

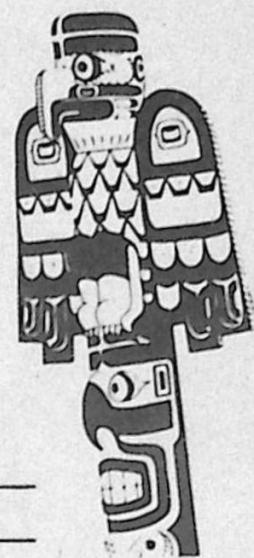
# TOTEM TIMES

Montreal Has The Olympics — We Have The PJBD

VOL. 15 — NO. 16

CFB COMOX TOTEM TIMES

THURSDAY, OCTOBER 4, 1973



## 407 Squadron Returns From Hawaii

### Allied Teamwork in Pacific

BARBERS POINT, Hawaii (CFP) — Allied anti-submarine warfare teamwork — that's what air and ground crews with two Argus aircraft from 407 Squadron have been involved in during the past two weeks.

About 130 servicemen from Comox have just completed participating in a massive four-nation Pacific allied naval exercise consisting of 23 ships, 200 aircraft and 14,000 men.

Units from Australia, New Zealand, the United States and Canada tested all phases of naval operations, including anti-air and anti-submarine warfare (ASW) tactics.

Primary mission of the ASW aircraft was to detect, localize and simulate destruction of submarines under mock battle conditions with opposing forces.

Capt. Colin Wortley, avionics officer with 407 Squadron had high praise for the ground crews which kept the aging Argus aircraft flying round-the clock on

submarine hunting missions. He said, "the service crews made sure we didn't miss a single flight."

In addition to the Argus team, the Victoria-based supply ship Provider, the destroyer escorts Kootenay and Terra Nova and the submarine Rainbow rounded out Canadian participation in the four-nation exercise.

Lt.-Col. Bill Hedges, commanding officer of 407 Squadron, summed up the allied training by saying, "we have been most impressed with the teamwork of everyone involved. Every angle of support from our American hosts has been tremendous, the interest high and the co-operation just excellent."



442 HELICOPTER aids in search. Ellis photo

### Search Continues

442 (T & R) Squadron are continuing the search for the pilot and light aircraft which went missing between Quesnel and Terrace. Thus far the squadron, with the assistance of other military and civil aircraft have flown over 600 hours on the search, covering over 70,000 square miles.

Last week the wreckage of the downed CAF Tracker, which had also been on the search, was located and the bodies of all four crew members were removed.



ONE OF TWO Argus crews returning after successful allied exercises in Hawaii. Base photo

### FRANCOPHOBIA

7 - 13 October

### Fire Prevention Week

OTTAWA (CFP) — The implementation of a program which will see the approximately 33,000 civilian positions within DND identified and designated linguistically is scheduled for completion by the end of the year.

Tasked with the overall responsibility of the program called OLAS (official languages administrative system) is the former director of civilian biculturalism and bilingualism, Ian Dewar.

To meet the year-end deadline imposed by Treasury Board a new unit within DND called (LRC) Language Requirements Co-ordinator has been set up under the direction of Mr. Dewar, who will have a staff of 16 people to assist him.

Their first task is to explain the new federal government program on bilingualism as it applies to all public servants within the department. To do this, briefing teams have already travelled to the Maritime provinces, Ontario and Quebec to inform civilian managers of the program. This week the teams are briefing units on the Prairies and west coast.

After completing their first cross-Canada tour, the LRC briefing teams will re-trace their footsteps across the country to assist managers in identifying civilian positions

which must be completed by the end of October.

A third cross-country tour in the late fall will see the team further assisting managers in designating linguistic levels required for their personnel.

Objectives of the five-year OLAS plan gives managers until 1978 to staff the jobs designated under the plan with linguistically qualified persons — bilingual, unilingual English or unilingual French.

Mr. Dewar, in the implementation of the program, has been instructed by the Defence Management Committee to examine the established positions held by military personnel who supervise civilians, and to apply the same rules to these positions as if they were civilians. In other words, in dealing with DND civilian employees, the military supervisor is to regard the relationship as if he or she was a civilian supervisor.

Mr. Dewar will also examine how the OLAS plan can assist the military in conjunction with the present military bilingualism program.

Mr. Dewar said that "no employee should be prejudicially affected by the program, and that managers must communicate with their civilian employees at every stage of the program."

Sunday, October 7th marks the beginning of the 1973 Fire Prevention Week. A number of activities are planned for the entire week.

OPENING DAY ACTIVITIES include a parade through PMQ's beginning at 1 p.m. Boys and girls, decorate your bikes and join the Fire Prevention parade. Prizes will be awarded for the best entries. The parade forms up at 12:30 sharp at Glacier Gardens for judging. Come out and join the parade. After the parade the Fire Department will hold open house, with a ladies' host laying competition at 3 p.m. There will be rides around the Fire Department in "Little Toot", and refreshments for all.

WEEK LONG ACTIVITIES include open house at the Fire Department each evening from 6 to 8 p.m., fire prevention talks and film showings for children attending the PMQ school and for Cubs, Scouts, Brownies and Girl Guides. There will be a coloring contest and an essay contest in the PMQ school, and for Base personnel, Base evacuation drills. Celebrate Fire Prevention Week — Be Fire Conscious!

### PIERRE TOSSES BOUQUET

OTTAWA (CFP) — Prime Minister Pierre Trudeau has personally cited the contribution by the Canadian Forces to the smooth running of last month's Commonwealth conference here.

In letters to seven officers who co-ordinated various aspects of DND involvement, the prime minister personally praised their efforts.

Close to 500 individuals took part in the task force assembled for the heads of government meetings.

Personal letters from the prime minister went to Lt.-Col. H. L. Graves, who co-ordinated all DND assistance;

Major Neil Betcher, who handled ground transportation; Capt. Mick Schromeda, co-ordinator of air transportation; Major William McLeod, communications chief; Major Sam Stevenson, security; Lt.-Col. Neil Wright, medical; and Capt. Bill McManus, photography.

The Prime minister's letters expressed his thanks for the work of all members of the task force and said that other heads of delegations had similarly praised the efficiency and skills of Canadian Forces people who worked on the conference.

### Idea Pays Off

MCpl. Francis (Hank) Dupuis receives a certificate of award from Col. D. W. McNichol, Base Commander. Accompanying the certificate is a beautiful cheque for \$1,804.44. The award is from the Public Service Suggestion Award Program for an idea that MCpl. Dupuis developed a year ago while serving at CFS Falconbridge.

Hank, who works for the BTLO, is a ham radio operator in his spare time. He learned a long time ago that a very small increase in filament voltage in certain transmitter tubes would greatly decrease their life. When this type of problem arose at Falconbridge last year, he devised a method of reducing this voltage with the result that the life of the tubes in question was more than tripled.

This is the first suggestion submitted by Hank in his 9½ years of service and though he says he has no new suggestions brewing at the moment, we can be sure that

with one award to his credit, he will be looking for more good ideas to improve the system and increase his bank account.

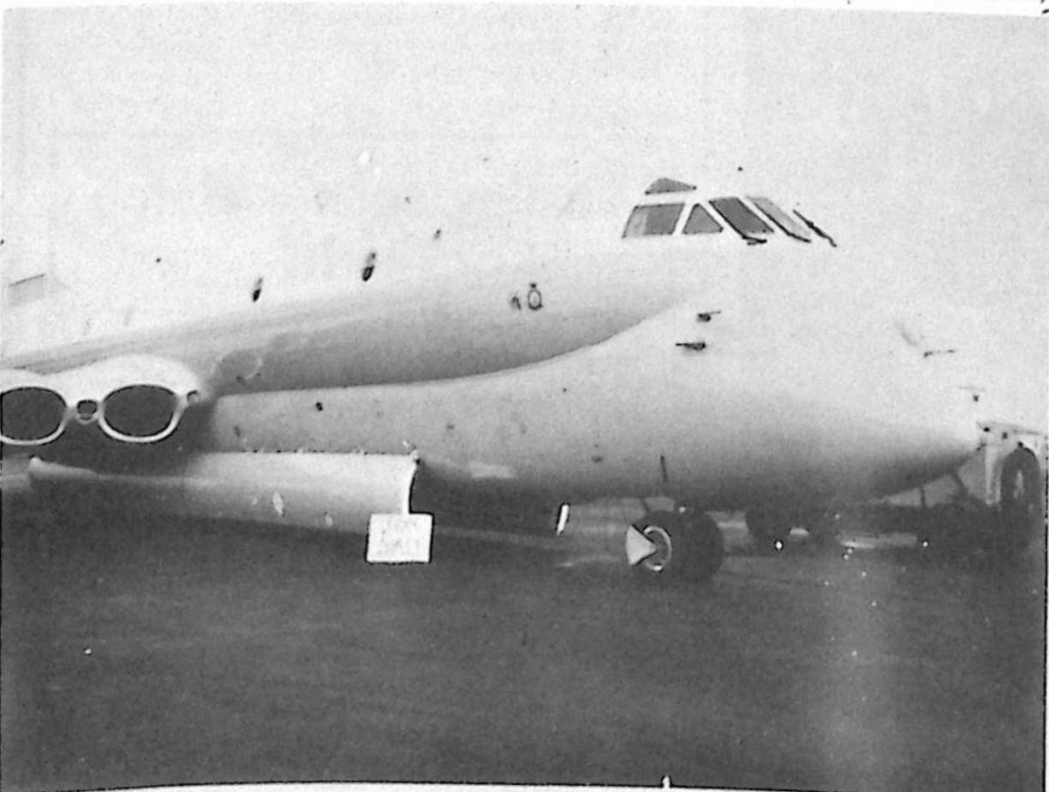
Hank and his wife Janet and their two children live in married quarters and as yet have not decided what to do with the award money.

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M. CPL. DUPUIS congratulated by Base Commander Col. D. W. McNichol for his super suggestion award. Base photo

Next issue  
Totem Times  
Oct. 25



RAF NIMROD on visit to Comox — Any buyers?

T.T. photo

### RAF Visits Comox

CFB Comox and specifically 407 (VP) Squadron are playing hosts to a detachment from 206 Squadron, Royal Air Force, from Kinross, Scotland. The 32 officers and men plus civilian technicians are led by WC Pierson and are in the Comox area to test some equipment at the Nanose Bay testing range.

Contrary to some local thought, they are not a U.K. delegation from the CAC trying to convince the CAC that the Nimrod is the best replacement for the Argus. However, rumor has it that a couple of the RAF chaps, finding costs in the Comox Valley a bit steep, were trying to trade their aircraft to the natives for "services rendered."



FIRE PREVENTION WEEK begins Oct. 7 and this belle (shaped more like a bell) says, "If you fool

with fire, you'll have to fool with me."

Base photo



# 407 Tech Ramblings



MONEY MAN Dave Stroud

## Totem Personality

What is an accountant? Difficult to answer? Well, let's see what a bunch of ten year olds think an accountant is and does:

"An accountant is a person who counts the money and looks after the money. Who wears a brown suit with a bald head a moustache and a beard he sits at a desk behind a counter."

"An accountant is a very unfriendly person because if you disturb him he loses his count and has to start again."

"He tells you when your taxes are up."

"In his spare time he sells watches and counts his own money."

CFB Comox has a new Base Comptroller. He doesn't count the money - he has other people to do that - but he is responsible for the base financial and management services. He wears a green suit now like all the rest of us, but before integration he wore a good old "air force" blue. His hair is a bit thin on top but in line with current regulations he doesn't have a beard and he hasn't seen fit to grow a moustache.

Contrary to the thoughts of our second ten year old, this Base Comptroller is an exceedingly friendly person and very approachable, particularly in regards to personnel who are nearing retirement. He feels that just as an accounts type can't fly or fix an airplane, there is no

reason to assume that an M.P. or a radar technician is going to be an expert on pay, taxes, claims, retirement benefits, etc. He believes that the accounts section is on base to provide a service to the military and the individual.

Our BCompt Major Dave Stroud was born in Vernon, B.C. and after completing grade 12, he joined the RCAF in 1947 as a lowly AC2. During his military career of 26 years, he has served at many places including Rockcliffe, Calgary and Trenton as well as one year with UNEF in El Arish where he learned to convert dollars to Egyptian pounds and was involved in the higher financial intricacies of bargaining for camel saddles.

Returning to Canada, armed with his knowledge of Arabian business practices and a suitcase full of trading stamps, he was commissioned from the ranks. That was in 1965 and after five years at CFB Toronto, he returned to beautiful British Columbia and became a home owner and resident of Victoria. Much to his surprise and eternal gratification, his transfer to Ottawa was amended to read Comox and he arrived here with his wife, Marilyn, and three daughters in August.

Major Stroud is a golfer, a stamp collector and he is interested in all sports, particularly jogging. Welcome aboard.

### TORP TOPICS

Now that summer is coming to an end, the bodies are gathering back in the shop and things are returning to a state of normalcy. WO George Ruscoff did not remain very long as our boss since greener pastures, or was it dollars, beckoned down Victoria way? Sgt. Jack McNaughton is at the controls now and it only remains to be seen whether or not we drive him out as well. We are going through Senior NCO's at such a furious rate that we are considering starting a Boss' of the Month Club. Anyway, we do have a newcomer in our midst and a big Comox welcome goes to John Luneg who is our new RS Tech Sergeant by way of North Bay.

Our recent activities seem to have generated so much paper work that one almost needs an appointment to get near the typewriter. It would almost appear that we had all joined a Pen Pal Club or something.

Our intrepid band of Volunteers in the persons of Jack, Mike, Dennis, John and Bob have returned from basking themselves on fabulous Nimitz Beach during their stay at the luxurious Barber's Point Hilton located you know where.

Camper Bob keeps coming into the shop after each weekend with tales of fish that are getting ever bigger or, it is just bigger fish stories? We will just have to verify his word one of these times. The way Mike, Paul and Jack are setting up their annual fall hunting trip one would think that it was a well planned military foray so we trust that the results are as good as the planning looks.

WO Joe Wood was a recent returnee as he dropped in to check on his ranch and got in a

bit of salmon fishing. A chap probably needs a bit of fresh air and relaxation after a few months of the frustration that goes with trying to sort things out in the Nation's capitol.

Evelyn and Gerry Cook were pleased and would you believe a bit surprised at the recent sudden arrival of a bouncing baby boy. Young Kenneth, Mother, Father, Collie and Volkswagen have now all recovered and are doing just fine.

### AVIONICS

There are some new faces in the various avionics shops these days so, a Demon welcome to Ivan Turcotte and Art Little. Ivan came to us from that other island where Argus are based while Art departed from the big white birds at Trenton and keeps asking what those spinners on the front of the engines are for.

For those people who had deliveries delayed by the rail strike, take heart. Russ Bush had a new glass ornament delivered in a damaged condition in 1966, returned same and was posted before the replacement item arrived. Last week, after nearly seven years, it was delivered by CWO Pat English from Ottawa who had kept the item all these years pending the time when their paths would eventually cross.

A new war story should soon be circulating since it seems that Jim Draper returned from Alaska on the limp: diagnosis, a broken pedal digit. There has been some mumbling about a swinging shower door but what actually happened isn't known and Jim hasn't started talking - yet.

The section has lost one Newfoundlander to Greenwood and now Rolie Pryor has announced wedding plans

for November 30th. That means that the remaining member of the "Terrible Two" is contemplating settling down so, best of luck with your plans, Rolie, and rest assured that your cohorts will make the day a memorable occasion.

Again, internal transfer time has rolled around and it is suggested that you rush your preferences up to Cpl. Ron Gallagher in the orderly room since we all know that he types whatever suits him on those forms.

Frank Cannon is alive and well and back from Honolulu.

### ASW LABS

All hands are back from the sunny South Pacific sporting nice tans and no known sunburn casualties to report for a change. However, it seems that Fred Lang somehow managed to get a toe in the way of an aircraft ramp and was on the hobble for awhile.

A big welcome to our newest addition to the RTT Shop, Pte. Art George who departed Kingston as a single man and reported here with a brand new dependant. Fast worker! Welcome aboard and congratulations, Art and Shirley Ann.

More postings - this time it's one of our hard working radar techs, Brett McLean, who is headed for Petawawa to show the Pongos how it should be done. Since he's leaving very soon, we'll say bon voyage and lots of luck in your new venture, Brett. Now, who is next?

Howie Hillaby's modification was modified by Greenwood with the result that Howie's idea for adjustment, which could be understood by all, will now have to be reproduced in two languages.

## Riding in a Search Plane

By BILL LAWSON

Riding spotter in a search plane is not a nice way to spend a sunny afternoon. It is not because low level mountain flying is hard on the stomach. Nor is it because you are quite likely to find your goal splattered against a rockface like a mosquito on a winduppane.

It is unpleasant because more likely than not, you will return safely, having found nothing, and unable to rid yourself of the knowledge that another man may be lying (even as I write this, and perhaps as you read it) very sick, and cold, and utterly

without hope, where you just came from.

On a clear day, you find yourself looking harder than you ever looked in the worst fog on the worst piece of road in the darkest night. You look that hard, first of all, because it is essential that you do. One glance at the wrong tree, or snowpatch, could miss your goal. You also look that hard because the panorama is so spectacular that only by the greatest effort can you keep believing that this is no joyride.

Although you are 500 feet up, and the alpine trees are the size of pipe cleaners, you develop an intense relationship with the ground, because you must identify with it so strongly. You must examine it as gingerly as you would a Venus Fly Trap.

If it was foggy, and gunning their engines they thought they had cleared that ridge, could they have known about the jagged grey outcropping just over its crest? Did that treacherous shoal-filled swamp look like the surface of a lake in the mists? Could they have known that, veering a fraction of a degree off from the pass, a dead-end canyon beckoned to the unwary?

Simple job, flying easily through the sunlight looking for an aircraft with 50 foot wings? Unless you are directly over a stand of trees, the angle of your vision cannot penetrate them 10 feet. The tiny dot of your shadow flits

through the forest, or rather it rests helpless while the endless forest passes through it. A thousand pools sparkle enticingly from out of the trees, each one a gleaming piece of newly torn metal in your mind. The sky slides by in the river.

Easy - flying, with the valleys far below? Even on the brightest days a sudden tight turn makes the sky pour crazily over the salad hills and forces your head almost to your knees. You can barely lift the camera which weighed little more than a pound on the ground.

No one speaks. Thinking you have seen something, you nudge the pilot and point, but you don't want it to be that. Someone should find it, yes, but not you, please, lest someone be fool enough to congratulate you. You couldn't stand that.

You shake yourself and refocus your gaze, now boring into a dense stand of trees, now combing the slopes in professional patterns. Search too slowly and you curse yourself for dawdling; too quickly and you're not serious.

All the while you are thinking they're down there and like a fool I'm looking the wrong way. In a search plane, you're all fools.

Courtesy "The Interior News" Smithers.

## JRC Dart League

With winter just around the corner and the Dart Teams raring to start again, we would like to see a good turn out for the season opener Monday October 1st.

The league had a meeting to elect a new committee and iron out some old business. All members present thanked the old committee members for a job well done last year. Amen Brother! Seconded and so on.

A list for new players has been placed on Totem Annex bulletin board for club and associated members only. The games are played on Monday nites at 1930 sharp.

Remember this a club function come out and have fun is the whole idea. "For all the players involved please don't hold a grudge, our team hasn't won for so long we're out to win this year; The President - Gord Trenholm".

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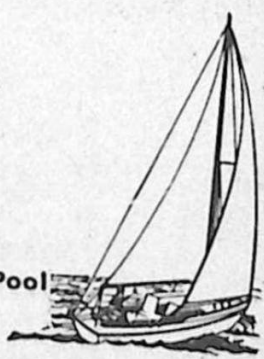
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NIMBLE NIMROD neatly navigates nefarious north.

## HOSPITAL ANAESTHESIA

"The time has come", the Walrus said, "To speak of many things; Of shoes - and ships - and sealing wax - Of cabbages and kings" - oh well, I'd finish it, but I've forgotten the rest. It's been a long time and one tends to forget things that aren't used everyday.

Three weeks have gone by so quickly that we feel it is really time to speak of many things. Well, would you believe - a few things.

I would like to start by saying something nice for a change. Hey, thanks Base Supply! In the last edition they mentioned the fact that they invited us to their Christmas Section Party. That was good, but the best part was...

"Once again this year we will have those lovely people from the Base Hospital joining us." The reason I say thanks is that we rarely have someone saying something NICE about us publicly, much less calling us "lovely" and in print yet. Well, I guess we haven't given anyone in Supply a G404 lately, huh? Thanks for the

invite, you're beautiful too. While I'm giving out bouquets I might as well send one to the middle east - Ottawa. Specifically to the posting machine. It finally saw fit to post a few Med A's to Comox to fill the gaps left by postings out. But, we expect by their tentative ETA's that they will be eligible for retirement.

### NEEDLES & JABS

Congratulations to those who planned to have the hospital eaves troughs painted. They were done in a real nice blue green. While the painters were doing their thing they got someone's tape measure painted as well. Before the paint was dry, they were removed and brand new white ones put up. I guess you can never accuse C.E. Section of having their minds either "in" or "on" the gutter.

Our sincere apologies must be made public at this time to Sgt. Vic Hope. Last edition we said, "to enable US to write something about Sgt. Hope he must be first seen doing something. We meant to say: 'must first be seen doing

something wrong." We all know how hard he really works. Who could ever misinterpret.

Our newlywed, Theresa Andre states she saw the program on TV a few nights ago on Megavitamins. It cures all kinds of things, from general malaise to Rheumatism. Theresa wants to try them for her newly acquired fatigue. Lotsa luck! She will probably be the healthiest fatigued person around.

Doctors MacNaughton and Barnes were out trying their luck with the fish along with Sgt. Cole and Cpl. Solomon from the Dental Clinic. They did not too badly, lost the outboard motor, and Dr. MacNaughton caught a cold. I think that was the sum total of all that was caught. (Maybe they can use some Megavitamins as well.)

Nursing Sister Shirley Begin recently became liberated - we hear she burned her bra at a recent Mess dinner - hope she took it off first.

T.T.F.N.

## Flash Flaredrop

The continuing adventures of the Skies.

In this exciting story, Flash ponders the question of the ages: if it weren't for the glorious "October First" how could a hero's meager salary survive the ever-encroaching cost of living? We join Flash and his crew enroute from another mission into the far north.

"Stand by, men we're going to land soon for fuel and food," stated Flash, as he peered through his windscreen. "Say," piped up his co-pilot, Capt. Keentype peeking out from his custom-fitted bone-dome, "Isn't that the Yukon River up ahead?" "Right you are, there must be an airport around here somewhere."

And sure enough, just over the horizon, appeared what was becoming a familiar sight, a pair of parallel runways situated on a bluff overlooking a peaceful-looking little village, with its neat little rows of cottages, shops and churches.

"Call the bowser, sidekick," said Flash to his trusty engineer, "whilst I peruse the scene and order us some lunch." And with that, he strode decisively into the airport lunch counter, where he confronted the menu. "What! three dollars for a tuna fish sandwich?" sput-

tered our hero in disbelief. "That's right," piped back Keentype, his specially fitted helmet still jammed on his head.

"Let's get outa here" steamed Flash as he charged back out to the tarmac. "I'd sooner eat my silk scarf than pay those prices! Stand by to fire up, sidekick, we're leaving!"

"But boss," protested the wide-eyed engineer. "I think we got two oil leaks." "Don't care," snapped back Flash, "we're going home! A man can't afford to keep body and soul together around here unless he's a millionaire or in Pay Field C!"

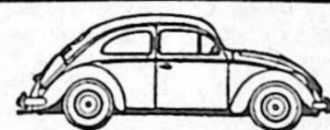
So, as they thundered through the night, their bellies rumbling from lack of nourishment, Flash's crew of stalwarts pondered their fate. "Maybe we could get an L.I.P. grant to study the effects of hamburger on in-

terant aircrew," offered the navigator, as he rummaged through his road maps for an old sandwich. "Naw," said Flash, "we'd have to submit our request in triplicate and in two languages. We could be dead by then. Anybody got a credit card?"

"I had one," reported the Jolly Jumper, sitting on his spotter's stool, nibbling at his red beret, "but the company took it back when they found out what pay field I was in. Said I was a bad risk, but they might give it back to me after October first."

And so, homeward bound flew our heroic group, their stomachs empty, but their gallant hearts filled with hope that the gnomes of Ottawa would indeed smile upon them on that fateful day.

In 1969 the Federal Forestry Branch was renamed Canadian Forestry Service.



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IF HE HITS me one more time with la regle, I'm going to quit.  
Ford photo

## BASE SUPPLY

MWO Graham (our proski type) returned to the paper mill Oct. 1 after two weeks in southern B.C. and Idaho. It seems he scouted for potential ski areas and recommends "Big White" and "Silver Star" in the Kelowna-Vernon district for fun with the snow bunnies for the white season.

WO Lightfoot returned to work after an extensive leave in the Edmonton-Grande Prairie Region, as a result of his six month tour in Viet Nam. Welcome back "Bob" and hope you will enjoy your new job as NCO 1/c of Inventory Control, etc.

Recent arrivals to the Supply Section are: Pte. Joanne Rye - Niagara Falls, Ontario; Pte. Marion Ehry - Sask. Added attractive female personnel always compliment a section.

Welcome to the Supply Section and most importantly to the Base, the more the merrier.

A few Supply employees have extended their talents into other areas. Watch for Big Wally Romanuck as bouncer at the New Mexicana and Debby Larson as Bar Maid at the Totem Lounge. Other talents of Supply employees can not be printed in this article (or any other).

We would like to bid a farewell to Wendy and Steve Laliberte. They will be leaving for Edmonton in mid October. Best of luck.

Whitehorse, Yukon Territory, has a mean winter temperature of plus 3.1 degrees; lowest recorded, minus 61.6 degrees, was in January, 1947. Mean summer temperature is 54.7 degrees; highest recorded temperature was 94 degrees in June 1969.

The results of the Supply Golf Tournament are as follows: Major Pullham Trophy - Wally Berger, R & I; 2nd - Lloyd Matthews, 3 Supply Group; 3rd - Harry Lewis, 5 Supply Group; Most Honest Golfer: Debbie Larson, Clothing Stores; Longest Drive: Ron Campbell, LPO.

Another reminder of the Christmas Supply Party to be held at the Totem Lounge on Dec. 21. This party is only held once a year so we hope to have a good turnout. Judging from the things I've been told about B.C. winters, if the lounge becomes too crowded we could always move the party (and tree) to Air Force Beach.

Incidentally, Gord Palmer has volunteered to write our next Supply column. Lots of luck Gord!

P.S. We also heard that Pte. Bev Acorn enjoyed a great vacation on the wee island in the rugged Atlantic - but was threatened with the Crow-Bar Hotel for poaching lobsters? We on the West Coast understand that one usually boils lobsters!

## Mushroom Mutterings

Not much to report from the ol' Fungus Farm, as most people are committed to search operations in the Interior. Several flying machines of Her Majesty's Woolly Blue Air Force have stopped by for tea lately, and word has it that the Messes on the base have been receiving a fair share of quids, bobs and other coins of the Empire. Jolly good, chaps; welcome to the Colonies.

Last week, the super techs of F. Troop, ably assisted by Sgt. "Boots" Boutilier and his Engineers, all in coveralls, put out a chopper inspection in jig time, with a lot of overtime. Those guys oughta form a union like the C.P. Air boys; with that big cigar, Ken Pentland would make a dandy shop steward. Machinists Union, eat your heart out. And the icing on the cake goes to Ken, and Bill Bonnell and crew, along with this caption from a photo in the Smithers "Interior News" dated September 26: "After a malfunction in the chopper's

transmission was discovered Friday, it had to be grounded until a new unit and installation crew could be flown in by Hercules from Comox. An Air-Sea Rescue spokesman said the speed of the crew in installing the transmission was "fantastic." End quote.

Last Saturday, the Mushroom Patch played host to a Canadian Coast Guard helicopter from Prince Rupert. Nice shiny bird, plush inside. English only on both sides, too. Hmnmnm, wonder what government they work for?

Question of the Week: Will Capt. Twinkle go on to fly the Hercules, or will he really return to Prince George to give song and dance lessons in a pizza parlour?

## ARCHERY RESUMES

Base toxiphilites (archers) will meet on October 16 to plan the winter season activities, the shooting stage of which is scheduled to start a week later, in the base gymnasium. Two target butts, capable of holding nine sixteen inch target faces each will be utilized.

Membership in the club is open to all personnel covered in CFAO 50-20, with junior membership set at those attending junior or senior high school. The club has a limited supply of starter equipment. Shooting nights have not yet been decided. For further details on the time and place of the meeting, please call Cpl. N. V. Blondel at local 330 or 338-5687, or Cpl. L. R. Nelson at local 346 or 338-5747 (after 6 p.m.).

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## REGIONAL COLLEGES

The Honorable E. Dailly, Minister of Education, announced today that the Provincial Government has made a commitment to provide over the next five years the necessary core facilities for every regional college in British Columbia. These facilities, funded 100 per cent from provincial funds, will include classrooms, laboratories, shops, studies, libraries, administrative offices, food services, and gymnasiums for each college where the community facilities now in existence or currently planned will not meet the needs of the college.

"For 10 years the regional colleges of B.C. have been asked to exist in temporary make-shift facilities because of the policies of the previous government," Mrs. Dailly said. "The NDP government is asking the regional colleges to expand their services to every citizen of B.C. and is prepared to provide the basic core facilities necessary for this vital expansion."

The basic facilities will be used to generate and extend the programs now servicing over 100,000 citizens who are participating in college programs. "We are currently studying ways to extend college service to every citizen of B.C. who wants it," Mrs. Dailly added. "Only 12 per cent of college enrolments are in academic areas - the rest are people upgrading their skills, catching up on missed courses, re-entering education after several years absence from formal schooling, learning vocational skills, or developing creative skills for use in leisure time," the Minister added.

The expenditures to be made to provide the necessary facilities will be announced each year in the normal way when the Provincial Budget is introduced in the House and estimates are approved by the Legislature. Detailed plans for each college will be announced as they are finalized. "Every interested person should get involved in college affairs through their local Board of School Trustees," Mrs. Dailly said. "The involvement of every concerned citizen is vital to the success of this expansion of college services."

**What's The Difference?**  
How do you tell the flowers from the weeds? The only sure way is to pull anything that's doubtful. If they come up again, they're weeds!

## THE Washday ADVICE BUREAU

### GET RID OF WRINKLES!

PERMANENT press fabrics have made a big difference in the modern housewife's weekly schedule. Monday may still be washday, but Tuesday and Wednesday are no longer ironing days. In fact, no day is ironing day because, there are very few exceptions to the no-iron rule.

Synthetics seldom need ironing, and even regular cottons seem to wrinkle less than before. This is partly due to the superior performance of modern washing and drying appliances. But you can do a lot to keep your permanent press clothes wrinkle free by careful treatment of garments and by following some simple guidelines.

"Easy-care" on permanent press and synthetic garments means exactly that. But it doesn't mean "no-care". Follow the manufacturer's instructions on hang-tags and on the new care labels. They're put there because the fabrics have been tested and found to respond best to this particular treatment.

- Some basic care rules:
1. Avoid overloading your washing machine. Heavy fabrics can crush lighter fabrics and cause stubborn wrinkles.
  2. Turn garments with pleats or creases inside-out to reduce wear at the creased edges.
  3. Wash on "warm" cycle, or on wash'n'wear or permanent press setting. Where

possible use a cold water rinse to help reduce wrinkling during the final spin cycle.

4. Avoid chlorine bleach as it can sometimes yellow permanent press fabrics and can damage some synthetic fibres. Instead add one of the bleach substitutes such as Borateem-Plus which is safe for all fabrics.
5. After washing, remove garments from washer immediately.
6. Automatic Clothes Dryer (with wash'n'wear or durable/permanent press setting): Set the dial control to this setting, which has an automatic 10-minute cool-down cycle. This cooling period fluffs up the garment and allows the resin finish in the fabric to reset to its natural permanent press shape without wrinkling. Remove items from dryer immediately after tumble-action stops. Turn garments right-side-out and place on hangers. Prepare folding items for storage. No ironing should be required.
7. Automatic Clothes Dryer (without wash'n'wear or durable/permanent press setting): Set the dial control to medium heat setting and allow at least 25 minutes drying time. Remove items from dryer immediately

after tumbling action stops - to prevent wrinkling. Turn garments right-side-out, place on hangers for cooling, and prepare folding items for storage. Little or no ironing is required.

8. If no dryer is available: Immediately upon completion of final cycle in washer, remove permanent press items, turn right-side-out, shake each item, and hang on line. Take care with clothespins to wrinkle the garment as little as possible. Many garments can be hung on clothes hangers. It is desirable to line dry in a good wind to aid fluffing the garments. Should wrinkling occur, a touch-up with an iron may be desired.

Following these steps should keep your permanent press garments looking as good as the day you bought them.

#### Sticky Question?

Airline Stewardess: "Please help yourself to the chewing gum. It will help equalize the pressure on your ears."  
First-time Passenger: "It's working! It's working! But how am I gonna get the gum out of my ears when we land?"

## MOBILE HOMES ? BARR'S Has The Selection !

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# Editorials

## THE PAY ADJUSTMENT

Many servicemen have been waiting with bated breath for October the first. That is the magic date when DND and the Treasury Board are supposed to announce, not the annual pay raise, but the annual "pay adjustment." As usual, the magic date has come and gone and the only information the anxious serviceman has is a terse announcement that "Defence Department and Treasury Board officials are NOW discussing the annual armed forces pay review and adjustments are expected to be announced in late October." The fact that the adjustments will be retroactive to October 1, 1973 is beside the point, and the point is that why can't they consider the "pay adjustment" in July or August and announce it in September.

The term "pay adjustment" appears to be one of those neat turns of phrase which serve to confuse the serviceman who is genuinely concerned about the effects of inflation on his pay package. "Pay raise" means only one thing -- to increase the pay, and it is used in the Canadian Forces Press release to describe last year's pay increase. "Pay adjustment" can mean an increase in pay, a decrease in pay or no change at all. We are fairly confident that it must mean an increase because anything less than an increase, to at least match the

rise in the cost of living, would be unthinkable.

The fact that DND and the Treasury Board must continue the discussion means either that the Treasury Board didn't accept the DND proposal or that they or DND wanted to make some further adjustments before finalizing the agreement. In any case, Totem Times cannot reason why service personnel cannot be told what pay adjustment DND is proposing.

Before 1966 it didn't seem to matter. We accepted any pay raise as a matter from heaven and considered ourselves fortunate to be in the military with steady and interesting employment. But integration, force reductions, budget restrictions, inflation, payfields, women's liberation, Francophobia and comparison with the Public Service has made every individual in the military just that -- an individual. As individuals we cannot help being influenced in our thoughts and aspirations by what goes on outside the military service. If we are to be treated as our civilian counterparts in some ways, okay. But, let our "appointed representatives" keep us informed of their recommendations for changes in our conditions of service -- especially changes in pay.

## Community Involvement

There are twenty-one schools in School District No. 71 and dependants of military personnel are enrolled in all schools except those on Denman and Hornby Islands. Out of a total student enrolment of approximately 7400, almost 2400 students or 32 per cent are dependants of military personnel. Twenty-three per cent of the students at Comox Junior Secondary School and 5 1/2 per cent of those at G. P. Vanier Senior Secondary School live in PMQ's. Yet out of six elected members of the School Board of School District No. 71, not one is connected with the military.

Property owners in the school district are only too aware of the large percentage of their property taxes that go for schools, and indirectly, those paying rent also contribute to the school taxes. But how many of you are aware that DND pays the school district over \$48 per month for each student from PMQ's enrolled in the district's schools?

Now, we believe that the members of the school board of this district are doing a good job of looking after our dependants and our taxes. If we have any complaints at all, it is with the difference in provincial educational systems, not the individual school boards. But, if almost one out of every three students attending local schools is the dependant of a member of the

military, then maybe it is time that we had some representation on the school board.

Totem Times does not advocate drawing a line and saying, these are the civilians and these are the military. We believe in a co-operative effort for the benefit of all members of the community. The involvement of service personnel in sports and recreational activities in the Comox Valley is well known and is probably far greater than their percentage of the population of this area. But, when it comes to running for office or even voting, they are normally conspicuous by their absence.

Three or four seats on the School Board in School District No. 71 are up for election in November this year. Service personnel may, with NDHQ permission, stand for election to office in a municipal corporation or other local governing body (QR & O 19.44). They must, of course, be local property owners (Voters do not have to be property owners but they must be registered.)

Totem Times would like to remind military personnel and their dependants of their civic responsibilities. Don't complain about the B.C. educational system and the local schools. Stand up and be counted -- by participating fully in your local community.

## Letters To The Editor

### Disenchanted

Dear Sir:

All the latest rumours surrounding our impending "pay adjustment" have finally driven me over the edge. Year after year we go through the same routine. The raise is supposed to be in October. Ottawa and Treasury get together and then nothing happens -- or at least as far as we know nothing happens.

And that is my point.

There can be no valid reason for not telling servicemen as a group what representation is being made on our behalf to our employers. Each citizen of this country, be he in the Armed Forces or not, has the right to assess the performance of his employer in the area of salary and employee benefits. At this juncture servicemen as a whole do not know whether to blame (or thank) our leaders in NDHQ or the government.

This is a very important fact. The serviceman who does not agree with what he gets in the way of money, pension, or fringe benefits has only two courses of action. If the lack of action is caused by the government in power, then the serviceman must have the right to register his discontent by voting for someone else. If the poor response to our requirements is the fault, in our estimation, of NDHQ then we can register our displeasure by finding other company to work for.

In my opinion the members of the Armed Forces are being denied a basic individual right. If I do not agree with the government of the day, as a serviceman I am not entitled to write letters or make speeches voicing my disagreement. I am, however, allowed to disagree. In this age of rising prices and a shrinking dollar, the area of pay and benefits becomes crucial to each member of society. If I do not know what my representatives are saying to my boss about how much money I should make,

then I cannot decide who I should complain to or get rid of.

G. B. Clark  
Captain

### NO ICE

Dear Sir:

Glacier Gardens still isn't ready for the hockey season. Why? Because the "Polar Paint" to coat the undersurface of the ice white, hasn't arrived? Why? Because of the rail strike. It certainly is convenient to be able to blame everything on the rail strike but my suggestion is that someone order the "Polar Paint" for the 74-75 season NOW. Then, even an act of God can't be blamed for delaying the hockey season.

Hockey Nut

Dear Nut:

The "Polar Paint" was ordered in August, 1972 with delivery date of August, 1973. This paint cannot be stored for any length of time because it absorbs moisture very readily.

### GOODWILL APPRECIATED

Dear Sir:

As Thanksgiving comes round once again, we at Goodwill Enterprises ask you to let us use your columns to express our appreciation to all those who have helped us to continue with our rehabilitation and training programs for the handicapped.

When we have needed aid, the pages of the Totem Times have been made freely available to us and this generosity has been invaluable. We have had so many donors of unwanted but repairable materials of all kinds through our deposit booths and pick-up services. So many have patronized our retail stores and thus provided the money essential to carry on our programs.

To all of you and those who have allowed us space for our

booths may we at Goodwill give our heartfelt thanks. Without your help we could not hope to carry on but with it the future can remain bright.

Yours thankfully,  
Alec Reid  
Community Relations Officer

### Wants More Totems

Dear Sir:

Although I understand why you decided to publish the Totem Times at three-week intervals instead of two, it is my opinion that the paper now lacks continuity. As you have gathered the largest editorial staff in the history of this paper it seems to me that you might consider returning to the two-week system of publication.

The content of the paper is good but it is becoming apparent that some news is either omitted or not submitted because of the fact that three-week-old news is a bit out-of-date.

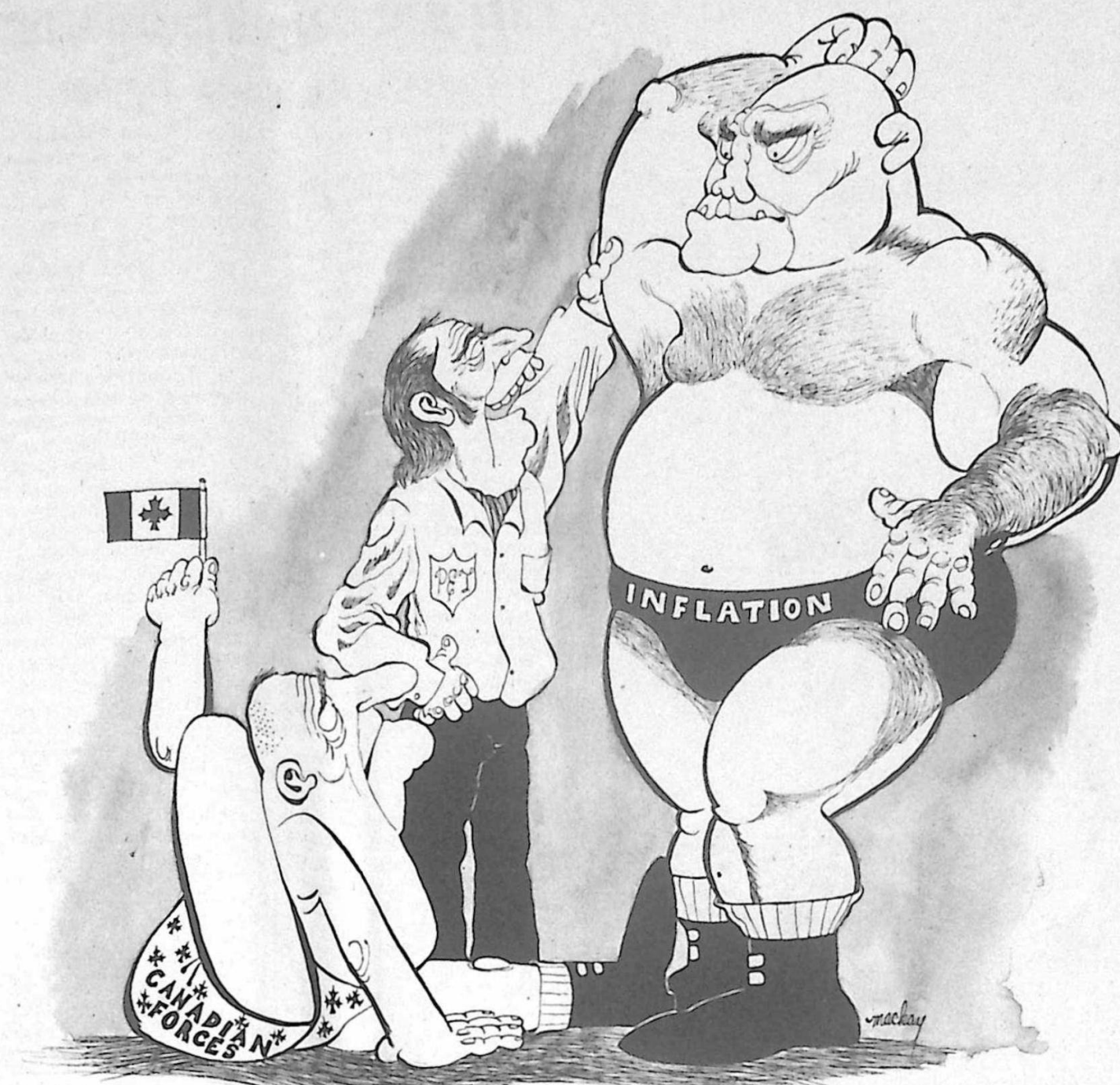
Like all community services the publication of a paper such as this is a seemingly thankless task -- but I feel that it is a service which should be designed to please those for whom it is intended. More concisely, if you are not pleasing your readers you are performing your thankless task for nothing. So why not make your excellent efforts really worthwhile and give us 26 papers per year instead of 17 plus one-third. I for one would be most appreciative.

Yours truly,  
Mrs. D.G. Middleton

Dear Mrs. Middleton:

Few people realize what it takes to put a volunteer paper like the Totem Times together. The response to our pleas for help was heartwarming but unfortunately we are all amateurs in the publishing business and initially, the new editor found that the extra work was just too much to maintain the bi-weekly issue.

True, we now have an



The Winner!

## By Sockratease

Did you know that two out of every three people who read Sockratease are overweight? It's not that this column attracts fat people, but it is a common fact that two out of every three people in North America are overweight. This boils down to a lot of fat. In fact, if we could boil it down, the excess fat carried around by the people of North America would total about two billion pounds. That would go a long way towards easing the present oil shortage.

This is a good time to discuss the problem of obesity, since Bill Keener and his muscle men over at the palace of health are about to inflict their semi-annual mile and a half torture test on us again. The extra ten or twenty (or more) pounds that we lug around the track may just be a bit too much for the old ticker.

I have a two step solution to the fat problem which, if applied faithfully, will regain for you your body beautiful.

First -- Each morning, before dressing, stand slack before a full length mirror and ask yourself if you are really proud of what you see. Is that the same trim body I had ten years ago?

Second -- Think back on the sports you used to be good at and the games you used to play -- then get out on a regular basis and play some of them. Any physical exercise is better than sitting around doing nothing and it can be a lot of fun. You'd be surprised at the number of doddering old crows hanging around the base gymnasium who still play a mean game of basketball or badminton.

If you can't make it over to the muscle mansion regularly, another excellent way to keep a trim figure is by doing three push-ups a day. That is, pushing yourself up from the table.

After solving that weighty problem, I'll move on to another problem that most of us face and which is even more expensive than eating. I'm speaking now of the high cost of housing. Never, since man moved out of the cave, has it cost so much to have a roof over his head. You can now obtain a mortgage and agree to pay for thirty years for a house which is

so poorly constructed that it will fall down in less than twenty. Even the higher quality new homes these days have musical floors and flow-through ventilation around the doors.

Yes, at this rate, man will end up back in caves and that, in essence, is the solution to the problem. Stone, after all, is an excellent building material. It is plentiful, durable, fireproof and has very good insulating qualities. It would merely require that we go to a rocky hillside, which by the way would avoid the present wasteful habit of building over good farm land, and drill out the size of home we require. Then just stick in a door and some windows and move in. With this type of home you would be sure that it would last at least until it was paid for.

This topic leads naturally on to my next problem, the loss of valuable farm lands as a result of our expanding need for more building sites. This, of course, will eventually result in food shortages right here in Canada and with prices even higher than they are now.

The B.C. Government has new legislation designed to halt the practice of chopping up good farm land for other purposes, but does nothing toward developing new farming areas which will be desperately needed in a few years.

The problem started years ago when, because of limited equipment and techniques, we were compelled to build our highways and other communication lines through the valleys. Naturally, as commerce spread outwards from these communication lines, farmland had to be swallowed.

My solution therefore is to use modern construction techniques and build highways and railways on higher non-arable land. Our towns and cities would also grow there, leaving the valleys for farming.

That's all the wisdom I have time for in this edition, but I'll see you next time if sufficient problems arise.

SOCK

editorial staff of eight, but all of them are not always available because of T.D., shift work, courses, leave, etc. To give you an idea of the work that goes into producing the paper, I submit the following typical schedule.

On the Monday, every available member of the editorial staff works four hours, after work, writing and copy editing. On Tuesday, we all spend six or seven hours, again after work, laying out the paper. Then the editor and or one of his assistants spend four hours at the printers, doing the final editing on Thursday.

Not counted in the above is the editorial and other writing which is normally done in off-duty hours, as well as the chasing around getting pictures and getting contributors to contribute something and advertisers to pay for the paper.

Your contention that some news is either omitted or not submitted is true but not really because of the three week cycle. In the first place, to call Totem Times a newspaper is wrong. We would have to publish daily to keep up with the news. We really publish history. We news, but with a fair measure of editorial comment.

Working on the paper is not

a thankless task -- far from it. But if we had to go through the aforementioned routine every two weeks it would rapidly become work and lose its appeal for those dedicated volunteers we have assembled.

The only possible way of publishing every two weeks would be to split into two teams, each working and producing a paper alternately. But, there goes your continuity, and not only that, the present volunteer staff are unanimously against it.

Editor

### Pioneer Recipes

Dear Sir:

A few years ago I received two recipe books called two weeks it would rapidly become work and lose its appeal for those dedicated volunteers we have assembled. The only possible way of publishing every two weeks would be to split into two teams, each working and producing a paper alternately. But, there goes your continuity, and not only that, the present volunteer staff are unanimously against it.

The first two recipes I would like to submit are very timely I believe since the annual hunt for CHEAP MEAT is on. These recipes will help with at least two meals and are something most people would throw away due to ignorance. In that I mean that these are the only recipes I have seen for these meats. I might add that the recipes were reproduced in the books exactly as they were handed down from generation to generation and to reprint them in the paper any other way would be doing the pioneers a great injustice.

BEAR FEET (Joe Lavoe, Nazko Indian)  
First you get bear and kill it. For to cook good to eat, cut off feet.  
Now you burn feet good in campfire till all hair is gone. Then you scrape good with knife.

Now wash in water good. Then you boil long time and good to eat when cold.  
MOOSE DELICACY (Doc Baker, pioneer)  
Take one Moose nose, singe over campfire; hold with long-handled fork to singe.

Singe until all hair is removed, then wash clean. Soak in salt and water for two hours, then boil in salted water.  
(Continued on page 12)

## MINOR BASEBALL FOLDING?

Minor Baseball is on the verge of folding!

The annual general meeting was held September 19. As usual the Executive were almost the only people attending. As publicized all have resigned.

It is the feeling of the past Minor Baseball Executive and the Recreation people that there is insufficient interest in the Valley to warrant Minor League Baseball. Consideration is being given to dropping all Baseball for 1974.

The Recreation people have asked for a stay of three weeks, at which time another meeting is anticipated. Should response remain the same, a formal announcement of cancellation will be made.

The meeting is scheduled for October 9 at 8 p.m. in the Senior Citizens Lounge (next to the fountain) in Courtenay.

Please call your local Recreation Centre i.e. C.R.A., Comox Recreational Centre, Cumberland Recreation Centre, or C.F.B., if you feel you are interested in attending a meeting to try to save Minor Baseball.

We will consider lack of response approval to cancel Baseball for 1974 and will call the meeting off.

After all they are your children.

## SUPPLEMENTARY RETIREMENT BENEFITS

The House of Commons Bill C194 introduced in the winter of 1969 was primarily a Bill to amend the Members of Parliament Retirement Allowances Act (MPRAA) (their pension) giving them a substantial increase in pensions and making it easier, time-wise, for them to obtain one, eg: a \$315.00 a month pension for six years service. This is the minimum pension. Being a parliamentary secretary, cabinet minister or any position that calls for a higher salary increases the pension.

The Bill did, however, contain a couple of parts for the CAF, RCMP and Public Service.

One part was the long awaited formula to be used to reduce our Canadian Forces Superannuation Act (CFSA) annuity at age 65 when we become eligible for the Canada Pension Plan (CPP) pension. This part of the Bill did not apply to the MP's because when the CPP act was written they made provision to STACK the CPP on their MPRAA pension. We were not asked at the time if we would like to contribute and enjoy the same increased benefits, instead our annuity will be reduced.

The other part, the SRB, applied to MPs as well as the others listed above. It provided for a 2 per cent (accumulative) cost of living increase in our CFSA annuity at age 60! Soon after the SRB was amended for the Public Service so that they received their increase at age 55 if they retired with 30 years service.

During the recent emergency sitting of the House Bill C220 was introduced and passed. It pertains to the SRB and removes the 2 per cent ceiling and advises that the annuity increases will be in line with the actual cost-of-living index increases.

It also provides that personnel will be eligible for the SRB increase at age 55 with 30

years service, age 56 with 29 years service, age 57 with 28 years service, age 58 with 27 years service and age 59 with 26 years service. All others must wait till age 60 as before. The increases also apply to widows benefits. I do not know if the increases will be on the reduced annuity at age 65 or on the original annuity.

The Bill also includes provision for an increase in SRB contributions of 0.5 per cent Jan. 1, 1977 raising total pension contributions to 7.5 per cent.

Several Members of Parliament spoke during the debate in the House on Bill C220. Many pointed out that numerous anomalies still existed between the CAF personnel's CFSA and other pension acts that also derived their monies from the Consolidated Revenue Fund. Several of these unfair practices were pointed out. Among them was that, although Bill C194 increased MP's pensions, CAF annuities remained at the same old one-fifth of pay and allowances that it was set at since its inception some 60 or so years ago. In fact when the years of service used to compute our annuity was changed to the best six from the last three our pensions were in fact REDUCED. The speakers recommended that the six year increment be substantially reduced in order to increase our annuities. It was also pointed out that MP's widows receive a 60 per cent pension. Our widows receive only 50 per cent. Its nice when you make the rules!

One explanation often foisted upon us is that, under Part 4, personnel below the rank of WO1 did not contribute and so there were no survivor benefits for those personnel. Now we enjoy survivor benefits because we contribute. But not ALL who contribute enjoy. Our Service Women cough-up but their annuity dies with them. Ah

(Continued on page 6)

## TOTEM TIMES

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## GENERAL AND NATURALIST Guests At Mess Dinner

The semi-annual mess dinner held in the Warrant Officers and Sergeants Mess last Friday was a resounding success. Highlighting the success, Tommy Tompkins, a British Columbia naturalist, were the two guests of honor.

Brigadier General Vincent gave an interesting and enjoyable after dinner talk on various aspects of his life, past, present and his personal views of the future which was met with unanimous approval. Being a Westerner himself he was delighted to renew acquaintances with people he knew when he was the Commanding Officer of 409 Squadron some years ago.

After dinner in the upper lounge Tommy Tompkins gave a brief summary of his background, and his reasons for going back to nature. He kept the audience spellbound with his story and narrations during the showing of a 20 minute film he had made of a wolf pack in northern Canada, but mainly B.C.

Most of the film was taken in temperatures of 15 to 50 degrees below zero. Often his camera would freeze up. He

followed the pack of 10 to 12 wolves for 5 months, filming their movements, their kills and their life in the dead of winter where starvation is their worst enemy.

Wolves stay in packs for survival. They select an animal from a herd and wear it down until the kill. Often wolves are killed during an attack on a large healthy animal like a moose. Tommy twice witnessed two and three wolves killed by a moose before he succumbed to the pack. Wolves make a kill every seven to 10 days and survive. They do not kill for sport as often reported by people who are not familiar with wildlife as it really is, and as Tommy Tompkins has found out by living in the wilderness following the pack. He often shared the wolves' kill of fresh meat.

Although he camped near the wolf pack, never did they try to attack him. He often approached within five or six steps of the wolves feeding on their kill without being disturbed.

Tommy has shown many films which he produced himself on the CBC feature of Klahani.

Nearly 1,000 students and other young people were employed by the B.C. Forest Service during the summer of 1972.

## BASE CREDIT UNION

For weeks and months in 1966, a few members of the RCAF got together to form the Base Credit Union. Officially the Comox Canadian Forces Credit Union came into being in May 1966.

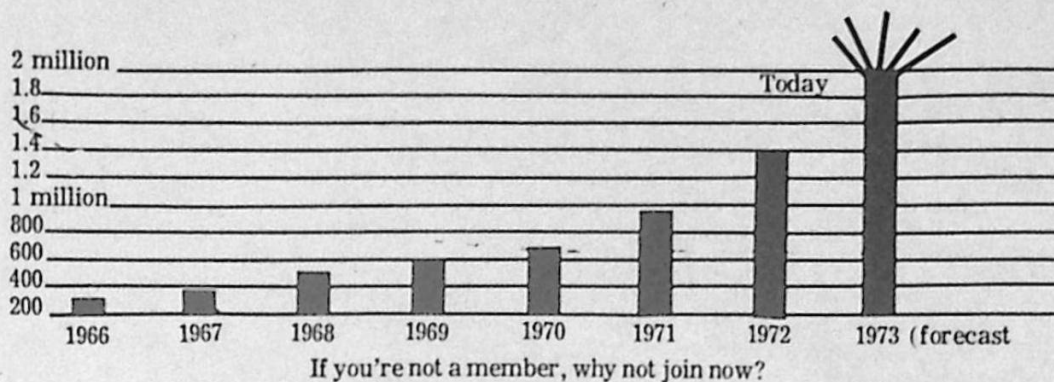
The original Board of Directors were: Gordon Kines, John Drummond, Mrs. Win Hopkins, Rick Kellow, Cliff Beamish, Sid Mason, Pete Plewes, Joe Cando, J. Van Buskirk.

Committee members were: Joe Trynchuk, Boomer Mitchell, John Sirois, Vic Samuels, Gus Cormier.

The first manager was Ed Auger.

The first Financial Report of June 30th, 1966 showed total assets of \$1,130.28. This figure now closely represents our average loan. Our first Annual Report (31st Dec., 1966) showed a total asset figure of \$41,554.81.

Our growth from 1966 to the present day is represented by the following chart:



**SUPPORT YOUR  
UNITED GOOD NEIGHBOUR  
APPEAL**



**TOMMY TOMPKINS** with Nahanni, a full grown grey wolf which he rescued from drowning in a river as a two pound pup, and reared by Tommy as a bush travelling companion. Always fed by man, the pup grew into a full size tame animal weighing over two hundred pounds and never learned to kill for survival. He is now in Hollywood being used for film making.

## Tommy Tompkins

Tommy Tompkins has been called a bushman, a naturalist, a conservationist and an outdoorsman. He is all of these.

He is also a wildlife film photographer whose love of the outdoors and desire to capture wildlife on film has taken him into remote corners of British Columbia, the Yukon and the Northwest Territories for months at a time.

He now is on assignment with MacMillan Bloedel.

He will photograph wildlife of the coastal forests of British Columbia.

At the same time, Macmillan Bloedel is sponsoring distribution of some of Tommy's film work - and, where possible, personal appearances by Tommy. The Company has undertaken this sponsorship so that British Columbians may become better acquainted with the outdoors and the province's wildlife by sharing with Tommy his outstanding film footage, his experiences and the knowledge he has acquired.

Tommy was born in Alberta and raised in the Nelson area of British Columbia. He moved to coastal B.C. in 1935 and worked for a time in the forest industry on Vancouver Island. During the Second World War he entered the Canadian Army and served in Europe. On his return home, he joined the Vancouver city police force where he rose to the rank of detective.

He served on both the drug and morality squads during 16 years with the force, after which he resigned to return to his first love - the mountains and valleys of British Columbia, the Yukon and the Northwest Territories.

Columbia, the Yukon and the Northwest Territories.

Tall, lean and strong, Tommy travels alone in the wilds. He carries his gear in one pack on his back and takes with him only food, a rifle for survival and a camera. In each of the last dozen years he has spent up to five months living among - and photographing - wild animals in natural surroundings.

He has become so knowledgeable of the outdoors that he is able to come almost within touching distance of the animals and birds and roll his film without frightening them.

His experiences have taught him much about survival in

the wilderness and these he has shared with many audiences - school classes, fish and wildlife organizations, outdoors groups and national television audiences in Canada and the United States. His latest success was a nationally-televised production in the United States called "Bighorn."

Tommy's home now is in the Greater Vancouver area - but his love still is the great outdoors of British Columbia.

Consider the wonders of the human brain. It works from the moment you are born and never stops until you get up to speak in public.

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## CFB COMOX

## Officers' Wives Club

OCTOBER 17, 1973

WEDNESDAY, 8:00 P.M.

In The Lounge Of  
The Officers' Mess

Big Handicrafts Display

— SEE YOU THERE —

— COME OUT AND MEET THE GIRLS —

# THE SUPER-VALU PROMISE

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Price is a very important consideration when you're shopping. You know it. And Super-Valu knows it. And we're doing something about it.

Each week, over and above our regular weekly specials we're offering you many Super-Buys. Sometimes as many as 200. Super-Buys are items where a special manufacturer's discount has been passed on to you, the consumer. At really super savings.

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**SUPER-VALU**

More than the value is super.





THE CHAMPIONSHIP FLIGHT of the recent CFB Comox Golf Club Championships  
McKeen photo

## Glacier Greens Golf News

The big winners last Saturday in the club Championship were: Men's — Mel Falhaber; Ladies — Barb Carter.

Runners up in the Men's event were: Championship flight: 2nd low gross — Berger; 1st low net — Sleight; First Flight: 1st low gross — Lewis; 2nd low gross — Carter; 1st low net — Matthews.

Second Flight: 1st low gross — Galigan; 2nd low gross — Totten; 1st low net — Chequis. Closing out the season are: Col. Lett Tournament Saturday Oct. 6.; Mr. and

Mrs. (Ms) outing Sunday, Oct.

14. In addition to this, the Ladies are sponsoring a dance at the Totem Lounge on Friday Oct. 19.

Although the fine golf weather is drawing to a close, bar facilities at golf club house will remain open on weekends until the end of October. Parties can be arranged through the off season with prior notification. Thanks to everyone who supported our golf club this year and a welcome to new members for our next season.

## Home Safety Guide

OTTAWA (CFP) — The development of safe habits and attitudes begins in the home. Learning to eliminate hazards in the home and doing things the safe way will encourage safety consciousness at work, driving a car or while participating in other activities.

**HOW SAFE IS YOUR HOME?** Assign a "Safety Committee" for your home to make a weekly check list of possible hazards — slippery throw rugs, toys on the floor, doors and drawers usually left open and poisons in medicine cabinet.

Hold regular drills so everyone will know exactly what to do in case of fire.

Prevent fires by frequent inspections — remove trash or oily rags from basement and garage, repair unsafe electrical wiring.

Keep proper equipment on hand for any emergency; flashlight, fire extinguisher, first-aid kit.

Get family up early for work or school so that they can take their time. Don't go dashing for the bus.

**HOME HAZARD HUNTING** Living Room

Do your small rugs slip, slide or crumple? are they all securely skid-proofed?

Are all electrical cords in good condition? (Good condition means no frayed parts, etc).

Are all electrical outlets in good condition?

Have you any extension cords trailing across the floor where someone could catch a foot in them and fall?

If you have a fireplace, is it properly screened? Is furniture placed so that it does not block normal walking areas or exits?

**Bedroom** Does anyone in your family frequently leave open drawers, or cupboard doors which can cause painful bumps and bruises?

Does anyone in your house ever smoke in bed? Are all medicines and pills kept out of the reach of children — not left on bedside table or dresser? Are bedside lights within reach of bed?

**Kitchen** Are pots and pans always placed so that the handles are parallel with the front of the stove or do your pot handles sometimes protrude? Are insecticides, household cleaners, disinfectants, kept in a closet separate from food and out of reach of children?

If water, food or grease spills on the floor, do you immediately wipe up? Do you know that water should not be poured on a grease fire?

Do you attempt to pry the lid from a can or jar with a knife? Do you shield yourself from hot steam when removing covers from hot pans by lifting the far side first?

Do you use two or more electrical appliances on the same circuit before determining whether the wires have the capacity to carry the current required?



CFB COMOX Golf Club Champions. Men's champion — Mel Falhaber and Ladies' Champion — Barbara Carter.  
McKeen photo

## Weather Resume

### OCTOBER

RESUME OF WEATHER  
AT CFB COMOX  
From 1945 - 1972

#### TEMPERATURES

Maximum temperature on record 72 F (2nd 1952)  
Minimum temperature on record 26 F (19th, 1949 and 28th 1971)  
Mean temperature for month 48.1 F  
Mean maximum temperature for month 54.8 F  
Mean minimum temperature for month 41.4 F

#### RAINFALL

Average monthly total 5.06"  
Greatest monthly total 10.66" (21 days 1950)  
Lowest monthly total 0.74" (4 days 1952)  
Heaviest rainfall in one day 2.34" (19th 1956)  
Average number of days with rain (.01" or more) 15.5 days

**SNOWFALL** — A trace of snow was recorded once in 1957.

**THUNDERSTORMS** — Reported 5 times in 5 of the past 28 years.

**HAIL** — Reported 3 times in 3 of the past 28 years.

**FOG** — With visibilities ½ mile or less, reported 123 times in 27 of the past 28 years. 28 year average, 4.4 reports.

**WINDS** — For the ten year period 1954 to 1963, wind speeds of more than 18 mph averaged 67.6 hours (9.1 per cent), out of a monthly total of 744 hours. Of this total, 66.4 hours (8.9 per cent), were from the SE quadrant.

## Hazardous products

The hazardous products division of the Canadian Consumer and Corporate Affairs Department advises that three brands of Spray Adhesives are potentially hazardous on a medical basis and are therefore removed from the Canadian market 31 Aug. 73. They are:

"Krylon" spray adhesive — produced by the Borden Chemical Co.

"Scotch Brand Sprayment" adhesive and "Spray Adhesive 77" produced by the 3M Co.

Exposure to the vapours or fumes of spray adhesives, especially in poorly ventilated areas, may lead to fragmentation of chromosomes and possible birth defects.

All personnel are warned that these particular products are not to be used and that other spray adhesives should only be used in well-ventilated areas.

## YOU And The Law

### BY THE JUDGE CO-SIGNING NOTES

About three times a month, a Serviceman comes to the office and tells me he is being hounded by a finance company because he co-signed a loan for a friend. The Serviceman cannot understand why they are not chasing the borrowers, and why they are trying to make him pay the whole balance.

Finance companies are in the business of making money and are not overly interested in loaning to people they do not think will pay them back; thus, they often want a co-signor. Co-signors might be

barrack block buddies, neighbors, boyfriends, recruit camp acquaintances, or drinking buddies, and they are usually soft touches.

If you are asked to co-sign, regardless of what the borrower or the finance company says, you can be sure that the finance company doubts the ability of the borrower to repay them. If the finance company expert feels

this way, why do our Servicemen ignore this opinion and blithely sign away thousands of dollars every month. REMEMBER, if you co-sign, you are responsible — not for half the loan plus interest, but the whole thing if they cannot collect from the borrower. Often, the borrower makes three or four payments and then leaves the Service; or you or the borrower are posted. From a practical point of view, the finance company will chase the man they think they can collect from and if they cannot find the borrower, or do not try too hard, they will go after you.

This is not an attack on finance companies, as they operate quite within the law. Also, I am not suggesting that Servicemen should never co-sign notes. I do suggest, however, that if you are considering co-signing a note:

a. examine the borrower's income and debts; b. determine, if you can, if he is planning to leave the Forces or may be released; c. find out

what the loan is for; d. get a detailed explanation from the finance company as to your liability and their reason for insisting on a co-signor and e. be certain you can afford to make the payments.

Finally, be extremely careful about co-signing for anyone under 19, as the borrower probably has no legal liability at all to repay the loan.

## Supplementary Benefits

(Continued from page 4)

yes, it's pointed out, but they contribute at a reduced rate. This is an anomaly I'm sure will be rectified. Especially if our female troops make it known loud and clear that they'll contribute the same as us — for the same benefits. The speakers recommended this change should also be instituted.

J. W. Brown, CWO

# 5<sup>th</sup>

# ANNIVERSARY SALE CONTINUES

**AUTHORIZED  
PATRONS ONLY**

**OCTOBER 1 to 6**

## DOOR CRASHERS

FRIDAY

EX  
INSTANT COFFEE

6 OZ **55¢**

SATURDAY

HEAD & SHOULDERS  
SHAMPOO

**55¢**

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# DOLLARS AND SENSE



M.CPL. SMEETON playing with some more of the good stuff. Have you noticed coin of the realm is now not only looking like monopoly money but spending like Ford photo

## Signed a Lease Lately

OTTAWA (CFP) — Find today's living on the economy is expensive?

Not reading the fine print in leases can further add to financial woes.

Servicemen should ensure that subletting and lease-breaking clauses are included in their leases.

Remember, if you're transferred the Department of National Defence will pay one month's rent to cancel the lease if this is necessary.

When signing a lease find out what you're getting. In some instances it has been found the landlord promised free hot water but neglected to tell the tenant he must pay the heating costs.

If the premises require redecorating - get the landlord's promise to do same in writing. A verbal agreement is not binding.

If a lease is not readily understood seek legal advice through your commanding officer or your nearest JAG.

## 'TIS THE SEASON TO BE JOLLY

OTTAWA (CFP) — Soon it will be that lovely time of year again — Christmas carols, colored lights, good cheer and all that.

Servicemen, like their civilian counterparts, will be out in full force, buying gifts for loved ones. And that's the way it should be.

But if they are anything like Dapper Dan, somewhat uncertain about the right size to get, some of their gifts might have to be exchanged.

### CHECK FIRST

So, take a tip from an old hand at returning goods. Find out the policy of the store before you actually buy the gift in the first place.

Remember, when you buy something, you make a contract. There are always two parties to any contract — the seller and you, the buyer.

If you, the buyer, want your money back or a credit, you are asking the seller to cancel

the contract. The seller, of course, has the right to decide whether or not he'll do so.

The Better Business Bureau of Mainland, B.C., suggests you should become familiar with store policies:

1. Some consider all sales final. They won't refund or give credit slips.

2. Others refuse to refund in cash but give a credit slip which may be applied on the purchase of other merchandise.

3. Some stores regard refunds a "privilege" they extend their customers, not an obligation. If you abuse the privilege by needless return of merchandise you add "tremendously" to the cost of doing business, thus penalizing all customers.

### WATCH OUT

Take another tip from your paper. Watch the credit buying at this or any time of the year.

## Purchasing a Set of Encyclopedias

OTTAWA (CFP) — The review of encyclopedias by Canadian Forces Press was extremely informative and, from a rating viewpoint, top drawer.

This type of purchase I agree can be quite worthwhile, but a few words of caution are no less appropriate.

Canada's front doors remain the happy hunting grounds for the small-time, independent swindler. So, in the battle of YOUR buck, keep your resistance up.

First, make sure you check the credentials of everyone

who claims to represent a certain company. If you have any doubts, call that organization before letting the so-called representative into your home.

Once you are satisfied that you are dealing with a bona fide sales representative of a reputable company, don't be stampeded into buying a set of books based on a glowing description of red and white leather binding. You should concern yourself with the content, not so much the outside wrapping.

Second, if you haven't the cash for the books, pay close

attention to the contract offered by the salesman. If the interest charges sound too high, shop around for the best credit bargain you might be much better off borrowing from a credit union or bank at lower interest charges.

Finally, you are the only one who should decide the actual timing of your purchase. Don't buy the books for your son or daughter at the tender age of six months. By the time they are able to make good use of the books, as the CFP review warned, the set is out of date.

## Buying a Freezer

OTTAWA (CFP) — Freezing foods for consumption at a later date can provide both economical and succulent eating.

Who doesn't like sweet juicy corn or fresh strawberries in January?

You can have it too - with a

## May All Co-Signers Be Lucky

OTTAWA (CFP) — Avoid, at all costs, co-signing a loan for a friend, serviceman or civilian.

More times than not he isn't a friend if he puts you on for your signature.

He may have the best intentions in the world but many things, like sickness or marital difficulties could prevent him from repaying the loan, on the finance company's terms.

That's where you come in, Mr. Co-signer.

You're the finance company's collection agent.

brand name freezer bought separately from a reputable appliance dealer for anywhere from \$200 to \$300.

But you're better off without food-freezer plans so prevalent in our society today.

Whichever way you look at

Whether you pay or get the loot from him, they could care less — it's merely an expedient and economical method for the finance company not to have to worry about the payments.

Suppose you do get caught in a co-signing deal. The finance company might suggest you sign a chattel mortgage giving them the title to your furniture or other material belongings. This means long payment plans at atrocious interest rates - 25 per cent and up.

## FLASH!

OTTAWA (CFP) — If your credit card is lost or stolen you can wind up with bills for thousands of dollars within a couple of days.

Changing Times, the Kiplinger Magazine, suggests you keep credit cards close at hand. Don't leave them lying around any more than you would ten-dollar bills.

Check often to make sure you've still got 'em all. Destroy those you don't want, or need. When you make a buy, make sure you get your card back.

Keep a record of all numbers and issuers of your cards. It makes it easier to notify them in case of loss, along with the where, when, why and how.

Report any loss immediately to the issuer by wire even if you lose a card over a weekend. By Monday morning you might be liable for a huge bill. All credit card companies require written notification of loss. Until you do notify of loss and sometimes for 24 hours, after, you are responsible.

it the freezer you buy through a provisioner could be three times the going price on the open market.

Sure you'll be furnished with a food order four times a year which is very convenient. You merely submit a list and have it delivered to your door. Great, except that you still must buy bread, milk and additional staples, and you won't always be guaranteed the brand you have requested.

Freezer advertisers point out their product can be operated for pennies a day. Authoritative sources, for example, the Canadian Consumer magazine, warn that freezer depreciation, maintenance and repairs and spoilage and deterioration of foods can amount to \$125 or more annually. This can add more than 12 cents per pound on a 12-cubic foot freezer.

Couple this with the fact that 15 per cent of a side of beef is wastage - fat, bones - plus you will end up with far more brisket and hamburger than sirloin.

The solution, therefore, is to buy inexpensive cuts of meat when the price is right and stock fresh vegetables in season to freeze in a machine you have bought separately.

### BUY STOCK YOUR OWN

Believe, it or not, there are plans in several regions of Canada, which involves a membership fee when a person already owns his own freezer. It is best to buy your own and stock your own without getting involved with any finance charges offered by so-called food counsellors.

## Retirement Benefits

Do you know what retirement benefits you qualify for?

Do you understand the application of the CFSA, Supplementary Benefits Act, Canada Pension Plan or the effect of income tax, UIC etc. on your retirement income and or severance pay?

Have you opened QR & O Volume 3 and discovered those hundreds of pages of fine print that describe your entitlements when you leave the forces and those of your widow and or children should you die while on duty or after retirement?

Have you been faced with a formula that looks like this: .007 x number of years and days of pensionable service x AMPE-50 equals Reduction to CFSA Annuity at age 65?

Do you know that it applies to you?

The Canadian Forces has not established Comptrollers, Administrators or their staff to advise each and every serviceman on the situations noted above. They have however made the reading material available and if one has sufficient training or natural ability to understand the legal jargon and are capable of doing computations he will no doubt approach retirement day confident of his financial status and that of his family.

If, like most, he recognizes that orders are written to cover a myriad of situations, only a few of which apply to his particular case, he will probably stand confused, perplexed and may even have adopted a "let's just wait and see" attitude toward retirement benefits.

This attitude is not designed to provide service personnel peace of mind nor will it enable them to plan their future while accurately assessing their requirement for extra income. The Base Comptroller is well aware of the problems faced by many retiring military personnel and he is willing to provide assistance, where he can.

Naturally, he does not have the establishment to appoint an NCO or officer to carry out these duties full time, but the Base Comptroller is willing to personally assist individuals, within one or two years of retirement, who need assistance. This type of financial advice could include a rough estimation of your pension, severance pay, the SRB, Unemployment insurance, etc. and their effect on your income tax in your last year of service.

Please don't burden the BCompt. unnecessarily because he will be doing most of it on his own time and what time he does devote to giving this advice should be where it will do the most good. If you are in your last year or two and don't know how to interpret all the "mumbo-jumbo" call local 205 and make an appointment with BCompt for a "rap" session.

## Moving in a Hurry

OTTAWA (CFP) — Transferred?

Own a reasonably new car which would prove troublesome and uneconomical to move to an overseas post?

Thinking of placing it with an automobile dealer and accepting a credit note for future redemption?

Don't — unless you like gambling a little.

Take the story of Sgt. Jim Baxter when he was at Base Petawawa, for example. At that time he was married with two children, one dog and a good looking car.

Because of the exigencies of the service, and it does sometimes happen that people are moved on very short notice, he found himself headed overseas.

He wanted the family to travel intact so decided to sell

his car quickly rather than take it with him.

Unable to sell it privately he placed it with a dealer and accepted a credit note for "X" number of dollars.

Sounds reasonable enough, except that not everyone plays cricket, including some car dealers.

Anyway, when he returned to Canada and bought another car the dealer holding the note held him up for almost a hundred dollars more than he could have bought the same car for any other agency.

So, stay away from the credit note game — it not only obligates you to deal with that particular company but can also be expensive.



PTE. CORRIVEAU and Sgt. Fletcher with some of the stuff this page is about. Rumour has it that after a while it's like counting beans. Ford photo

## SISIP MIGHT BE A GOOD BUY — IF YOU STAY IN

OTTAWA (CFP) — My experience suggests Servicemen are no hell when it comes to insurance. Either they haven't enough or its not the right kind, generally speaking.

Let's look at a new plan for Servicemen designed by Servicemen — the Servicemen's Income Security Insurance Plan, SISIP. It meets needs of everyone in uniform, particularly the young married fellow who has less than 10 years in.

The most dramatic facet of SISIP bears on the untimely death of the Serviceman. CFHQ reckons no less than 85 per cent of deaths in the Forces are not on-duty incidents.

### ENTER SISIP

Let's leave civvy street insurance out of it for the moment and suppose that a Serviceman has taken out SISIP.

If he is killed while not on duty with less than 10 years of Service, his widow won't get a military pension but only the return of his contributions to it. The Canada-Pension plan for her might be only \$65.85 a month. But the SISIP umbrella raises her monthly income to half the pay her husband drew at date of death. Depending on the number of children this can

expand to three-quarters of his pay at death.

Supposing he had been serving for more than 10 years but less than 20. The modest military pension on top of the Canada-Quebec pension won't be enough. SISIP brings income up to half pay or better.

If the Serviceman has more than 20 years in and is 40 years old or more, SISIP still provides that extra bit of coverage that can't be ignored, at the price.

Now, let's bring civvy street insurance back into the picture again. If you are middle aged and close to retirement, presumably you have some civvy insurance. With SISIP now in our midst, you middle aged Servicemen should sit down and sort things out for a little while. Take a hard look at the "umbrella" of security you've planned for the wife and children. The almighty buck has shrunk at a dismaying rate in recent years. Chances are your umbrella isn't shrink-proof either. SISIP's several facets may well be just the measures you can afford that will provide adequate shade for your family once again. Only you middle-aged Servicemen, as individuals, have the answers. Meanwhile SISIP is available.

And have you thought of the disability factor. SISIP has.

## Got a Charge Card

OTTAWA (CFP) — "Charge it, please".

A familiar expression today and very convenient too, to be able to buy something now and pay for it at the end of the month.

But failing to pay the account in full each month adds an automatic 1½ per cent interest to the unpaid balance and gives you a revolving budget.

That's 18 per cent per annum and means you're paying interest on the small article, like toothpaste.

Once out of the charge account frying pan and into the revolving budget fire you're headed for that old bugaboo — impulse buying.

### HOOKED

That's when you casually stroll down the store aisles and pick up those little things which catch your fancy but you wouldn't ordinarily buy if you were paying cash or had to pay them off by the end of the month.

Revolving budgets can wreck family finances because when the house-keeping money beats the month to the finish line, out comes the charge plate. This means you are spending more than you can afford.

## B.C. AND YUKON— YOUR POSTAL CODE IS HERE. AND IT'S BEAUTIFUL.

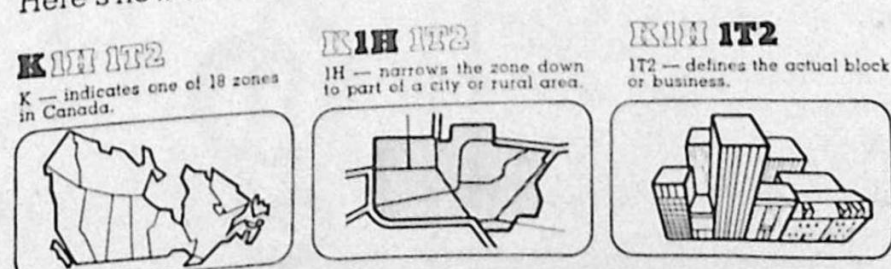
It's beautiful because it works. It gets you your mail faster than before because now a very fancy computer looks at a combination of numbers and letters and aims it right to your door.

It's beautiful because you can make funny memory rhymes with the Postal Code of your friends (how about this Ottawa code, for example: Ken once had one thought twice — for K1H 1T2?). Or songs. Or whatever.

And it's beautiful because it'll be good until at least 2001 without changes, unlike some we looked at in other countries.

We have sent you a kit containing your Postal Code, explanations, a postage paid address card and Postal Code stickers. In case you haven't received it, please write to your Post Office on a special card that will be sent to you. And when your friends start using your code, and you use theirs, everybody will communicate more easily.

And that's beautiful. Here's how the Postal Code works. Take K1H 1T2 for example.



Canada Post. We're working to make it work better.

Canada Post Postes Canada





MASTER CORPORAL ENGLISH receives a community services award from the Base Commander, M. Cpl. English received the award for his contributions while based at CFS Holberg.

## At Least Cut Down

What are the risks of smoking?

The risks are a five to 40 times increase in squamous cell (the most common type) cancers of respiratory tract, including lip, tongue, throat, vocal cords and lungs and of the esophagus.

The second major risk is emphysema and bronchitis which wipe out your wind somewhere between ages 45 and 65.

A "smoker's" cough means chronic bronchitis and emphysema is usually not many years away.

Worse, a chronic cigarette cough masks the early clues that a still-treatable cancer is present.

The third risk is increased complications from infectious respiratory tract diseases.

Colds go into the sinuses and lungs of smokers. They get pneumonia whereas the non-irritated healthy bronchial tubes can clear themselves.

Even 18-20-year-old smoking student nurses lose twice as much duty time as non-smokers. In one large population study, the death rate from 'flu was four times higher and from tuberculosis 10 times higher.

A fourth area is increased cardiovascular deaths, particularly sudden deaths.

Some 600,000 die yearly from heart attacks and about one-half of these before reaching hospital. Survival in heart attacks is clearly several-fold better in the non-smoker.

Smokers who developed gradual occlusion from hardening of their blood vessels to their legs have

higher amputations and skin ulceration rates than non-smokers with similar problems.

Among 20 women with gastric ulcers, 19 were moderate to heavy smokers and the 20th was on high dose aspirin. It has been found that cigarettes reduce the pancreatic secretion of bicarbonate (baking soda).

One study demonstrated a definite association between skin wrinkling and smoking. This should be enough to motivate conscientious women to cease to create.

Wilford Hall held an intensive six-hour "smokers anonymous" session with psychiatrists, pathologists, surgeons and the works. Out of some 60 who stopped after the session, only 15 per cent were still off the weed one year later.

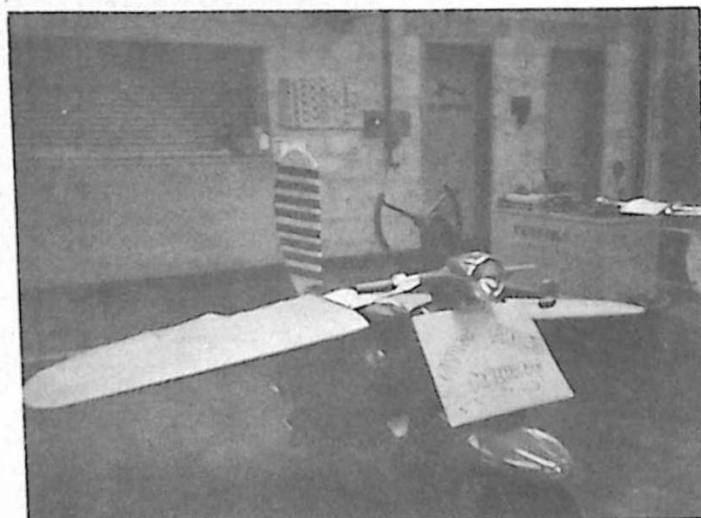
Obviously we need to offer some help to the poor guy who relapses or can't stop. But what? Try switching brands.

The difference between a low tar, low nicotine cigarette and an average cigarette is five to one.

You can smoke 20 low tar and nicotine cigarettes for four average cigarettes. Don't let advertising fool you. Many of the highly advertised low-tar, low nicotine brands give you only a two to one advantage and you can double this by going to the lowest brands.

It is hard to go from 20 to four cigarettes, but switching to one of the two or three very low tar-low nicotine brands does just this.

So the motto should be: "If you can't stop, switch."



BAMEO's new flying trainer being readied for operational testing by GSE personnel. WO Wally Messer has been promised the first two lessons free pending the successful test flights by Flying Phil himself. (This could be the start of something big -- maybe a suggestion award for a new economy trainer. Ed.)

## PAY LESS INCOME TAX

We will show you how your "employer" (the government) lets you save money that you would otherwise pay them in taxes.

Write us today for details  
OUR REPRESENTATIVE,  
**GARRY W. SMITH**  
CAPT. (RET'D)

will be in Comox to personally answer your questions in the next few weeks.

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Please, rush without obligation full details on how to lower my income tax.

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PHONE \_\_\_\_\_

## Discrimination

Webster's dictionary defines "discrimination" as "making or perceiving differences and distinctions; a showing of personal favoritism in treatment." It's a personal characteristic that can invoke a sense of pride. It's acceptable, the military has done it for years — NCO's messes and officers' messes. Each of us show "personal favoritism in treatment" among the people we call our close friends.

So what's all the fuss about discrimination? Well, when things like race, sex, religion or national origin become a basis for making differences or "personal favoritism" then discrimination is not acceptable. Not now. Not ever.

The wrong kind of discrimination exists in two forms — obvious and overt. We don't see much obvious discrimination today. Laws have taken care of that. Those laws have also tried to erase the overt or subtle discrimination. They have been successful to a certain degree.

All of us discriminate unknowingly. We say and do things without thinking. If we would look at everyone as a person and know them as a person, then, and only then, can we make an intelligent "distinction."

Don't judge a person just because they are different from you. It would be a very dull world if we were all exactly alike.

Different isn't wrong. It's just — different.

## Chapel Chimes

R.C. CHAPEL  
Father J. A. Borg — Base Chaplain (RC) Telephone No. 339-2211 Loc. 274

MASSSES: 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 request.

Friday 10:00 a.m. in the Chapel

On other days Father Borg will celebrate Mass on request.

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

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

**CATECHISM CLASSES:** Every Wednesday in the PMQ School from 6:30 to 7:30 p.m.

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

**PARISH COUNCIL-CHAPEL COMMITTEE:** The regular meeting of the Parish Council-Chapel Committee will take place on Wednesday, 24 October, 1973 at 1:30 p.m. in the Parish Hall. Elections will be held during this meeting. All members of the Parish Council are urged to attend. Any parishioners who wish to attend are also welcome and may have a say in all Parish activities.

**CONFIRMATION:** We are now pleased to inform you that Bishop F. J. Spence, Auxiliary to the Military Vicar will be here with us to administer the Sacrament of Confirmation on Sunday the 28th of October. Please return the forms handed out at Catechism Classes this coming Sunday, October 5th. Please do not forget your child's Certificate of Baptism.

**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. Holy Communion: Last Sunday each month following morning worship.

Junior Choir: 6:00 p.m. every Thursday.

Senior Choir: 8:00 p.m. every Thursday.

Ladies Guild: 8:00 p.m. third Tuesday of each month.

Sunday School: 0930 - 1030 a.m. in the Chapel - ages 3 - 15 years.



## New DG Information

OTTAWA — A new director-general information for the defence department has been named by defence minister James Richardson. He is 48-year-old Colonel Lloyd C. (Mo) Morrison of Ottawa and Deloraine, Man., who has been promoted to the rank of brigadier-general. He was the former director of information services for the Canadian Forces.

Gen. Morrison, a Second World War bomber pilot, takes over his new post Sept. 30. He succeeds Louis A. Bourgeois of Ottawa, who is leaving the defence department to accept a position outside the Public Service.

A veteran of 15 years in the defence information field, Gen. Morrison has held posts in Ottawa, Toronto and Colorado Springs, Colo. He also led Canada's press element in Vietnam for the first part of Canada's participation in the truce supervisory organization earlier this year.

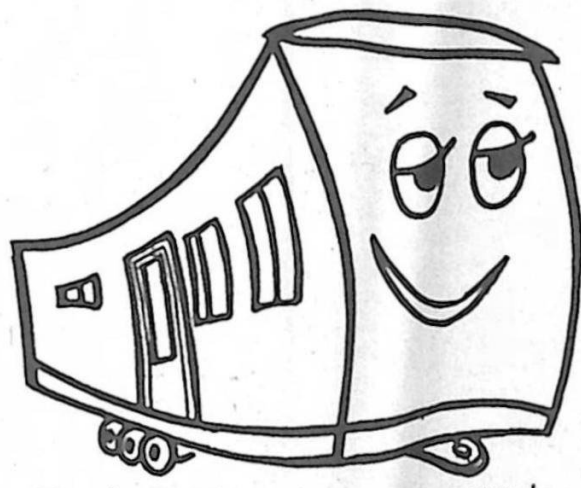
The new director-general information, a veteran of 29 years service, flew Lancaster bombers with an RAF squadron based in Lincolnshire until the end of the war. He left the air force to attend the University of Manitoba in 1945, rejoining the RCAF in 1948.

Since then he has flown with a search and rescue squadron in British Columbia, the defence research establishment at Suffield, Alta., and the former Canadian Joint Air Training Centre, Rivers, Man.

He entered the information services field in 1958, becoming director of information services in 1971.

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### MOUNTAIN VIEW

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### SEA VIEW LOT

Nicely treed - easy access to beach - oysters and clams galore - VLA sized - city water - only \$6,500. Call Charlotte Willis for details, 338-8962.

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Lovely 4-bedroom home - with full basement - separate garage - good sized lot with mountain view. Can be purchased with \$1,400 down. Contact Jo Robinson for more information, 339-3301.

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Heavy old type bannister leads to 4th bedroom upstairs, plate rails in living room, and adjoining dining room. Large kitchen with dining area. Fireplaces and carpeting must be seen. Call Veronica Parker for appointment to view, 334-3704.

### BUILDING LOTS

Robert Llaing Drive, Meadowbrook, 3 view lots on Laurel Drive, 1/2 acre lot in Craigdarroch. Contact Dave Paterson, 334-4581.

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MINSTREL ISLAND wharf on Knight Inlet

Foster photo



FISHING TOMMY COD on Minstrel Island

Foster photo

## Comox Valley's First Dog Show

At last, after two years' planning and over six months' work, the Comox Valley Obedience and Kennel Club will present this area's first and second annual Championship Dog Shows - October 23 and 24.

This club is the only dog club recognized by the Canadian Kennel Club north of Nanaimo and Alberni. In order to be allowed to sponsor a Championship Show, a club must be sanctioned by the C.K.C. and prove its ability by successfully organizing Sanction (Puppy) Matches first. In Canada, only the Canadian Kennel Club may award official titles for dogs.

For those who have never seen a dog show, I will try to explain what they're all about, why we're crazy enough to go to all the work involved, and what you can see at a show.

Kennel Clubs are devoted to the promotion of purebred dogs. There are over 100 recognized breeds, and under "The Livestock Act of Canada" no dog is purebred if it is not registered. Under this act, the C.K.C. administers the registration of all dogs in Canada. There is a written description for each breed, which is called "The Standard." It gives a word picture of the perfect specimen for each breed of dog. The purpose in breeding purebred dogs is to produce a better specimen each time until you produce the "perfect" dog, according to the "Standard."

Championship shows are where dogs are judged for their closeness to perfection, or how nearly they conform to the "Standard." Therefore this is the conformation judging. Naturally, the perfect dog has never been bred, but if you have a Champion, he is reasonably close. Because of this, Championship Shows, where your dog can win points

toward the title of "Champion" are the showcases for breeders.

To earn a title in Canada, a dog must win 10 points, under at least 3 judges, and defeat other dogs in competition. A title is very rarely won in three shows, since the highest number of points to be earned at a show is five, and actually depends on the number of other dogs entered in your breed or group. When you have qualified, the C.K.C. awards a "Certificate of Championship." Then your dog, Sam, can sign himself Ch. Sam.

First, the dogs are judged in their own breeds, starting with the "Open" (non-Champions) Males first, until the winning male is chosen. Then Females. The winning Male and Female then compete for "Best of Winners." This dog then competes with any champions entered in that breed (Called "Specials") for "Best of Breed." Then all "Best of Breed" winners compete in their Group for "Best in Group." Dogs are divided into six groups according to their purpose - i.e. Sporting, toys, etc.

The Six Groups winners then compete for "Best In Show" the greatest honor of all! Also, at Breed, Group, and Show level, the Best Canadian-Bred Adult and Puppy are chosen. These awards honor Canadian breeders for their efforts.

When you attend a show, it is worth your while to buy a catalogue. It contains the name of every dog entered and his number, so you can find him in the ring. It tells you the ring and time for judging the breeds you wish to see. Point Scale Ratings and a breakdown of which dogs are in which Groups are always included. If you have difficulties or questions, club officials wearing badges will

be circulating and they will happily answer your questions.

On Tuesday, Oct. 23 Breed judging will start at 0900 and go through the day, with Group and Best In Show in the evening - ending about 2000 hours. Wednesday, Breeds and Groups will be judged together, and Best In Show will be in the late afternoon, allowing an early close to the show.

Why do we show? To have our dogs judged by trained judges, to confirm our own opinions of their worth, and to prove they can produce better dogs in our breeding programs. Apart from the thrill of winning, and owning a Champion, that is!

At our local show we are expecting between 4-500 dogs and already have entries from Ontario, Whitehorse, Michigan, California, etc. Some of the Top Winning Dogs In Canada are coming. Why not come down and see all the breeds you've only heard about, and some I'll bet you haven't. The show is at the C.R.A. October 23 and 24, all day. Admission is only 50 cents. Make a notation on your calendar now.

### Memorial Cairn DAK 930

At 2220 hours, 17 September 1973, a dedication ceremony conducted by Rev. J. Orniston, NRHQ Protestant Padre, was held at position 69 degrees 15 minutes 45 seconds north 123 degrees 24 minutes 30 seconds West to dedicate the cairn built in memory of the crew of Dak 930.

440 Sqn. Det. Yellowknife with the able assistance of CWO J. K. Ritchie (SOME-2 NRHQ) and Sgt. J. A. Montgomery (CFB Comox) built the cairn in just over two days. The cairn is located on a gravel ridge approximately 150 yards east of the wreckage and overlooks the "Second Creek" valley.

### CFB COMOX

## Senior NCO's Wives' Club

Tuesday, Oct. 9 - 8:30 p.m.

W.O. & Sgt's. Mess Lounge

NEW MEMBERS WELCOME

## UTOPIA — SUMMER 73

By JO ANN FOSTER  
There's much to be said in favour of camping, but until you have had the pleasure of "Boat Camping" in the waters along this magnificent British Columbia coast - you haven't lived!!

This is the first of two articles on a boating excursion in northern B.C. waters.

**OUTWARD BOUND**  
It all started in early spring when we talked to some boaters who had travelled the beautiful waterways up around the northern end of Vancouver Island. Seemingly we were really missing out on some indescribable pleasure; so with womanly curiosity and the lure of big salmon, I began to ready myself for a "boat camping" trip as far north as time and capacity of a 16 foot runabout would take us.

In mid-August the three families - 6 adults and, would you believe, 10 children (ages 6 - 15 yrs.) prepared to leave Comox harbor, headed north; destination "Utopia". Each member of the outing had done his or her share that sunny summer day, carrying well planned supplies to the three boats, (a 16 foot, an 18 foot and one larger 28 foot). We would need all the same items (no axe) as for land camping as well as a fair supply of fresh water; having found through experience that many of the ports on small islands had little or no fresh water supply to share with us by mid-August. Careful planning of clothing changes are important because the weather north of Comox is most unreliable - a wool shirt or sweater will usually be of greatest value.

As we left Comox harbor - out around Goose Spit, past the bell buoy, everyone decided on Refuge Cove for the first night stop. A quaint little "co-operative community" on Redonda Island, Refuge Cove makes you feel welcome right from the first rope tied to the float. It's exciting the first time you stop in a harbor where the huge pleasure boats from south of the border berth, because few of us realize such elegant "mansions" travel up our way. There is a good general store with ice; a craft shop full of beautifully hand made items; fuel; fresh water; and a good laundry, washroom, shower building. When you are small boat camping, ports with these facilities are a real treat.

A great evening was spent that night on the float at Refuge Cove. We popped corn and studied charts - when finally everyone went to sleep there was a real air of excitement about the coming day.

After carefully checking charts and tide times, we headed off on our trip through the Yuculta Rapids with their exciting whirlpools - then on up past Stuart Island, through the Dent Rapids, up Cordero Channel and in to the float at Blind Channel, which is

situated between East and West Thurlow Islands. It had been a great day on the water, with the women and children thoroughly enjoying the excitement of their first time through whirlpool waters. (It was fairly slack when we ran them of course, because these experiences in boating must come gradually or they become frightening rather than exhilarating.) The settlement at Blind Channel is possibly the most pretty one along our northern coast; there is an inland "cedar round" walkway up to the store and on the wharf itself as well as along the walk are beds and beds of colorful flowers. There is fuel, a small general store and excellent laundry, shower, washroom facilities here. This is one of the most northerly ports with all the conveniences. (Here I might add; if your family wanted to try "Boat Camping" a return trip from Comox harbor to Blind Channel is highly recommended.)

Another fine night with the three families continuing to enjoy communal meals and pleasant evenings popping corn and drinking coffee. We were again anxious for dawn as the next day we were headed up to Minstrel Island.

We have found the best time to travel Johnstone Strait is early morning - even so, there was a sea state sufficient to cause the two smaller boats to simply "fly" right out of the water at times. Nonetheless, a short rest for lunch and fuel on the float at Port Neville gave everyone their second wind and we continued up Johnstone Strait, around the Broken Islands and into the glass-calm Havannah Channel. Once again in calm waters we could sit and watch the beautiful rocky islands of this almost virgin land. Navigating through Chatham Channel which at times has a depth of only 2 fathoms was interesting. White land markers on either end of the shallow narrow channel made it possible with ease but care, and at the end of Chatham Channel our day's destination - Minstrel Island.

We would camp on the float at Minstrel Island for a few days, since it became evident to us after our first evening's catch of crabs, we would have endless little excursions from this port, each of which would offer us some new thrill and the children seemed to find even greater interests than we could have imagined, no TV you know! Minstrel Island offers a good general store; ice; fresh water and fuel. No washroom facilities as yet but the beer parlor in the old hotel "The Swallow Inn" is open most all the time. As I mentioned before, crabs were plentiful, the children caught about 60 cod the first 2 days and we generally lived like kings.

The continuing congeniality which existed among our three boats and their family-crews plus the wonderful acquaintances we met along the way made us rather feel we were already in Utopia. The magnificent smell of the fresh sea air and the quiet beauty all around made us feel we never wanted to go back to the hustle and bustle of home.

Three days later we journeyed through Knight Inlet and on up to Echo Bay on Gifford Island. Here again, we found beauty and tranquility



CRUISING ON THE glassy waters of Chancellor Channel

Foster photo



SUPPER STOP - What, no cold beans!!

Foster photo

which is indescribable. We camped on the float that afternoon - the children were especially good because that evening just before dark we were going to introduce them to Sassy and her friends.

It was truly a thrill for each of the 16 of us therefore when Sassy the doe and her two fawns came running down the draw to meet us and feast on the apples and ritz biscuits we had brought for this formal introduction.

To many people who hunt, the thrill of hand feeding wild deer may not be too great, but to children the experience gave immeasurable pleasure.

We spent a few days here at Echo Bay and then made a quick stop in at Simoom Sound, just around the corner for fuel and windex before we started up Suttley Channel and what would be our final stop Outward Bound - heading for Utopia '73.

Hope you'll be waiting for the next issue of Totem Times so you can read a bit more on our explorations of deserted Indian villages and catching octopus to mention only a couple of our experiences.

Have a barrel of fun .....  
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To your very own

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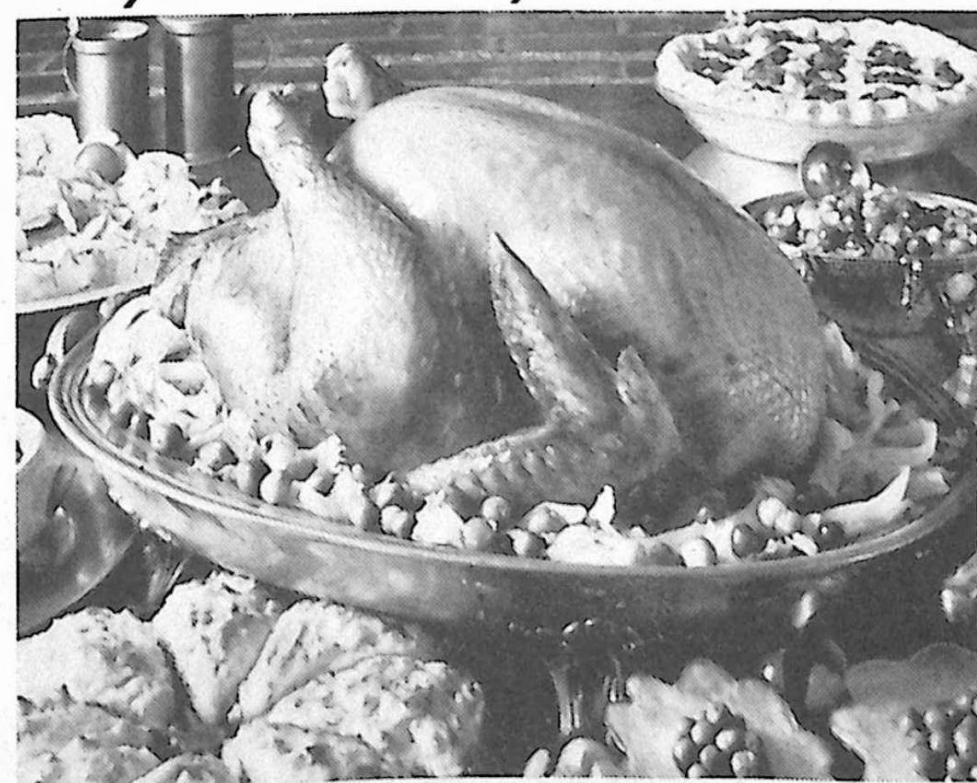
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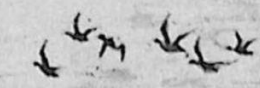
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## HUNTING REGULATIONS

GAME	SEASON	REMARKS
MAJOR	As for ducks	Migrate south regularly. Difficult to locate in their native habitat. Dangerous when annoyed.
CAPTAIN	As for minks	Mate all year around. Easily lured by simulated call of the female.
LIEUTENANT	As for deer	Mainly young bucks. Commonly have short horns and very little tail.
CWO	Closed	Almost extinct. Closely protected severe penalties for harming these rare animals.
MWO	Closed	Only slightly more plentiful than CWO. Very short seasons in selected areas. Can be extremely vicious if aroused from deep sleep.
WO	As for squirrels (Shoot on sight)	Neither fish or fowl, some species fly, will pick up anything not nailed down. Peculiar behaviour at all times.
SGT	As for bears	Have ugly dispositions and very mean temper. Very thick skinned. Hide should make excellent footwear.
CPL	As for skunk	As all two striped animals, can raise considerable stink, when aroused. Skulls make first class ivory.
PRIVATE	As for rabbit	Breed constantly. May be shot, snared, poisoned, etc. without perceptible decrease in numbers. Easy prey due to their habit of assembly to drink.
SERVICEWOMEN	Easy prey	Normally short season in northern areas. Most active at night when mingling with herd for warmth.
CIVILIANS	Not considered game	Migratory habits. Seldom remain in one location.



WILD TURKEY



GOOSE



PRONG HORN



PHEASANT

## The Adventures of Super Nav

I knew a Nav in 442,  
A desk was all he ever flew.  
"SuperNav", they called this guy.  
"Desk to the rescue", he would cry, "Auum!"

His psychic powers he'd enhance  
By putting himself in a trance.  
In astral form he'd search the ground  
And soon the lost plane would be found. Auum!

In wonder, fear and awe they'd spy  
A desk suspended in the sky.  
From out of nowhere it would come,  
Accompanied by a weird hum ... Auum!

Behind the desk, upon his chair  
Sits SuperNav so quietly there,  
His pen in hand: "May I request  
An end be put to one more quest." Auum!

An old cowhoot got lost one day  
While riding out Chilcotin way.  
As SuperNav to him did fly,  
He yelled, "Ghost Writer in the sky!" Auum!

A businessman rented a plane  
And took off in the wind and rain.  
To Watson Lake to fish, he said,  
But flew to Yellowknife instead. Auum!

He stayed the night with a pretty girl  
(A few drinks put her in a whirl),  
And, unaware of the alarms,  
He fell into her lovely arms. Auum!

Then, in one corner of the room,  
A form took shape out of the gloom.  
In stern tones spoke our hero, "Man,  
You didn't close your flight plan ... Auum!"

One night a struggling Buffalo  
Was detouring through New Mexico  
Trying to avoid the ice  
That caught their engines in a vise. Auum!

Their well-laid plans to no avail,  
They flew into a cloud of hail.  
A weak message to R.C.C.  
Came through, "Jose, can you see?" Auum!

But SuperNav, with psychic power,  
Received the Truth within the hour.  
He closed his eyes and cleared his mind,  
And floated off, his friends to find. Auum!

Meanwhile, back aboard the plane,  
"De-icer's on the blink again!  
Can't see a thing, just a small band  
Of windshield's clear ... Wait! See that hand?" Auum!

Through the hole they peered to see  
A bare hand waving casually,  
A cup of coffee, steaming hot,  
He applied to make a bigger spot. Auum!

Then through the windshield, now quite clear,  
His calm voice they could plainly hear,  
"Now take a sighting on this light  
And I shall lead you through the night. Auum!"

He reached to turn his desk lamp on  
And then picked up the telephone  
They flew towards the light that shone  
And homed in on the dial tone. Auum!

"SuperNav", they call the guy,  
He who needs no wings to fly.  
But some others, higher up,  
Refer to him as "that Astralnut". Ah well!

By: A Nonny Miss

## Safety Glass

Consumers' Association of Canada reminds consumers that effective January 1, 1974, new regulations under the Hazardous Products Act will require safety glass in patio doors and shower and tub enclosures in homes. An estimated 10,000 injuries annually involve architectural glass.

**PESTICIDE PREVENTION**

There were over 1,200 non-fatal poisonings in Canada in 1970, reports Consumers' Association of Canada. To

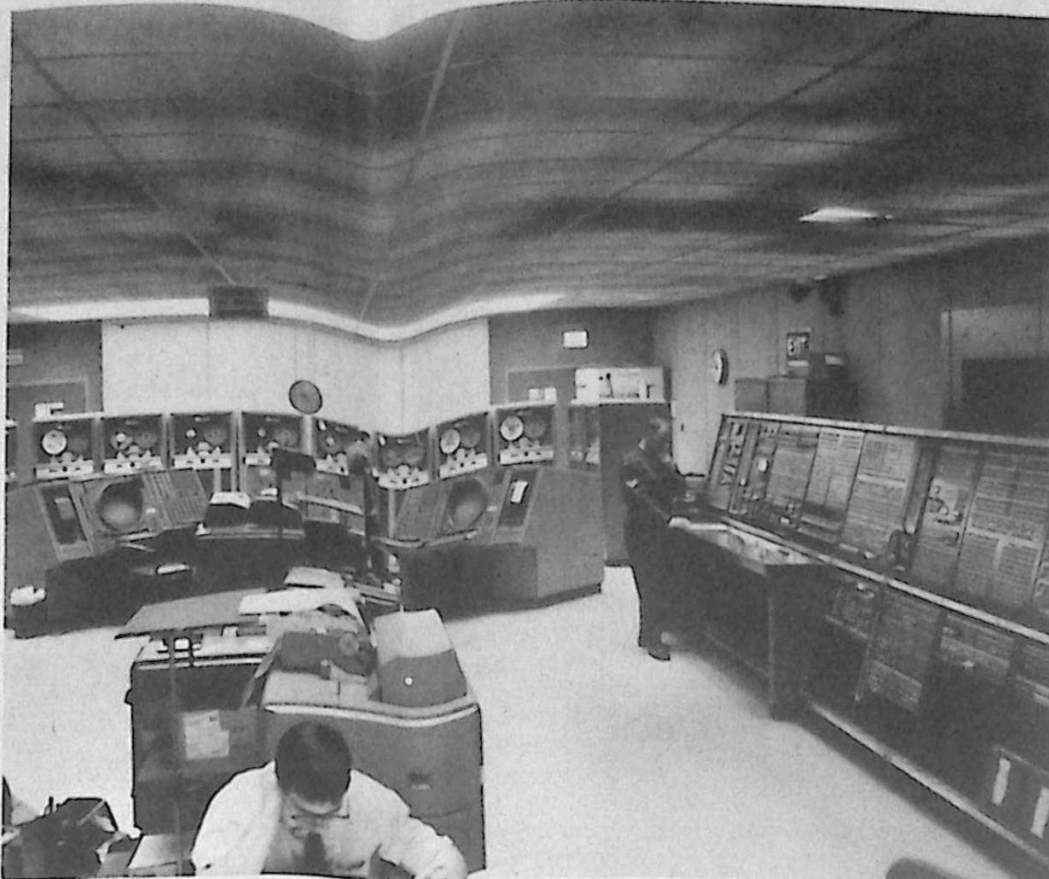
reduce fatalities store pesticides in a locked cabinet and keep away from chance contact with human food. Do not place pesticides in pop bottles, canning jars or other unmarked containers, but retain in original containers. **CONSUMER COMPLAINTS**

Consumers' Association of Canada urges shoppers to complain about defective products and sub-standard service. If writing to a manufacturer, give the brand name, model number, size,

colour and other identifying information. Keep a copy of this and all correspondence received and sent.

**PRESCRIPTIONS ABROAD**

Consumers' Association of Canada warns travellers that prescription drugs often vary in potency and quality in foreign countries. For safety, travellers should carry a sufficient supply of drugs and typewritten prescriptions stating the brand, generic name and dosage of their medicines.



TOTEM TIMES Automates



20 YEAR SAFE DRIVING award for Ernie Leatch

Base photo

## Badminton

Are you interested in playing badminton?

If you are interested you and your family are invited to come out to the Base gymnasium to participate in the Base Badminton Club. Every Sunday and Wednesday nights at 6:30, you can take out your frustrations on the badminton court, and it won't cost you a cent because it's all free of charge! Racquets, shuttlecocks, nets and courts are all provided. There is even free instruction for those who are interested in improving their games!

Players of all calibre are needed for the making of a good all-around club. Also, if you already belong to a "downtown club" and are tired of the waiting periods between games when the playing courts are filled, remember that there are six courts and lots of "warm-up" room waiting for you at the Base gymnasium. So whatever your game is, whether it's Men's or ladies' Singles and Doubles, or whether it's Mixed Doubles, you have all the chances you want to participate.

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## Shell Out

This small article is not going to come out and try and cajole or convince you with a melodramatic pitch why you should contribute to the UNITED GOOD NEIGHBOR APPEAL, for there are very few, if any, reasons why you should not contribute.

What is the point of the UNITED GOOD NEIGHBOR APPEAL? Basically in three words it is "People Helping People." It is a fund set up from voluntary donations given by the public in order to provide vital services to the whole community. Some of these services provided are: operating clinics, replacement of equipment, research and advisory services. Some of these services deal with: Heart disease, Multiple Sclerosis, Cerebral Palsy, Muscular Dystrophy, Arthritis and Rheumatism, blindness and mental health. This fund also contributes to the Children's Hospitals, the John Howard Society, Red Cross and many other also valuable and necessary

services and associations. All these services require operating monies. These agencies are amalgamated and called THE UNITED APPEAL. In the Comox Valley this name is amended and called the UNITED GOOD NEIGHBOR APPEAL. This amalgamation does one important thing. It eliminates duplication of campaigns and consequently only one canvasser will contact you instead of 13 different canvassers. The quality of life in a community is directly related to these non profit services provided in the community.

CFB Comox is part of the committee in the Comox Valley and in turn we must do our share in helping make the quality of life better in our Valley. It is to this end that we are again participating in the UNITED GOOD NEIGHBOR APPEAL. Our goal is \$5,000 and our campaign starts from 4 Oct. through 12 Oct. 73.

Finally, if you can -- CONTRIBUTE.

## PAY HAZE

Canforpress ... 28 Sept. 1973  
Defence Department and Treasury Board officials are now discussing the annual Armed Forces pay review and approved pay adjustments are expected to be announced in late October.

These pay adjustments will be retroactive to October 1, 1973.

One year ago, on October 1, 1972, most members of the forces received a pay raise of approximately five per cent. At the same time, they received an additional 5.5 per cent pay increase, the second instalment of the adjustment authorized in 1971 to bring Forces pay in line with the Public Service.



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650 x 13	16.25	13.49	650 x 13	18.25	15.29
735 x 14	17.20	14.45	735 x 14	19.35	16.25
775 x 14	18.15	15.24	775 x 14	20.30	17.04
825 x 14	20.30	17.04	825 x 14	22.45	18.84
855 x 14	21.10	17.69	855 x 14	23.85	20.04
560 x 15			560 x 15	18.85	15.84
775 x 15	18.15	15.24	775 x 15	20.30	17.04
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**WANTED** - Retired service person for seasonal employment on the base golf course. Contact course superintendent at local 227.

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**LADY WANTED** for house-cleaning approximately 4 hours per week on Don Road, Little River. Please call Mrs. Sweeney at 334-3181 weekdays until 5 p.m.

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## OFFICERS' MESS ENTERTAINMENT

The Permanent Joint Board on Defence will be meeting on Base from October 9th until October 12th. The Casual Lounge in the Mess is reserved for this group commencing at 1200 hrs. October 9th until approximately 1400 hrs. October 12th. In addition the Main Lounge is reserved on Thursday evening starting at 1800 hrs.

**SATURDAY, OCTOBER 13** - Oktoberfest - 2100 - 0130.  
**FRIDAY, OCTOBER 19** - Monster Mixed Seafood TGIF.  
**SUNDAY, OCTOBER 21** - Family Candlelight Dinner.  
**SATURDAY, OCTOBER 27** - Halloween Costume Dance.  
 - 2100 - 0200 hrs.  
**NOVEMBER HI-LITES**  
 - Remembrance Day - Sunday, Nov. 11th  
 - Gourmet Dinner Dance.  
 - Grey Cup Festivities.

## PMQ COUNCIL Nickel Bingo

Totem Lounge  
**24 Oct. - 2000**  
 Everybody Welcome

## 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 - Under 16 years must be accompanied by a person over 16.

**Sat., 6 Oct. THERE'S A GIRL IN MY SOUP** Peter Sellers  
 Sun., 7 Oct. Goldie Hawn  
**RESTRICTED** - Warning: Some swearing and coarse language  
 Showtime: 2000 to 2155 hours

**Wed., 10 Oct. DEALING** Barbara Hershey  
 Thurs., 11 Oct. Robert Lyons  
**RESTRICTED** - Warning: Drugs, sex and coarse language  
 Showtime: 2000 to 2155 hours

**Fri., 12 Oct. DIAMONDS ARE FOREVER** Sean Connery  
 Sat., 13 Oct. Jill St. John  
 Sun., 14 Oct. James Bond  
 Showtime: 2000 to 2205 hours

**Wed., 17 Oct. FLAP** Anthony Quinn  
 Thurs., 18 Oct. Comedy Action Shelley Winters

**Sat., 6 Oct. THE GREAT BANK ROBBERY** Clint Walker  
 Comedy - Western Kim Novak  
 Showtime: 1400 to 1555 hours

**Sat., 13 Oct. FLIM FLAM MAN** George C. Scott  
 Comedy Showtime: 1400 to 1600 hours

**Sat., 30 Oct. THE THREE HUNDRED SPARTANS** Richard Regan  
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 Showtime: 1400 to 1600 hours

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# service directory

Thursday, Oct. 4, 1973 CFB Comox Totem Times 11

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 Last turn right Comox-Powell River Ferry.  
 Water access, 2 blocks from finest salmon fishing on Island and 1 mile from base. CONCRETE PADS, CARPORTS, STORAGE AREA. FULLY SERVICED  
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 ALL BREEDS

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 Write for free map and information on Homes Rentals Mortgages  
  
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**Deadline For Next Totem Times Oct.**

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 ALL SEASONS SPORT SHOP  
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 OUR TIRES GO AROUND WITH THE NICEST PEOPLE  
 971 CUMBERLAND ROAD COURTENAY, B.C.  
 WAYNE ANDERSON



## Letters To The Editor

(Continued from page 4)

water for four hours, or until done.  
Season with a little onion or garlic and bay leaf in water while cooking.  
Serve hot or cold with mustard or horseradish. Very Delicious.

K. W. Taylor Cpl.  
Loc 356

P.S. I have the books in my office at the Officers Mess Kitchen if you wish to see them. Pioneer Cook Book (2 volumes) Copies may be ordered from Mrs. Gwen Lewis, Box 665, Quesnel, B.C. For \$1.00 each.

### MOTIVATION ANYONE

Dear Sir:

A recent Canadian Forces newsletter stated that individuals are no longer interested in joining the CAF, and requested the serviceman to encourage the public to do so.

Why should the serviceman have to act as a "salesman"? Do the Forces have so little to offer now that they cannot find anyone interested in buying. According to the article, it certainly sounds that way. Basically, the reason for the Forces being "short" of personnel must be due not to normal attrition rates but to the increasing number of personnel becoming disenchanted, and the young prospective servicemen not at all enchanted.

An individual will join an organization and become a productive member only if it will help him meet important personal needs or goals. When the organization fails to meet these needs, the individual will leave; some leave physically and some psychologically. How often have we heard of someone not functioning and thereby holding up someone else's chance for promotion. If we fail to advance in the area of helping individuals attain some of their important goals, we will not only have a problem in recruiting but will also see an increase in presently serving members becoming substandard.

Maybe wages could have something to do with it. Why should someone in their right

mind become a pay field "A" tradesman and earn about \$350 a month after trade training.

That person can get assistance from Manpower and after six months earn more than \$700 a month as an "orderly". Where is the incentive to join the Forces? Welfare payments are almost as good now as starting wages in some trades.

By the way, preferential treatment is not given to those on welfare or in private industry even if they are Francophone.

Regards,  
Saxophone

### CLARIFICATION MINOR BASEBALL

Dear Sir:

I wish to clarify certain points made in the recent letter concerning the future of minor baseball in the Comox Valley.

The main concern of the organizers and recreation directors of the Valley is that NO volunteer leadership in the way of league executive, officials or coaches has been forthcoming within the Babe Ruth program. In order to function this leadership is essential. Parents and interested adults must volun-

teer their time and efforts if the league play between the teams in the Valley is to continue.

Although the house league conducted at the Base will likely continue, I feel it is a good time to mention the volunteer leader problem as it applies to all sports. Youth sports programs are organized in order to provide fun, social interaction plus develop a mature ethic for play within each participant. Well coached teams and players represent a good investment for the community and ensure good citizens for the future.

The responsibility lies primarily with the parents of the participating children - however, each adult has a responsible part to play in these community activities. The lack of volunteer leaders applies to all areas of recreation and sports. Without this help, the future of each program is in doubt.

Your help is needed now. Please attend the meeting for Babe Ruth Baseball scheduled for October 9 at 8 p.m. in the Senior Citizens Lounge of Courtenay (in the City Centre). As the letter states, the future of your children in organized athletics is the question at hand.

W. M. Keener  
Captain  
Base Physical  
Education and  
Recreation Officer

### Ode on a Disillusioned Flyer

When I was but a lad of three  
My wise old mom, she said to me  
Go join the AIR FORCE my young dear  
They'll let you fly both far and near.

So when I got to joining age  
I wrote my name upon the page,  
To serve my COUNTRY and my QUEEN,  
No one ever mentioned GREEN.

Them guys in Ottawa, they thunk and thunk,  
'Bout how they'd get me in a tank,  
So without so much as a how-do-ya-do,  
They took away my AIR FORCE BLUE.

So now I'm dressed in Jolly Green  
The blues are gone, they've never been,  
My orders come from Admirals now,  
O wise ol' mom, tell me how.

So goodbye AIR FORCE, you good ol' trooper,  
We won't forget, despite PAUL'S blooper,  
We'll serve our time right to the end  
In the FORCES ARMED CANADIENNE

- a poem by John Q. Airmar  
(Moosonee Exposure)

## LIBRARY REPORT

Library membership is free and available to all Service personnel and their dependants. The Base Library is located on the second floor of the Recreation Centre.

Library Hours: Tues. to Thurs: 12:30 to 1400 and 1900 to 2030. Friday: 1230 to 1400.

New books in the Library: GARDENING INDOORS

UNDER LIGHTS by Frederick H. and Jacqueline L. Kranz. The authors have made a special point of including information that will be of value to botany students, environmentalists, organic-food growers, high-school science teachers, decorators and of course the home gardener.

NATURAL DYES: PLANTS & PROCESSES, by

Jack Kramer. This book tells what the plants are, how to collect and process them, and even how to grow many of them in your garden. No knowledge of chemistry is necessary - just follow directions. Instructions are given for dyeing wool, cotton, and linen.

SKIING WESTERN AMERICA by Charles C. Miller. How to sleep well, eat well, and save money skiing the Western United States and Canada. An appraisal and evaluation of the accommodations, restaurants, and services offered at different areas.

YUKON TROPHY TRAILS by Dolores Cline Brown (Canadiana) Through eighteen years of adventurous

wanderings, Dolores Cline Brown discovers the Yukon today. Its natives, climate. We discover why the Yukon is so great, and important to our future. Out of this action and communication comes an exciting story for all ages.

THE WINES OF CANADA by Percy Rowe (Canadiana) Percy Rowe tells the history of our vineyards, wineries and even wine stores. He tells also of the technical side of Canadian winemaking today. Beau Sejour Vineyard is the main producer of B.C. grapes. For its light on a little-known aspect of Canadian life, this book will be relished as a piece of unusual Canadiana.

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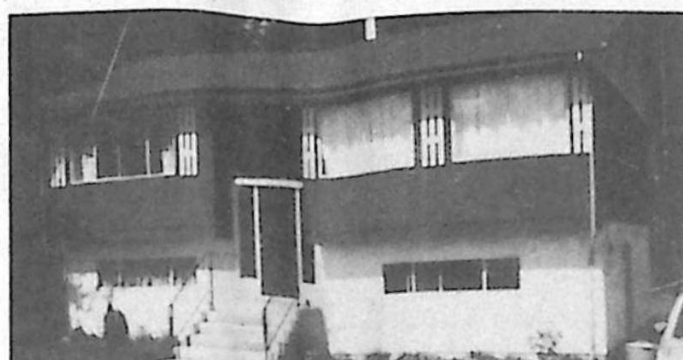
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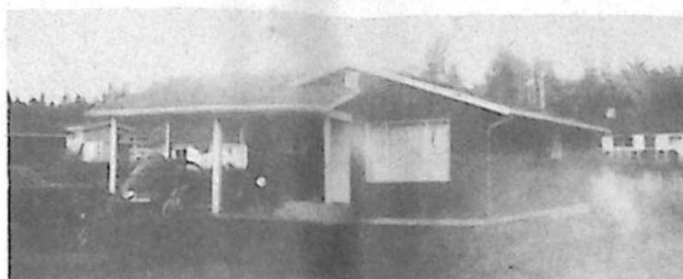
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A Low Down Payment will purchase this very neat 3-bedroom home in a good Courtenay location. Only 2 years old. On a generous 75 x 162 lot.



3-bedroom Home, modern throughout. Self-contained 2-bedroom suite in full basement. Large corner lot on a quiet street. Full price \$23,500.



Full Price \$18,750. Wall-to-wall carpets in the living room and both bedrooms. Possible 12 x 16 bedroom off the carport. Heated storage area. Landscaped 65 x 140 lot.

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29¢ SIZE 4 FOR **99¢**

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WHOLE OR JELLIED  
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**McINTOSH APPLES** **5 1<sup>00</sup>**  
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89¢  
1-1/2" x 3"

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GOV'T. INSPECTED • FROZEN

Young 6 - 16 LB.

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GRADE **A 79¢** LB.

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Buy "Wiltshire" Turkeys because...

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**Sausage Meat** 1-LB. TUBE **69¢**

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