cases

100 per cent of the UTPM of a (Continued on page 6)

The Sex Diet?

You've heard of the "Grapefruit Diet," the "Baked Potato Diet," the "Drinking Man's Diet," the "Raw Egg Diet," the "Air Force Diet ..." but the "Sex Diet"?

Will, now there is one believe it or not. Dr. Abraham I. Friedman has prescribed sex as a way to lose weight. According to the New York physician who has been treating obesity for more than 25 years - when sexual intercourse, (which requires about 200 calories) is substituted for a 700-calories pieand-milk midnight snack, one saves 900 calories. The details are in his new book, How Sex Can Keep You Slim (Prentice Hall, \$6.95).

According to Dr. Friedman, a dedicated seven-nights-aweek dieter can lose over a hundred pounds a year.

W. McNichol, Base Commander, CFB Comox. Editor: Ray Griffiths (469).

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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 sel

Address correspondence to The Editor, Totom Times, CFR Comos Advertising inquiries may be

Captain Bob Denyer at 370

Printed in Courtenay, B.C., by Come

THE HAPPY WINNERS and participants of the Ladies Open Invitational Golf Tournament looking forward to future events on our Glacier Greens. Base Photo

Ladies' Golf News

The first Ladies Open Invitational Tournament was held at Glacier Greens on Saturday, August 25.

Colonel Don McNichol, CO of the base, was on hand to present the prizes. He welcomed all ladies present and complimented the various committees on their work for the tournament.

The results were: Trudy Newman, Campbell River won the overall low gross trophy and Gladys Mitchell, Comox, won the overall low

A Flight - 1st low gross -Sarah Chase, Campbell River; 2nd low gross Florence Thulin, Campbell River, 1st low net Bernice Sutherland, Comox; 2nd low net Gen Beehler, Glacier Greens; 3rd low net Jean Ingram, Sunnydale.

B Flight - 1st low gross -Betty Richarson, Comox; 2nd low gross - Ann McIvor, Campbell River; 1st low net Dorothy Thompson, Sunnydale; 2nd low net Barbara

Carter, Glacier Greens; 3rd low net - Evelyn Staples, Sunnydale.

C Flight - 1st low gross -Norrie Whiltle, Comox; 2nd low gross Lois McNichol, Glacier Greens; 1st low net -Edith Norton, Comox; 2nd low net - Donna Barrs, Sunnydale; 3rd low net Bessie Frew, Sunnydale.

Trudy Newman, Campbell River, won lowest number of putts overall and Happy Bougher, Eaglecrest, won the longest drive.

A fine chicken dinner prepared by our Combined

Mess concluded the day. Thanks to: our Rules Committee and Umpires; John Webber and Ron Carter, Stan Hodgson, Don McNichol, Ted Sutton and Gordie Smeeton who helped keep the scores. Wayne McKay, Wayne Bird and their two friends who acted as spotters and lastly to the Bay, Junior Ranks Club, Sergeant's Mess and Safeway

Don't Shoot The Loggers

"With the hunting season upon us, and the soaring cost of meat on everyone's mind, the annual migration to the bush to bag supplies for the freezer is expected to be bigger than ever," says G. L. Draeseke, Council of Forest Industries of B.C. President.

He urged hunters to exercise extreme caution at all times with their weapons, especially when they are hunting around or near active logging operations. "A bullet can travel a great distance, so check to be sure there is no one in danger of being struck by your bullet," he said.

The logging roads you find throughout B.C. are there for you to use, but for your own safety avoid any areas where hazardous operations are underway. Most roads are open in the evenings and on weekends except where there is danger to the public."

Code of Canada if the

arresting officer deems the

In the eyes of the insurance

companies, if you are con-

victed of any of the following

Criminal Code violations, then

your rates will automatically

be increased by a staggering

operation of a motor vehicle

manslaughter committed in

the operation of a motor

vehicle; failure to stop at the

scene of an accident; in-

toxicated or impaired

driving; driving while licence

is suspended; dangerous

In all, a male driver over

the age of 25 regardless of his

marital status, can be

assessed a surcharge on the

liability portion of his insurance as high as 200 per

If he's under 25, the

maximum is 100 per cent, but

this can be explained by the

fact that an underage driver is

already paying a much higher

premium because of his high

(Continued on page 6)

driving.

risk rating.

offence serious enough.

Is Your Home a Family Trap By JUDY VAIL Every ten minutes, a fire breaks out in a Canadian home – 50,000 residences and 350 deaths of the state of th

1. Set strict smoking rules.

cigarettes, matches and other

smoking materials is a leading cause of fires in

homes. (It results in 75

Canadian deaths a year, almost half of which stem

from smoking in bed.)

2. Install smoke detectors.

Deadly fire gases, not flames

themselves, cause three fourths of fire deaths in

dwellings. Comparably high proportions of fatal fires begin

as slow, smoldering affairs during the normal sleeping

hours between 10 p.m. and 6

a.m., and involve a significant

delay before anybody becomes aware of the bur-

3. Sleep with bedroom doors

closed. It is hard to realize,

until an emergency comes,

just how little time the toxic

smoke and lethally hot air

Careless handling

Among them:

starting elsewhere to become intolerable or fatal inside your

can make a person blunder 5. Inspect yhour home to see

that the heating and electrical

preparation, these and other rules and safeguards in the Digest article can give you one of the best life-insuring plans possible.

BEARS

Among bears, a favourite sport is tree-sliding. A bear will climb up and down a tree repeatedly, giving every evidence of doing this solely for the fun he gets out of it. Rock throwing is another popular game. Grey Owl, an early Canadian conservationist, has described watching a bear spend some time deliberately shoving large rocks over the edge of a cliff. Upon hearing the resulting clatter, the bear made loud noises which it would be difficult not to allow you for escape. A snug- construe as laughter, or at fitting, solid-core wooden least an expression

the time it takes for a fire

4. Have a family escape plan. Not knowing what to do into a deadly mistake.

equipment are in order and that there is no faulty wiring. With just a little thought and

door, when shut, can treble amusement.

YOU And The Law Wot!!! No Pension!!!

By LT. COL. C.L. RIPPON

A short time ago I received

Asstant Judge Advocate General

a call from an ex-serviceman regarding an application for a pension that had been turned down. Perhaps I should explain at the start that this was an application for a disability pension under the Pension Act rather than one under the Canadian Forces Superannuation Act. He told me that he used to be a cook who had hurt his back in one of HMC ships whilst lifting a pot of stew in the galley while on a cruise. He had reported to the sick bay at the time where the "Doc" had prescribed some aspirin and a couple of days off duty. Because of the apparent minor injury NO
"Report on Injuries" had

been made out. At the time of calling, a number of years after the event, he had developed a disc problem and blamed it all on the "!!?&7/83/45/8+ Pot of Stew". His application for a partial disability pension had been turned down because there was no record on his service medical documents of the injury and no witnesses or other independent evidence could be found of the incident. Because his back problem had resulted in about a 50 per cent

disability his pension entitlement could have been close to \$2,000.00 per year.

The Pension Act saysthat if you suffer any injury that is connected with, arises out of, or is attributable to military service, and which results in a disability, you may be entitled to a pension.

So why didn't our man get his pension? - Very simple he could not corroborate his story by any independent evidence. It was not a case of the Pension Commission not believing his story. The Commission is made up of a number of conscientious and sympathetic people; the chairman and several members are ex-servicemen who do all they can for us, but disability pensions are paid out of our taxes and subject to close examination by the Auditor General. The Commission is sympathetic, yes, but they also understand human nature and its failings. You would be surprised at the number of old Vets who after years of sharing a noggin with their pals at the Legion, have convinced themselves that the pain in their leg was caused by an old war wound received at Vimy or Falaise Gap. They get talked into applying for a pension only to be told that their memories must be fading because their service records show that they never got out of Camp Ipperwash during the war, let alone heard a shot fired in anger.

So what is the moral to all this, just this, if you hurt yourself in the line of duty and there is any chance of a future disability make sure it is on your records. By line of duty, I mean in any way connected with your service life, such as on the job, playing organized sports, travelling on TD, moving the CO's furniture, etc., insist on filling out a REPORT ON INJURIES (CF98). Remember also that a strained back or any kind of broken bone will probably give you trouble when you get

Not only is it in your interest to insist on having these injuries recorded on your file but also it is the responsibility of that great paternal image, your CO, to protect your future by ensuring that action



WHICH is about to spawn, the 33 pound Tyee or ex-Cpl. Paul (Duke) Hoffman? Paul proudly shows off the fish he caught on a "buzz bomb" near Totem Photo Comox.

Degree Plan Still Under Study

A proposal earlier this year that the University of Manitoba become a degreegranting institution for members of the Canadian Forces still is under consideration.

The proposal now is being prepared for presentation to higher authorities, says Lt.-Col. A. C. Moffat of the directorate of education.

The plan is to devise a system whereby servicemen would be assisted in pursuing part-time studies for university degrees.

Col: Moffat says the department long has been aware of the problems encountered by servicemen in acquiring degrees, because of the highly transient nature of their careers.

Aspects of the plan include counselling for servicemen, recognition of training and competence inherent in rank and appointments, comparison of university courses to those in military life, provision for portability of programs and courses, special considerations for residency and increased opportunities for dependents.

Further word on the proposal may be forthcoming sometime this fall.

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Watch Those

Traffic Tickets

A recent article in the charge; he would now be charged under the Criminal Canadian magazine CARGUIDE-73 entitled "Traffic Tickets More Serious Than You Think" - really makes you think.

With emphasis on reduction of accidents throughout DND, this article should provide some incentive to drive safely and not get traffic tickets nor get involved in your province's Demerit Point The following is an excerpt from the article:

What you should worry about is the status of your insurance as a result of the ticket. Even though you might have picked up the ticket in another province, those eagleeyed insurance people will take note of it and apply it to your record. And it does not matter if points are involved or not; they are all accounted

Though it varied from one company to the other, the following guidelines are generally adhered to within the insurance business:

If a person acquires three moving violations within a period of 36 months then his insurance premium will be increased by 25 per cent on the liability portion of his policy. Each conviction after the first three will increase his premium by another 25 per

Should a person be convicted of the following charges, he will be assessed a 25 per cent surcharge regardless of his previous record. That is, if already paying a 50 per cent sur-

paying a 75 per cent increase: following too closely; failing to yield; failing to obey traffic signal or railway crossing signal; improper passing.

If a person is convicted of any of the following charges, his policy will be increased by 50 per cent, even though he may not have had any 100 per cent; criminal previous conviction: failing to negligence committed in the report an accident or give his licence number in the event of an accident to police or other persons entitled to such information; improper passing of schools, school buses or playgrounds; driving without due care and attention; or an offence substantially the same committed outside

If a man happens to have two accidents within a 36 month period and his insurance company picks up the tab, then his rates will be increased by 25 per cent. However that only applies if he happens to have had a clear record prior to the first

If the insurance company records show that he has had numerous tickets prior to the first accident, then his rates will go up 25 per cent after the first accident.

Now we come to an important distinction in the type of charges you might face.

Most minor violations come under the jurisdiction of the province's Highway Traffic Act and as such, are viewed as a misdemeanor, for lack of a better title.

However you could well be

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GENERAL EDUCATIONAL DEVELOPMENT

This programme of five tests is designed to give adults an opportunity to gain a Secondary School Equivalency Certificate.

On September 21 and 22 the first testing sessions for the General Educational Development Programme will be held at all Regional Colleges.

Application forms and additional information can be obtained by contacting your local Regional College.

375 Kennedy Street Nanaimo, British Columbia

Education, Victoria, B.C. The Honorable Eileen Dailly Minister of Education



TESTING PROGRAMME

Malaspina College

Or by writing directly to: Examinations Section Department of



DEPARTMENT OF EDUCATION PROVINCE OF BRITISH COLUMBIA

CFB COMOX

Officers' Wives Club

SEPTEMBER 19, 1973 WEDNESDAY, 8:00 P.M.

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NEVER MIND THE camera, pay attention to me.

Base Photo

Swimming Pool

The summer swimming defects. The crippled, the richer and wider enjoyment of session is finally over, and mentally retarded, the blind quite a successful period was had by all participants. In the tivities the joy of acfirst session we had 226 children enrolled, second session housed 170, and the third session contained some 182, for a total of 578 children for the 2 months. As a matter of interest for the parents, there was an overall pass percentage of 73. Pretty good!

The aim of the swim program every summer at CFB Comox is to reduce the toll of deaths through drownings and to promote a healthful form of exercise.

With the above mentioned aims in mind some specific objectiives may be outlined as to the value of swimming and therefore the reason for the organization of a swimming program. They may be grouped as follows:

(a) Safety - One of the reasons why this course is called swimming and water safety is to highlight the importance of water safety. The ability to swim in itself does not indicate safety. Swimming is part of safety inasmuch as it makes possible self rescue and provides conditioning for emergencies.

(b) Recreation -- People of all ages swim for it is a pleasurable activity in which the whole family, an individual or a group may participate. It may be purely for enjoyment or it may be highly competitive.

(c) Physiological --Swimming is one of the best exercises known to man. It contributes to the development of most of the body

systems. (d) Special Programs -Swimming is one of the few physical activities that can be enjoyed by those suffering from physical and mental

(Continued from page 4) 71-72 engineering class) who passed at school but failed first phase. So don't make the mistake of being psyched up for first year university (as are all UTPM) then feeling the rest is all down hill. One has to be psyched up for the full four years, summer and winter.

One little note for the wouldbe UTPM with a wife and children. For all disciplines but Arts most guys have to put in long hours to even pass, much less do well. This means that home life suffers. School comes before everything. The wife spends the evening by herself, and when hubby is around he's not really worth living with. The children will not have Dad to play with for four years (three years if you are an artsman). In most cases, Dad will not even be able to take them on outings because there is always some school work to do.

UTPM Grad

Dear Grad: Well spoken, and who can argue with the word of someone who has been the

UTPM route. Most military personnel who have dragged their education up to a level which qualifies them for UTPM, can probably handle the academics at school. But it will require a lot of fortitude and stamina, not to forget physical effort, for them to hack OCS. One wonders if all that "BS" is necessary to turn an experienced fitter, rigger, etc. into an AERE officer

can find in swimming accomplishment and success which is so necessary for their

well-being. A competent swimmer, sure of himself in the water, with adequate and workable knowledge of the principles of water safety is one of the primary goals of our program. A program in which you and your community can take pride is another goal for you. Finally, to know that yhou have contributed toward program.

safe swimming is not only a goal; it is an achievement.

I would like to thank all the guards and instructors from the summer who contributed so much of their time towards the program. They are Theresa Mackey; Merri McPhee; Lil Killops; Joyce Bury; Wendy Williams; Richard Wile; Lorelei Hope; Kelly Griffiths and Surindra Gill. A special thanks goes to Laura Crockett who was our pool supervisor and who did such a great job with the

Voodoo Nuts, **Bolts and Volts**

(Continued from page 4) when they run them through the computers.

Talking about computers, it might be of interest to you that everyone of us is equipped with the most complex and efficient computer in the world. A mechanical equivalent would fill No. 7 Hangar, just think. and you're carrying it all on your shoulders. The computer I'm talking about is the human brain, all you have to do is use it.

ARRIVALS and DEPAR-TURES: Cpl. Ken Power (IE Tech) from Snags has departed for CFB Shearwater to integrate with the Sea element. Good luck on your

new posting Ken. We welcome new arrivals and hope their tour here is a happy one: Cpl. Ed Surrette AF Tech

from Bagotville (Snags) MCpl. Wally Norton AF Tech from 1CAG Baden (GSE) MCpl. Gilles Boulay SS Tech from Bagotville (Safety Sys) Cpl. Harry Dixon W Tech A from Trenton (Arm't Repair)

MCpl Bob Falk CS Tech from Yellowknife (CS Snags)

Another item of interest is the Career Managers Visit which is currently in progress. Some time ago everyone was asked if he wanted his career reviewed and discussed. If you did you were given an appointment with your Career Manager for a personal interview.

The team has given general lectures on careers in the CAF, some of which were quite interesting depending on your point of view, whether your career was managed, mis-managed or just lost in the shuffle.

A new first for the BAMEO Organization is the BAMEO WIVES DAY scheduled for Sunday 16 Sep 73. There will be open house in all Sections from 1300 to 1500 hrs with a "409 Flypast at 1500 hrs". The day will be concluded by a fitting get-re-acquainted party of cocktails and food at the Totem Lounge. I'll see you all there.

(Continued from page 1) be twice as toxic as smoke

inhaled by the smoker.

Although the concentration of harmful substances inhaled by the nonsmoker is less than the concentration inhaled by the smoker, the nonsmoker's exposure will be for a greater period of time. Smoking in an airplane will obviously constitute something of a menace

to a nonsmoking passenger, It seems obvious that in the confines of an airplane where a nonsmoker may be required to sit next to one or between two smokers, and where the air circulation is typically poor, the nonsmoker will be subjected to a significant health hazard from the smoker. An editorial some years ago in SCIENCE magazine concerned the pollution of air by cigarette smoke.

In a poorly ventilated, smoke-filled room, concentrations of carbon monoxide can easily reach several hundred parts per million, thus exposing present smokers and nonsmokers to a toxic hazard.

In fact, it has been found that children of smokers are ill more frequently than children of nonsmokers, usually because of respiratory disease. It is becoming increasingly apparent that the nonsmoker who must present in the traditional "smokefilled room" characteristic of many conferences and social

gatherings has an exposure to tobacco by-products quite similar to the exposure of the

There is some evidence that this "smoking environment" extends even into the home where children may have a sufficient exposure to influence their cardiovascular system and add years of exposure to their smoking history, even before they actually smoke themselves.

Traffic tickets

(Continued from page 5)

All of the above surcharges are in effect for 36 months, at the end of which a driver's record should be clean and his rates will return to normal. If however he manages to accumulate more demerit points during the meantime well it will be a long time before he digs his way out from under his insurance

payments. If you're unfortunate enough to be charged with a violation of the Criminal Code of Canada and convicted, it mean automatic suspension of your licence for at least three months, if not six, a stiff fine perhaps as high as \$500 and a criminal record that will stay with you for the

rest of your life. After reading this article, now you know why your insurance rates have increased considerably.

Anyone for more points?

Take a Fun

By LT. JOHN POWER

The British Columbia Community Recreation Branch of the Department of Travel Industry has now come out, on an experimental basis with a new game designed for the whole family. In fact the objective is, through this recreationally orientated game, to bring the family closer together.

In a meeting Monday evening in Courtenay comprised of local recreation directors, social service people, news media and other interested citizens, "Take A Fun Break" was officially launched in the Comox Valley

What is "Take a Fun Break"? It is a game to be enjoyed by the whole family that must be completed before September 30, 1974. It is carefully laid out with three progressive levels, each level consisting of performing such family recreational activities as going for walks, nature hikes, fishing, skiing and many other physically beneficial activities. The only criterion is that these activities must be engaged in by the whole family at a level that everyone will receive

enjoyment. Since the Comox Valley has been designated as the testing ground for the province, it is hoped that the families living on the base and its surrounding area will take an active interest in this game. If properly followed "Take a Fun Break" will definitely give results of closer family units and a more recreationally orientated community.

Games, complete with scoring, rules, directions and participation awards can be obtained at the base recreation centre and any additional information concerning the carrying ouyt of this most beenficial game can be obtained from Capt. Bill Keener or Lt. John Power. Let's all "Take a Fun

Break"

Me Quit Smoking?

Why?

Remember the old days? Everyone thought smoking was just a harmless habit maybe even good for your nerves. Those days are gone forever. More than twenty million Americans have quit smoking. One hundred thousand of them are doctors. Do they know something you

Just one cigarette does this: lowers the temperature of your skin; immediately upsets the flow of blood and air in and out of the lungs; speeds up your heartbeat. Cigarette smoke paralyzes the cilia. Cilia are the tiny hairlike structures that help keep your lungs clean and ward off infection. You need them - in good working order!

Smoking hurts all ages. A study of youngsters (ages 11 -18) shows more sickness among those who smoke. Another study shows that men (ages 40 - 69) who smoke are hospitalized fifty per cent more often than non-smokers. Smoking is the chief cause of chronic bronchitis and lung cancer and a contributing factor in emphysema.

The facts are grim. The risk of premature death from all causes is greater among cigarette smokers than among non-smokers. A lot greater! 1.7 times greater coronary artery from disease; 6 times greater from bronchitis and emphysema; 10 times greater from lung

But what if you quit the 425th MMSq., Major noking? The minut quit the 425th Cummings, smoking? The minute you George announced the stop smoking, your body goes recently of several perto work to repair the damage recently of several percough will lessen or your sonnel within his unit. cough will lessen or disappear, you will breathe easier; Sergeant was TSgt. Gerald L. Sergeant was TSgt. Gerald L. you will feel less tired; Sergeant was EOD section.

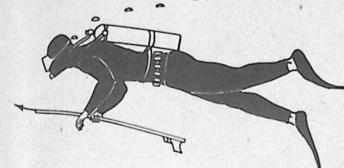
circulation will improve.

Robbert of the EOD section. circulation will improve; your heart and lungs will have a Promoted Sergeant were chance to defend themselve a Technical Sergeant R. Breffle an chance to defend themselves. In addition, your sense Sgt.'s Kenneth R. Breffle an Sgt.'s Kenneth R. Specialist, In addition, your sense of Administration Specialist, taste and smell will of Administration D. Hendrix a taste and smell will also

Lucius A. Johnson Radio Repairman. Your family and friends want you alive and well. Cigarettes won't keep you that way. Kick the habit, It's a matter of life and breath.

To take your mind off smoking try the sex diet!

Scuba News



things are now and stop doing it.) progressing rather smoothly.

The first course of potential "Seaq Hunt" extras are well on their way to fame and fortune under the sea, or so the instructors tell us. The course consists of ten eager students who are put through their paces each Monday and Wednesday evening between 6:30 and 8:30 in the Base swimming pool. Spectators are welcome, and it's worth it just to watch chief instructor Barry Wilford standing on the diving board issuing com-

The Base Sub Aqua Club has mands like Lord Nelson on the finally grown from a tadpole bridge. (After reading this to a baby frog, so to speak, he'll probably spoil our fun

Seriously, though, we have a great bunch of guys in the Club and likewise the instructors. If you're interested in joining the Club, call Gord Selenski at Local 336. He's da guy dat'll fill ya in an' take yer dough. Age minimum 16 years; ladies most welcome. Until next time, remember

what Glub says: "Follow these three basic rules when diving: 1. Never dive alone

2. Always breathe normally

3. Take it easy."

Glacier Greens Golf News

pionship was held on scores attested. First round Saturday Sept. 8th. The can be played from 21 - 28 number one golfer was Bob Beehler with a low gross score of 78. Congratulations to Mike Rafferty for organizing the Junior Golfing Program. Coming Events

Club Championships 21 - 29 September. Players must have registered handicaps.

COME IN AND see us sometime say

The stage was set on

Wednesday night, 22 Aug. 1973

as the 407G-Bameo and 442

Sqn.-USAF teams took to the

field to compete in the final

game of the championship

series. Up to this point, the

teams were tied at 2 games

The first two games of the

best of 5 series were won by

the 407G-BAMEO team, and

for a while it looked like it was

going to be a clean sweep. But

then it happened - 442 Sqn-

USAF not to be outdone, won

the next two games to tie the

In the final game, the big

hitters for 442 Sqn-USAF,

were Charlie King and Roger

Haque with 2 hits each,

followed by Dave Gonzales,

John Peturkins and Mike

Monteith. Incidentally, the

only home run in the game

was by muscular Mike. For

the 407G-BAMEO team the

big sticks were Russ Binns

and John Werster with 2 hits

each, followed by Jim Lynch,

John Anderson and Bob Sleigh

with one hit each. What

proved to be the winning run

of the 3 - 2 ball game came in

The game proved to be very

425th

The Commander of Det 5 of

Promoted to Master

Promoted to the rank of

George Special Agent, and Custodial Johnson a Ground

British Columbia form is booklet form is

Lands in booklet form is available free of charge from available Forest Service

the B.C. Forest Service

headquarters in Victoria.

The

D. Hendrix a

Management of

Columbia's Forest

the 2nd extra inning.

apiece.

series.

the 19th hole at Glacier Greens golf club, CFB

USAF/442 Wins Fastball

Sleigh.

exciting from a player's view

and also that of the many fans

that showed up to cheer on

their team. Before I depart I

must mention that the win-

ning pitcher was Lou Fajkus

with 8 strikeouts to his credit

and the losing pitcher was Bob

TIRES

The Junior Club Cham- Play will be in foursomes with September with the final round on Saturday 29 September.

> Men's Interclub - hosting Comox and Sunnydale on Sunday 30 September.

> Col. Lett Tournament on Saturday 6 Oct.

Base Language Training

provides French language training, under the guidance of professional teachers, at the first two levels of training. It includes both personal study by the candidate and classroom study under the direct supervision of a teacher. Classroom instruction is given at the Base Language Training Centre in weekly four-hour sessions over a period of 40 weeks from September to June. The amount of personal study, utilizing a cassette recorder with tapes and a programmed study guide, will vary with each candidate's

The BLTP at Comox requirements, but a minimum of 6 - 8 hours per week over the same 40 week period, es expected.

The BLTP is not intended to replace training at Canadian Forces or Public Service Commission Schools; rather, it will prepare candidates for more advanced courses taught at these schools. The courses given at the language centre will permit candidates to achieve contact bilingual qualification as defined in CFAO 9-21, a qualification which is adequate for many annotated bilingual positions

For further information. contact the BITO at local 469



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BASE THEATRE Theatre Information

Call 339-2433 Anytime 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 must be accompanied by a person over 16. - Under 16 years

PAINT YOUR

Thurs. 20 Sept. Fri. 21 Sept. Comedy Western

Suspense Thriller

Sat. 22 Sept.

Real Estate

WAGON THE OWL AND

Clint Eastwood Showtime 2000 - 2210 hrs. Barbra Streisand

Showtime 2000 hrs. - 2155 hrs.

Lee Marvin

George Segal

Robert Redford

George Kennedy

Robert Mitchum

UNIROYAL

George Segal

THE PUSSYCAT Sun. 23 Sept Restricted Thurs. 27 Sept. Fri. 28 Sept.

FRAGMENT David Hemmings OF FEAR Gayle Hunnicutt Showtime 2000 hrs. - 2155 hrs.

SNOW Sat. 29 Sept. Sun. 30 Sept. JOB Danielle Gaubert Crime Picture Skiing in Swiss Alps; also robbing a chalet Showtime 2000 hrs. - 2155 hrs.

Thurs, 4 Oct

Sat. Mat.

22 Sept.

Sat. Mat.

29 Sept.

ROCK Jewel Heist

MATINEES

THE GOOD GUYS AND

THE BAD GUYS Comedy Western

WHICH WAY TO

Jerry Lewis THE FRONT Comedy

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Education 1973-74



"NOW I'LL TAKE ALL the girls and you take all the boys", Sylvio Robinson explains to Nicole Cantin. Sylvio and Nicole are the new BLTP language teachers at Comox.

EDUCATIONAL VARIETY

A high school recently offered a series of "mini courses". They consist of an hour's instruction per day, for one week only, on a variety of

subjects and are taught by Civilization, and asked him volunteers. A mother was how he happened to choose impressed when her son told that one. His answer: "The her he had enrolled in Social Beer and Wine-Making class Perspectives of a Declining was full."

Reader's Digest

UNIVERSITY CORRESPONDENCE **COURSES 1973/74**

		Acadía	British Columb	Guelph	Manitoba	Mount Allison	Ottawa	Oneen's	Saskatchewan	Waterloo	Western Ontari
	Ancient History							1			
	Anthropology		1								
	Biblical Studies	3									
	Biology						1		•	3	
	Chemistry									9	
	Chinese	•		alice a	at tree				1	PANGE.	
	Classics		•		•		3	1		•	
	Clinical Training	1	•		•						
	Earth Sciences		•		•					1 .	
H	Economics	3	1		1		3	1	1	5	
×	Education	1	2				4				
H	English		4		1	3	22	3	1	3	1
0	Environmental & Biological Sciences			3							
V E	French						4	1	2		3
н	Geography				1				1		2
z.	Geology						1		1		
HE	German		1					3	1		6
ш	Greek							2			
PR	History		3		2	2	5	2	1		5
M	Latin					3		2			2
U	Mathematics	5			2		10	2	1	18	
	Philosophy		2				10				2
	Physics									15	
	Political Science		1		1		2	2	1		
	Psychology		6		1	1		1	2	6	1
	Religion					1		2			
	Religious Studies	2									
	Russian								1		
	Sociology				1		2	1	6		1
	Spanish				1.			3			1
	Ukrainian								1		



MALASPINA GOLLEGE "MAN: MATERIALS: MONEY: AND MANAGEMENT"

EXPLORE the advantages of the MALASPINA COLLEGE BUSINESS MANAGEMENT PROGRAMME.

This programme is designed specifically for part-time (evening) study directed at individuals presently employed as supervisors, the small business man, the prospective executive.

> Take a look at this programme IT MAY BE OF VALUE TO YOU

Malaspina College Administrative Studies Area will conduct a SPECIAL INFORMATION AND REGISTRATION EVENING ...

at COURTENAY (Georges P. Vanier Senior Secondary School) Wednesday, Sept. 19, 1973: 7:30 - 10:00 p.m. "Idjacation is something that a man has to fight f'r an' pull out iv its hole by th' hair iv its head." (Stolen from Mr. Dooley's Opinions, 1901)

U of M Proposals

by Canadian Forces Press Carters' little liver pills are not the answer to everyone's problems. So, the Department of National Defence is concocting a formula which, although not professed to be a cure-all, is expected to ease the "pain" of Canadian Forces personnel seeking university degrees on their own time.

Remember that University of Manitoba proposal earlier this year that it become a major degree-granting university for Canadian

Forces personnel? That proposal has not been filed away, never to be heard of again.

In fact, according to L.Col A. C. Moffat, Directorate of Education, (undergraduate education), staff at NDHQ right now are preparing a proposal for presentation to the Defence Management Committee. By incorporating the University of Manitoba proposal, hopefully it will remedy to the greatest feasible extent, the problems faced by servicemen persuing

part-time university studies. Says L.Col. Moffat: "The University of Manitoba proposal goes a long way in redressing problems of CF personnel in attaining university degrees due to the highly mobile nature of their work - problems of which DND has long been aware."

The composite proposal now being prepared with DND and University of Manitoba input, is aimed at pinning down for

NewfoundlandNewfoundland

Nova Scotia

servicemen that elusive butterfly of university education.

The proposal still in draft form is being reviewed by various staffs, such as legal and financial who likely will have some contributions to

However, it is anticipated by LCol. Moffat that the proposal will be ready to go before the Defence Management Committee by early fall if staffing continues at its present rate of progress.

Among aspects being considered for the final package are a counselling service for servicemen recognition of training or competence expressed by rank, the comparibility of university courses with military courses, provisions for portability of programs and courses, special considerations for residency and increased opportunities for dependents.

LCol. Moffat suggests that CF personnel interested in furthering their educations at the University level write to the registrar of the University f Manitoba for pertinent information. Registrar Barry Browning, a former CF member himself, and consequently well aware of the unique situation of servicemen, is spearheading the university's proposal to improve the servicemen's plight.

Inquiries may be directed to the Office of the Registrar, The University of Manitoba, Winnipeg, Man. R3T2N2.

New Brunswick

Dependants Education

To many military personnel, a transfer may be an opportunity to see a new part of Canada or even the USA or Europe or it may just be a chance to cleanout the closets and get rid of three years of accumulated junk. Most of us, at least when we were younger, looked forward to the biannual or triannual move. We may even have considered it an adventure - finding a place to live, meeting new people, breaking in to a new job, etc. And these days what with increased moving allowances, lawyers and brokers fees, unaccompanied traveland TD to go back and get the family it's even economically more feasible. But there is always one drawback, one "fly in the ointment", which always comes up for those of us with school aged children. How will it affect their education?

Those who are fortunate enough (at least in this sense) to stay within the boundaries of one province and thus one school system can move from Trenton to Ottawa, Kingston to Borden, Toronto to North Bay and yes - even Ottawa to Lahr-Baden and know that our children will not have to ad just to a vastly different curriculum. But what of those of us who make the move from Quebec to British Columbia or from New Brunswick to Nova Scotia and from Newfie to Ontario. How easy is for these kids and their parents to cope with the differences in the various

provincial educational systems?

First of all, what are the differences between the provinces **PROVINCES** in terms of academic levels?

Ontario Quebec British Columbia Manitoba Lahr-Baden (Ontario system) Saskatchewan Alberta LEVELS Grades 1-7 Grades 1-7 Grade 8 Grade 9 Grade 8 Grade 10 Grade 9 Grade 11 Grade 10 Grade 12 Grade 11

Grade 13 It's easy to see that below grade 8 there are no great problems but from that point on the changes from school system to school system and back again can and do have a detrimental effect on military children. Some of them handle it very well and either go up one grade or drop one grade depending on whether they are going from an A to a B province or vice versa. But a number of kids have problems keeping up with their studies even without changing school systems. But it is not only a difference in grades but a difference in the ference in grades but a difference in the types of programs, types of courses, course content, etc. which make the whole thing very confusing and often frustrating for the military

Okay, now that we know the problem, what do we do about it? That is even harder to answer than why military personnel must change license plates every time they move from one

must change license plates every time they move from one province to another.

Some people phone or BITO may be very knowledgable about many things but their expertise on the many differences between the various provincial educational systems may not be accurate or current. It would appear that the best way to attack the problem would be to are leaving and at your earliest convenience with their equivalent in the province you are going to. This procedure may not achieve the result of placing your kids where you think they should go but it should leave you with the satisfaction of having done your best.

Ultimately, there may be some basic standardization of the educational systems in this great country of ours, but until there is, we will just have to live with it.

The GED Testing Program

TESTS?

The General Educational Evelopment Tests are a series of five comprehensive examinations in the areas of English Composition, Social Studies, Natural Sciences, Literature and Mathematics. They are designed to measure as directly as possible the major generalizations, ideas and intellectual skill that are normally gained through secondary school.
WHY TAKE THE GED TESTS?

Many adults who did not graduate from secondary school may have acquired skills, through work and study experiences, at or above secondary school level. The GED tests provide an opportunity for these people to earn an official document stating they have a Grade XII Secondary School equivalency standing which may assist them in qualifying for better jobs, for promotions within their own organizations and in applying for admission to post-secondary educational institutions. Some people may wish to take the tests for personal satisfaction. While the Department of Education can no guarantee that such a certificate will be accepted by employers or post-secondary institutions in every instance, experience in other jurisdictions indicate these certificates may be of considerable assistance. WHAT DO THE TESTS

COVER? Here is a brief description of

each test: "Correctness and Effectiveness of Expression" covers spelling, punctuation, capitalization, word usage (correct verb tense, agreement of subject and verb, etc.) and word choice (choosing the best word to fit a sentence).

"Interpretation of Reading Materials in the Social Studies" has about 13 short reading passages taken from books in the Social Studies (history, government, social problems, etc.). Each passage is followed by six or seven questions which test your general knowledge and your ability to "dig out" the important meanings in what you read.

"Interpretastion of Reading Materials in the Natural Sciences" is like the Social Studies test but the reading passages and questions are about Biology, Earth Science, Physical Science, and Chemistry.

"Interpretation of Literary Materials" has about 13 passages like those commonly found in secondary school literature books (fiction, poems, short essays, drama, etc.). Following each passage are six or seven questions testing your understanding of the selection.

"General Mathematical Ability" is a fifty-question test of Mathematics problems ranging from arithmetic (fractions, decimals, averages, etc.) and algebra (graphs, factors, equations, etc.) to geometry (area, angles, congruence, etc.). WHO CAN TAKE THE TESTS?

Applicants must meet the following three requirements at the time of application - Minimum age of nineteen

- British Columbia residency of at least six months - Out of school for at least one full academic year.

HOW MUCH DOES IT COST TO TAKE THE TESTS? The \$5.00 administration fee for all or any of the tests is payable at the time of application. It is not refundable.

Payment should be by cheque

or money order made payable

to: Minister of Finance,

Columbia. HOW DO I APPLY TO TAKE THE TESTS? Application forms are

available from the BITP's office in the Base Recreation Centre (local 469). WHERE WILL THE TEST

CENTRES BE LOCATED? The tests will be conducted at nine centres in British Columbia. 1. Camosun College - Victoria

Capilano College - West Vancouver 3. Cariboo College - Kamloops

4. College of New Caledonia -Prince George 5. Douglas College - New Westminster

Malaspina College Nanaimo

7. Okanagan College Kelowna

8. Selkirk College - Castlegar 9. Vancouver City College -Vancouver.

WHEN WILL THE TESTS BE HELD?

Regular testing sessions will be held in September, December, March, and June. At the discretion of the Department of Education supplementary testing sessions may be scheduled in addition to the Regular sessions. For specific testing dates consult the nearest College or Department of Education.

HOW LONG TO THE TESTS TAKE?

Each test will take up to 2 hours to complete. The tests will be written in evening sessions on Friday, and morning and afternoon sessions on Saturday, and candidates will be expected to write all 5 tests, on their initial application. The times have

WHAT ARE THE GED Government of British been selected to meet convenience of adults and can not be written at other than authorized times.

WHAT DO I BRING TO THE TESTS?

Satisfactory identification must be presented at the time of testing. The identification must have a specimen of the applicant's signature which will be verified with signing of the roster at the time of testing. It is not necessary to bring anything else. Instructions, a pencil, and an answer sheet, will be provided for each test as well as scratch paper for the Mathematics test. No books or other materials may be used when taking the tests.

WHAT KIND OF TESTS ARE THEY?

The tests are made up of miltiple-choice questions. That means you mark a space on an answer sheet to show which answer you think is best for each question.

HOW CAN ONE PREPARE FOR THE TESTS?

Skills you have acquired from working, training, travelling, reading, and many other experiences have helped prepare you for the GED tests. You may wish to borrow books from the library on the various test areas. Keep in mind, however, that the tests are designed to measure your ability to understand and reason rather than to test you on facts and memory. Sample test items may be obtained on request.

HOW ARE THE TESTS ADMINISTERED?

The tests will be administered by Examiners, appointed by the Department (Continued on page 12)

Vanier High School EVENING CLASSES

Preparattion for Math II

Every Monday and Wednesday, 1930 - 2130 Starts 17 Sept. '73

English 12

Every _Tuesday and Thursday 1930 - 2130 Starts 18 Sept. '73

Mathematics II

Every Monday and Wednesday 1930 - 2130 Commencing 17 Sept. '73

SCHOOL DISTRICT NO. 71 (COURTENAY) DEPARTMENT OF CONTINUING EDUCATION

MANAGEMENT PROGRAM - MALASPINA COLLEGE

PRINCIPLES OF MANAGEMENT (Administration 172T)

An examination of the role and responsibilities of the Manager in organizations. The Business Management Program is made up of courses designed for personnel involved in business situations to help them keep up with advances in the field of administration.

Wednesdays, registration on September 19 from 7:30 to 10:00 p.m. at VANIER SR. SEC. SCHOOL, Room 403 - Fee \$60 (includes the cost of text).

UNIVERSITY CREDIT COURSES

MALASPINA COLLEGE - Fee for each course - \$51 plus

PSYCHOLOGY 111(3) - Contemporary Psychology. Mondays 7:00 to 10:00 p.m., registrations on September 17 at VANIER SR. SEC. SCHOOL, Room 403.

MATH 121 (3) - Calculus 1
Tuesdays and Thursdays 7:00 to 9:00 p.m., registrations on September 18 at VANIER SR, SEC, SCHOOL, Room 404. ENGLISH 111 (3) - Literature and Writing Thursdays 7:00 to 10:00 p.m., registrations on September 20

at VANIER SR. SEC. SCHOOL, Room 401. HISTORY 211 (3) - Canadian History Prior to Confederation Thursdays 7:00 to 10:00 p.m., registrations on September 20 at VANIER SR. SEC. SCHOOL, Room 405.

UNIVERSITY OF BRITISH COLUMBIA - Register with university

ED. 402 - SOCIAL STUDIES - Saturdays 9:00 to 12 noon and 1:00 to 4:00 p.m., commencing September 15. COURTENAY JR. SEC. SCHOOL, Room 106.

University of Victoria NOTICE TEACHERS - ADULT STUDENTS

Off-Campus Credit Courses Begin September 10-15

COURTENAY Courtenay Junior Secondary School, Rm. 1u4

Art Education 301, 3 D and Crafts Georges P. Vanier School

Linguistics 390, Growth & Structure Mod English (Rm. 400) Education 345. Science Ed. (Rm. 401) *Courses offered subject to minimum enrolment

Admission and Registration in Class Those who have not formally applied to the University for Admis tember 1 may complete these requirements, without penalty, de

(Alternate Weeks) Fri. Sept. 14. 4.7 p.m.

Tues.. Sept. 11. 7-10 p.m.

Sat. Sept. 15, 9-12 noon

Division of Continuing Education U.Vic. Phone 477-6911, local BOS

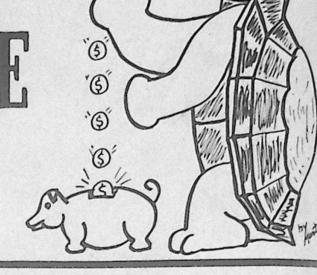


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SELECTION OF FALL MERCHANDISE

Your Base Exchange Staff is doing everything possible to provide you with

MERCHANDISE AT COMPETITIVE PRICES

Chaperone that Cigarette "DON'T" let it go out alone My Min

TOYLAND OPENS IN BX ANNEX (Next to Base Theatre) 1 Oct 73

CANEX CREDIT RATES ARE BEST-applications available in BX Admin Office 0900-1500 daily

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Courtenay



HO HUM. Another balmy Comox day.

Resume of Weather

AT CFB COMOX FOR THE PAST 28 YEARS 1945 - 1972

TEMPERATURES Maximum temperature on record Minimum temperature on record Mean temperature for month Mean maximum temperature for month Mean minimum temperature for month

87 F (5th 1949) 29 F (27th 1972) 65.2 F

RAINFALL Average monthly total Greatest monthly total

1.91 inches 4.76 inches (18 days 1969) 0.23 inches (2 days 1965) 1.46 inches (17th 1969)

Lowest monthly total Heaviest rainfall in one day Average number of days with rain (.01" or more)

SNOWFALL A trace of snow was recorded once in 1962

THUNDERSTORMS

Reported 14 times in 10 of the past 28 years.

Reported 2 times in 2 of the past 28 years.

With visibilities 1/2 mile or less, reported 41 times in 18 years of the past 28 years. 28 year average, 1.5 reports.

For the ten year period 1954 to 1963, wind speeds of more than 18 mph, averaged 27.0 hours (3.7 per cent), out of a monthly total of 720 hours. Of this total, 24.7 hours (3.4 per cent) were from the SE quadrant.

CEILING AND VISIBILITY LIMITS, TIME IN RANGE SHOWN AS A PERCENTAGE Below Radar limits (less than 200' and 1/2 mile) In Range 0.3 In & Blow 0.3

Radar limits (less than 500' and 1 mile) In Range 1.3 In & Below 1.6 IFR limits (less than 1000' and 3 miles) In Range 5.4 In & Below 7.0

VFR limits (1000' and 3 miles, or more) In Range 93.0 In & Below 100.0 per cent GREATEST AND LEAST PERCENTAGE TIMES IN RANGE Greatest 1.4 Below Radar limits

Radar limits IFR limits VERIIMITS

Least 0.0 Greatest 5.3 Least 0.0 Greatest 11.3 Least 1.8 Greatest 97.6 Least 85.1 per cent Sunrise Sunset 2006 PDDT 0649 1945 1923 0704

0717

executive position to my

"Don't count on it, Flash,"

offered Major Minor again,

relighting his pipe. "The

newspaper here shows some

jobs available to persons with

lots of related experience, but

then here's an article about

others with degrees and even

PhD's who can't find work for

"That so? Well, ah, maybe

I'll think about the whole thing

over again. Never too old to

learn, you know. Where's that

brochure, sidekick? They got

courses in ceramics, yoga or

letchers

Room

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complete

from

month

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and

styles. Your

choice or ours

letchers

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liking."

1903

11th 21st

Flash Flaredrop

In this week's exciting drama, the crack Search and Rescue Squadron takes an interest in continuing education, and Flash learns a

thing or two. "I t'ink I'll maybe go to night school this year and maybe learn a new language." said the wide-eyed engineer, as he browsed through the school district's latest brochure. "Why don't you try English or French?" grinned Major Minor, puffing on his pipe. "Any courses on sailboating?" came a voice from the Nav. leaders office down the hall. Humor was running rampant throughout the vital operations area.

Meanwhile, Flash Flaredrop, scourage of the skies, downed his second s alding cup of tea of the

morning and scoffed to himself at the idea of adult reeducation. "Those golden hours I've spent in the lefthand seat are my education. Why, VOR, IFR, or ADF, they're all SOP to me." That rampant sense of humor was beginning to show signs of

"Maybe so," piped up Eager Ironring (graduate engineer), "but when you retire, you'll want to start a second illustrious career." "True enough," retorted Flash, "but when the time comes for me to hang up my silk scarf and sunglasses, my vast experience in the blue yonder, plus my knowledge of the nefarious north and my gallant physical stature shall

allow me to command an

Pool Schedule

WINTER MONTHS - October-March Servicemens Swim Periods - Daily from 11:45-1300 hours. Open Swim Periods - Saturday afternoon - 1400-1600 hours; Sunday evenings - 1830-2030 hours...



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Mushroom mutterings

Now that summer is over most and movements have have executed, the appearance of new faces around the fungus farm once again gives evidence that, given the proper food and growing conditions, mushrooms are

indeed still a part of the scene.
To start with, a new, but not so new body soon to occupy the Nav. leaders office is Major Ozzie Osborne, for-merly of 407 (VP), more recently of Moffet Field, California, (coff, coff) and will be replacing Major Wilf Gammie. Three new ace chopper drivers, Captains Goldie, Wilkinson and Hamilton have autorotated onto the Island, while Barry Farnham, alias "Speedy Skyhook" will soon leave for Portage on the Prairie to instruct in the fine art of rotorooting. Over in the Buffalo Flight, the latest addition is Ted Gagne to the Engineer's

shop. Meanwhile, down on the floor, where it really counts, there's all sorts of new fungus appearing, such as: WO Ted Tesky from Borden to fill the AMCRO's boots; Sgts. Russ Englemeyer from Borden and John Olemick from Ottawa. both in Avionics. From the frozen wastes of Yellowknife to Servicing comes Sgt. Mel Pfefferle, complete with pipe; and from Trenton, M-Cpl. Ron Sawyer, an overspray artist. To bash rivets in Workshops comes Cpl. Ron Burnell from Trenton and last but not least. is Cpl. Darryl Wright from Chatham to join Carter's Commandoes. Welcome to the Comox Valley and 442 Squadron, the Squadron with a purpose.

A young child had to have a physical examination before entering school. The doctor asked him, "Do you have any trouble with your ears or nose?" "Yes," replied the chiuld. "They are always in the way when I take off my T-

Reader's Digest



TECHNICIANS LOAD A PISCES submersible into a 436 Squadron Hercules at CFB Shearwater for a 71/2 hour flight to Cork, Ireland. The submersible was instrumental in the rescue of a sister submersible with two men on board from 1500 feet under the Atlantic. **DND Photo**

Automobile sense

HELP PREVENT SCHOOL More than 80 per cent of all BUS ACCIDENTS

School has started again and many students travel by school bus. Help school bus drivers discharge their important duties effectively and as a driver when approaching or overtaking a school bus. Section 142 of the Motor-Vehicle Act places the

following requirements on a driver of a vehicle that is approaching a stopped school bus if the school bus indicates by a sign or flashing red lights that it is stopped to receive or discharge school children. - the driver of the approaching vehicle must stop.

- the driver must remain stopped until the bus resumes motion, or until the bus driver signals it is safe to proceed. Failure to stop for a school bus carries a penalty of three demerit points.

PEOPLE CAUSE MISHAPS People cause accidents.

road crashes are directly attributable to driver error.

There is no place in today's traffic movement for the selfish driver. He who cuts into busy traffic lanes, refuses remember your responsibility to signal his turns, drives in reduced light with no lights or with parking lights only, refuses to give way to other motorists caught in restricting situations, straddles two traffic lanes, cheats on signals or signs, fails to allow others to pass or will not lower his headlight beam to accommodate approaching drivers is guilty of an accident- threatening attitude he must honestly try tv correct.

> The Canadian Forestry Association of New Brunswick sponsors outdoor conservation schools for over one half of the Grade 6 population in that Province.

Archery

Richmond, England. 80 yards.

Entries came from the

A year of intensive training brought him the world and European championships this year in that classification

BADEN SOELLINGEN -The world and European free style archery champion is 36year-old Canadian Forces Cpl. Alan Nordbye, who captured the twin championships in competition at

A member of the Baden Bowmen Archery Club, he came out on top in a five-day competiton against 243 contestants from eight countries. Using a 36-pound takedown bow with a magnesium handle and sight, he scored 2,494 points out of a possible 2800. They shot 28 targets a day at ranges varying from 20 feet to

U.S.A., England, Scotland, Mexico, Germany, Wales, Sweden and Canada.

Cpl. Nordbye had a brief fling at archery in 1966 while serving at CFB Comox. On moving to Baden in 1971 he discovered a strong interest in the sport in Europe and took up his bow again. Last year he won first place for a gold medal in the B class in Scotland last year.

over 78 other competitors.

The International Field Archery Association is the world governing body and stages the championships every two years in various member countries. The 1975 event is to be held at a yet-tobe-decided location in the U.S.A.

Cpl. Nordbye will required to defend his European title next summer

in Sweden or Germany.

every fully appreciate the role played by the RCMP and the Canadian Armed Forces unless some special point is made to make them aware. It is now well known that a delay of even a few hours in the departure of Pisces V may

have resulted in the loss of the lives of the two men on board Pisces III. Immediately upon receipt of the distress call at 2:40 a.m., I undertook to contact, by telephone, key personnel in our company and in the government in Ottawa. In both cases, the telephones were not replied to (the reason later turned out to be

RCMP, CAF

Rescue of Pisces

I am writing this letter to

you in the hope that it will, in

some way, add to the appreciation Canadians have of

the role of the RCMP and of

the Canadian Armed Forces.

Early in the morning of

Aug. 29, I received a distress call from Vickers Oceanics,

advising me that their Pisces III was stranded on the floor

of the Atlantic and assistance in the rescue was urgently

required. Within three hours,

a Canadian Armed Forces

Hercules was airborne out of

Trenton to pick up our sub-

mersible, Pisces V, and air-

lift it to Cork in Ireland, where

it arrived within 17 hours of

our first knowledge of the

The press has dealt ex-

tensively with this story, but it

is doubtful that Canadians will

incident.

Praised in

equipment related). I contacted the nearest RCMP station and advised them of my problem. question, they immediately dispatched cars to call on the persons in question and to advise them to contact me, which they immediately did.

After the problem was relayed, it was only a matter of hours before the CAF was contacted, mobilized a crew and authorized an airlift.

Those who, from time to time, have become cynical about the role of these two fine organizations and who read this letter must certainly give thought to the magnificent response that was displayed in this situation.

I know, for myself, I will never cease to relate with pride their outstanding performance and unquestioning co-operation. It something in which Canadians can be justly proud.

R. B. Oldaker. President, International Hydrodynamics Company Ltd. 145 Riverside Drive, North Vancouver

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Fashion & Variety Show

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At 8:00 p.m.

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Father J. A. Borg - Base Chaplain (RC) Telephone No. 339-2211 Loc 274 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 on equest; Friday 10:00 a.m. in the Chapel. n other days Father Borg will celebrate Mass on

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. CATECHISM CLASSES: Will be starting on Wednesday the 19th of Sepember in the PMQ Shool from 6:30 to 7:30 p.m. If there are any children who have not yet

registered, they may do so this coming Wednesday prior to the commencement of classes. More Catechism teachers and helpers are needed this

JUNIOR CHOIR: Meets in the PMQ School every Wednesday following Catechism classes at 7:30. Ages 10 years and over.

PARISH COUNCIL - CHAPEL COMMITTEE: Next week marks the first meeting of the Parish Council for this scholastic year. It will take place on Wednesday the 19th of September at 1:30 p.m. in the Parish Hall. All members of the Parish Council are urged to attend and any parishioners who wish are also welcome and may have a say in all Parish activities.

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

2211 Loc 273 Regular Morning Worship at 11:00 a.m. every Sunday. loly Communion: Last Sunday each month following

Unior Choir: 6:00 p.m. every Thursday beginning 20 Sept. 73. Senior Choir: 8:00 p.m. every Thursday beginning 20

Ladies Guild: 8:00 p.m. 18 Sept. 73 in Chapel Annex - then third Tuesday of each month. Sunday School: 9:30-10:30 a,m. in the Chapel -- Ages 3-15

Sunday School Registration -- September 23rd: 9:30 -10:30 a.m. in Chapel Annex.

TEACHERS URGENTLY REQUIRED This month - 30 Sept. 73: 11:45 a.m.

Holy Communion in accordance with the custom of the Anglican Church; immediately following regular Ser-

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SEPTEMBER HI-LITE — Get Acquainted Night — Saturday, Sep-

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the Library and we would like to thank all of those generous citizens who are responsible. We also want to remind our readers that we have a pocket book exchange; one for all and all for one. No, no, I mean one for one. We also accept donations. Thank you.

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CANADIANS AT WAR by Reader's Digest. 1,001 BRITISH COLUMBIA PLACE NAMES by G. P. V. and Helen B. Akrigg. NIGHT OF THE WHITE BEAR by

AT THE DROP OF A VEIL. Marianne Alreza the narrator of this book is an American. This is the story of her twelve years in a harem, the female group composed of her mother-in-law, sisters-in-law, children and servants, where the women could never join the men socially or be seen in public without veils.

Want to know more about the wasps that have invaded us this summer? In the "PICTORIAL ENCYCLO-PEDIA OF INSECTS" by V. J. Stanek, you'll get a good description on their way of life and as if you hadn't seen enough of them, bright colored photographs help you identify the different species.

GED testing program

(Continued from page 7)

of Education. All test papers will be forwarded to the Department of Education where they will be marked. The results will be returned to you as soon as they are completed. If you are to be awarded a certificate, it will be forwarded to you at a later date. Test records will be kept at the Department of Education. Transcripts, or copies of these records, other than the mark statement you receive, will be available for a \$1.00 fee from: Examinations Section, Department of Education, 716 Courtenay Street, Victoria, B.C.

WHAT CERTIFICATE OR DIPLOMA DO I RECEIVE IF I PASS THE TESTS?

If you pass the tests successfully you will receive a Grade XII Secondary School Equivalency Certificate. CAN I TAKE THE TESTS

AGAIN? You can take one or more of the tests again in an alternate requirement for formal version to raise any of the schooling. Acceptance of scores that were not satisfactory. However, sometimes your average score for all tests must be raised more than you can do

Alexander Knox. A very interesting book is

by improving only one or two tests. If this is the case, you may have to consider taking all the tests again. Answer papers or copies of the tests are not available to candidates other than during writing sessions as this would jeopardize the validity of the

tests. All tests, written and

unwritten, remain the

property of the Department of Education. ARE THEY RECOGNIZED

BY THE MILITARY?

High School Equivalency Diplomas based on the results of the GED tests, submitted by personnel will be accepted for record purposes as secondary school academic qualifications to standing at the grade level specified thereon. However, educational qualifications supported by GEDT diplomas will not be automatically accepted as meeting the academic eligibility standards for those in-service

plans which specify a equivalency type academic qualifications will be dealt with on an individual basis as part of personnel selection processing for those plans.

Employment With Federal Gov't

You are requested to advise all retiring personnel who are contemplating employment with the Federal public service that, in accordance with the provisions of the Financial Administration Act, it may be in their financial interest to ensure that the commencement date of their employment with the public service occurs before the expiring of their terminal leave; that is, while they are still officially members of the

Canadian Forces. Briefly the Act provides that if a member of the Forces accepts a position in the public service at approximately the same level as his rank in the Forces he cannot receive less salary than he was receiving in the Forces. If he accepts a position in the public service at a lower level, he must receive the maximum on the incremental scale of that position.

However, if he is no longer in the Forces when he commences employment with the public service he may be subject to that provision of the Financial Administration Act which states quote subject to these regulations and any other enactment of the Treasury Board, the rate of pay of a person appointed to Schedule A service shall be the minimum rate of the scale of rates applicable to the position held by him. Unquote.

Coaches Needed

There are presently many young boys registered to play soccer in Comox and yet there is a distinct shortage of coaches, since only one team has a coach. Without coaches, the players that have now registered will not be able to play and teams will not be formed.

Anyone interested in coaching or in helping out in any way in the Comox Soccer program is requested to contact the Recreation Center as soon as possible, phone 339-2255.



THE BIGGEST LITTLE cream puff in the world! Created by the kitchen staff of the Officer's Mess and presented to Colonel Frank Anderson by Colonel Don McNichol, Base Commander. Base Photo

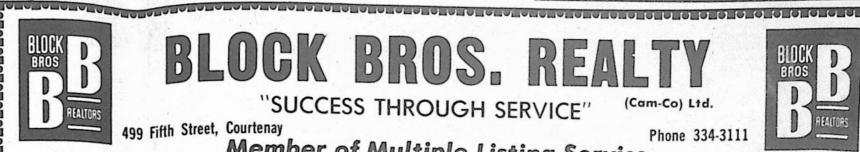
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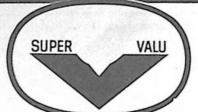
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