

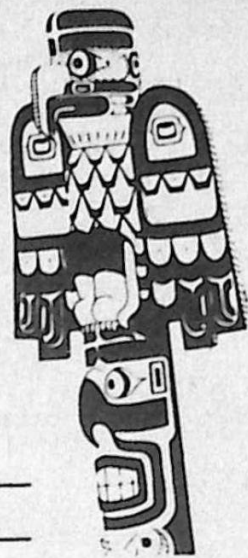
TOTEM TIMES

Trudeau Says Cool It — Buy Stanfields!

VOL. 15 — NO. 19

CFB COMOX TOTEM TIMES

THURSDAY, NOV. 29, 1973



Electronic Locator Speeds Rescue



"WITHOUT MY EMERGENCY Locator Transmitter, I might have had a long wait for him."

— E. R. Ellis

Wanna' Make a Buck?

Could you use \$2,100? Would \$1,000 come in handy? Would you pass up a fast 20 bucks?

Well, if you planned to make a submission to the Suggestion Award Program and didn't you may have a down a great chance to pick up some extra cash.

In all of ADC this year 53 people picked up a total of \$10,122 for suggestions.

"What kind of suggestions did they make?" you ask. Let's look at this year's top four recipients and see what they suggested.

Topping the list is MCpl F. H. Dupuis, CFB Comox. He

suggested a modification to the GRT-3A Transmitter. His modification has greatly increased the life expectancy of some of the tubes in it. He received \$2,170 for his share of the savings.

MWO J. M. Query earned \$1,000 for his suggestion that a calculator-computer be used to replace manual plotting predictions used in his office. A considerable savings in man hours resulted.

Sgt. J. L. Foulem received \$730 for suggesting a modification to the Main Landing Gear Torque Link Pins.

Cpl. B. L. Avery suggested a change to the 20' x 20' strapping targets used at the air-to-ground firing range. The new targets are easier to use and last five times longer than the old ones. Cpl. Avery received \$730.

Everyone has a few ideas about how things could be done better. Don't waste your ideas making small talk over a coffee — submit it to the Suggestion Award Program. Maybe you won't get thousands or even hundreds of dollars. The smallest award this year was \$20, but it would at least pay for a roast to celebrate.

442 Squadron on Another Carousing, Boozing and Fishing Mission

An Electronic Locator transmitter helped in the speedy rescue on Nov. 19, of Albert Kaminski of Vernon, B.C., after his single engine aircraft crashed into a mountain side.

Mr. Kaminski, suffering only slight injuries, was located by Canadian Forces aircraft and evacuated to the Vernon Hospital by a 442 Squadron Labrador helicopter, after spending a chilly night on the mountain-side.

Mr. Kaminski had spent the weekend in Wells Gray Provincial Park with another pilot, Norman Smith of Vernon.

The two took off Sunday, Nov. 18, flying their planes in tandem and became separated when they ran into thick weather near Kelowna, B.C.

Mr. Smith was able to make it home to Vernon, and immediately reported Mr. Kaminski's plane as overdue, Sunday night.

A Canadian Forces Boeing 707 on scheduled flight from Edmonton to Vancouver, picked up a faint electronic signal Sunday night in the area of Enderby. Later other forces and civilian fliers also reported hearing the radio signal.

The next morning, a Labrador and a Buffalo aircraft of 442 Squadron doing

an electronic search in the area of the signals were able to pin it down to within two miles. Later in the day when the weather cleared, the Labrador was able to set down at the 5,500 foot level of the mountain, within 100 feet of the downed aircraft.

Mr. Kaminski was found to be only slightly injured and was later airlifted from the site to the Vernon Hospital.

The rescue co-ordination centre in Esquimalt credited the Squadron for the speedy rescue, after only 16 hours of flying time.

In other recent Canadian Forces search efforts, over 1,000 flying hours have been expended for Canadian Pacific pilot Neil Carey, who disappeared Sept. 18 in northern B.C. A tracker search aircraft crashed, killing four servicemen while looking for Mr. Carey, whose plane has still not been located.



A CANADIAN FORCES BUFFALO aircraft parachuted a self-contained sea pump into the Atlantic near the bow of the motor ship Avalon Trader recently, which enabled it to stay afloat and limp into harbor Breston, Nfld. The aircraft from 413 Squadron, Summerside, P.E.I., trailed a 2,000 foot line across the bow of the freighter which allowed the ship's crew to recover from the sea pump. The 449-ton coastal freighter was enroute from Caniage Bay on the south coast of Newfoundland to Hermitage when its engine room started taking water. It broadcast an appeal for help when its own pumps were unable to cope with the engine room flooding. The sea pump provided by 413 Squadron pumps 5,000 gallons-an-hour and was packaged with its own motor and gasoline.

Beware Basement Dwellers

During recent inspections of PMQ's, observations have been raised by some of the occupants and the Base Fire Dept. regarding bedrooms in basements.

Base Standing Orders comply with National Fire Codes which state:

In dwellings of more than two rooms, every room used, for sleeping, living or dining purposes shall have at least two means of exit.

Every sleeping room unless it has a door leading outside of the building shall have at least one window opening from the inside. This window shall be of not less than 22 inches in the least dimensions and having an area of 5 sq. ft., with the bottom opening not more than 4 ft above the floor.

In the interest of Life Safety, the Base Fire Dept. wishes to stress the dangers involved in basement sleeping quarters.

Fire Prevention Bureau

Bonus Bucks

As the year ends, military supervisors sometimes look with envy at their civilian counterparts. "Wouldn't it be great if I could give out year-end bonuses to some of my people?" they say.

Almost any supervisor has someone who has performed far above the norm.

The Merit Award Program was established to recognize just those people. People who have demonstrated exceptional and outstanding performance.

In the last three years over \$15,000 in Merit Awards have been given to ADC personnel. Fifteen people have received from \$500 to \$1500 each in recognition of their efforts.

The program depends on you, the supervisor, to recommend people. Don't just say, "Old Joe always comes through ..." document all his good works and recommend him.

Maybe next year you won't be so envious of your civilian counterpart.

Next Totem Times Deadline December 11th

Legal Officer Training Plan

A new plan by which the forces will start sending serving officers to law schools has been approved. On graduation they will fill up the ranks of the Forces legal branch.

Current entitlement of the judge advocate general's branch is 44 legal officers. On the average, through retirements, several vacancies occur each year.

By focussing on serving captains, the forces expect to obtain legal officers whose service background can be applied immediately to military legal matters. This is important to the service because many of its legal officers must operate without direct supervision.

The new Military Legal Training Plan can be geared to handle up to 10 officers as law students at one time for a total cost of approximately \$128,000 for the four years. However, the direct entry method of obtaining already

qualified lawyers from civilian life will still be used to plug sudden gaps in the ranks.

Soon to appear will be a CFAO containing provisions rather similar to those of the Military Medical Training Plan. A bilingual proportion will be maintained except that two English and two French speaking officers will be selected next spring to begin studies next fall.

Col. Al Beaupre of Winnipeg, chief judge advocate at NDHQ expects no trouble finding suitable candidates. "Already, just through the grapevine we've had 20 or so queries," he said.

Candidates will be considered each spring. They must prove they are acceptable to the law faculty of any Canadian university. They will work each summer in a service legal office and must be admitted to the bar of a province before official transfer to legal officer status.

Cairo Race Track Home

A race track on the outskirts of Cairo is the new home of members of the Canadian Contingent of the United Nations emergency force in the middle-east. For some, who will undoubtedly be moved to other locations, it will be temporary - for others not so temporary.

Offices for the headquarters of the contingent are located in a long narrow space behind the betting windows: Cots and sleeping bags mark the sleeping area on the main floor of the grandstand.

Communication between the crews working on the rotation at the airport and

race track, a distance of approximately five miles is being given "first" priority. Signallers are quickly taking advantage of the numerous telephone lines, an ideal installation at all race tracks for outside communications.

An outdoor kitchen was one of the first services to be organized, although it too is temporary until more permanent facilities can be built. A betting window is being converted into a pay office, and the front row seats of the grandstand provide a panoramic view of other organizational activities taking shape.



SUGGESTION AWARD CHEQUE... is presented to MCpl Garry Fiske by LCol R. L. Mortimer, CO of 442 Sqn. Garry designed a rigging tool for the CH113 helicopter fuel control unit and is now \$250.00 richer. This is Garry's first adopted suggestion, but probably not his last.

Base Photo

Canadian Force Boosted

Canada will increase the size of its contingent in the United Nations Emergency Force in the Middle East, defence minister James Richardson announced today. The additional Canadians leaving Canada will serve in the support, and logistics role.

In response to the request of the Secretary General of the United Nations, Canada has agreed to provide an aviation unit, a supply company, a maintenance company, a movement control unit, a postal detachment, a military police detachment, and Canadian national administrative unit. A Canadian communications unit, already in the Middle East, will continue to provide field communications for the U.N.E.F.

Other logistics support for the multi-nation force will be provided by Poland. This will include engineer, medical and road transport units, including a maintenance element.

All Canadian elements will be under the command of Brig.-Gen. Douglas S. Nicholson, 53, of Ottawa and Cornwall, Ont. Gen. Nicholson will also serve as a senior logistics adviser to the commander of the UN force, Finnish Maj.-Gen. Ensio Siilasvuo.

Canadian Forces personnel will be drawn from several bases across the country, including Calgary, Edmonton, Kingston, Petawawa, Ottawa, Montreal, Valcartier and

Gagetown, N.B. Departure points will be Edmonton, Trenton and Quebec City.

Mr. Richardson said that the move will begin this weekend and will require 10 Hercules and two Boeing 707 aircraft. Fifty-nine vehicles and 14 trailers will be transported to the Middle East, along with several tons of stores, including hygiene and sanitation equipment. There are 126 Canadian vehicles and 57 trailers now with the force in the Middle East.

Roles to be performed by the Canadians include the supply function. This will involve the receiving, storing, issuing and accounting of all UNEF supply items, including spare parts, radios, vehicles, food, furniture, construction materials and clothing.

The aviation unit will consist of three 11-passenger twin Huey helicopters and three 34-passenger Buffalo aircraft. The helicopters will be airlifted by C-130 Hercules aircraft, and the Buffalos will fly over by way of Greenland, Scotland, Germany and Cyprus.

To facilitate the movement of men and equipment from Canada, clearance for overflights and necessary landing clearances have been granted by Belgium, Britain, Cyprus, Denmark, the Federal Republic of Germany, Greece, Iceland, Ireland, the Netherlands, Portugal and Switzerland.

UNEF Mail Deadline

OTTAWA (CFP) — Members of the Canadian contingent to the United Nations emergency force, in the middle east will get their Christmas cards on time — if you write now.

Mail will be delivered by Canadian forces hercules aircraft, in three to five days from date of mailing. Postage will be the usual eight cents, but will increase with weight.

Mail should be addressed to:

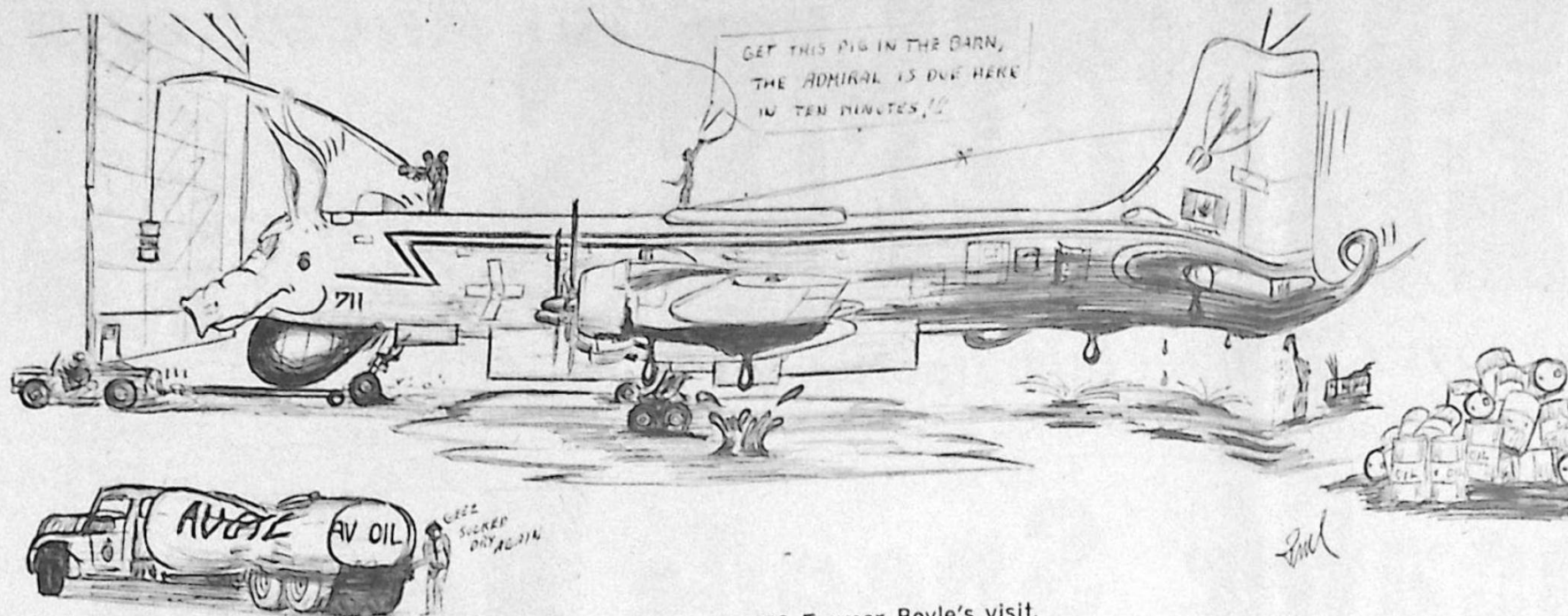
Social Insurance Number, Rank, Name, Canadian Contingent, United Nations Emergency Force — Middle East, CFPO 5002, KOK 3RO.

Christmas mail going to any members of the Canadian contingent should be mailed by Dec. 7.



BRIGHT IDEAS MEAN CASH... MCpl F. B. Wiley receives a Suggestion Award Certificate from Maj. R. A. M. Kerr, Chairman of the Base Suggestion Award Committee. This is MCpl Wiley's first adopted suggestion involving a modification the CF101B Flight Simulator and will result in considerable savings to DND. Hiding behind his certificate is a cheque for just over \$800.00 which probably explains his happy expression.

— Base Photo



HANDS REACT TO Farmer Boyle's visit.

407 Tech Ramblings

The recently concluded minor hockey - Xmas cheer raffle was an unqualified success in that the sponsorship fee was secured within the first two days of the campaign and the prize list was the longest ever. Final receipts totalled \$371 with \$311.50 of same coming from the technical organization. With the \$100 sponsorship fee turned over to an official of the minor hockey association, the surplus of \$271 was used to purchase Xmas cheer which was distributed to 52 lucky winners as selected by the CO's of 407 and 409 Sqns and Major Tom Dandeno. Winners of the first, second and third prizes were MCpl Ken ACOTT, Capt. Pete HILL and Sgr. Mike GODDEN respectively while the remainder of the assorted snake bite remedies was dispensed in single doses. If you haven't seen the complete list of winners names and description of prizes, check your section notice board - two prizes are still not claimed at the time of writing.

While this scribe unfortunately is not aware of the details relevant to the annual All Ranks Christmas Party, it is known that this year's edition of same will be held in the Rec Centre on Friday, 14 December so be sure to keep that date open and purchase your tickets early. Your committee can only provide seating and food to correspond with the number of people known in advance who plan to attend.

TORP TOPICS

Now that the hunting season is pretty well over with for another year, it is rather pleasant to see all the boys back in the shop. Our members of the nimrod fraternity apparently didn't wreak too much havoc on the venison population although Ray St. Michael did ambush one and

the rest of the guys are strictly "no comment".

Sports has become the principal coffee room topic of conversation of late and, with Dennis Wickiam our only hockey representative this season, broomballers Bob Cuvilier, John Chequis and Gerry Cook have him outnumbered. Since our volleyball team is literally the whole section, we will definitely not have any play me or trade me problems this time around.

As this article is being written, the power is out and, since our main gate is electrically controlled with key operation from the outside only, could someone be trying to tell us something?

High level discussions are currently underway with regard to our annual social highlight THE TORP SHOP XMAS BASH. Thus far we have settled on the location, the McNaughton pad, and a time, December, 1973. Once we agree on the important issues such as whether to have booze or not, our ever patient wives will sort it all out and ensure that the affair is the usual success.

ASW LABS

This week could well be called Party Week in our establishment since it was kicked off with a Bon Voyage affair for Brett MacLean who is by now on his way to Petawawa and was followed up by a bash for Rollie Pryor. Rollie is one of our Demons who is seconded to the other side of the shop but we doubt that had anything to do with his decision to give up bachelorhood and settle down. Anyway, all reports have it that the stag that was held in his honor was a complete success and, judging by his pallor the following morning, he must have thought so too. Still dragging his ball and chain around with him, he

bore a strong resemblance to the ghost of Xmas past and was most grateful when someone finally "found" the key that relieved him of his burden. Congrats from all of us to Rollie and his new Missus who we'll be looking forward to meeting at the upcoming squadron party.

MCpl Andy Croitor finally got himself on a defensive driving course so he no longer has to make that monthly trek to the guard house for a new windshield sticker. He had another reason for smiling as well - his babysitting assignment has been terminated.

After a short course at Greenwood, Arnie Jepsen has joined our organization and this must give him a rather strange feeling after spending so long in servicing.

We have just received word of another unexpected and unannounced wedding, this time in the repair organization. It seems that Bill Farquharson was given a recent Friday afternoon off and, having nothing else planned, got married rather than just waste the time off. That wasn't really the case but he sure didn't let a word of his plans leak out. So, to Bill and Leslie, our best wishes and the warning to be prepared for a visit from the avionics social society - we'll be up to the goat ranch the first sunny day.

Tickets for the Demon Christmas Party are now on sale. See your local committee representative.

Nighthawks Nest

Now, I'm not saying that we have some tired blood kicking around this Squadron but did you realize that if the sum of the ages of all the Navigators on 409 Squadron represented the distance in miles that each one must travel in his Model T in order that he reach the Squadron, and all were on their way to work, that collectively they would cover 10,880 miles if all were to make it in. Or consider the latest rumors: elevators to replace back seat ladders, motorized rapid re-lock and magnified "B" scope face plates. Makes you think about putting your money into GERITOL.

If any of you guys are wondering who that dude is who keeps sloshing through the Squadron in his size 13 rubbers - that's Tony Brett playing "RAINCOAT MAN". New found affluence was just too much for him so he purchased the entire 1973 Rain Ensemble from LOUIS OF 7 HANGAR. The only thing that he couldn't get was a gucky green Sou'Wester. His matching baby brown briefcase contains enough water repellent aerosol spray to redo his complete outfit should he inadvertently fall into a water hole while unceremoniously accepting his due. Ken Harvey recently returned from I.E.M. in Toronto where the Doves were having a peek at his orbs. It seems that Ken went directly to the O.T.U. from northern Saskatchewan and the transition from George W. Groovey coveralls to halter

tops that don't halt nothin' required beaucoup de ogling with the net result that he now suffers from permanently jiggling eye-balls.

Ken isn't the only one who seems to have been affected by the French Canadian environment. Take a gander at the exchange crew from the 425th AW(F)ul Squadron: Lloyd Snyder showed up at the Squadron Druncheon last Friday wearing his Allouette bib and carrying a plastic straw. He took a quick look around and fell in with those who he thought looked to be the milk drinkers - you know - those healthy, robust Sisty Uglers (Jon Pew was away.) Well he found out those mothers drink milk alright. Gallons and gallons of Leibfraumilch. And then there is John - John MacDonald, lately known as "FLASH" (in the pan) but better known around here as "SWEET LEGS" - didn't even show up! Some say that he had to vault over to Vancouver to tell Monsewer Le Santa Claus that the over abundance of young ladies in the Saguenay valley is taking its toll and that he would like a new pair of impregnable panty hose for Christmas. John claims to have quite a trap-line established back home. What do you want to bet that Mike Mahon mows his grass, even if there is a couple of tons of snow on it? A Nighthawk always was worth a couple of dozen meadow larks for we get ours at night!

An Epidemic Heart Disease

It has become increasingly obvious as infectious diseases have become controlled in the more civilized portions of the world that heart disease is the cause of death in a large number of people. In the United States, which is similar to Canada, but a little larger, richer, and has a little less oil, a man of forty years of age has a ten per cent chance of developing heart disease which will produce symptoms within the next ten years; and twenty per cent of men will have heart disease symptoms by the age of sixty. Women have one third as much heart disease, perhaps due to their inferior position in most aspects of life.

Coronary heart disease (the heart disease that is by far the most common) is caused by disease of the arteries which supply blood and oxygen to the heart muscle so that it can work correctly as a pump.

This disease is usually very severe before a person has any symptoms such as chest pain or a heart attack. There are four major risk factors that are associated with the development of heart disease that can be influenced by treatment. These are diet, level of cholesterol in the blood, smoking and high blood pressure.

A diet in saturated fat and higher than necessary in calories, caused a pronounced increase in heart disease. Reviews of diet in various countries in Europe, Asia and the United States have demonstrated this time and again.

A blood level of cholesterol over 240 milligrammes is associated with twice the risk of heart disease than is a level below 170. Cholesterol level can be lowered by simple dietary adjustment.

Smoking more than 20 cigarettes daily increases the risk of developing heart disease three times. If you stop smoking, you can reduce this increased risk to 1.2 times that of a nonsmoker, which holds out hope for us all. The money saved can be spent on new running shoes and sweat suit so that we can enjoy our increased exercise tolerance. Sixty cents a day adds up to \$220 a year.

Blood pressure greater than 140/90 is another major risk factor. Treatment of this is relatively simple in most people, and definitely improves the scene.

As is obvious, a thin, non-smoking miserable person with normal blood pressure will certainly have much less risk of heart attack than a happy, smoking fat slob.

BDO'BSURG

WANTED!



INFORMATION ON

442 SQUADRON PAST ACTIVITIES

PHOTOS

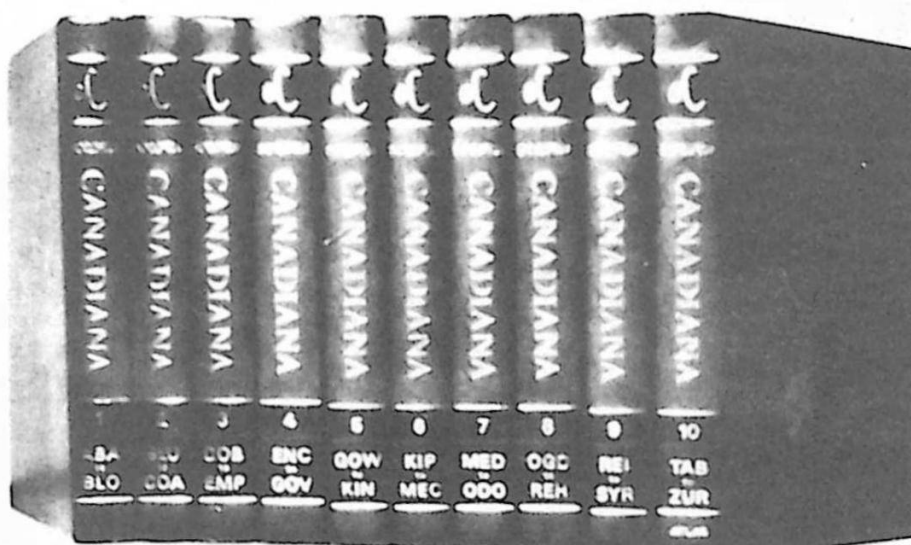
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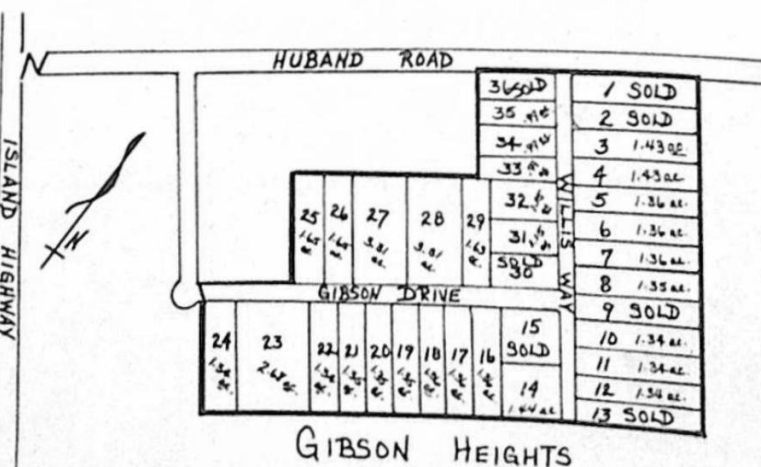
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THE FOLLOWING 442 SQUADRON personnel were presented with commendations, decorations, citations and many recommendations which caused Miller, WO G. Sehn, Capt. R. L. Richardson, Cpl. G. M. Emery, Front Row — L to R: Capt. G. A. Ripley, Capt. S. R. Smith, Capt. C. D. Eakin, Maj. J. Simpson, Maj. F. W. Carr-Hilton, MCpl L. J. Franks. (Stole off after the parade and didn't get their faces in the photo): Sgt. W. J. Bonnell, Sgt. R. B. Raglin, Cpl. G. J. Welsh, Cpl. R. J. McClure, Cpl. E. A. Hawkins.

— Base Photo

RATCON RAVINGS

The Gravel Pit

As you can see from the photo, the popularity of the Gravel Pit, the garden spot of the base, is growing by leaps and bounds on an international level. Our reservation list and dance cards are all filled for this season but keep trying.

The complete unabridged story of the birth of "The Gravel Pit" will never be known. The resultant jail terms would no doubt be much too long. Here, for any of you who may be interested is our "official" version.

In the early part of April this year, two of our people, Maj. (then Capt.) Oz Septav and Lt. Jack Carbutt were strolling through one of the local junk yards sipping their morning coffee. All investigations have failed to uncover any plausible reason for them to have been drinking coffee in such a place, but, there they were.

During the course of their wandering they struck upon the idea of making a place where people could go to relax from the rigors of work and enjoy a quiet coffee or lunch. Jack, thinking aloud (at work,

there is no thinking allowed) wondered if a beer garden might be acceptable. Oz, also presumably thinking aloud, figured he would have to see some plans first, but he couldn't foresee any problem. This kind of encouragement was all that was needed.

To make a long story short, Jack put in approximately three days work that night and presented the plans bright and early the next morning. They were approved and the scheme was set in motion posthaste.

First, Jack took as his right-hand-man Cpl. Ron Hunt. Ron soon became the driving force behind the project. Almost single handed he changed a group of skeptics into an enthusiastic work force. Within forty-eight hours the area was cleared and the main patio slab was framed and poured. From that point, work progressed at lightning clip. By the end of the month the original junk yard had been transformed into a Gravel Pit.

The work involved in this project was done entirely by personnel from the ATC

section, RATCON Telecom Ground and NavAids and was funded through the ATC coffee fund. The people involved are too numerous to mention by name but we feel that special thanks to the following people are in order: Barbecue and Masonry, Lt. Larry Harker; Bar and Storage Room (including hand splitting and applying cedar shakes), Sgt. Pete Kyashko; Co-ordination and logistics, MWO Jim McManus; Furniture design and construction, Capt. Jim Herron; Special Technical Advice, Ron Walker, Dick Zala, Doug Morgan, Jock Brown and Bob Clark.

The official opening took place on 1 Jun 73 with the Base Commander, Col. D. W. McNichol presiding. Since that time we have had many visiting V.I.P.'s and local dignitaries stop by to have a look at this great monument to men's ambition. Their comments have been varied. All the way from, "Fascinating," to, "Awright, wheredja steal the lumber."

You'll notice that by trying to give you a little insight into the phenomenon of "The Gravel Pit" we don't have

space for any of our regular news. That means we'll have to try again some other time. All we have time for now is to remind everyone of the MOT visit on the 30th and to pass along a couple of recent scores from the world of sport: 3 - 0, 9 - 9.

In closing, let our rallying cry for the festive season be, "Remember Morgan". Free transportation has been arranged for the Christmas Party on Dec. 14. We would hope if a person were to become tipsy, said person would make use of this service.

PUBLIC SKATERS

One hour of skating earns 10 points on your "TAKE A FUN BREAK"

A NEW FAMILY RECREATION GAME

CONTACT 338-5371 COMOX RECREATION 339-2255

Flash Flaredrop

THE SCENE: Canada's West Coast where the crack Search and Rescue Squadron is once again searching for a lost soul or two.

"My God, I am in sore need of a life giving cup of tea," quipped Flash as he strode into the Flying Club (latest location of Capt. Headquarters). Twinkles, quickly ripped the phone from his ear, spun and shouted, "Someone get the man a cup of tea." Turning back to his desk he made a mark on his blue pad and mumbled, "Another problem solved!"

Turning to Capt. STOL (Sheer Terror or Luck), Flash queried, "Forsooth, why have you not launched your angels of mercy into the wild blue as it is now nearly first light?" "Indeed it is," replied STOL, "but my right hand man, the intrepid Lumberman, has drunk deeply of the waters of the Inn Swimming Pool and his eyes are so reddened that he cannot see

without giving himself a headache."

"That's very unfortunate," added the cookie monster, puffing on his pipe.

Just then, Capt. STOL spied the intrepid Lumberman approaching the aircraft along with the father and son team and Sonny and Cher. He quickly leaped to his feet and rushed out to the aircraft to get airborne.

Later that afternoon, after searching all day, and saving a soul, the bone weary Squadron returned to their various roosts to rest before once again taking to the skies to seek souls to save.

As the light fades on another successful day in the life of the crack Search and Rescue Squadron we see Flash, together with Capt. STOL and Tom Torque Wrench reading the latest reports of Search and Rescue hunting trips in the Snafuver Wrag.

"Hebrew's 13 and 8," quotes Tom. "Log," quotes STOL.

Hospital Anesthesia

It has only been 2 weeks since our last edition and so little has happened that we don't know where to begin. To be serious for once, the Red Cross will be conducting a Blood Donor Clinic on Friday, Dec. 14 at 0930 hrs. at the Rec. Hall. Please do your thing and give. What nicer gift can you give to your fellow man for Christmas than life. So please come out - it only takes a minute.

NEEDLES & JABS

We have had one new Med A posted in. Cpl. Howie Eames has also come back to us, this time from Gagetown. He's previously been here 3 years ago. (The hospital is looking less and less like the old Geritol crowd that everyone is accustomed to.) Welcome to Comox, Howie; with the weather we've been having, Comox isn't far ahead of Gagetown on the popularity pole.

Pte. Theresa Andre has been lonesome lately as husband Cliff, is away on course. We don't know what course he is taking, but it must be Aircrew training, because she says when he comes back home periodically, all he has time for is a "touch and go".

Two of our MedA's have been attending classes with the explosive experts here on the Base - learning all about making and unmaking explosive devices. Sounds interesting. Also sounds as if we may be getting a new hospital in the near future - or two new Med A's if they foul up.

Actually, Ottawa, in their omnipotent wisdom, has approved extensive renovations for the Base Hospital last week. Work should be starting around the end of the month (like now!).

Starting Jan. 1, all personnel due for medical examinations please take note. We have new examining gloves in stock, designed by our Pay Field A Med A's. The fingers are graduated along its length, in thirds, and denote Pay Fields. Pay Fields B and C both will get more than A. Merry Christmas, guys.

Well, another Med A was given a farewell party. Cpl. Ron Ruggles wanted to try to live the good life - only, as a civilian. Lots of truck, Ron!

Our steno in the Hospital Orderly Room, Gypsy Marion, is doing her bit to conserve fuel during the



energy crisis - she is only typing at one half her normal rate. This not only has the drawback of only half the work being accomplished but also has its merits - there are only half as many mistakes to correct. Why only last week while typing a Doctor's note that stated "this patient was injured in the lumbar region," she corrected it to read "This patient was injured in the woods." Sure cleared up that ambiguous statement, eh? (All in fun, Gyps, all in fun.)

With 442 Sqn. being involved in searches for lost aircraft recently, our staff have been doing airvac's in a c supplied by the B.C. Government. They are fast but small, and make for working with limited material in very cramped quarters. Anyhow, the service is still being provided.

The Grey Cup game is over and bitterness would prevent us from even mentioning anything about it except to let all know who the winners were in our G.C. pool. Congrats and money go to MWO Gardiner, Pte. Neufeld, Pte. Rieger, and Capt. Ray Mostowy (someone from the Hospital had to win - it was our pool).

Let it be known ... Maj. Brian O'Brien, BSurge, and Nursing Sister, Capt. Anne Doran have gone on the same HAI course at Cold Lake together. Question: Why didn't Dr. O'Brien go on the last HAI course when he had the opportunity to go with

MCpl. Al Ford? Say, what does "HAI" stand for, anyway?

DIRTY SURGERY

Recently, the Hospital played host to a course of Flight Surgeons. During the evenings... these interesting fellows became bored (as usual with the few activities in the Comox area). This led to what appeared to be a page from the T.V. series, M-A-S-H. Unnamed members of the course obviously became somewhat incoherent and attempted to find out if "Hotlips" would live up to the name. Apparently, "Hotlips", after being given a jolly good chase, chickened out and locked the door.

LAUGHS LAST

A loser is someone who gets mugged on Boardwalk playing Monopoly.

After establishing that the patient was sterile, the doctor took his time explaining what it meant and then asked if there were any questions.

"Doctor, tell me," said the patient, "is it hereditary?"

"What does your husband do for a hobby?"

"He's a do-it-yourself taxidermist - every night, at dinner, he stuffs himself."

The cry of the Air Force nurses who came into the hospital ward to give IM injections was "Bottoms up". One popular nurse's patients chipped in at Christmas time to buy her a present, which they tagged: "To the best rear gunner in the Air Force."



SEEN PARTAKING OF THE fine international cuisine offered in The Gravel Pit are members of the Permanent Joint Board on Defence. From left to right: Mr. R. Smith, USA Chairman; Maj. L. T. Zbitnew, Canadian Military Secretary; LCol. A. J. Copp, USA Military Secretary; Senator J. B. Aird, Canadian Chairman.

— Base Photo

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Editorials

Soldiers in Petticoats

Of course, they won't be wearing petticoats but, soon, there will be a greatly increased number of women in the Armed Forces. And, this will mean that the "Male Chauvinist" as well as the rest of us will have to cope, tolerate and put up with them.

Nothing wrong with that, is there? After all, women in the Armed Forces is nothing new. We have them in the Accounts, Administration, Supply and Medical Sections as well as Stewards. They can and do do their work as efficiently as their male counterparts.

What work they CAN do.

Meaning that -- and, let's face it -- they can't do ALL the work that the men do. Reasons range from physical stature to social (or service) acceptances. They may WANT to and certainly have the desire to, but, of course, can't. And, in their own mysterious (to us males), feministic way, they would probably do a better job.

But, problems arise when women start to enter trades which have been strictly dominated by the male of the species, the Military Police or Armament trades for example. Ah-h-h! now the male starts to bristle and growl and show his teeth. It was okay when women stuck to trades that were thought to be "bisexual". But, when they encroach on the "holly ground", the fur hits the fan. Those who are eager and anticipate women in the Service

(especially on their Base) suddenly find reasons why they don't want them in or women shouldn't be in.

By the way, any man who can claim to completely understand women should be made a national hero and given sainthood. I don't claim to be either.

We all know that there are women (as well as men, I might add) who join the Armed Forces and stay, for various reasons, and those who join and don't stay ... for various reasons. They join because they like it, or there's travel, or there's friends, etc. etc. They don't stay because they find someone, get married and want to raise a family, or the Service is a disillusionment to them (as it sometimes is to the men), or there is a better paying job on the outside. Some marry and still serve. Where's the difference between them and us??

Some will start worrying about seniority, preferential treatment or various other important (to us) factors. There is no doubt, some of these WILL be important in the future.

In the future. Right now, we are faced with the fact that they are coming, petticoats or no. To live and work with them we have to accept them, no matter what trade or trades are "in jeopardy".

... Preferably in our arms, nestled close and ... (Note: No, girls, that does NOT mean that we think of you only as sexual objects, as some are led to believe.)

L.M.

Baby It's Cold Inside

But of course it would never happen to us! It only happens to the other guy -- WHAT!!! in Canada??!! With all those natural resources? Hmm, I wonder if? ... It couldn't! ... Well, maybe? guess I'd better not take any chances!

Sound familiar? ... It's probably close to what goes through the average person's mind when the powers that be come out with a directive, policy letter or some other startling information.

Well Baby, it could get very cold inside if we don't do our part in conserving heating fuel. Yes, and it's going

to take an honest effort! We are all guilty you know. How often do we open a window or door because it's too hot -- instead of turning down the thermostat? Say! What temperature do you keep your house? A healthy 68 deg. or a stuffy 75 deg? Do you turn down the thermostat when you go out at night? away for the weekend? How about bedtime? ... is the heat turned down?

Well, that's enough talking about something everyone knows all about. If we don't have enough heating fuel to last us through the winter it won't be your fault -- you made an honest effort -- didn't you???

So Don't Read This!

WHO CARES?

I don't care if I finish writing this editorial; I don't care if the editor of the Totem Times likes it; I don't care if it gets printed; and as I said in the title, I don't care if you read it.

Actually, I lied, I do care and that is why I'm taking the time to write this little editorial and, as you may have already guessed, the real title should be, "Apathy". It's aimed directly at those of us who say "they should -----". How many people are surrounded by injustice and do nothing more than say "they should do this or they should do that"?

Actually, I suppose, the average serviceman has little real influence over his destiny, so what can he do when something's bugging him and he wants to express his ideas or opinions. It may appear as though he has no alternative between official red tape channels and saying to his buddies, "they should -----".

If you really do have something to say, any point that you feel strongly about whether to praise or criticize, then say it by writing to your base newspaper. How do you like your new pay raise? Are moonlighting servicemen ruining the local labour market? Should Comox be a

bilingual base? The Totem Times is not just your newspaper to read, it is also your newspaper to write. There would be no Totem Times without editorial comments, letters to the editor, section news and local news.

You should see the panic at the Totem Times office just before publication day. First of all, the advertising goes in because that's what pays for the paper. Then we start scrambling for local news and pictures to make the paper interesting and most importantly "yours". That's what we feel you want in a base paper, base news, but the staff can't write it all; it has to come from individuals around the base. When we run out of local news, which is all too frequently, we have to fill the remaining space with outside news such as items from other base papers, news from NDHQ and sometimes just plain fillers.

So if you have something to say, say it, and chances are it will be printed.

The Totem Times will print almost anything or as we say "we print everything that's fit to print and some that ain't." Don't think that you have to be a writer or an author, either; just say it like it is, that makes the best reading.

J.G.

Efficiency Or Waste

Now that the energy crisis has finally come to a head, it is time to take a second look at our energy consumption. Experts from every country are racking their brains for ways and means of reducing our energy consumption. Our main concern now is our excessive use of gas and oil, a diminishing supply of a depletable resource.

Gasoline rationing, although not yet instituted, appears to be inevitable both in the USA and Canada.

Since a good percentage of our oil is imported, any policy changes or political upheavals in the exporting countries, directly affect our supply.

The only solution appears to be to reduce consumption.

It is no easy task, since our economy has adapted itself to unlimited use of that vital resource.

Various means of reducing oil and gas consumption have been advocated.

Airlines are reducing flights, speed limits have been reduced to 50 MPH in the USA to conserve gasoline. It has long been a well known fact that gasoline is

wasted by excessive speeds. Heating oil consumption can be reduced by setting the thermostat lower.

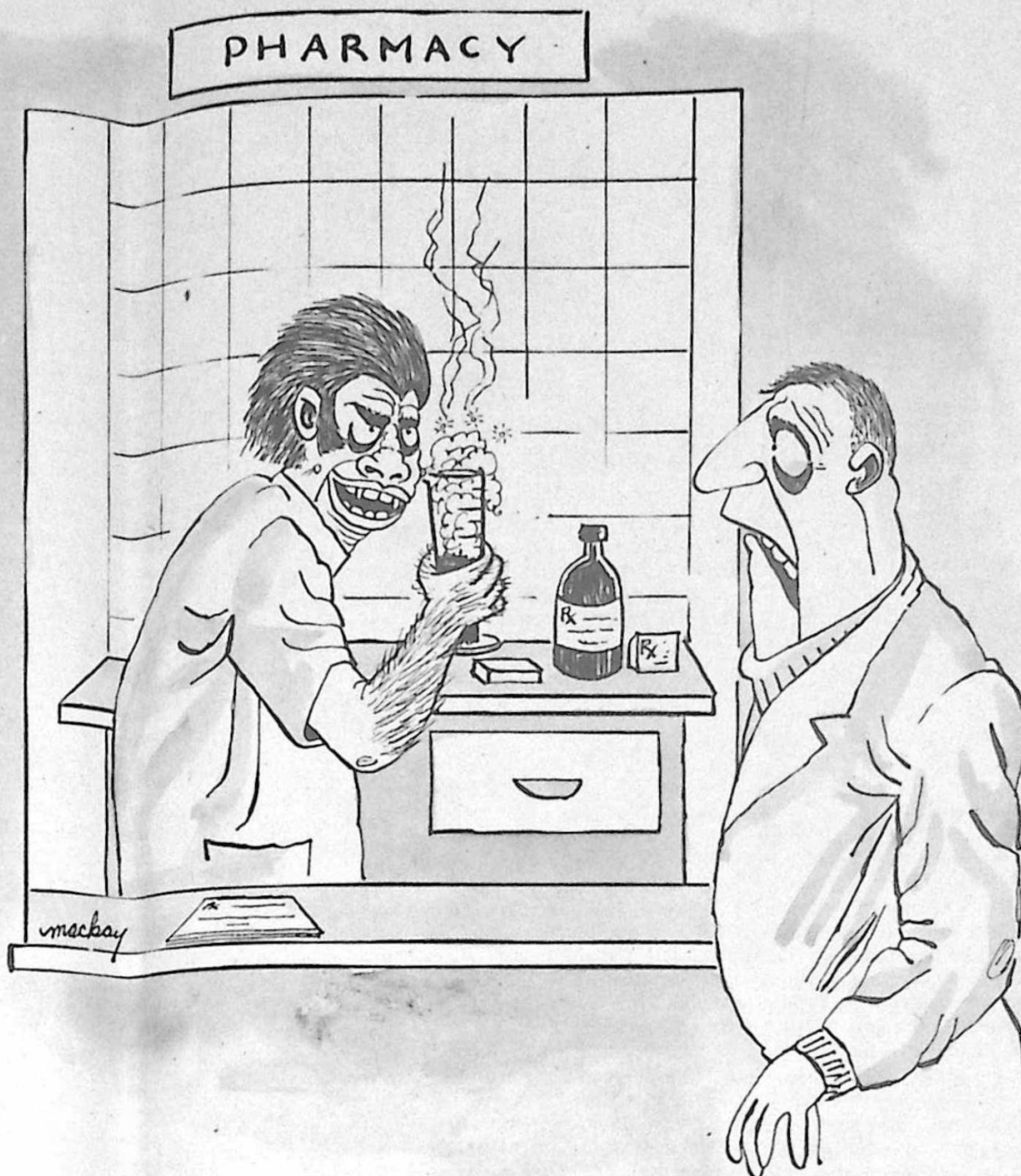
There is no question about it, because of this shortage we will be paying more for our gas and oil.

Our immediate need is to use our gas and oil resource at its utmost efficiency. The question is, how? We have all heard stories of inventions that would greatly increase the mileage of our present gas-gobbling cars. Only a year ago we heard of a new home heating furnace, designed in Vancouver that is twice as efficient as the standard furnaces now in use.

Now is the time for the energy minister to take a close look at these products and assess their value. If, indeed, there are such products, they should be produced in mass for everybody's benefit and the nation's economy.

We cannot afford to waste our precious resources with extravagances as we have in the past.

P.K.



IT'S MY SPECIAL CHRISTMAS cough syrup, but watch out for FULL MOONS!!

How Is Your General Safety Program?

Government and business organizations take great care, and go to considerable expense, to provide safe working conditions and a healthy environment for their employees. The ultimate goal, of course, is to prevent accidents before they happen. Unfortunately we are only mortals and accidents do happen.

There is no excuse for not investigating mishaps, attempting to come up with the answer and prevent the re-occurrence, and to cut down overall "on-the-job" accidents.

Still, our working hours, during which we are under safety surveillance, take up only part of the day. It has been proven time and again, with endless back-up statistics, that most accidents take place off the job. When you stop to consider that most of us spend a good deal more time at home than in our place of employment, then perhaps you can understand why more accidents occur there.

At work we are continually (it might be said per-

petually) reminded of safety. But no safety posters are to be found on the walls of our homes. If you stop to think about it, doesn't it make sense that every home should have a safety program?

A few places to start with might be halls and closets. Are they adequately lit and uncluttered? Are appliances, including their cords and plugs, in good condition and properly connected? Are all switches and outlets working properly?

Have you checked the attic and basement recently to see whether the items stored there (whether "junk" to Mother or "precious" to Dad!) are creating a fire hazard? If you have tools, are they in good shape and stored in a safe place?

No discussion of the home is complete without touching on the subject of children. By their very nature, normal, healthy children are inquisitive and extremely active. Their antics make them literally "accidents looking for a place to hap-

pen." Every parent is aware of this but still may forget to make sure that such things as matches or lighters, medicines, scissors, polishes, and detergents are out of reach. These things all have a place in the home, but that place is not in children's hands!

Keep the thought in mind that even though the working day ends when you leave your office, shop or hangar, safety is a 24-hour job.

ENDLESS STATISTICS

To reinforce the idea that safety should not end when you leave the job all you really need to do is examine the nation-wide accident statistics of the United States. Because of their larger population and expanded statistical data base, the findings are very reliable and can be used with a high level of confidence.

The leading class of accidents occur in and around the home and in 1972 accounted for 4,200,000 disabling injuries. The next larges

injury class is "public" which includes recreation and transportation other than motor vehicles. This class contained 2,900,000 disabling injuries. Work injuries comes third with 2,400,000 disabling injuries and motor-vehicles fourth with 2,100,000.

The preceding order of accident classes was based on disabling injuries. If, however, we examine accidental deaths, the sequence is notably different. Motor vehicles are first at 56,600, home accidents are second at 27,000, "Public" are third at 23,500 and work comes fourth and last at 14,100.

In summary, the largest number of injuries occur in and around the home and the largest number of deaths occur in and around motor-vehicles.

So what does all this mean to you? It means that your chances of being injured or killed are highest after you leave work, that's what.

Take safety home with you!

The Lean Years

By JOHN GELLNER

In the statement Defence Minister James Richardson made recently on Canadian defence spending in the next five years, there was much with which one can entirely agree, but also quite a bit that is open to question.

My main criticism is that too much is being made of what is really a modest program. To say, as Mr. Richardson did at his press conference, that with this plan "national defence is entering a new era" is somewhat extravagant in reality, all that is being done is arresting a process of physical deterioration which could not be allowed to continue.

The result will be that throughout the next five years the Canadian military establishment will be about as cost-effective as it is now. But for the projected increases in defence spending, cost-effectiveness would have declined year after year because good men would have been handling ever more obsolete equipment.

MEANS OF COMPARISON

Perhaps the best way to measure a country's defence effort is to compare its military expenditures with its total gross national product. On this basis, Canada is at the very bottom of a list of 13 North Atlantic Treaty Organization countries which maintain military forces. (Iceland does not have any and Luxembourg can hardly be counted since its one infantry battalion operates with the Belgian army.)

Currently Canada spends about 2 per cent of the GNP on defence, as against a NATO average of 3.6 per cent. Increasing expenditures by about 7 per cent a year and effecting savings, as Mr. Richardson said will be done, may result in the 2 per cent ratio of defence costs in total GNP being maintained, but no more -- and this will buy as much military muscle in 1978 as 2 per cent of the GNP buys today.

(As for Canada's comparative position among NATO countries, chances are that by 1978 Canada will be 12th instead of 13th, if Denmark continues to contend for the last place where defence spending is concerned.)

Mr. Richardson's praiseworthy intention is to use any extra money he can lay his hands on for new equipment which the Canadian Forces need badly; for 15 years much too small a proportion of the defence budget was devoted to modernization.

A widely accepted rule-of-thumb is that, to keep military forces up to date, capital expenditures should make up about 30 per cent of all defence costs. In Canada, even if we take only that part

(Continued on page 8)

LETTERS TO THE EDITOR

School Vote

Dear Sir:

The board have many people to thank for the 69.4 per cent vote in favour of Referendum No. 11. Special thanks is certainly due to the news media. The coverage that we received and the positive attitude expressed in editorials and by interviewers must have played a large part in persuading the public to vote "yes" in the majority that they did. For your help therefore, thank you very much.

Yours sincerely,
T. G. Ryan, Chairman
Board of School Trustees.

CFB Edmonton

Dear Editor:

Greetings to you and your staff from the oil capital of Canada in Sunny Alberta. It was a treat to receive your short epistle written 9 Nov. 73.

It is noted that the Editor of the Totem Times writes with a diplomatic touch of which "WE" are still not sure military newspaper! Ha!

As you probably know, we have about twenty lodger units on our base. Our big editorial contributions from many of them. If the unit elects to send CD presents, becomes a CD edition. So the editing phase becomes non-existent. Our motto is "We shall strive to improve."

Regarding our editorial staff -- we are very fortunate.

Laugh at Adversity

Dear Sir:

I think we should have more pay raises! About four per year would be nice. Not to "bring us into parity" with our cousins, the civil servants, but to invoke more of the interesting reading found in your last issue of the Totem Times. Most articles were based on our financial state in some form or another, and even the usual section columns injected a few humorous comments that brought a smile or chuckle.

As with every pay raise, the usual arguments from outsiders came up again: i.e., "moonlighting" by servicemen, misuse of government equipment, justification of a Defence Force, just to mention a few. Let's face it, in the eyes of some politicians and civilians, we are destined to be the worthless "underdog" with no productivity,

and as far as they are concerned any military pay adjustment is only throwing good money after bad.

At least we are able to laugh and joke about our misgivings, so why not "give us more". More to laugh about, more to talk about around the bar, and more interesting reading in our local newspaper. These pay raises are really a "blessing in disguise". Keep up the good work, despite what some outside critics might say.

The Laughing Lieuy.

Canada's Crows

Dear Editor:

Who said that birds fly south for the winter? For anyone that lives in balmy Wallace Gardens knows that it is just not so, particularly with crows. With the coming of winter their numbers seem to be increasing, which proves two points: 1. Crows are migratory, and 2. They migrate to CFB Comox.

Although it is a known fact that this area is an unofficial sanctuary, the increasing number of crows in this area is becoming a nuisance to society. Their ability to attack garbage containers can only be considered as all out warfare.

Perhaps Alfred Hitchcock's movie "The Birds", may come true sooner than we think. It is as if these black feathered felons are waiting for the right time to strike. They never travel in less than six, except for the occasional scout, they attack when least expected and never when

their enemy is in sight, and they ruthlessly defy any attempt to scare them off.

The next time you see crows congregating on your lawn or nearby telephone line, gather up your children, lock all your doors and windows, and whatever else, DON'T try to take out your garbage.

Concerned
Thanks from UGN

Dear Sir:

On behalf of the Directors and Agencies of the Comox Valley United Good Neighbour Fund, I would like to take this opportunity to say Thank You to C.F.B. Comox for their terrific support of our local campaign.

As in the past you went over the top, and proved an inspiration to us all.

There is no better thank you than seeing our dollars at work throughout the year in this area. A day does not pass when one of the agencies is not called upon to help someone in need. Because of your donation this is possible.

A special "Thank You" to Capt. Marvin Guile for his outstanding effort as Co-ordinator of the 1973-74 campaign. A job well done.

Thank You.
Sincerely,
Mrs. S. Davies
Acting President
Comox Valley
United Good Neighbour Fund

TOTEM TIMES

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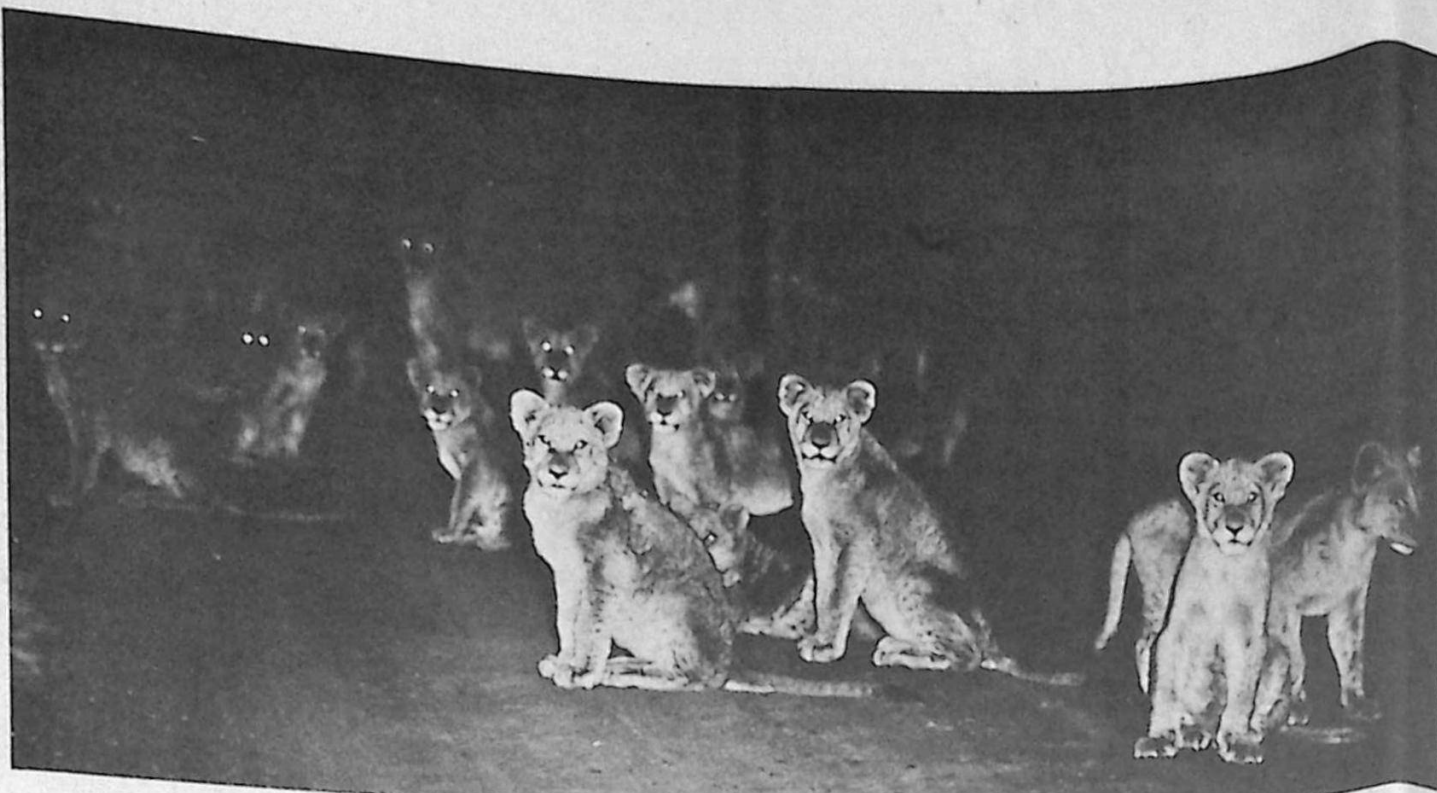
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IF YOU WERE A SAFE winter driver, you'd dim your lights.

Pilot Training Increases

OTTAWA — Defence Minister James Richardson has announced that pilot training in the Canadian Forces is to be increased and revamped next year to accommodate changing requirements in the forces.

The plan is to turn out more pilots at a lower individual trainee cost by directing student pilots into specialized fields at an earlier stage.

The revised program will also see the CF-5 aircraft replacing the aging T-33 advanced trainer in this role and also increased use of the basic jet trainer, the Canadair CL-41 Tutor.

The Forces need about 2,000 pilots to carry out their various roles. Currently about 130 pilots are trained each year. This will be increased to 200 under the new program. Recruiting for pilots has already been stepped up.

Forces pilots are employed in three categories: 39 per cent as combat jet pilots; 25 per cent on multi-engine transport aircraft and 36 per cent as helicopter pilots.

Current cost of training a CF-104 pilot is \$296,000. This will be reduced by \$13,000. CF-101 pilots are now trained at a cost of \$315,000. Under the new system savings of \$132,000 per pilot will be achieved.

All Forces pilot training is conducted in western Canada. The new system calls for pilot selection and primary training to continue on the Musketeer, a single engine, low-wing monoplane, at Canadian Forces Base Portage la Prairie, Man.

The undergraduate pilots then go on to CFB Moose Jaw for training on Tutors, after which they are awarded their wings.

Additional training for combat jet pilots, before assignment to an operational squadron, will take place in CF-5 aircraft at CFB Cold Lake, Alta.

Pilots designated to fly multi-engine transport aircraft are to follow a different training schedule at this stage. After winning their wings at Moose Jaw they will join a multi-engine aircraft squadron, to gain on-job training. On completion of this phase they will receive their first assignment as multi-engine pilots.

Helicopter pilots will also be awarded their wings at Moose Jaw, but then will return to Portage la Prairie for about 70 hours training on the Kiowa, a turbine-powered, light observation helicopter. Final phase of their training will take place at an operational training unit.

No new flying schools will be required to implement the new plan. But it will mean more activity at CFB Moose Jaw and some minor construction may be required at that base.

The T-33 Silver Star has been in service for 22 years as an advanced flying trainer, and will now be taken out of service in Training Command.

Under the new plan the Forces will use 95 Tutors, an increase of 25 and 26 CF-5's.

YOU and the Law

JUNK MAIL

"Junk mail" seems to be one of the crosses that all of us must bear in this age where sale of goods by mail is apparently extremely profitable and successful. Additionally, it appears that this business is also very profitable to the Post Office, who collects millions of dollars each year on postal charges.

Now, I want to mention a few points on specific types of mail. Firstly, the vast majority of this unsolicited mail is quite legal and proper. Secondly, if you receive unsolicited magazines, there is no requirement to pay for them. The company may try to collect from you, but unless you have specifically ordered the magazine, you should refuse to pay for them. If by some chance you get sued, hire a civilian lawyer immediately and defend the action. Thirdly, credit cards are sometimes sent in the mail. It is illegal to send unsolicited credit cards in the mails in Manitoba, Quebec, New Brunswick and Prince Edward Island. However, here in B.C., it is still a legal practice. If you use a credit card received in this fashion, you are bound to pay for the goods you purchased.

However, if you do not intend to use the credit card, you should burn it or cut it up and throw it in the garbage.

Fourthly, articles received in the mail are a real problem. Probably you can keep them and not pay for them, but you would save yourself a lot of grief if you simply returned the article to the company, or if you know what is in it, mark the article "refused", sign your name, and send it back to the Post Office. Do not accept unsolicited C.O.D. goods unless you know what they are.

There is a temptation to tell the postman not to give you the "junk mail". However, the company has paid the postage and, as the postman will no doubt tell you, he is

Free Press Stocking Fund

Through the kind co-operation of Base Commander D.W. McNichol an outlet has been supplied at CFB Comox where donations and gifts can be deposited for the Comox District Free Press Christmas Stocking Fund.

Free Press Editor Bill Smith today announced that all donations to the fund can be left at the CFB Comox firehall.

A complete list of all cash donations will be published each week in the Free Press. Should you wish to remain anonymous please indicate so when making your donation.

All money donated will be used to purchase Christmas hampers for needy citizens of the Comox Valley.



SNOW GHOSTS AT BIG WHITE, 32 miles from Kelowna in B.C.'s Okanagan Valley. —Canadian Government Travel Bureau

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Entertainment and Events

WO & SGTS MESS

DECEMBER ENTERTAINMENT

- Dec. 1 — Bingo and Dance — Dress, Winter Casual, Music — Mr. Music. Food — Fish and Chips. Jack Pot must go. Admission: Reg. and Assoc. \$1.00. Hon. and Guests \$1.50.
- Dec. 8 — Decoration Night — There will be a decoration party in the Mess, any and everyone that wants to help, come on out and have some fun fixing up the Lounge for the festive season.
- Dec. 15 — Turkey Bingo and PMC's Draw — 2000 hrs. Admission: Reg. and Assoc. \$1.00. Hon. and Guests \$2.00. Dress — Winter Casual.
- Dec. 31 — New Year's Eve Ball — Tickets for regular and associate members go on sale from the 3rd of Dec. thru the 14th and for honorary members and guests from the 17th thru the 21st. Reg. and Assoc. \$15.00. Hon. and Guests \$25.00. Get your tickets early, there are seats for only 150 couples.

JR. RANKS CLUB

December Entertainment

- Sat. 1 — Band "New Music Express" in the Annex.
- Sun. 2 — Turkey Bingo 2000 hrs. Dance with the "Trademarks" 2200 hrs.
- Tues. 4 — Movie
- Wed. 5 — Weekly Bingo
- Fri. 7 — TGIF
- Sat. 8 — Band "New Music Express"
- Sun. 9 — (in the Annex)
- Tues. 11 — Movie
- Wed. 12 — Weekly Bingo
- Fri. 14 — TGIF in the Annex
- Sat. 15 Sun. 16 — Band "Sunset Trio"
- Tues. 18 — Movie
- Sat. 22 — Band "Tim Kinnelly"
- Sun. 23 — in the Annex
- Sun. 23 — 1300 hrs. — Children's Christmas Party in the Lounge.
- Wed. 26 — Wives Cocktail Party. For 1900 hrs. 2100 hrs. Band "New Music Express."
- 31st — NEW YEARS EVE BALL.

OFFICERS' MESS ENTERTAINMENT

- SATURDAY, DEC. 1 — Mess Decorating Party. Casual dress. We request members to join in and prepare our mess for the Christmas functions. Free drinks and sandwiches. Raffles and Bottle Draws every hour starting at 2100.
- SUNDAY BRUNCHES — Dec. 2, 9, 16, 23, 30 — Lunch menu served 1145 - 1300. Children 75¢. Adults \$1.25. Casual dress.
- WEDNESDAY, DEC. 5 — 442 Xmas Dinner. Open dance 2100 - 0100. Middle Earth - Informal dress.
- FRIDAYS, DEC. 7, 14, 21, 28 — TGIF. Subsidized drinks - Bottle Raffle. Informal dress in Main Lounge.
- SATURDAY, DEC. 8 — 409 Xmas Dinner. Open Dance 2100 - 0100. Naden Band. Informal dress.
- SATURDAY, DEC. 15 — Children's Santa Claus Party. 1400-1600. Hot dogs - Candy - Soft Drinks.
- WEDNESDAY, DEC. 19 — 407 Xmas Dinner. Open dance 2100-0100. Cameos. Informal Dress.
- THURSDAY, DEC. 20 — Host the Senior NCO's. Commencing at 1500 hours.
- MONDAY, DEC. 31 — New Year's Eve Ball. Receiving line commences at 2130. The Bobby Herriot Quintet. 2200-0300. Buffet 2300 - 0200. Cost \$15 per member couple \$25 per guest couple. Reservations will cease Dec. 20th. Members limited to one guest couple and guest reservations will not be confirmed until after Dec. 20th.

Senior NCO's Wives Club COCKTAIL PARTY

Mess Lounge

Dec. 11th - 8:30 p.m.

\$1.00 per couple

MEMBERS AND GUESTS WELCOME

PROTESTANT CHAPEL GUILD BAZAAR AND TEA

Dec. 1st in PMQ School Gym

2 p.m. till ...

COME AND SEE -

- CHRISTMAS NOVELTIES
- BAKED GOODS
- PLANTS
- KITCHEN THINGS
- HANDICRAFTS

Donations most welcome - May be left at PM 2, 6, 28, 57, 98, 108B, 114C, 115C, 115A, or brought to PMQ School by Noon Dec. 1st.

MINI THEATRE

Something New in Movie Entertainment

VIDEO CENTRE (60 Seats)

(Next to Central Meats)

Fri., Nov. 30 to Thur., Dec. 6

"BUCK AND THE PREACHER"

Sidney Poitier, Harry Belafonte, Ruby Dee

Friday, Dec. 7 to Thursday, Dec. 13

"THERE'S A GIRL IN MY SOUP"

Goldie Hawn

Peter Sellers

ADMISSION:

3 p.m. & 5 p.m.
Adults - \$1.25
OAP & STUDENTS - 75 cents
Children - 50 cents

7 p.m. & 9 p.m.
\$1.75
\$1.25
75 cents

TCV VIDEO CENTRE

Courtenay

485 - 5th St.
Manager: Mr. Bob Reed - 334-3262

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.

Fri. 30 Nov. **COUNTRESS OF DRACULA** Double Horror
Plus VAMPIRE CIRCUS
(May be disturbing to children) Showtime 2000 hrs. to 2310 hrs.

Sat. 1 Dec. **WHAT'S THE MATTER** Murder Suspense
Sun. 2 Dec. **WITH HELEN** Shelly Winters
Showtime 2000 hrs. to 2200 hrs. Debbie Reynolds

Wed. 5 Dec. **THE GO BETWEEN** Julie Christie
Thur. 6 Dec. **THE GO BETWEEN** Allan Bates
Mature: Contains one very intimate scene.
Showtime 2000 hrs. to 2205 hrs.

Fri. 7 Dec. **TWO LANE BLACKTOP** James Taylor
Showtime 2000 hrs. to 2150 hrs. Warren Oates

Lady Sings The Blues
Billie Holiday with William Dufty
Sat. 8 Dec. Diana Ross
Sun. 9 Dec. Billy Dee Williams
LADY SINGS THE BLUES
Autobiography of jazz singer Billy Holiday
Warning: Parents - Some scenes of drug taking.
Showtime 2000 hrs. to 2230 hrs.

Wed. 12 Dec. **STEEL YARD BLUES** Jane Fonda
Thur. 13 Dec. Donald Sutherland
Fri. 14 Dec. Crime Comedy
Showtime: 2000 hrs. to 2150 hrs.

ANTHONY QUINN YAPHET KOTTO **ACROSS 110th STREET** United Artists

Sat. 15 Dec. **ACROSS 110th STREET** Anthony Quinn
Sun. 16 Dec. Yaphet Kotto
Mature: Very violent, much swearing and coarse language.
Showtime 2000 hrs. to 2155 hrs.

MATINEES
Sat. Mat. 1 Dec. **SEVEN CITIES OF GOLD** Anthony Quinn
Showtime 1400 hrs. to 1550 hrs. Adventure

Sat. Mat. 8 Dec. **WHO'S MINDING THE MINT** Milton Berle
Showtime 1400 hrs. to 1550 hrs. Comedy

Sat. Mat. 15 Dec. **CHARLIE BROWN**
You see him in comics - on T.V. - now see him on our screen
Showtime 1400 hrs. to 1550 hrs.

COMING SOON

DECEMBER: MAN CALLED HORSE - HUNTING PARTY - LIVING FREE.
JANUARY: EASY RIDER - MONTE WALSH - BIG JAKE - BROTHER JOHN - LITTLE BIG MAN - REVENGERS - EL CONDOR.

VP International Meet and Christmas Keg

Totem Lounge - Mon., 3 Dec., 1930

All VP International members and those with 3000 hours VP who intend to join the club are invited.

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"IT ISN'T ROSES you smell in here." — Ford Foto

HAI Course 7413

Washed off from Vancouver where the temperature was a balmy 38 degrees above, and it was only because they were pushing the rear that I left the cockpit of the Boeing 707 on its way to Edmonton. A trip to Cold Lake was said to be again. After 2 hours on the road you had two choices: use your overcoat as a shield and protect your ears (a little bit of realism there) and freeze your coat on and in the end, arrival at CFB Cold Lake (Temp -15) just as the hall closed, we became acquainted with Northlight, a marked improvement on the theme of the quarters. The only blemish that I encountered, being a 'pongo' and used to having it out in the barracks, if you go to the Northlight either take a small mirror or a 20 foot extension cord for your electric razor. The reason is that the mirror is over the sink and the electrical outlet is at the other end of the room. The course instructors consisted of Lt. Brien Crowell, WO Bill McKean, MCpl Chuck Stuber and the heaviest of them all, MCpl Chuck Maxwell. All of these BioTechs (a term that, in the future, may be obsolete) put forth a very interesting and informative course. This is hard to do as

anyone of you teaching the same subject for several years will know. One thing that is new is the aspect of proper parachute landings. Rumor has it that in the summer they will use a tower and in the winter snowbanks. One of the interesting things about Brian's 'babbling' that could be heard in the back row, was this theory:

For a hangover, drink lots of H₂O. (For you Pay Field C-type people, that is water.)

For those of you who have not had an HAI and hope to take one in the future, here is a little bit of good advice from an ex-BioTech.

When you take off your mask, don't do it if you cannot stand smells. It isn't roses you smell, my friend, so stay on 100 per cent oxygen.

Thank you Brien, Bill, Chucks, both big and little, for a good course. From us here in balmy Comox, we wish you "A COOL YULE and a FANTASTIC FIRST."

Top Women in SHAPE

Women are often accused of talking too much, but it seems the reverse has happened with women of the NATO alliance.

Senior servicewomen of member NATO countries have not met since 1966, and the women of the nursing profession have not met in conference since 1961.

All this is changing. Colonel M. Joan Fitzgerald, director of nursing services, and Lt.-Col. Mary Vallance, director of women personnel, are attending the conference of senior servicewomen of the alliance which is being held at

SHAPE and NATO headquarters in Brussels, Belgium, Nov. 12 - 14.

Countries represented at the conference are Canada, Denmark, France, Germany, The Netherlands, Norway, United Kingdom and the United States.

In an attempt to bring information concerning the different services from the various countries up to date there will be a concentrated briefing from each participant stating changes in organization, training, career schemes and conditions of service.



STRIKE BREAKERS IN ACTION!! Editor-in-Chief Capt. Ray Griffiths receiving instructions from star reporter, Cpl. Lloyd McKay. Ford Photo

Safe Winter Driving

Winter road conditions change as fast as winter weather... so be on guard.

Anticipate stops and slow down gradually, especially approaching intersections. They can be unexpectedly slippery because of the polishing effect stopping and starting traffic has on snow and ice.

Never jam on the brakes on a slippery surface... you'll only lock your wheels and go into a skid. Pump the brake with hard rapid jabs to keep the wheels rolling and better steering control. If you do go into a skid, act quickly but don't overreact. Take your foot off the gas and steer in the direction the rear of the car is skidding. You'll feel the car regaining a grip on the road... then straighten your wheels.

You need a lot more room to stop on wintry roads so keep a safe following distance in traffic. Anticipate turns. Slow down well ahead and make them smoothly.

Use extra caution in warming temperatures - or when the sun is out. Ice can be wet at 30 degrees and twice as slippery as 'dry' ice at zero. Some sections of roadway can be icy when other surfaces are dry - underpasses and deep cuts because of shading, overpasses and bridges because of cold air beneath. If you hit an unexpected ice patch, ease up on the gas, hold the wheel steady and roll through.

If you get stuck in snow, you may be able to get out with a rocking motion of the car. Get the snow away from the tires first by turning the wheels back and forth. Use a slight pressure on the gas and move the gear selector rhythmically between "Drive" and "Reverse". Check your owner's manual for spinning the wheels. You'll only dig in deeper and it could cause overheating and transmission failure.

Art Exhibit

A local art exhibit will be held at the Mexicana Motor Inn on Saturday, December 8th and Sunday, December 9th, from 10 a.m. until 6 p.m. The paintings to be shown are the work of Mrs. Lucette Little and her students. A large selection of approximately one hundred paintings will include still life, landscapes, and seascapes. The artists will be in attendance to provide any assistance required. Admission is free.

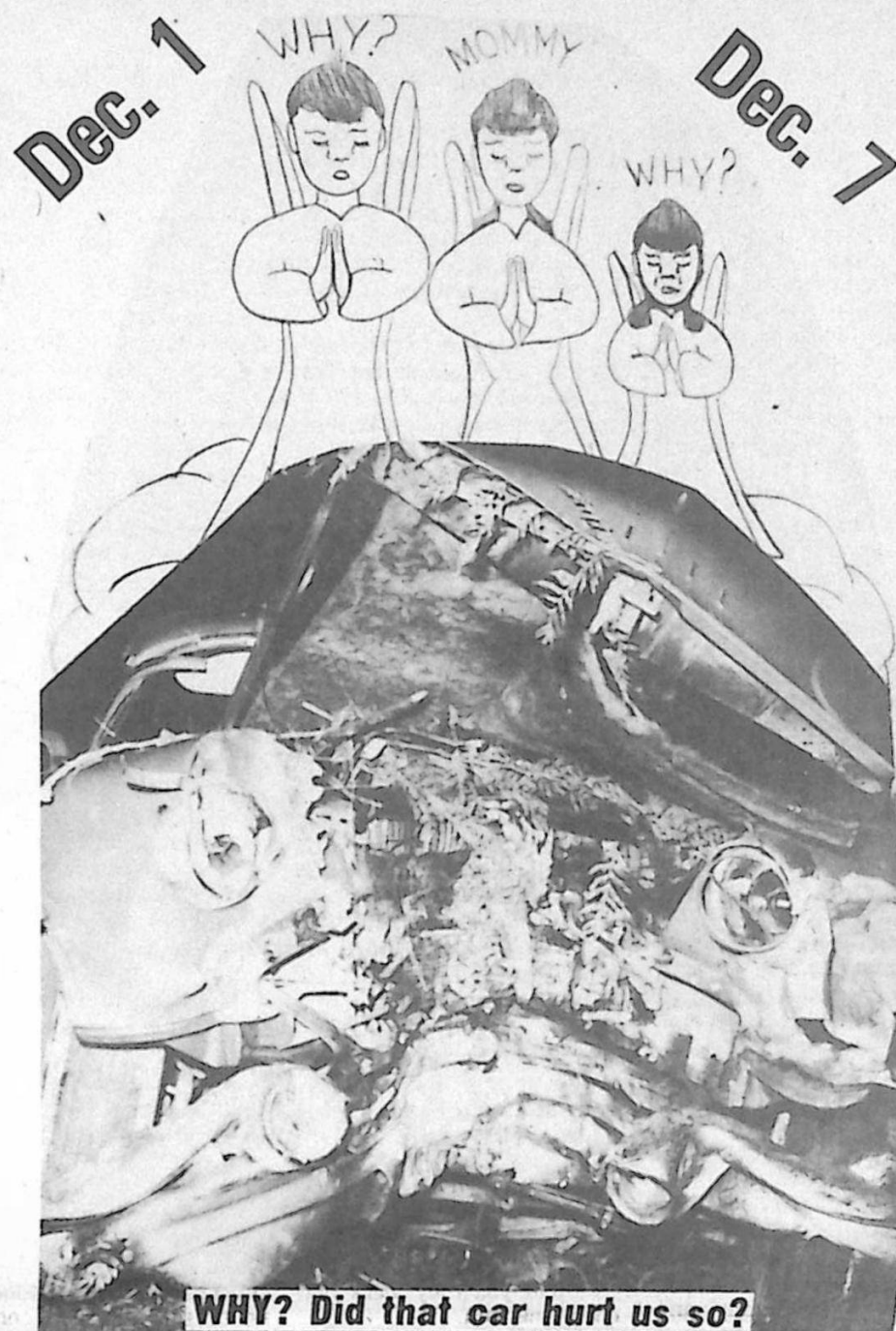
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- PUSH UPS
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SAFE DRIVING WEEK



Where Christmas Begins

Let your **BX STAFF** assist you with your **CHRISTMAS** shopping selections!

Thur, Fri and Sat - 29 Nov to 1 Dec

Weekend SPECIALS

Authorized Patrons Only

Retail Store Sunlight Detergent 2 lb. 10 oz. size 79¢ SPECIAL SALE PRICE.....	BLACK MAGIC Limit 1 to Customer \$1.79 Manufacture Sugg. Retail \$2.40.....	Watch for INSTORE SPECIALS COWBOY BOOTS \$6.99 SPECIAL...	PREMIER IRONS \$14.95 Reg. BX Price \$21.95. LADY TORCAN HAIR DRYERS Style 420 Reg. BX Price \$25.50. \$19.95	REMINGTON TRAVELLER RECHARGEABLE ELECTRIC SHAVERS \$27.95 SPECIAL....	PORTABLE BARS TWO ONLY \$99.00 Reg. BX Price \$149.00
Toyland MICKEY MOUSE TRICYCLE Reg. BX Price \$11.95... \$6.95	SLAPSHOT PRACTICE SET Reg. BX Price \$17.69... \$9.95	XMAS CANDLE KIT Reg. BX Price \$6.25... \$2.99 EASY BAKE OVEN Reg. BX Price \$16.99... \$11.99	TABLE & CHAIR SET Reg. BX Price \$7.99... \$3.99 PANORAMA DOLL HOUSE Reg. BX Price \$6.59... \$2.99	ARCHERY SET Reg. BX Price \$11.99... \$6.99	COMMAND CONTROL FOOTBALL GAME Reg. BX Price \$12.49... \$6.99

SANTA will not accept broken, used or abused toys after Christmas. Suggest where possible you inspect your TOY purchases prior to Santa's arrival.

FESTIVE SEASON HOURS:

16 Dec	1300 ~ 1700
17	1200 ~ 2030
18	1200 ~ 2030
19	1200 ~ 2030
20	1200 ~ 2030

Store Open Wed and Thur nights till 2030hrs up till 16 Dec 73

21 Dec	1200 ~ 1700
22	1000 ~ 1600
23	1300 ~ 1700
24	1000 ~ 1600
CLOSED	25 to 27 Dec

28 Dec	1000 ~ 1600
29	1000 ~ 1600
30	CLOSED
31	1000 ~ 1600
CLOSED	1 to 3 Jan 74

Regular Hours
4 Jan 74

The Little Peoples Corner

By MAE
Dear Little People:

I am writing this letter to you all. The grown-up people write letters all the time, so I think it is time the little people had a corner in this newspaper.

As this is the first letter, I will have to do it all by myself, but I hope that in the future you will all help me out. I am sure there are all kinds of things we can talk about, tell me what you are doing at school, on your holidays, and we can then print your letter with your name on it in the paper. How would you like that?

I am calling this the Little People's Corner, but you know that little people all over the world have different names. In France, they are un petit enfant. Little Indians are called Papoose. In Germany they are called kindchen and in Scotland they are called bairns. Do you think you could find all those places on a map? Perhaps Mummy or Daddy could help you.

I hope that you all enjoyed the snow we had last week. I fell down, did you? We did have a lot. I saw lots of big snowmen, some with hats on and some with scarves round their necks to keep them warm. Do you keep your snowman warm? I put a scarf of my snowman and his neck melted and his head fell off. Poor snowman.

I would like to say a very happy birthday to all the little people who have a birthday today, tomorrow and all the next days. I hope that you all had lots of birthday cards and lots of birthday cake. How about telling me when your birthday is and how old you will be and then we can put it in the paper and everybody will know.

Well, boys and girls, it is time I went. I do hope I will be hearing from you all soon, and that we will be able to keep the little people's corner.

I hope you enjoy the story I put in. Maybe you can read it before you go to bed.

I'll be talking to you all again soon.

Once upon a time there was a lonely little seagull called Sonny. He lived on the side of a cliff with his Mummy and Daddy. Sonny had no brothers or sisters so he would sit in the nest all day by himself while Mr. and Mrs. Gull went out fishing.

One day, Sonny was sitting on the edge of the nest looking out, watching all the ducks playing on the water, when he felt something tap him on his wing.

"Hello, I am Charlie Crow," said the stranger. "What is your name?"

Sonny looked around and saw a funny black bird sitting on the ledge by the nest.

Now, Sonny was very shy and he had never spoken to

strangers. "Sonny," he whispered and quickly hopped down into the nest and didn't say anything else.

"Oh, please don't go back in," said Charlie. "Come out and fly with me. I know where there are some lovely berries."

"Berries?" said Sonny.

"What are berries?" Charlie blinked and hopped down to the nest. "Berries are to eat, silly," he said.

"I don't eat b-berries," Sonny stammered.

"Don't eat berries, caw!!" Charlie was very surprised. "All birds eat berries."

"I don't," said Sonny.

"What are they like?" "Come and see," invited Charlie. "I know where there are some big ones, and nobody else found them yet, so we can have a feast."

Now Sonny was feeling rather hungry. It seemed a long time since breakfast and there was no sign of Mr. or Mrs. Gull bringing lunch.

"Well, alright," agreed Sonny, "but I hope it isn't far."

"No, come on," and with that, Charlie shook out his feathers and took off.

Sonny quickly hopped out of the nest, shook his feathers and took off after him.

Charlie led the way, over the cliff and across a field. He stopped on a tree branch and looked around for Sonny.

"(Caw) you are slow. Now, follow me."

He headed along the hedge, across the road and stopped on a wooden fence. Sonny landed beside him. He was rather puffed.

"Where are we going?" he asked.

"They are here," said Charlie, looking around, "but, you have to be careful. The people try to scare us away."

"What are people?" asked Sonny.

Charlie looked at him. "(Caw) Don't you know anything?"

"I know lots of things ..."

Sonny started to squawk.

"Be quiet," hissed Charlie. "They will hear us. Come on, follow me," and he quickly

dived off the fence and across the grass to a strawberry patch.

"I told you they were big ones," he said.

Sonny looked around, but, as he had never seen strawberries before, he didn't know what to eat, the red pieces or the green pieces.

"Look," said Charlie, "I will show you" and he started to pick at the lovely big, red berries. Sonny, after watching him for a few seconds, tried one.

"It does taste funny," he said.

"Hush!" hissed Charlie, but too late. They heard a shout.

"Head for home, quick!" yelled Charlie and with a flutter, he was gone.

Sonny looked around, but

when he heard another shout, he thought he had better go home.

When Sonny got home, Mrs. Gull was strutting along the ledge. When she saw him, she began to flap her wings.

"Sonny! Where have you been. You know I don't like you to go far from the nest."

"Come along, do. Your father caught a nice young fish so come and eat while it is still cool."

Sonny followed her.

"Mother, I have been with Charlie Crow and he showed me some berries."

"Berries!" Mrs. Gull looked shocked. "I hope you didn't eat them just before your lunch."

She pulled a small, glistening silver fish from the bottom of the nest.

"Now eat that up. I have to go out again. When you have finished, don't forget your nap. See you tonight, Sonny."

She pecked him on the cheek, patted him with her wing, and was gone.

Sonny watched her soaring into the blue sky and then turn out towards the sea. Then he settled down to enjoy his lunch.

"What you got there?" a familiar voice said.

Sonny looked up. There was Charlie sitting on the ledge.

"A fish."

"You aren't going to eat that, are you?" Charlie looked at the fish.

"Of course I am."

Charlie frowned. "Only ducks eat fish," he said.

"Well, I'm a seagull and I eat fish all the time," Sonny told him. "Here, try a piece."

So saying, he pulled off a piece of fish with a fin on it and offered it to Charlie.

Charlie backed away.

"Go on, I ate your berries. You try my fish."

Charlie hesitated a few moments and then took a tiny peck.

"Well?" Sonny looked up from his lunch. "Isn't that better than your silly berries?"

"No," Charlie said, "but I'm hungry," and he promptly

swallowed the piece in one gulp.

Just then they heard a flap of wings overhead and looked up to see Mr. Gull coming home.

"Hello, Sonny," he patted Sonny on the wing as he went towards the nest.

"Hi, Dad. This is Charlie Crow. I went flying with him, today."

"Did you?" Mr. Gull cocked his head on one side and looked at Charlie. "Hello, Charlie."

"Yes, Charlie showed me some berries, but I didn't like them as much as I like fish."

"Well, I didn't like your silly fish," muttered Charlie.

"Now, now boys," Mr. Gull looked from one to the other, "don't quarrel about it."

"I thought everybody liked fish?" Sonny looked very puzzled. "I love it. It's the best thing in the whole world to eat."

"No, it's not, berries are!" yelled Charlie.

"Boys! Boys!" Mr. Gull flapped around and settled himself between the two young birds. "Listen to me. You, Sonny like fish because you are a seagull and it's the best food for young seagulls. Charlie likes berries because that is the best food for crows."

But, that doesn't mean you can't eat anything else. When there are no fish, seagulls eat berries and when there are no berries, crows can eat fish. So you see, there is no need to fight about it."

Mr. Gull got up and shook his feathers. "Well, I must go back to work. Time for your nap, Sonny." And, with that, he stretched his wings and took off into the deep, blue sky.

Sonny and Charlie looked at each other.

"Well," said Sonny, "I guess the berries weren't that bad."

"I guess the fish was O.K., too," agreed Charlie.

Sonny yawned and settled himself more comfortably on the ledge. "Where will we go tomorrow?" he asked.

Charlie opened his eyes. "I know where there are some blackberries. You might like those better," he said.

But Sonny didn't answer. He was fast asleep.

In Canada, one of the ten Girl Guide laws is: "A Guide smiles and sings even under difficulty."

Dogs And You

This is, hopefully, the start of a short series on the complexities of buying a dog. While it may seem a simple business, if you don't know what you should get for your money, you can make a very expensive mistake - and one that you will have to live with for years.

I will write basically about buying a purebred dog, because they often cost more than a mutt. But when you buy a purebred, you know what you are getting in size, temperament and the amount of care needed by the dog. While I realize that a cross-bred puppy can be just as cute, and just as smart, as a purebred, this is something you can't be sure of when buying a young puppy. That sweet, little tyke could easily turn out to be the size of a St. Bernard, with an appetite to match - at today's food prices!

So what kind of dog do you want? Perhaps you already know. If not, local libraries have books with pictures and descriptions of all breeds, and local breeders have directories to all the breeds. Or go to a dog show, and see all the different types. When you see one that you like, talk to his owner and find out why he chose that dog. Different dogs are suited to different purposes.

Now you've picked your dog, where do you find one? Preferably, you go direct to the breeder. This way you avoid paying a middleman, and only the breeder knows all the answers to your questions. Breeders, as well as dogs, are registered by the Canadian Kennel Club. Only the kennel name is actually registered, but the breeder

must sign that he will abide by proper breeding practices, in order to register his kennel name. Complaints that he has broken the rules can cause him the loss of his registration. These are the only breeders in Canada under any form of control. If the name of a kennel has "Registered" or "Reg'd." in it, you know that you are dealing with a serious breeder.

Most registered breeders are trying to produce show dogs, so all their puppies receive the best of food and care from the moment they are conceived. All are bred and raised as potential champions. Unfortunately, every puppy in a litter is not "Show Quality", so eventually those who do not meet the criteria must be sorted out and sold as "Pet Stock" usually about eight weeks old.

These are not runts, they simply are not quite as beautiful to a judge's eye, and usually are sold quite reasonably to a good home. In my opinion, a puppy under eight weeks is too young to sell. He is not yet ready to leave his mother and will feel lost, cry and puddle all over. By eight weeks, the pup is becoming adventurous and is able to start learning. At eight weeks, he should have his first shots for Distemper, Hepatitis and Leptospirosis. These are very important for a healthy dog. He should have been treated for worms, and health checked by a Veterinarian.

He will also need a "booster shot" at twelve weeks to complete his immunization. If the puppy is sold as a purebred, the breeder MUST provide the registration

Certificate, without charge, under the "Livestock Act of Canada". This act provides for fines and or imprisonment for anybody who does not comply. Whether you sell, trade, give a dog, or pay someone to take him off your hands, the papers must go with the dog at no extra charge. If you are ever asked to pay extra for registration Certificates, file a complaint with the local branch of the Department of Agriculture.

This expense, including the compulsory nose-printing or tattooing, must be paid by the breeder. I have heard of people asking twenty-five dollars extra, where their actual expense per dog, for registration and transfer to a new owner is ten dollars. A member of the C.K.C. pays half that.

Next issue I will explain registration and pedigrees.

Sandy Hope

Basketball Tournament

Its going to be a basketball filled weekend this Nov. 30 through Dec. 2 here at the CFB Comox Recreation Centre.

Our Totems will be playing host to Esquimalt, Chilliwack, Masset and HMCS Terra Nova.

Competition will commence Friday at 8 p.m. and continue all through Saturday and finally winding up Sunday afternoon with the presentation of awards scheduled for 2:30 p.m.

The following is the schedule of play for the tournament:

FRIDAY, NOV. 30: 2000 - Comox VS Chilliwack; 2130 - Esquimalt VS Masset.

SATURDAY, DEC. 1: 0930 - Chilliwack VS Masset; 1100 - Terra Nova VS Comox; 1300 - Esquimalt VS Chilliwack; 1500 - Masset VS Terra Nova; 1900 - Comox VS Esquimalt.

SUNDAY DEC. 2: 0930 - Terra Nova VS Esquimalt; 1100 - Masset VS Comox; 1300 - Chilliwack VS Terra Nova.

WANTED

Responses from families now participating in the new family game

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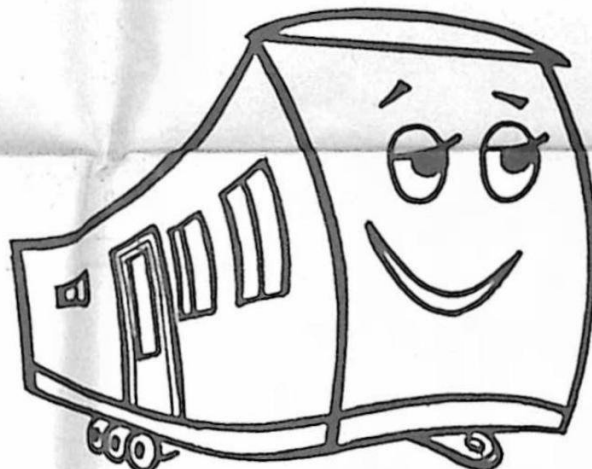
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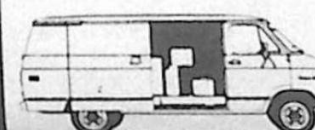
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1968 Vauxhall S/W \$895

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COMMANDER STEWART B. ALSGARD, OMM, CD, is invested as an Officer of the Order of Military Merit by His Excellency, Governor-General Roland Michener in a ceremony at Government House, Ottawa, while members of the Secretariat of the Order attend. Commander Alsgard's citation for the honor noted "outstanding leadership and meritorious achievement" for the naval service as a result of his youth training activities throughout Canada and as Commanding Officer of the Sea Cadet training base HMCS Quadra for the past six years. He is currently posted as Naval Reserve Training Co-ordinator, Training Group Pacific at Esquimalt.

— J. Evans Photo

Buying An Encyclopedia

Want a big one? Buy the 24-volume Britannica. Want a little one? The Columbia (one volume) Encyclopedia is at the top of that other heap of reference works.

When and why should you buy?

Seems a slick salesman is at the front door at least several times a year. Sometimes it's hard to decide if you should be asking him in or be kicking him out.

Do you NEED an encyclopedia to start with?

If you have enough youngsters slurping thirstily at the font of knowledge you probably need an encyclopedia.

If you're planning on getting an encyclopedia purely for the sake of your youngsters, don't get carried away like the dad waiting at the maternity hospital laden with hockey, baseball and football gear! First, expert ratings on encyclopedias do change from year to year.

Second, if you buy a set too soon, it will take at least a decade before your kids - however bright - will be ready at all to exploit it. Meanwhile, the set becomes less topical and topicality is a factor in these buys. Despite annual supplementaries, old sets do discourage kids on earlier school projects when they must scramble through many books and annual to get facts current. "Retrievability" then, is a yardstick.

There is a third important factor that the reviewer has experienced both with the Britannica and the Americana. It follows that the same thing may well apply for Collier's. The style of many of

the contributors is too grown up for elementary school kids. It is claimed by experts that Collier's and Americana are suitable for 12-year-olds up, the Britannica for 15-year-olds up.

Well, why not buy an encyclopedia geared just for kids? You then make a definite goal to get the Britannica or equivalent when the youngsters reach their teens. You'll be surprised what you, yourself'll learn (or relearn) from juvenile works.

The reviewer agrees the New Book of Knowledge (20 vols.) is good from ages 7 to 14 and has a higher expert score, in 1968 at least, than the 15-volume Britannica Junior Encyclopedia. The reviewer's family finds much satisfaction from its knowledge and gradually the kids are getting into the "grown up" Americana (30 vols.) on the home bookshelves. Their project marks reflect the value of these and other reference works at home, ready to all those grubby little hands as they are.

Have you gone bilingual-bicultural with your youngsters? The reviewer consulted educators, professional translators, men and women of letters, and librarians before committing himself to yet another bushel of claims (\$). He bought the five volume encyclopedia Larousse pour la jeunesse and is well satisfied at least until more of his kids hit

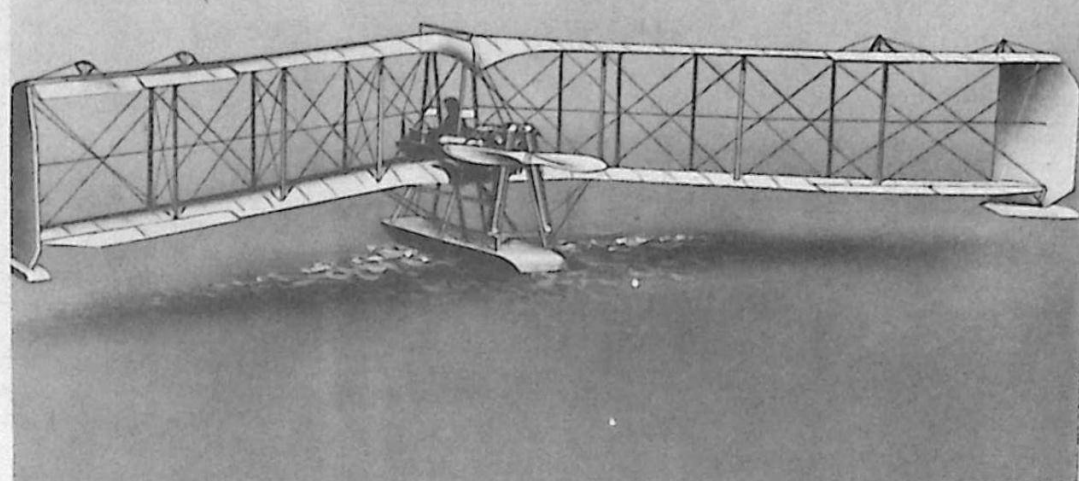
senior French high school level.

Let's lay off the dictionary bit - that's a field all its own in a two-language country. But there is another reference book CFP has found has good value for his all-star cast at home. It's another Grolier set, The Book of Popular Science, 20 volumes, with annuals.

The reviewer has had good luck and bad luck in early chain store, book-a-week set building. At home are these Golden Press, New York, sets: Universal History of the World (16 Vols) and Picture Atlas (6 vols). The reviewer likes to think they have as much general knowledge in them as any reasonably well read Dad should have accumulated but maybe hasn't. The kids love them.

Check your librarian before embarking or permitting the little woman to embark, on these food chain buys. The reviewer gave another supermarket set of six volumes away (it was sub-standard) although the recipients are delighted. He's also given an oldish but valued two volume Columbia desk set away only out of the goodness of his heart. Some Danish kids in Copenhagen use it.

Another food chain buy, a Handyman series, he gave away because, erudition, or not, every time he tries to drive a nail into anything it writhes around like boiled spaghetti being pounded up the proverbial.



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To sum up, the qualified experts show Britannica, Americana and Collier's as top value and only slightly geared down from this maximum quality are such sets as World Book, Encyclopedia International, New Book of Knowledge and Merit Students Encyclopedia. Further down the ratings, but good value for the money, are Grolier Universal, Compton's New Catholic, Britannica Junior, Chamber's, American Peoples, New Standard and Our Wonderful World.

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The Lean Years

(Continued from page 4)
of the defence budget which is directly applicable to the Forces, the ratio was a little better than 15 per cent in 1971-72, 9 1/4 per cent in 1972-73, and currently stands at 12 1/2 per cent.

Operating costs took up anywhere between five sixths and 9 tenths of the military budget proper. This gross disproportion between operating costs and capital expenditure was bound to bring with it creeping obsolescence.

In the current fiscal year (1973-74), the defence budget is about \$2.1 billion. The part of it going to the Canadian Forces is \$1.8 billion, of which \$1.6 billion, or 7/8, is operating, \$229 million, or 1/8, capital expenditure.

If, as the minister has promised, most of the increase in the 1974-75 budget of about \$150 million, plus \$40

million in projected savings, went to the capital account, the latter could grow to, say \$365 million, or 19 per cent of the military budget. This would be quite an advance over the current situation, but it would still not be enough.

Between 1972-73 and 1973-74 the defence budget grew by \$187 million from \$1.9 billion to \$2.1 billion, and military expenditures proper by as much as \$225 million from \$1.5 billion to \$1.8 billion.

Yet of the latter increase — a substantial one of better than 15 per cent — a full two thirds went to operating costs which rose by 11.2 per cent, not surprisingly, considering that the inflation rate was 8.5 per cent.

The minister counts on having between increased budget and savings, just about 8.5 per cent more to spend in 1974-75 than in the current fiscal year. This means that unless inflation is checked —

and there is no indication of that — he will be able to add little, if anything, to the capital account.

Even a small amount for that purpose will only be available if the Forces (and the civilian employees of the Defence Department) do not get a pay increase to take care of the higher cost of living, an increase which they surely would deserve as much as any other group.

As can be seen even from the few facts and figures presented, the increases in military spending announced by Mr. Richardson do not come near to ushering in "a new era" in Canadian national defence. They might bring some improvement, but only if the line can be held on operating expenses — and in a time of higher prices for just about everything, from food to fuel, that's a big if.

Toronto Globe and Mail

HEAT TRANSFER

Transfer of heat is responsible for the start of most fires. Heat is transferred by one of three methods: Conduction, Radiation, Convection.

By Conduction, heat from one body is transferred to another by direct contact or through an intervening solid - liquid or gas. As through a teaspoon from hot coffee to the hand. Thus a steam pipe in contact with wood transfers its heat to the wood by actual contact. In this example the pipe is the conductor.

By radiation, heat is transferred from one body to another by heat rays, much the same as light is transferred by light rays. Thus, heat comes to us from the sun. The heat from the steam pipe mentioned is transferred to the wood construction by radiation even though there is a space between the two.

By convection heat is transferred by circulation. Thus heat generated in a stove is distributed throughout the room by heating air. The circulation of heated air through the room to distant objects is heat transfer by convection.

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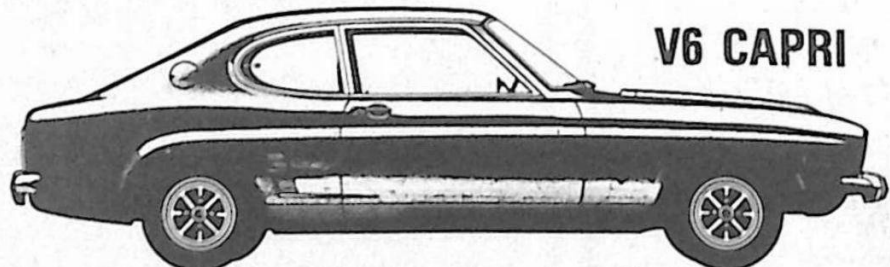


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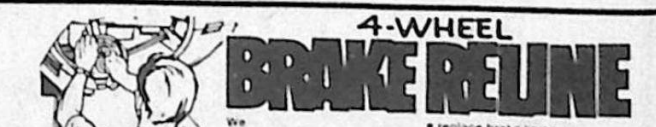


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The RCAF (WD) Association of Hamilton, Ontario after several years of planning and research have published a book about the Women's Division in the R.C.A.F. This book is the first story of the RCAF Air Women serving from 1941 to the current air element. A factual humorous, illustrated hard cover book selling for \$4.50 per copy. Prepaid orders will be mailed through RCAF (WD) Association Book Committee P.O. Box 712 Hamilton, Ontario.

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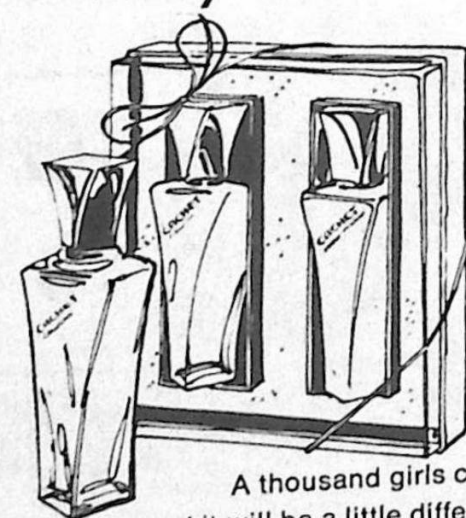
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Library Report

CONSUMER CONTACT is a leaflet published by the Department of Consumer and Corporate Affairs. It's strictly Canadian and very informative. For example: One CONSUMER CONTACT contains the "Canada Standard Size" measurements for boys and girls garments from sizes 2 to 20 for boys and sizes 2 to 14X for girls. Next time you're in the Library look for CONSUMER CONTACT in the magazine rack.

For more Canadiana, the book *THE INVENTORS* by J. J. Brown is the story of the great Canadian inventors who have made great contributions to the world's progress. It was a Canadian for example who invented the electron microscope and wirephoto, the gas mask the hydrofoil, the paint roller and the walkie-talkie, plus many, many more.

An interesting (short and sweet) book of 62 pages entitled "HOW 007 GOT HIS NAME" will surprise many. It was written by Mary Wickham Bond.

For those of you who fancy astronomy: A FIELD GUIDE TO THE STARS AND PLANETS by Donald H. Menzel will prove very practical. There are 48 constellation maps, 108 page photographic atlas of the heavens, 13 maps of the moon's surface, etc., with a special chapter on recommended telescopes and cameras. Our Pocketbook Exchange is ONE FOR ONE.

LIBRARY HOURS: Tuesday to Thursday, 1230 to 1400 and 1900 to 2030. Friday 1230 to 1400.

TOY TEST

One of the regulations concerning children's toys requires that a part, such as the eyes of a teddy bear, must withstand a weight of 20 pounds for five minutes. Such toy testing takes place in the Standards Branch labs of the Department of Consumer and Corporate Affairs.

Chapel Chimes

R.C. CHAPEL

Father J. A. Borg - Base Chaplain (RC) Telephone No. 339-2211 Loc 274
 MASSES: Saturday - 7:00 p.m. Sunday Vigil Mass; Sunday - 9:30 and 11:00 a.m.
 WEEKDAYS: Tuesday - 7:00 p.m. in private homes on request; Friday - 10:00 a.m. in the Chapel.

On other days the Chaplain 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.

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Rev. R. J. Ritchie - Base Chaplain (P) Telephone No. 339-2211 Loc 273
 Sunday - Dec. 2, 1973 - First Sunday in Advent: 0930 - 1030 hrs. - Church School; 1100 A.M. - Divine Worship.
 Dec. 9, 1973 - Second Sunday in Advent: 0930 - 1030 hrs. - Church School.
 Dec. 16, 1973 - Third Sunday in Advent: 0930 - 1030 hrs. - Church School - White Gift Sunday. 1400 hrs (2 p.m.) - Sunday School Pageant in Chapel.
 Dec. 23, 1973 - Fourth Sunday in Advent: 0930 - 1030 hrs. - No Church School this Sunday; 1100 hrs - Divine Worship; 1930 hrs - Christmas Candlelight Service of carols followed by Holy Communion.
 Youth Group - Every Tuesday at 7:30 p.m. in Chapel Annex.

CHAPEL YOUNG PEOPLE - THRIFT SHOP

The young people who meet in the Protestant Chapel every Tuesday evening are opening a Thrift Shop. The purpose of this shop is twofold:

1. To raise money to send two underprivileged children to summer camps this summer.
2. To provide a service to the community.

To begin with we are emphasizing games, toys and jig-saw puzzles. If there is a good response clothing will also be available.

If you have usable items in the above category you would like to sell; put your price on it and we will mark it up for a small profit and sell it for you. Items you wish to give away will also be appreciated. For pick up call 339-2700 or the Chaplains office Local 273.

Shop hours beginning Tuesday, Nov. 27 will be every Tuesday except the third Tuesday of the month from 7:30 p.m. to 9:00 p.m. in the Chapel Annex.

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DOUBLE TALK

Double-talk - what is it? That's when you try to get around doing something by saying one thing, meaning another, and not doing EITHER.

Does this sound familiar? Do you recognize anyone that YOU know who could be culpable. Don't you think that this could be what the 'great eagles' on top of Mount Ottawa are doing to us lowly 'birds in the nest'.

How many times have you experienced Ottawa's sage advice, only to learn that 1) you are not doing it the way Ottawa advised you to do it, and 2) they didn't really want you to do it in the first place.

Double-talk? Double-talk! How many of you ex-

perienced the earliest wars with the new uniform? One battle was over collar tags. Remember? First they were on; then they were off. Then, on again; off, again. Finally, the decision was handed down - the uniforms WOULD NOT have collar tags. So, what are some of us wearing and others getting? Ri-i-ght - collar tags.

A more recent example of double-talk is the Weather-mate parka. How many of you have one of THOSE? NDHQ says we can wear them, BUT - they can't be worn "walking out", we have to buy them at our OWN expense, and - get this - may still YET not be approved upstairs.

It's funny that, when they do surveys at Base levels and get

the opinion of the guy who has to wear the item, who would like to see certain changes made, who is asked to do this or that on approval, or who would just like to get something handed down to him without it being taken back, it always turns out that his part in the "survey" was not really wanted, nor did it matter because they were going to do what they wanted to do in the first place.

The only way to fight this double-talk is to double-talk them! We'll go to Ottawa and fight! But, maybe we should to see our Members of Parliament, first. But, before we even do that, we should ... aw-w-w! Gosh darnit! Let's forget the whole thing!



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Member of Multiple Listing Service



Only two years old, this lovely 2 bedroom home has 2 more bedrooms partitioned in the basement. In a quiet residential area of similar homes. Full price \$25,500. Call Cliff Townsend 334-4904 or 334-3111



New full basement home - aluminum siding - just outside the city limits of Courtenay in the low tax area. Full price \$25,500. Call Clay Grant 339-3945 or 334-3111



\$425 down if you qualify for the B.C. \$1,000 Home Acquisition Grant and a mortgage through the CMHC Assisted Home-ownership Program. This well built new home has 3 bedrooms, dining room, large daylight basement. Close to schools and stores. Call Al Dixon 334-2682 or 334-3111



Full price \$18,750. Wall to wall carpets in the living room and both bedrooms. Possible 12x16 bedroom off the carport. Heated storage area. Landscaped 65x140 lot. Call Duke Schiller 334-2203 or 334-3111

FOR INFORMATION ON ANY OF THESE DESIRABLE PROPERTIES CONTACT THE MAN FROM BLOCKS

DUKE SCHILLER 334-2203

AL DIXON 334-2682

Accredited Appraisers

ART MEYERS - SALES MANAGER

BRUCE MOWATT 339-3137 Mortgage Manager

CLIFF TOWNSEND 334-4904

MALCOLM PEARSE R.I. (B.C.) 335-2269

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BLOCK BROS. Guaranteed HOME TRADE PLAN

It's Christmas stock-up time!

An economical roast for your family or guests this weekend!

GOVT. INSPECTED • SWIFT'S
 Sliced Side Bacon 1.45
 • PEPPER • 1.45 • EVERETT • 1.39
 1-LB. PKG. 1-LB. PKG.

GOVT. INSPECTED • SWIFT'S
 Bologna 79¢
 BY THE POUND, 1-LB. PKG.

GOVT. INSPECTED • SWIFT'S
 Wieners 99¢
 1-LB. PKG.

GOVT. INSPECTED • SWIFT'S
 CHOICE, GRAIN FED
 Smoked Pork
 WHOLE or SHANK PORTION
 Picnic 75¢
 LB.

GOVT. INSPECTED • CANADA GRADE 'A' BEEF
 SUPER-BUY Whole Round Steak or ROAST LB. 1.69

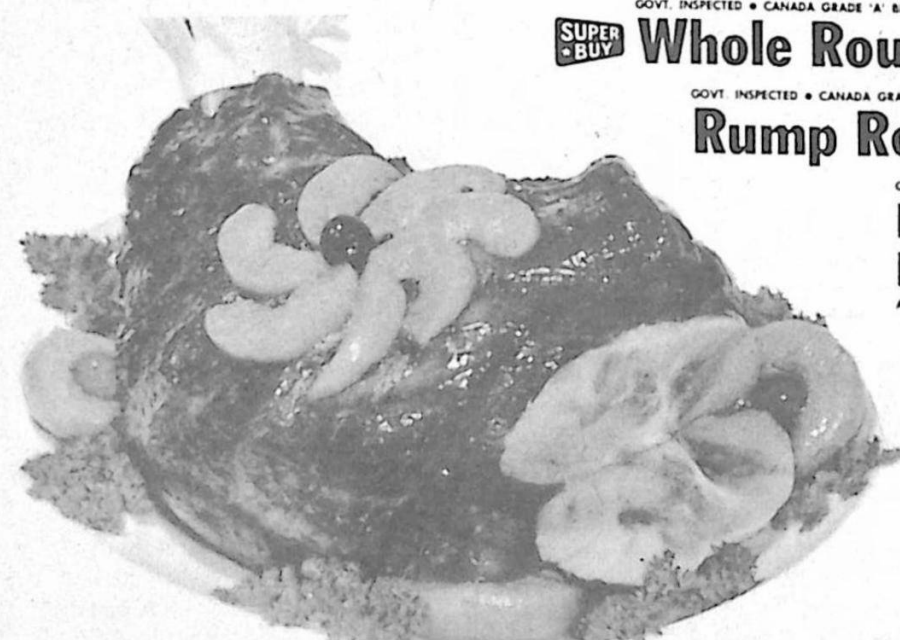
GOVT. INSPECTED • CANADA GRADE 'A' BEEF
 Rump Roast 1.69
 1 1/2 & 2nd CUTS, LB.

GOVT. INSPECTED • GROWN IN B.C. • FROZEN
 Fryng Chicken Breasts 1.05
 APPROXIMATE 3-LB. BAG, LB.

GOVT. INSPECTED • WATTS
 Sausage 79¢
 SKINLESS, 1-LB. PKG.

GOVT. INSPECTED • WATTS
 Steakettes 1.39
 9-3/4 OZ. PER PKG.

FROZEN • WHOLE HEAD ON • POLY-BAGGED
 Pink Salmon 1.19
 1-LB.



SUPER-VALU • FANCY
 FRUIT COCKTAIL 2.69¢
 14-OZ. TINS

SUPER-VALU
 SLICED, CRUSHED, TID BITS
 PINEAPPLE 3.85¢
 14-OZ. TINS

NABOB
 DELUXE TEA BAGS 1.57
 125¢ PKG.

• MALLEY'S TRI-PACK
 POTATO CHIPS 55¢
 8.25-OZ. PKG.

• JOHNSONS
 MIXED NUTS 79¢
 13-OZ. VACUUM TIN

GOVT. INSPECTED • SWIFT'S
 CHOICE, GRAIN FED
 SUPER-BUY NABOB • ALL FLAVORS
 JELLY POWDER 6.55¢
 3-OZ. PKGS.

GOVT. INSPECTED • SWIFT'S
 CHOICE, GRAIN FED
 SUPER-BUY REGULAR or FINE GRIND
 NABOB COFFEE 99¢
 IN FLAVOTAINER PKG. 1-LB. PKG. 2-LB. PKG. 1.97

GOVT. INSPECTED • SWIFT'S
 CHOICE, GRAIN FED
 SUPER-BUY NABOB • FANCY
 CREAM STYLE CORN 4.99¢
 14-OZ. TINS

GOVT. INSPECTED • SWIFT'S
 CHOICE, GRAIN FED
 SUPER-BUY FORTUNE • ASPARAGUS STYLE
 WHOLE GREEN BEANS 2.55¢
 14-OZ. TINS

GOVT. INSPECTED • SWIFT'S
 CHOICE, GRAIN FED
 SUPER-BUY WHITE ROCK • ALL FLAVORS
 SOFT DRINKS 5.98¢
 26-OZ. BTLS. PLUS DEPOSIT

GOVT. INSPECTED • SWIFT'S
 CHOICE, GRAIN FED
 SUPER-BUY LYNN VALLEY • STANDARD
 FREESTONE PEACHES 3.85¢
 14-OZ. TINS

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 FULL DETAILS AT YOUR SUPER-VALU
 PEANUT OIL 1.29
 BLUE BONNET 35-OZ. TIL.
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 BAKING POWDER 65¢
 14-OZ. TIN
 CHOCOLATE CHIPS 69¢
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 CALIFORNIA • NEW CROP • SEEDLESS NAVAL
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