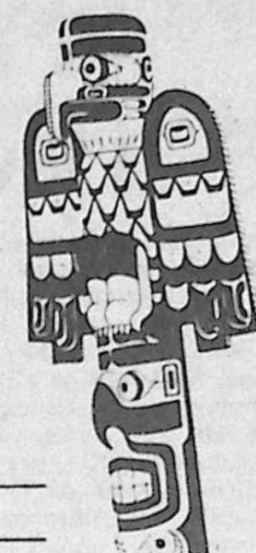


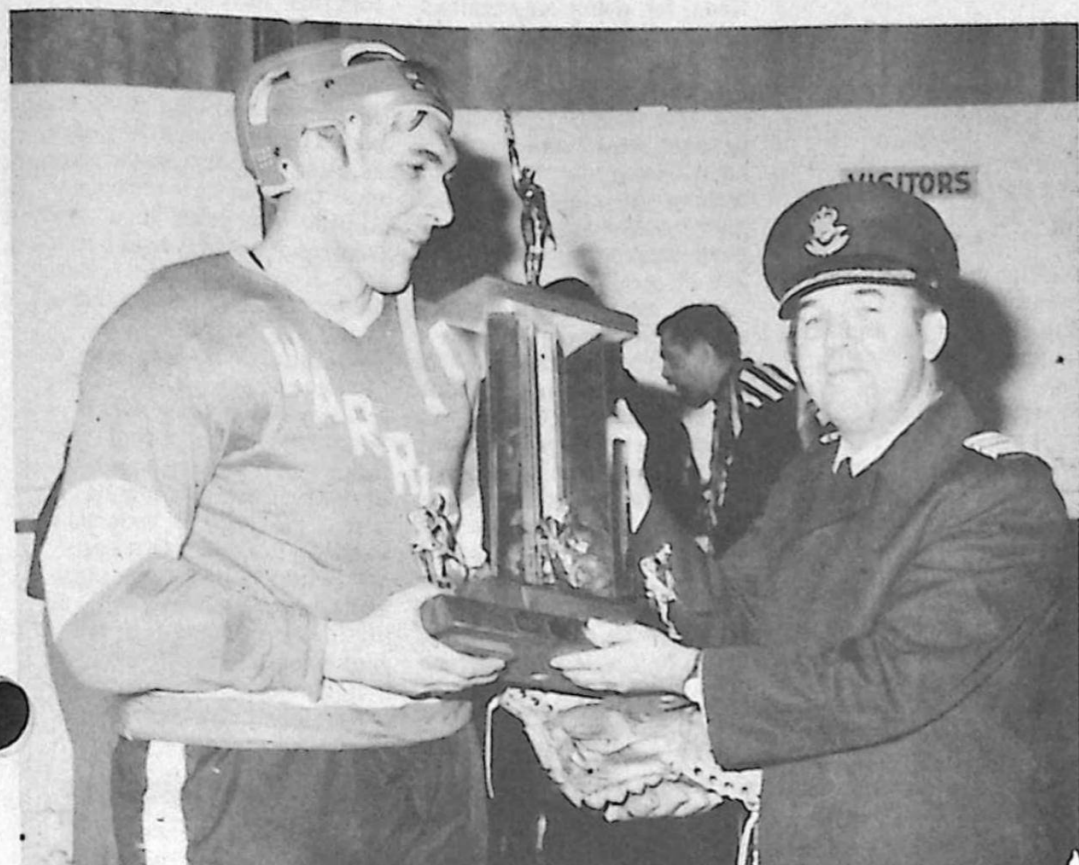
TOTEM TIMES

442 Squadron Doing Research For MPs



VOL. 16 — NO. 4

CFB COMOX TOTEM TIMES THURSDAY, FEB. 28; 1974



COL. McNICHOL PRESENTS the Pacific Region Hockey Championship Trophy for 1974 to Cpl. Bob Fiddler of the CFB Chilliwack Warriors. Cpl. Fiddler won both the Top Scorer Trophy with 7 goals and 8 assists, and the Most Valuable Player Award.

CFB Chilliwack Wins Pacific Region Hockey Championship

The Pacific Region Hockey Championship was conducted in Glacier Gardens Arena February 18 - 21, 1974. The round robin tournament involved entries from the host base, CFB Chilliwack, CFS Aldergrove and CFB Esquimalt.

The first game (Monday) a surprisingly strong Aldergrove team held the Chilliwack team in check for almost two periods of hockey. The strong play of the Aldergrove goalie, Rod Stewart, prevailed until fatigue took its toll and the game finished with Chilliwack ahead 6 - 1.

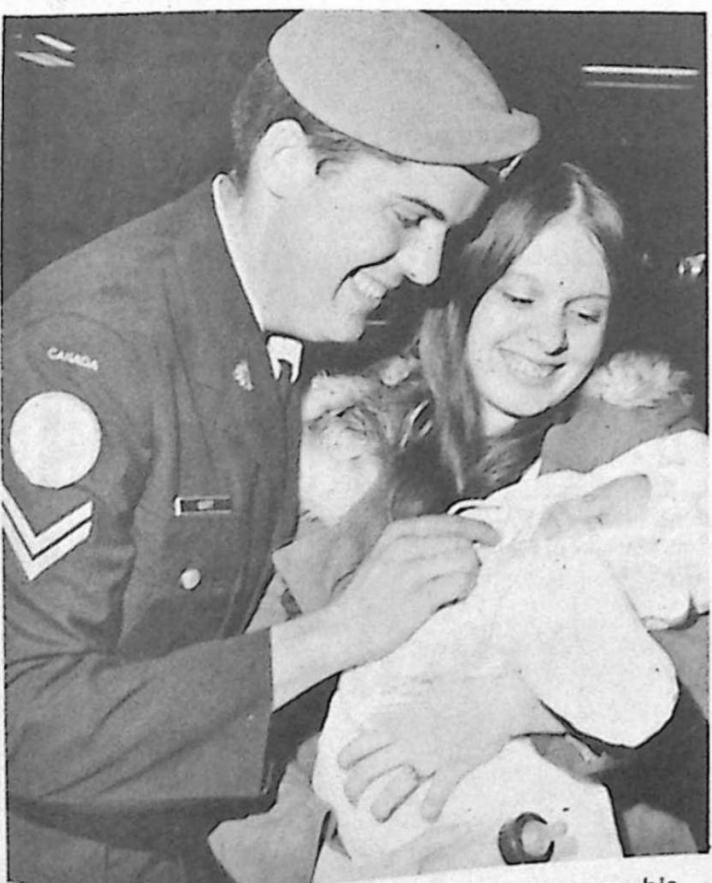
The Comox-Esquimalt game displayed a fast hard hitting brand of hockey which brought repeated cheers from the crowd. Strong performances by Ron O'Neill in goal for the Totems and Red Hird in goal for the Buccaneers caused the game to go right to the wire. Esquimalt finally edged the Totems 3 - 2, a real disappointment for our players.

Sky Pilots Hold Conference

CFB Comox is the host base for the Western Zone Conference of Protestant Chaplains. The conference is being held this week and includes military chaplains from Winnipeg west.

R.G.C. Cunningham along with Colonel S.D. Nickerson, Lt. Colonel S.M. Parkhouse and Major D.A. Hatfield are the chief disciples from NDHQ.

A Dining-In night on the evening of the 27th gave an opportunity for all the western padres to break bread with the Chaplain-General, Colonel R.C.K. Peers, Commandant of Royal Roads Military College and Colonel D. McNichol, King (oops) Base Commander of CFB Comox.



CORPORAL MIKE SCOTT, Montreal, sees his three week old son, Stephen for the first time, on his arrival from the Middle East. His wife Nancy, and young son, were waiting at CFB Trenton when the first repatriates of the Canadian contingent to the United Nations Emergency Force arrived from Cairo. Cpl. Scott is a member of 1 Canadian Signal Regiment, Kingston, Ont.

50th Anniversary RCAF

Armed forces airmen - past and present - will mark the 50th anniversary of the founding of the Royal Canadian Air Force at observances across the country this year.

Although no national ceremony as such is planned, events in the hundreds will be staged by bases, squadrons, units and veterans' organizations in Canada and overseas.

Official founding date of the RCAF was April 1, 1924, when it comprised a tiny force of 300 officers and men.

In 1924 the fledgling Canadian Air Force was granted its "Royal" prefix, and shortly after its motto, "Per Ardua Ad Astra" - through adversity to the stars.

During the Second World War the RCAF numbered just under 250,000 men and women and formed 88 squadrons. Its fighter squadrons cut their teeth during the early part of the war in the Battle of Britain.

In Canada, RCAF participation in the British Commonwealth Air Training Plan contributed to the scheme's success in training 131,533 Commonwealth aircrew.

Col. McNichol congratulated all teams on a well played tournament and presented the Pacific Region Hockey Championship Trophy for 1974 to the Chilliwack Warriors.

Top scorers for the Totems over the whole tournament were Jim Whelan and Ivan Grant, each with five points. Goalie Ron O'Neill also played well, and the strong defensive efforts of Larry Harker and Jack McGarry contributed well to the Totem efforts.

CF Gets Better Communications

OTTAWA - The armed forces are to get better communications for ground searches, crash ambulances and diving tenders, as well as a more sophisticated air navigational and landing aid over the next several months.

The armed forces air element today lives with a hefty slice of its history intact. Five of the RCAF's seven chiefs of air staff are still living and will attend a dinner at Ottawa's Rockcliffe base April 5.

Among Canada's senior serving airmen today are the vice-chief of the defence staff, Lt.-Gen. A. Chester Hull, and the deputy commander-in-chief of NORAD, Lt.-Gen. Reginald J. Lane.

Others are Maj.-Gen. Richard C. Stovel, commander of the Canadian Defence Liaison Staff, Washington, D.C., who rose from the bottom rank of aircraftsman, second class, and Maj.-Gen. William K. Carr, chief of National Defence air operations in Ottawa.

Closest thing to a national birthday celebration for the former RCAF will be a giant "wing" ding at Ottawa's nearby Uplands base Sunday, April 6. Some 3,000 serving and retired airmen in the capital area are expected to attend.

CAIRO - Canada's 1,100 man contingent with the United Nations Emergency Force in the Middle East will be pulling up stakes at their tent-city racetrack home in late March or early April, and moving to an abandoned, former British base at Ismailia.

In announcing the move, the Canadian commander, Brig.-Gen. Donald E. Holmes, 53, of London and Hamilton, told his men that "we will be moving lock, stock and barrel."

Ismailia then will become the hub of the UNEF logistics operations in the Middle East. It is situated along the Suez Canal, adjacent to the buffer zone currently being established by UNEF.

Returning from a reconnaissance tour of Ismailia, Gen. Holmes said that "it has all the facilities we require, including a 4,000 foot runway for our aircraft."



HUEY FOR SAR ROLE. A Canadian Forces UTTH (Huey) models its new colours. The Huey is being used in a new role as a base rescue aircraft at Canadian Forces Bases at Chatham, N.B., Bagotville, P.Q., Moose Jaw, Sask., and Cold Lake, Alta. The Local Base Rescue (LBR) program will provide immediate reaction to emergencies which occur within 100 miles of these bases.

Search Resumed In Kamloops Area

An air search for three men who disappeared in a light plane 10 days ago was resumed today after being suspended Sunday.

Two twin-engine turbo-prop Buffaloes and a Labrador helicopter were to return to the search area near Kamloops today with fresh crews.

Thirty civilian aircraft also took part in the search. Searchmaster Capt. Guy Campbell said two of the civilian volunteer pilots were going out again today on their own before the search by service aircraft was ordered resumed.

He said he planned to meet in Victoria today with Premier Dave Barrett and Transport Minister Robert Strachan to get them to ask federal authorities to resume the aerial search.

Missing are Kamloops construction men Bud Shaw and Dennis Knudtson, and pilot William Hines, also of Kamloops.

Help Wanted For Totem Times

Spring has sprung, the grass has riz, we wonder where our postings is.

Yes, it looks like Spring in the sunny Comox Valley and with spring comes the inevitable series of postings.

Unfortunately Totem Times staff members have not been exempted from postings and after June at least half of the names on the masthead will be gone.

First to anticipate his posting and leave his voluntary post after several years of faithful service is Scotty Duncan, one of our advertising salesmen.

Which brings us to the point of the story. We require advertising salesmen IMMEDIATELY and we would welcome anybody interested in the editorial staff.

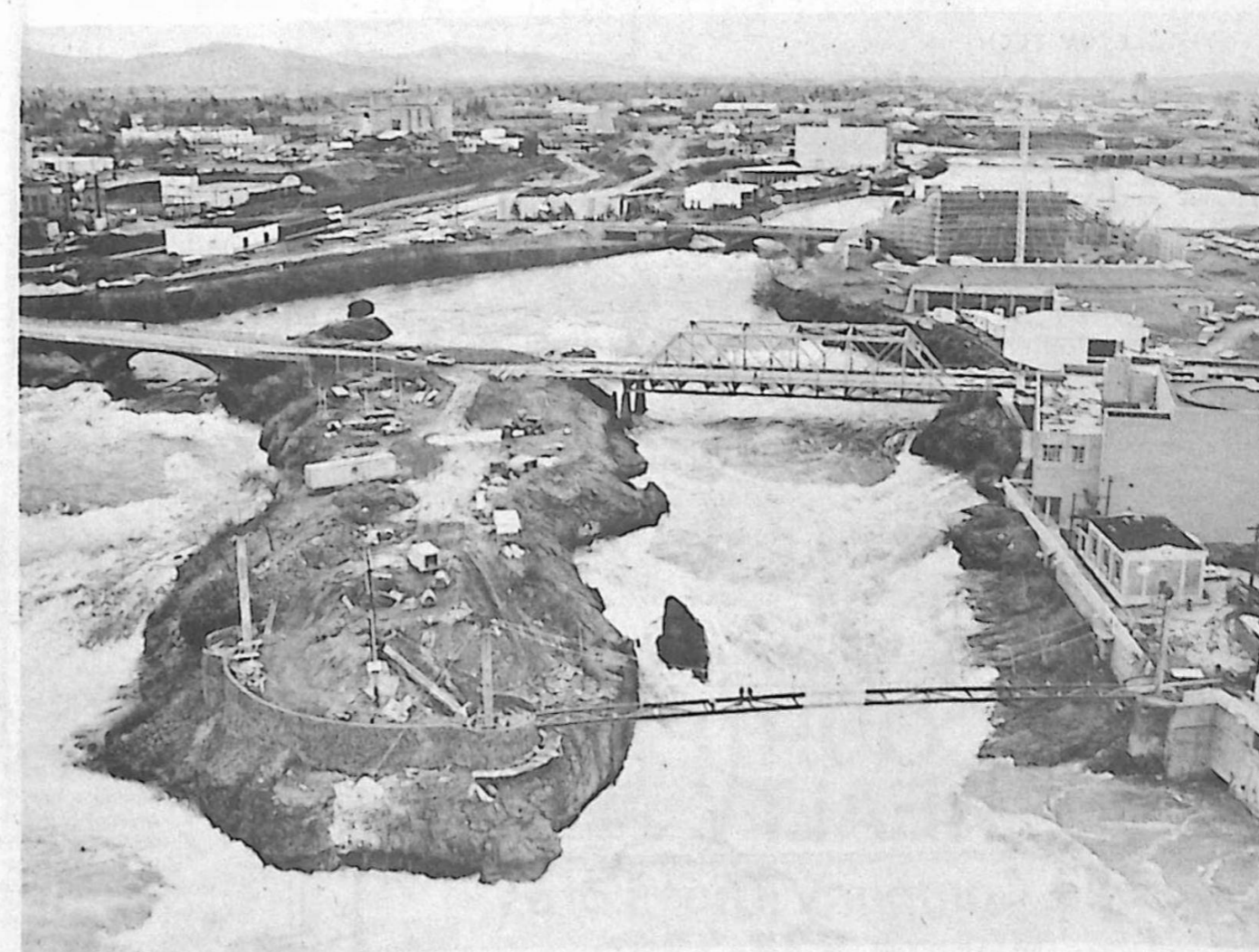
Safety Hazard

Eastman 910 adhesive is identified as FSN 8040-142-9193 and military specification MIL-A-46050B.

It contains an eye irritant and in addition may react violently if a bristled brush is used during application,

causing bristles to melt and the brush to become extremely hot.

Personnel are warned not to use brushes with this product and to seek immediate medical attention if eye irritation results from using this adhesive.



SPOKANE - CANADA'S EXHIBIT at the Expo '74 World's Fair will cover the entire surface of this island in the Spokane river - in all, about 40,000 square feet. British Columbia is building the main square pavilion of the Canadian exhibit (at the upper left of the island). The pavilion will cost about \$600,000. The Province of Alberta will build an outdoor theatre near the centre of the island. And the National Government will landscape the rest of the island, including plantings of trees from all provinces of Canada.

Devil's Brigade

May it be so humble, there's no place like the Sergeant's mess. Yes friends and neighbours, that ugly rumour is true. Bobby Orr is now a sergeant (God help us all). Wednesday was the big day for Bob who, after coming out of shock, promptly gave himself the day off. All kidding aside, congratulations from everybody.

Wednesday was also a big day for our resident Badge Collector, Rick Taylor and for Don Nesbitt of 5 Supply Group down in C.E. Rick has been posted to CFS Yorkton, Sask., and Don to CFB Winnipeg. From what I hear both are excellent postings so good luck to both of you. Meanwhile Larry Ferris, Resident Chief Trainer of the Base Hockey Team (which we intend to discuss later in this article) doesn't know whether he's coming or going. Will it be Ottawa (chuckle, chuckle) or will it be sunny Egypt? Stay tuned to this article for further details.

Temporary duty is taking its toll of personnel around the section. Going to CFB Shilo with the Base Broomball team is Adam Simpson. Have fun and bring back that trophy! Three of our sergeants will become part-time sailors for four days this week. Cy Walker, Keith Stagg and Norm Girard are going for a cruise around the island on the HMCS Chaudiere. This will be the first of two trips for Keith. He and Bob Orr (remember him) will be going to North Bay and Ottawa all in the name of the DEVIL program.

Capt. Jack Gibson is going to CFB Esquimalt for the Pacific Region Badminton

Championships. That should be a smashing trip. Last, but not least, your humble writer, Pte. Steve Dew, is going to forage his way to CFB Halifax for one long month on the Sea Environmental Course. Enough said!

There are two young ladies in Supply walking on Cloud Nine. Privates Bev Acorn and Joann Rye have just been pulled from the singles game by a couple of lucky guys. To both of you best wishes from the section.

Pegi Clark, our VCR clerk, has been walking into walls, doors, desks, (you name it, she's walked into it) etc. On investigation, I found her staring at me through a brand new pair of bifocals. Now she's used to them, but for a while, it was sure a lot of fun to watch her!

MCpl. Glen Gillis of clothing stores was up to his old tricks again. I understand he was taking the clothes off a very pretty young Lt. Actually it was only a flying suit, and she had work dress on underneath, so keep calm, gang.

Speaking of dirty old men, I see Gord Hodgkinson's Playboy magazine collection is growing larger and larger every day. I always wondered what you were doing back there. Settle down!

And some happy news from Winnipeg, Terry Saulnier and her husband Paul are the proud parents of a baby girl, Monique Marie, born on 12 Feb.

MWO Clark Graham has just returned from a week of skiing in Western Washington and on Forbidden Plateau. General consensus is that he hates skiing but just goes to

watch all the snow bunnies and for apres skiing!

M Cpl Don Grenon returns from the Middle East on March 12. He will be a welcome addition because of the shortage of manpower we're experiencing.

Cpl. Jim Wilson and Joann Rye made trips to the hospital in Naden recently. Hope you're feeling better and don't have to go back.

I'm told that Gerry Lauzier is being transferred to Valcartier from the hospital at Naden. He hasn't left yet, so if you know Gerry, make an attempt to get down and see him.

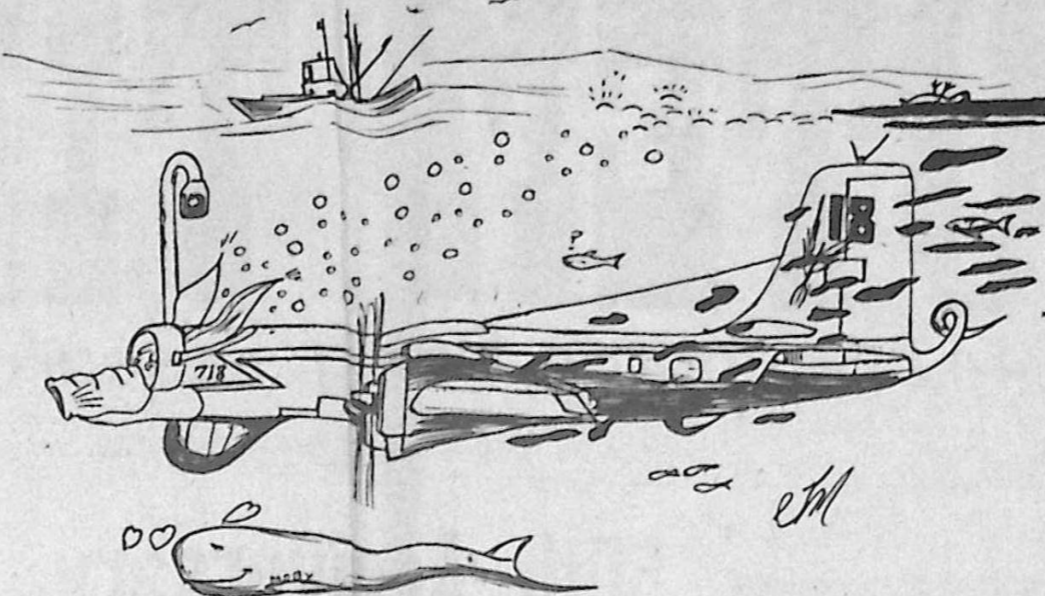
Twenty lucky people have been chosen to go to the mess dinner. Sure wish I could go, but, gosh darn, I'm on leave.

Pte. John Bergeron and Pte. Pierre Conroy are still living together down at Point Holmes. By the way John, Pierre wants to know when you're getting married to Pierrett. Pierre also says he's starting a revolution. I agree with you Pierre you're revolting.

Those sighs of relief you heard at R & I on Friday morning were coming from Cpl Wally Berger, Coach of the Base Hockey team.

"Never again!" vowed Wally to anyone who would listen. Wally was assisted by Corporals Larry Ferris, (as trainer) and by Mac McDonald, as Assistant trainer, proving once more they'll do anything to save a buck!

If you're interested in becoming the proud owner of a Texas Mickey see Sgt. Ron Campbell of LPO or anybody up at Stock Control for details.



WE CAN'T FIND them from the air, so ...

407 Tech Ramblings

TORP TOPICS

Latest word around the shop is that John Chequis and Bob Cuvilier, our contribution to the Pacific Region Broomball champs, are going to boycott a certain local weekly. The paper shall remain nameless, but its initials are something like green sheet. It seems they spelt John's name incorrectly and just plain did not spell Bob's. Just for the record, Bob Cuvilier scored the one and only goal of the third game.

Our volleyball team managed to nail down the fourth and final playoff spot in intersection play, but to no

avail, as 442 "A" handled us pretty easily. Congratulations to them, and also to the PERI staff for a well run league. It was a genuine pleasure to come out and play this year. Things are peaceful in the 4 Lab these days. Dennis Wickiam's personal Private, Dan Choiniere, is in Edmonton for his quarterly visit with his new wife.

John Luneng was on a navigation exercise with the sea going types a little while back. It was just the sort of preparation he needed to help him map out his upcoming

expedition from North Bay to Comox.

Ray St. Michael and Paul Fisk are busy plotting these days, as they have commenced a "Crummy Canopy Company" project. Their previous experience with the "Crummy Canoe Company" will undoubtedly prove invaluable.

SERVICING SORTIES

Having read the last few issues of the "World's Finest Fish Wrapper", anything you may pursue here will be strictly anti-climactic. However, Anglo-Franco-Tele-Micro - or any other type of

"phone" look out, here comes a Canadian Airman.

First off then, our congratulations to our newly promoted Masters, Minis and Three Hookers. Time was, in the good old days, when we had such things as WOS2, Flight Sergeants, etc.

Just a thought to break the monotony: how about a Squadron "Shmockey Game"! Possible antagonists could be groundcrew vs aircrew, servicing vs repair, riggers and fitters vs avionics, etc.

To get off the base for a moment, one crew would like to give a pat on the back to the newly appointed Town of Comox dog catcher Richard Koop, for doing an excellent job in spite of the hazards involved.

Time to close now and make room for old F.E. Perry since, as usual, we are sure that he'll have much to say about nothing. As the old proverb goes, an empty vessel makes the loudest noise! By for now, F.E.P.

Two crew would like to extend their congratulations to one former member, MWO Alstad, and one present member, WO McCulloch, on their recently announced promotions. Since this epistle is primarily congratulatory by nature, the same are extended to Wilf Simpson and his good wife who presented their household with a brand new baby daughter.

It won't be too long before we'll be saying our good byes to MCPL Sleeman as he departs for the fish Sqn. 'way down on that other coast.

AVIONICS

One would certainly have to call this action week insofar as Avionics is concerned what with postings, promotions, etc pouring in at a rapid rate.

Jerry Zurakowski has put up another stripe and joined the Sergeants' Mess. Congrats and best wishes.

Joe Routledge has been advised of his impending move to Saskatchewan; Moose Jaw and or Regina to be precise while Dusty Miller is the recipient of a one way ticket to North Bay.

Our IS Techs are also on the move with Pete McBride slated for Edmonton where, because of the numerous radio stations, he shouldn't find his leisure time to be boring. Keith Cowden is heading for the home of the 707's at Trenton while Bob Jenkinson and Ken Eddy are slated for the Cool Pool where, as an ardent fisherman, Ken may arrive in time for ice-out. Anyone interested in a good steelhead outfit should contact Ken while any house hunters should contact some of the aforementioned.

Because of his sojourns to Greenwood every three weeks or so, we don't see much of Sgt. Art Little about the premises, however, he is back at the moment. Rumor has it that, come next fall, he is to be made an honorary Bluenoser.

It would appear that there isn't anyone interested in buying Bill Farquharson's goat since he hasn't received a single offer as yet.

The mile and a half run has been shortened to two kilometers.

Mushroom Mutterings

Once again, your scurrilous scribe emits forth, from within his padded cell, such gibberish that dares to be known as news from 442.

THERE'S ALWAYS HOPE DEPT.

First of all this week, Fungus Felicitations go out to our recent promotees: Nick Dikur is now sporting a WO's crown on his sleeve, while Al Belliveau and Ivan Grant are hanging up their new Sergeant's hooks. Al is currently in Greenwood on the Argus Engineer's course, while Ivan is chewing his nails wondering when his next posting will be. Ever play golf on a sand dune, Ivan?

Once again, congratulations to all three.

OPS ODDITIES

New faces seen in the FE Section lately, belong to Bruce Halton and Jim Kennedy, both from Shearwater. If we get any more anchor-clankers around here, the government's going to sell the hangar for scrap, just like they did with the Bonnie. Anyhow, welcome to the gentleman's service, gents.

HANGAR FLOOR SWEEPINGS

Down on the floor, meanwhile, the powers that be continue to rend asunder that magnificently dedicated

organization, known as Maintenance.

'Twixt postings and searches, the technical domain is in a mild state of unrest, to say the least. Like fr'instance, Bruno Dostie is going overseas; Dave Harrison and Ken Pentland to Cool Pool; Gaston Bedard to Bagotville ('ow about dat); Con Adams to Edmonton; Joe Greene to Greenwood; and Capt. Geoff Clark to Chilliwack, presumably to beat upon the heads of our future leaders.

The reason it's been so quiet around F Troop lately is that Super-Skier, after two weeks on Mainland slopes, arrived back at work, only to be packed aboard an aircraft bound for Kamloops. Not only that, the Squadron R.S.M. (resonant savage master), is in Esquimalt, Sar' Major's stick and all, on the WO's course. Hmm, that should cost me a few brownie points.

Enough, already with the poison pen for this issue. More Fungus Features next issue. (If I'm not posted first).



THINK BASEBALL

TELECOM TECHS Daily Migration.

NEW LISTING - 11.5 acre farm - Large 4 bdrm. home, barn, year round creek, excellent well. All farm equipment included in asking price. Sub-division or recreational potential. For details call Jo Robinson 339-3301.

HOME IN COMOX - Corner lot, 3 bdrm home central to schools and shopping. A great buy at \$27,500. Contact Charlotte Willis for more information, 338-8962.

IMMACULATE CHARMER - In central Courtenay - 3 bdrm. home with fenced yard for lots or pets. For information and appointment to view contact Charlott e Willis 338-8962.

NEW LISTING - Full basement - 3 bdrms. up, 2 down - Finished Rec. Rm. - An excellent house in nice residential area. For appointment to view contact Dave Paterson 334-4581.

LOOKING FOR PRIVACY? - Small 2 bedroom home on 48 acres - Added bonus - Small rental unit included that helps with the mortgage payments - Call Dave Paterson for full details, 334-4581.

\$1,500 DOWN - 3 bdrm. home - Intown location handy to schools, parks, etc. Acorn fireplace - Easily maintained lot - For more information call Marj Thompson 339-2771.

LOOKING FOR AN INVESTMENT? - \$8,000 down will handle 4 units on 1/2 acre - Full city services - Room for expansion - For details phone Marj Thompson 339-2771.

SPACE TO GROW - 4 bdrm. house on 1 acre - Full basement, rumpus rm., dbl. carport - \$30,000 full price. Call Veronica Parker for appointment to view, 334-3704.

NOT IN AGRICULTURAL FREEZE! 19.6 acres - Treed - Partly fenced - 3 year old, 1200 sq. ft. 2 bdrm. home, Contact Veronica Parker "The Lady with the Hat" for more information 334-3704.

FOR YOUR INSURANCE NEEDS - OUR AGENT FOR B.C. AUTOPLAN - LEN MORREY 338-5366 or RES. 335-2176.

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THE GOVERNMENT OF BRITISH COLUMBIA

DEPARTMENT OF FINANCE

1974 BUDGET HIGHLIGHTS

HOUSING

Last session, a new department in the British Columbia Government was established. The 1974 provincial budget includes several major articles with respect to housing. A budget of \$72 million has been established for the Department of Housing, including \$50 million for land assembly and servicing. Ten million dollars will be provided for the construction of 1600 homes for elderly citizens and an additional expenditure of \$40 million will be made available for first and second mortgages for homes.

RESOURCE DIVIDEND GRANT

A grant to all residents up to the age of 65 renting living space will be established. The annual grant will be \$30, an increase in the grant to those residents over 65 will bring their total annual Resource Dividend Grant to \$80. The grants are provided from funds collected in the resource areas and are, in fact, a return of the resource dividends to the people of British Columbia. This Resource Grant, for the first time, recognizes renters and their contribution to school taxes.

ELDERLY CITIZENS

The Homeowner's Grant to those over the age of 65 will be retained at \$250. As well, the annual Renter's Grant will be increased from \$50 to \$80, and \$10 million will be provided to build homes for the elderly citizens of British Columbia. As well, \$15.3 million will be provided for Mincome (guaranteed minimum income), which now includes all residents 60 years of age and over, and the handicapped. An additional \$10.5 million will be provided for the funding of the Pharmacare programme already introduced. Pharmacare will provide free prescription drugs for the elderly citizens of British Columbia.

In the past year, the provincial cash surplus has increased more than \$45 million while the debt of the province has been reduced by over \$75 million. The pride I feel in this budget is not simply the pride of a government dedicated to the people of British Columbia, our greatest asset. It is a pride in the energy of the people and a desire to ensure that the people of British Columbia get a fair return for that energy expended. For the first time in the history of British Columbia, budgetary expenditures will exceed \$2 billion. These expenditures will be wholly financed from the ordinary revenue of this province, revenue derived from the resource-rich land, our second greatest asset. We British Columbians are anxious to see our great province grow and prosper with respect to what nature has endowed us with and with a sense of obligation to our fellow man. The expenditures of this province, in the coming fiscal year will be made for people. All of the people in British Columbia.



For your own copy of the 1974-1975 Provincial Budget, please write to: Hon. D. Barrett, Minister of Finance, Parliament Buildings, Victoria, B.C. V8V 1X4.

Dave Barrett
Premier and Minister of Finance.

HEALTH AND WELFARE

An additional \$87 million over last year will be provided to upgrade the operation of the province's hospitals, and \$10 million will go to the British Columbia Medical Centre. This year's budget calls for the establishment of a guaranteed income plan for farmers with an initial capital funding of \$10 million and an additional \$10 million will be provided for the development of secondary industry for agricultural products. Special emphasis will also be placed on Indian Affairs, to ensure that children will be able to remain with their families on the reserves, and enjoy a higher standard of living.

MUNICIPAL AFFAIRS

As previously announced, the government will be assuming the costs (\$15 million) of administration of justice in municipalities. These costs were formerly borne by local ratepayers. In addition, the municipal share of welfare costs will be dropped by 1/2 from 15% to 10%. The per capita grant to municipalities will be increased by 6 1/4%.

TAXATION

There will be no increase in general taxes for the citizens of British Columbia. As well, the 5% sales tax will be removed from books and second-hand clothing and a special allocation of \$15 million will be made for the reduction of education taxes from resident's property. Each home owner will receive a reduction of school taxes by no less than \$30 up to a maximum of \$40. In addition, the exemption limit for estates under the Succession Duty Act and the Probate Fees Act will be increased 1 1/2 times from a \$2,000 exemption to a \$5,000 exemption.

COMMUNITY AFFAIRS

The Community Recreational Facilities fund will be increased by an additional \$10 million to provide additional cost sharing capital for the construction of community recreational centres. As well, \$5 million will be added to the budgetary funding each, for culture, physical fitness and amateur sports in the province.

A special allocation will be used for the construction of two new ferries and one truck carrier, all to be built in British Columbia by British Columbia craftsmen. The effect of this \$35 million appropriation will ripple throughout supporting industries as well, providing many additional jobs in secondary and tertiary industries.

For your own copy of the 1974-1975 Provincial Budget, please write to: Hon. D. Barrett, Minister of Finance, Parliament Buildings, Victoria, B.C. V8V 1X4.

Name

Address

Hospital Anaesthesia

As anyone who has been in to see us lately can attest, the hospital is full of strange sights, sounds and smells, even more than usual. C. E. has most areas torn apart and seem to be working on putting things back together, mind you not quite as fast. Sure is fun trying to examine patients with the wind blowing in, the roof leaking; saws, sanders and hammers going. "Just unreal!"

Seems like suffering and pain is expected in the hospital. Formerly this was limited to our patients!

Capt. Helen Gerrard has spent a day with our Sea Element compatriots. She went on a one day familiarization cruise from the Esquimalt Yacht Club to Vancouver. Later stating that it was much better than being on a M.A.S.H. Unit. "All those men in such confined space with no place to hide, Ole!"

It appears that March should be a very good month. The population of the Comox Valley should double when our Med A's wives have their babies. Apparently about all of them are due in March. Come to think of it, last July must have been a good month as well!

We would like to say "Welcome back" to Dr. Andre Landreville, who is currently B Surg. at St. Hubert, Quebec. Andre is visiting here for a week or so. Great to see you again.

We are also being visited by a course of touring Flight Surgeons for the week, (not to be confused with the Padre's visiting from Western Region). On hearing this, Hotlips locked herself in her room, turned out the lights and drew the curtains, remembering the last course and a fellow who during the wee hours of the morning insisted on a consultation. We can't really recall what actually happened last time, whether the visitor was outside or inside the room

pounding on the door when she locked it.

Another posting message has been received. This time Sgt. Larry Cole was beckoned. He will be going to the C.F.M.S. school at CFB Borden mid June. For the next six weeks he will be at Warrant Officers 'Charm School' in Esquimalt. And of course, lots of luck on course, Larry. (Lets hope they can help, in three years we haven't been able to).

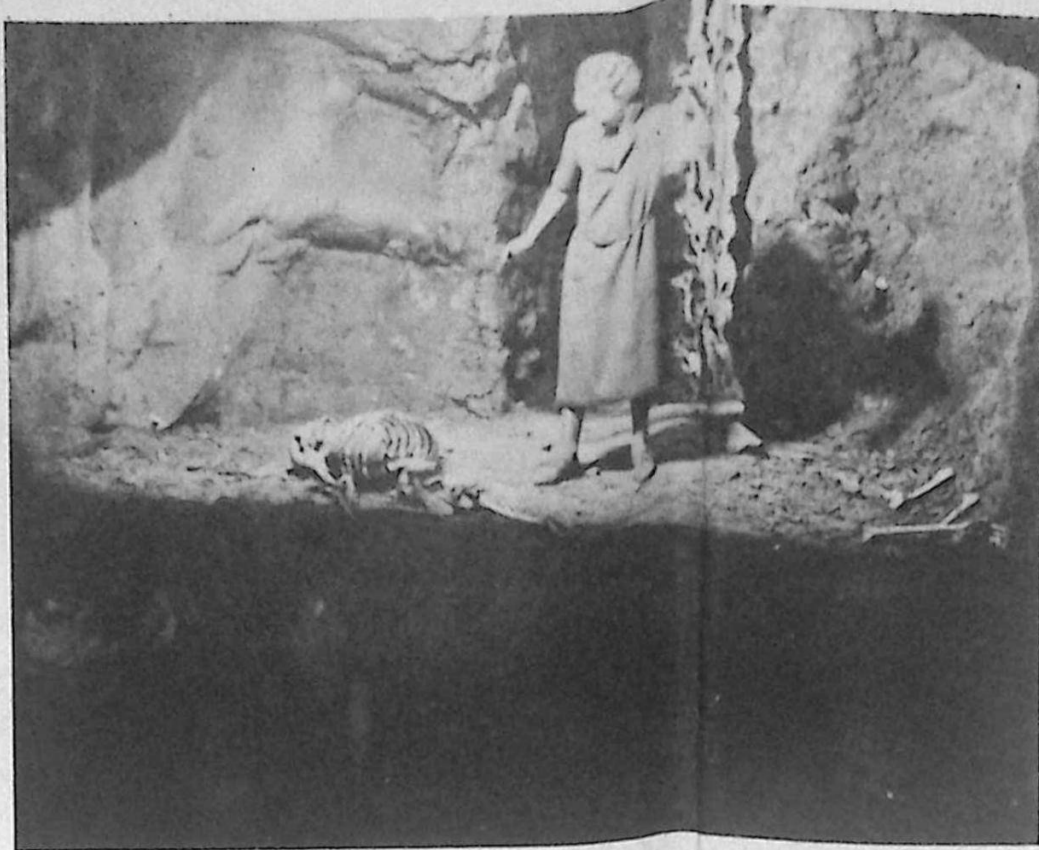
Dr. MacNaughton has been the recipient of a posting message as well. Several weeks ago it was rumored that he will be posted back East. Well he was, to the position of B. Surg. at CFB Chilliwack. It's still close enough that all his loyal patients can still see him on sick parade, but only if they catch the last ferry at Nanaimo and drive all night! Poor ol' Pete Verville was posted to Borden and should be on his way now. If he hurries he can make it before all the snow melts.

For those who are asking why things seem so much quieter and well organized in the hospital this past week, the answer is Sgt. Vic Hope, Sgt. Larry Cole and the Director of Nursing Capt. Marg Antwis ran away. Actually they are on T.D. in Victoria, supposedly on course - tsk! tsk!

Incidentally anyone who is interested in buying a ticket on a raffle - please contact any nursing officer at the M.I.R. They will all be there continuously, beginning March 1st. Cost of the tickets are 25 cents each or three for a dollar.

The prizes being raffled are: 1st - Hotlips' Diary; 2nd prize - the hospital plus contents including staff; 3rd prize - Autoplan and the entire B.C. government.

For more news that really isn't in the least bit accurate read our contribution to the Totem Times on March 14th.



SORRY, CORPORAL, you can't see the M.O. without an appointment
Ford photo

Voodoo Nuts, Bolts and Volts

As noted by the last issue of Totems head lines TACEVAL has come and gone and it was a successful TAC EVAL.

The TAC EVAL technical staff that de-briefed the BAMEO and his staff stated that the technicians were tops and to be commended for their superior efforts. He did point out a few minor items not up to scratch but very few.

We are all proud! Now we have CI coming up in May and Call Shot after that. With the drive and expertise, the maintenance troops showed during "olde TAC" there should be no trouble making a clean sweep of these two operations also.

There's a lot of postings out and a lot in. Most of those leaving are happy with their lot. We don't know about those coming in till they arrive.

Quite a few retirements are in the mill. WO Don Turner has left us after 27 years of service. He's staying in the area. He won't be alone. A company here whose public relations branch did a survey about three years ago advise that there were more than 850 servicemen retired in the Comox-Courtenay area at that time. Several are CRA types but most are just packing it in. The grass is always greener.

Olde Totem must have been duly advised that now the contrary to Mr. Harold Shea's figures Totem Jan. 21, 74 there are not 2315 CWOs kicking around in the service, 847 but not 2315.

I'm surprised at Olde Totem bothering to publish his article because when I got down to great corporals and saw that Mr. P. Hellyer was listed

I knew he was writing through his hat.

Mr. Hellyer never made corporal in the service, LAC and gunner maybe but not corporal. Not enough talent.

Then when I came to his "corporal barber" bit I almost stopped reading the article because it was obvious he was just writing to create sensationalism with snide remarks to put the service in bad light with taxpayers. We have no cprrporal barbers listed in the trade codes, Med A's maybe but no barbers.

I also take a dim view of his "corporal everything." Everyone knows that "everything" are daily newspaper editors. Ever read an editorial? Editors know the solutions to "everything". Strange though, I've never heard of an editor becoming a politician and putting their cures for everything into practice.

Allowing for the odd exception OUR corporals are darn fine people and tradesman-women (tradespersons?), and not deserving of the veiled ridicule in the article that corporals are now some kind of a plague.

Recreation is taking your dog for a walk

The Nighthawks Nest

This just has to be a goodbye column. The first goodbyes goes to a group that the entire base is pleased to see return from whence they came - the TACEVAL team. That gaggle whose operating motto is "We're here to help you" and who, usually when they aren't thinking about it too much, just may. For example this trip they managed to get the beer machine fixed, have a faulty glass door on the fireplace screen replaced and have the booze supply in the mess restocked. Actually though, when you get right down amongst them, they are as good a-souls as ever you've met.

The second group that we must say goodbye to is a group that will be missed by every member of this Squadron. A group, who, along with their families, have been very instrumental in making this the finest Canadian Air Defence Command flying unit west of Powell River.

Goodbye to Ernie and Barbara Briggs, affectionately known as M and M Brinkles. Hornie and

Barbie have added a great deal of color to the Squadron. He with his infamous rendition of ESKIMO NELL and his uncanny ability to memorize the entire contents of every box lunch that has been served in Maritime Command for the past three years and she with her new-found talent with a box of preschooler crayons. With talents like these you'll need no luck, just maintain your sense of humor.

Goodbye to Ken and Linda Carr, an equally colorful couple. Kens manipulation of color has been by way of altering the complexion of Navigators. He has turned each one that has flown with him white, most of them grey, and the odd one black and or green. Linda, on the other hand, is a graduate of the local brush and guck club and hopes to make a small fortune on the Prairies selling paintings of rural scenes to Kens' students who will have little chance to view the countryside when Mister "G" has the stick. Good luck and remember what Chicken Little said.
Goodbye to Ken and Linda

Harvey, a couple we hardly got to know but will miss never the less. Ken has decided to reverse the normal route that Aircrew seem to take by donning his spikes rather than hanging them up. I suppose this more-or-less qualifies him for GRUNT status. Let's hope he doesn't become the GRUNT who stole Aircrew pay. In order that Ken prove himself in his newly chosen field he must first proceed to the Middle East where he has to organize a soccer game between the Arabs and the Israelis. Just remember Ken that if it doesn't matter if you win or lose but how you play the game then why the Hell do we keep score?

Goodbye to Mike and Phyllis Pollard, a rather unusual couple. Mike is forever trimming his waistline while Phyllis is forever stretching hers. Don't you two know what causes this yet? Mike has been selected to attend a test pilots course in a state which contains no gasoline and no jet fuel.

Oh, by the way, if you're not doing anything in June of 75 - drop around - we're having a party. I'm sure you'll know someone and it probably won't cost you much.

Rumor of the week: Paul Gill never writes home because nobody understands him.

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The Gravel Pit

Many of our faithful readers have commented on the fact that they couldn't find their favorite article in the last two issues of this paper. We feel apologies are in order and we wish to place the blame squarely where it belongs. The only trouble is, we haven't found anyone crazy enough to come forward and accept the blame. You have our ardent promise, however, that it will not happen again unless under circumstances beyond our control such a famine, flood, pestilence or just plain old forgetfulness.

As you may or may not remember we said last time that the BATCO, Maj. George Mealing was our overall boss. This still applies, at least for another month, when talking about the tower. George is retiring in April so we won't waste any more time on him. The Tower administrative Staff consists of two people, the CC Tower, Capt. Dave Wilson and the NCO i c, Sgt. Pete Kyashko. On the control side we have Capt. Jim Heron,

Lt. Dave Godfrey, Lt. Joe Pacowski, Lt. Denise Ferguson and Lt. Robert "Sandy" Cumming. Recently arrived and now undergoing check-out is Lt. John Flanagan. On the "Faithful right hand man" side of things we have, at present, Cpl. Dennis Pettigrew, Cpl. Bill Wallace and Pte. Dan Laramie. Cpl. Brian Pilon is still with us awaiting course sometime in the summer. So, there you have it. Now you can go flying secure in the knowledge that you are in good hands.

By the time this edition of the Totem Times hits the streets, we will have already finished writing the Professional Knowledge Exam. After the excellent showing of the section during the TAC EVAL and Standards Team visit, we know that a little thing like a PKE won't bother you so, although it may be a little premature, we take this opportunity to say "Good Show" to all of you. Coming up next on the agenda will be a

retirement dinner for Don Connelly on the 7th of March. Let's have a good turn-out for that one. Then, after sufficient time for everyone to recuperate, there will be a retirement Mess Dinner for George Mealing. That one won't take place until the 18th of April so theres plenty of time to prepare for it. Just so we don't get our of practice between the two dinners there should be a going away party in there somewhere, details of which will be supplied in the near future.

Lt. Dave Godfrey is now busy on the preparation of "The Gravel Pit Scrap Book". If anyone has pictures or anything else they think should go into the book, or if anyone wishes to assist in any way it would probably be appreciated. Look for announcements in the near future regarding the Gravel Pit. The warm weather is coming, believe it or not, and it will soon be time to re-open the Gravel Pit for the '74 season.

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HAROLD DIXON RES. 334-3468

In Arzberg, Germany, you can drop in on the credit union.

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COMOX (CANADIAN FORCES) CREDIT UNION

The First Freedom

"In the future days, which we seek to make secure, we look forward to a world founded upon four essential freedoms.

The first is freedom of speech and expression..."

Franklin Delano Roosevelt, 1941
That first freedom is one that is not enjoyed, even today, by a large segment of the world's population. We only have to look at the events of the past few weeks to see an excellent example of a country which while espousing freedom, has seen fit to separate a famous Nobel Prize winning author from his friends, family and homeland.

The case of Alexander Solzhenitsyn is very well known. The story of his banishment from the USSR has made front page headlines and has given many editorial and feature writers a valid alternative to Watergate. Even our Prime Minister has seen fit to remark that we are extremely fortunate to be living in a country in which freedom of speech and expression is a BASIC RIGHT OF EVERY CITIZEN.

The civilian press, radio and TV in

Canada jealously guard this basic freedom and do not normally shrink from printing and liberally interpreting the facts. Short of libel and obvious bad taste, Totem Times has, from its inception, seen fit to present the truth about the activities and policies of first the RCAF and now the Canadian Forces. This has been done by printing the official word from above but also by interpreting and explaining these policies for our readers, editorializing freely on contentious areas and by allowing our readers a forum to express their feelings.

As we explained in our last edition of 1973, we have always received the tacit support of our superiors and frequently the verbal and written support of our readers. The policy of printing "the whole truth and nothing but the truth" has been and is the accepted practice at Totem Times. We can see no reason why this policy should change and we hope that Totem Times will remain the tiny beacon of free speech and expression in the military sea of bureaucracy.



You and the Law

Do You Need a Will?

Servicemen often come to my office to discuss the kind of Will they have and they begin by saying that they have a Canadian Forces Will, which they understand is no good. The Canadian Forces Will (CF30-Nov. 65) is a perfectly valid form, and when properly prepared constitutes a legal will.

The military Will form was never intended to be all things to all people. It was apparently only intended to provide Service personnel with a simple Will form by which they could dispose of their property to their wives or parents.

The Will form does not provide for the appointment of guardians for your children, nor does it provide for the appointment of trustees if the Servicemen and his wife both die together or within a few days of each other. Furthermore, the form contains no provision as to when children will receive their share of the estate, if both parents have died.

I want to emphasize again that those personnel who have a Canadian Forces Will have a perfectly valid testamentary document provided it has been completed properly, and they should not be concerned that their Will is invalid or useless. However, because most Servicemen now have families, it is probably wiser if they arrange to have a more detailed Will prepared by a civilian solicitor. It is not too expensive to have this work done and it will provide peace of mind to the Serviceman and his wife, and most important will ensure that the Serviceman's property is disposed of as he would have wished.

If a guardian has not been appointed, one will be appointed by the courts, and while the Judge will do all he can to appoint the person or persons he believes you would want, he may have difficulty in deciding who that person is. The guardian is a very important person because this is the person or the couple who take your children into their home and bring them up. Before appointing a guardian in your Will, you should discuss the whole situation with the guardian, ensure that he understands what his responsibilities are, explain the financial situation to him, and satisfy yourself that he will actually carry out his duty if you and your wife die prematurely. Remember that there is little in law that binds the guardian to take care of your children if he decides he does not want to. Therefore, you should be pretty certain in your own mind that he will do as he promised.

A point that should also be kept in mind, and it may alleviate concern in the minds of many, is the fact that if you use a Service Will which provides only that the property goes to your wife if you die, your property will in all likelihood go to the children in any event if your wife dies about the same time you do.

In summary, these are simply a few points to take into consideration when determining whether the Will you have at present is sufficient for your purposes. It is important to have a Will, and it may well be that the military Will form is sufficient. Without a Will, legal expenses are usually considerably higher, the disposal of your estate usually takes longer, and often the estate does not go to the people who you considered should benefit.

The Youth Movement

Last week CFB Comox was host to the Pacific Region CF Hockey Championships. The calibre of play wasn't exactly NHL or even WHL. But the individuals who organized the event, the game officials and the players who gave their "blood, toil, tears and sweat" were world calibre in terms of honest effort.

To the champions, CFB Chilliwack, must go our congratulations and sincere best wishes in the CF national championships. They won all their games including a 'close' one against the

Totems, and the Chilliwack team captain took home the trophies for top scorer and most valuable player.

But we would like to point out that this was a building year for the Totems and in future the youth movement started this year should pay off. Just wait until Gary Anderson, Muggs Mulligan, Joe Forbes, Marty Fraser, Ivan Grant, Kim Matheson, Ron O'Neill, Jim Whelin and the rest of those young fellows get dry behind the ears and then look out -- PAC Region and the Nationals.

Totem Talk

Quote of the Week

"Inflation is the single biggest issue," Prime Minister Pierre Elliot Trudeau said in an interview last week. "It's the one on which the thrust of all our policy will be directed. Our attack will be most pronounced."

Yes PET and it's our bet that one of the prongs will be holding the military pay raise down to one of those 'inflation-fighting' six percenters.

SUPER SENIOR SEARCHMASTERS

The latest rumor to hit the CF is that selected MPs and MLAs will be given special Searchmaster training at CFB Trenton. When trained they will be able to relieve the overworked Pilots and Navigators of Search and Rescue squadrons who can then return to their primary duties of flying and navigating SAR aircraft.

These Super Searchmasters will then be able to work the normal 18 - 20 hours per day for up to 20 days and will be able to make the decision to re-open searches before they even make the decision to close it out.

(Seriously, if the MND, MPs and MLAs were properly briefed, they might realize that SAR Searchmasters are all highly trained in the SAR business. They are all more qualified to assess when a search should be terminated than are some individuals trying to make political brownie-points).

TACEVAL NONSENSE

One of our super teams, responding to a Tac-Eval exercise call-out during the annual festivities, was informed by one of the many, many observers that if in doubt, the team could call a 'time-out' and think out the problem. Naturally our team didn't have to carry the simulation that far and did their particular job in 'real-time.'

The only reason that we can think of for building in these time-outs is that on Bilingual Bases, they need the extra time for translating from French to English and vice-versa. Bagtown, here we come.

FRANCOPHOBIA

A news report out of Quebec City states that the Quebec government intends to introduce legislation making French the only official language in the Province of Quebec. This report also says that part of proposed legislation would include a repeal of Bill 63 which allows parents to choose either French or English as the language of instruction for their school children.

The news story says the proposed legislation was well received by the caucus except for a few English members who expressed certain reservations.

Bagtown? -- No way.

Married Quarters Charges

INTRODUCTION

The Weighted National Average system of calculating monthly charges for MQ was discontinued on 31 Mar 72 and was replaced by a system whereby MQ charges are based on actual Central Mortgage and Housing Corporation (CMHC) appraised monthly rental by location plus a \$21 monthly charge for utilities.

PURPOSES

The purpose of this paper is to acquaint the reader of the effects on ADC units of the change in the system of calculating MQ charges.

WEIGHTED NATIONAL AVERAGE SYSTEM

The Weighted National Average (WNA) system was introduced on 1 Apr. 68 and replaced the system of a straight schedule of monthly charges by rank. Under the WNA system CMHC carried out an on-site appraisal of all types of housing in the DND inventory and recommended charges based on civilian market rental equivalent housing by area. All housing was then classified into groups by size, similarity of construction, facilities, etc. and a weighted national average was computed for each group. Since all utilities were provided by DND, a charge of \$21 was added to the established monthly charge for all houses within the group. Following is an example of the system as applied to a three-bedroom semi-detached house:

Valcartier, Halifax, \$151; Shilo, Borden, Montreal \$126; Chilliwack, Trenton \$136; Winnipeg \$138; Weighted National Average \$136.

To have imposed the new charges in full in Apr. 68 would have been totally unfair. For example, the charge for a Cpo. in a type K house (four-bedroom) increased from \$80 to \$141. Consequently, Treasury Board agreed that attainment of the new rates would be effected by annual increases of \$15 for all ranks on 1 Apr. of each year. Subsequently, it was determined that this procedure imposed the highest percentage increase on those with the lowest pay. Therefore, effective 1 Apr. 71, maximum annual increases were more closely related to rank (\$15 for Sgt. and below to \$35 for BGen and above).

Despite the introduction of the new rates under this system, no individual was required to pay more than 25 per cent of his salary for a MQ. This control, however, affected only a small percentage of personnel in the Cpl.-Pte ranks.

The explanation presented by NDHQ for selecting the WNA system was that the salary scale for all CF personnel was the same regardless of location. Therefore, their objective was to charge the same for similar DND housing anywhere in Canada. It was submitted that during a 20 to 30 year career a serviceman would serve in both urban and rural areas at

various times, and he would reside in MQ during a good portion of his service. Consequently, his charges for MQ would average out during his career. It was stated that the main objective in establishing a MQ charge system was to provide the best possible benefit to the greatest number of personnel at all times, and the WNA system was best suited to meet this objective.

The first three years of operation of the WNA system brought no major complaints. However, with the Apr. 71 annual increase, approximately 85 per cent of occupants reached their established charge and discontent began to be voiced.

The advantages and disadvantages of the WNA system are shown below:

a. Advantages

(1) The WNA system was different from the rest of the Public Service. Therefore, DND were able to deviate from the prescribed practices that applied to the Public Service MQ, and introduce a gradual scale of increases by rank thereby preventing new charges being imposed in full.

(2) It protected personnel serving in urban centres from paying the CMHC appraised rent for accommodation in the local area.

(3) There are 11,666 houses (45.1 per cent) in 28 locations in Canada where the WNA was an advantage, but only three of the locations are in ADC.

b. Disadvantages

(1) The military are not in a particularly good position to dispute the CMHC appraisals in any one location and are not able to decrease charges in any one area in order to prevent MQ vacancies.

(2) In areas where the WNA is higher than rents in the local area the serviceman is forced to pay more for his MQ than for accommodation locally. Additionally, an increase in MQ at any unit has a tendency to result in a similar increase in the rents for local accommodation.

(3) The rationale that a serviceman would serve at both urban and rural areas and, therefore, his rent would average during his career is not applicable in all cases. For example, AD Techs are continuously employed in the "Radar Chain" and never reap the benefits of becoming urban MQ occupants.

(4) At smaller locations (mostly ADC) where no civilian accommodation is available, we have a captive audience situation with servicemen having no alternative but to occupy MQ and pay the going rate.

(5) There are 14,716 MQ (54.9 per cent) in 41 locations in Canada where the WNA is a disadvantage, (27 of the locations are in ADC).

As can be seen from the above, the WNA system was not totally advantageous to all ADC personnel. Our discontent with the system was expressed on many occasions and the system was changed, effective 1 Apr. 72,

to one based on CMHC appraisal by location.

RENT BY LOCATION SYSTEM

Effective 1 Apr. 72, monthly charges for MQ were based on actual CMHC appraised monthly rental by location plus the lesser of \$21 or 5 per cent of gross pay for utilities. Under this system, charges are reviewed every second year to adjust the initial appraisal in accordance with any fluctuations, up or down, that may have occurred in the rental market, or any changes to the physical condition, amenities, etc. of DND housing.

Since CMHC appraisals are based on equivalent civilian market rental values in the local area, charges for the same type of MQ vary at each unit. A comparison of the effect of this policy on the CF in general and ADC in particular is shown below:

a. Increased CF 66 per cent (16,500) ADC 63.4 per cent (2,325).

b. Decreased CF 33 per cent (8,200) ADC 35.8 per cent (1,315).

c. No change CF 1 per cent (150) ADC .008 per cent (28)

The effects of the change in ADC are shown below:

a. Increases varied from \$1.00 to \$87.00.

b. Decreases varied from \$1.00 to \$66.00.

c. Net increase for 1012 MQ at a monthly cost of \$39,313.00

In analyzing these changes it must be borne in mind that:

a. All MQ would have increased on 1 Apr. 72 under the WNA system; b. The new rates apply to the maximum rent for each MQ. The increases for each occupant cannot exceed the maximum monthly increase for his rank (\$15 for Sgt. and below to \$35 for BGen and above); and c. Personnel who occupy a MQ after this policy was implemented will pay the lesser of:

(1) maximum for rank (\$155 for Cpl. and below to \$305 for LGen); or

(2) New charge for MQ, or

(3) Sum of 20 per cent of gross pay for shelter and the lesser of \$21 or 5 per cent of gross pay for utilities.

On receipt of the announcement of the rent increases under this system, several of our units questioned the validity of the amount of increase and many expressed displeasure with the manner in which the CMHC appraisal was conducted. Investigation and subsequent submissions by ADCHQ to NDHQ resulted in reductions in 956 MQs at seven of our units, thus reducing the monthly increase from \$39,313 to \$23,083.

The first biennial review of charges under this system has been completed and new rates have been announced to be effective 1 Apr. 74. A summary of these adjustments is shown below:

a. Increased 2007 MQ's, 52.2 per cent

b. Decreased 610 MQ's, 16 per cent

c. No change 1206 MQ's, 31.8 per cent.

The effects of the adjustment in ADC are shown below:

a. Increases vary from \$2 to \$72

b. Decreases vary from \$3 to \$45.

c. Net increase for 1397 MQ at a monthly cost of \$12,535.

The adjustments will be made to the maximum rent for each type of MQ. However, the increase for each occupant effective 1 Apr. 74 cannot exceed the maximum monthly increase for his rank (\$15 for Sgt. and below to \$35 for BGen and above).

For personnel who occupy a MQ after 1 Apr. 74 the charge will be:

a. maximum for rank (\$185 for Cpl. and below to \$375 for LGen); or

b. new charge for MQ; or

c. sum of 20 per cent of gross pay for shelter and the lesser of \$21 or 5 per cent of gross pay for utilities.

The advantages and disadvantages of the cost by location system are shown below:

a. Advantages

(1) We have retained the "gradual scale of increases by rank" policy from the WNA system, thereby preventing new charges being imposed in full.

(2) Since the majority of our personnel serve at non-urban areas they will not be subject to the higher rents in urban areas, (27 of our units are in this category).

(3) It enables our personnel to have an averaging of rent during their career since the rates vary considerably among our units. For example, a Public Mobile Home varies from \$76 to \$151; 2 br. house from \$76 to \$146; a 3 br. house from \$141 to \$201; a 4 br. house from \$151 to \$216 and a transportable from \$88 to \$131.

(4) It contains firm and explicit instructions for both the unit and CMHC in appraising our housing. This is most important since it will eliminate the misunderstanding and some confusion and frustration which was evident under the WNA system.

(Continued on page 8)

Letters to the Editor

Horse Sense

Dear Mr. Mostowy:

Please allow me to express sincere sympathy for your feelings of anger concerning the rider who has been using the PMQ area as a gallop. I, too, feel great anger about this sort of thing, because I am a rider, and the sort of behaviour you report gives us all a bad name. I do not live in PMQs now, but have done for 20 years past, and I know the frustrations of such areas which seem to tempt people to all kinds of inconsiderate actions.

Indeed, this young rider is typical of a problem area that is certainly not confined to riders. One meets ignorant and inconsiderate people on all hands. They are found behind the wheels of cars, in power boats, on motorcycles and bicycles, on skis and skates, on snowmobiles - even on foot, making short-cut paths across well-kept lawns. I am sure we can all recall many instances of total disregard for others in all the above areas of locomotion. Unfortunately, the system of fines and restrictions that are applied to wheeled "dangerous drivers" are hard to apply to the rider on his horse, and as a result there is a feeling that riders are, as a group, arrogant and rude.

As a 4-H horse club leader, I can assure you, Mr. Mostowy, that the vast majority of riders do indeed try to find "more appropriate places to ride", and to behave respectfully around people, especially children. In the 4-H clubs (100 youngsters in the Comox Valley area alone) we

try to instill public responsibility and good citizenship along with proper use of the horses.

I know that you would not advocate banning all cars because a few roar around too fast, and I hope you will not feel that all horses should be banned because of one thoughtless young rider. I, myself, do not ride in PMQs, but since my horse is my transportation of choice, I would like to feel I was allowed to ride in to visit a friend occasionally. In fact, on other stations where we have lived, this was permitted, subject to good behaviour on the rider's part. For instance, no rider should move faster than a walk in any residential area, unless a trot is necessary to get out of the way of other traffic. Galloping is inexcusable, even on the street; no good horseman would do such a thing, far apart from the danger to bystanders, a horse's feet should not be subjected to the stress of galloping on pavement.

If you could provide a description of the horse it might be possible to determine who is responsible; some one of the local horsemen should recognize the horse from an accurate description. Is it bay, chestnut, dark brown, grey or pinto? What colour are the mane and tail? English or Western saddle? Once the horse is identified the owner is easy to trace, and even if he was not the rider, he is responsible for his animal.

Sincerely,
Pat Ritchie
(Mrs., not Ms., please)

Autoplan Folly

Dear Sir:

Yesterday I went down to pay my 1974 ICBC or Autoplan insurance. Before I arrived at the agent I realized that all the democratic principles that I had been taught in my earlier years were being thrown out the window. I no longer had the choice of where and from whom I could insure my vehicle. I no longer had the choice of whether or not I put collision on my car. I was now forced to buy collision insurance if I wanted to drive.

I don't care if Autoplan is cheaper, more expensive or whatever, the fact still remains that there is no competition anymore. Everyone knows that to keep a businessman honest he must have competition. His competitors force him to toe the line and in most cases to deal fairly with the public.

We all know that government organizations often become too heavy, fat and lazy. They hire more people than often necessary. They become more inefficient as they become more involved in paperwork. Don't we all know about paperwork? Inefficiency in turn leads to greater costs. Greater cost leads to higher premiums. Is this going to happen to the ICBC?

Were the private insurance companies ripping the public off? I think not! A recent ad in the paper said "Aren't you proud to be the owner of the largest insurance corporation in the world", well my answer to that is no - how about you? Vive free enterprise! A capitalist.



NO FUEL SHORTAGE on Air Force Beach. The annual supply of firewood promptly delivered without charge, courtesy of our regional sou-easters. All we have to do is cut it up and stack it.

Flash Flaredrop

"I knew it was gonna be a bad day when I broke both shoelaces," muttered our intrepid aviator as he stumbled about the lumber and tools scattered around his eagle's nest. "My blasted locker's missing, in fact the whole locker room's gone! How the devil can I inspire my colleagues without my silk scarf and goggles?"

"Oh, g'morning, Flash, or should I say Aloha," said Major Minor, who had just returned from his holidays in Hawaii, "Here, try some of this new pineapple flavoured pipe tobacco I brought back."

"Haven't got time for that now, Sir," shot back Flash as he stumbled around. "I've got to find my gear and get going but all the lockers have disappeared."

"Dat's easy, Boss, offered Flash's loyal sidekick, "All da locker are down on da 'anger floor, while all da offices are change around."

"Changed around?" shot back Flaredrop, as confusion mounted, "just what's going on around here, anyhow?"

"The C.O. is moving his office over to where the lunch room is. Next to that goes the orderly room, where the briefing room used to be, and the briefing room goes down to where the aircrew lounge used to be. Now, the lunch room will go where the lockers used to be, and the ration lockup goes downstairs, and the leg bone's connected to the knee bone, and so on and so forth. Whew, have ya got it all now, Flash?"

"Well, I think so," muttered

our stallion of the skies, "but right now I've got to get down on the floor and find my locker so's we can get airborne. Bye now."

Ten seconds later, a blood-curdling scream resounded throughout the hallowed halls

"Someone should've told Cap'n Flash about that new doorway they're knocking into the upstairs wall. Oh, well, I might as well untangle him from that aerostand."

"Thanks, faithful ground-crew," said Flash, as he brushed himself off. "The way they're changing things around here, I might as well sell my house, 'cause sure as shootin' they're gonna close down the base."

"Oh, my gawd," sobbed poor Tom, choking back his tears, "first inflation, then oil shortages, political scandals, Sonny and Cher breaking up, and now the base might close! This is more than I can take." Whereupon in a vain attempt at suicide, Torquewrench grabbed his sharpest screwdriver, and was bout to commit hari-kiri, when Flash, quick as a wink, grabbed the tool from the distraught man's hand.

"Come now, my faithful friend," said Flash as he helped Tom to his feet, "think of your future, and all it has in store. Why, there's always new, maybe better bases to be posted to, regular raises in pay, stimulating work on modern airplanes, just think of it all! . . . on the other hand, have ya got another sharp screwdriver in your tool box?"



AIR FORCE BEACH Boat Launching ramp littered with the ravages of winter. It has stood up remarkably well against severe storms and should be operational with minimum clean-up and repair.

Consumer Price Index

(1961 - 100)
The Consumer Price Index for Canada rose 0.8 per cent to 157.6 in January from 156.4 in December.

Food prices advanced 1.1 per cent in the latest month,

while the level of prices for all items other than food moved up 0.7 per cent. Among non-food components, increases were recorded for transportation (1.6 per cent), housing (0.6 per cent),

recreation, education and reading (0.5 per cent) and health and personal care (0.4 per cent).

Between January 1973 and January 1974, the All-Items Consumer Price Index rose 9.1 per cent.

Food, up 16.0 per cent; transportation, 7.7 per cent; clothing 7.5 per cent; housing 7.0 per cent; health and personal care 6.5 per cent; recreation, education and reading, 5.3 per cent; and tobacco and alcohol, 1.2 per cent.

recreation, education and reading (0.5 per cent) and health and personal care (0.4 per cent).

"Well, I think so," muttered

Letters

People's Insurance

Dear Sir:
Being a serviceman and thus being unable to choose the area in which I live, I feel I must express my displeasure in being shafted once again. The only good part was that for a change it wasn't D.N.D., but the province of B.C. The problem is this: I was posted to BC from Manitoba where it was mandatory to have "Autopac" the people's insurance. On arriving here I was without insurance as soon as I took out B.C. plates. Thereupon getting a policy from Allstate, and losing money on the Autopac policy. I was happy, Allstate gave me what I wanted for a good price. Now I had to turf that for "Autoplan" paying \$70 more for much less coverage. (Actually I could not afford the same coverage as what I

had under the company that was supposed to be "ripping me off".)

In mid-summer I am posted to Ontario. Once again I will have to cancel my Autoplan policy and lose money.

Previously all that was needed was a change of address. Considering the government is trying to save us by charging us more for less and more often, and as it is becoming a trend, will there be compensation made for losses incurred by increasing moving allowances or can one claim this as an expense? Or will we just have to grin and Barrett?

Actually I am getting tired of doing the grinning while being done by Barrett!

Yours truly,
"Autoquit"

Steak
Schnitzel

RAYMOND'S
Dining Lounge

347 - 4th Street
Courtenay
338-8533

LICENSED
Next to Goodwill Store

Totem Times Deadline Mar. 11

GLACIER GREENS GOLF COURSE - 1974

1974 MEMBERSHIP FEES

Men	\$65.00
Ladies	\$50.00
Privileged Juniors	\$32.50
Juniors	\$17.50
Man and Wife	\$100.00
Family	\$120.00

*Each Privileged Junior \$15.00 extra

TERMS AVAILABLE ON REQUEST (3 MONTHS)

SPECIAL 1974 GREEN FEE RATES FOR MESS, SQUADRON, AND SECTION TOURNEYS

CALL "RON" - LOC 461
or "WALLY" - LOC 256

1974 MEMBERSHIPS AND INFORMATION AVAILABLE NOW AT LOC 205 OR 417 OR 264



Entertainment and Events

CFB COMOX GLIDING CLUB
ANNUAL GENERAL MEETING
THURSDAY 14 MAR. 74
AT 1900 HRS.
AT THE GOLF COURSE

OFFICERS' WIVES CLUB
Fashion Show
WEDNESDAY, MARCH 20
at 8:00 p.m.
Members \$1.00
Non Members and Guests \$1.50
ALL PROCEEDS TO CHARITY

SPORTS SCUBA COURSE
FOR QUALIFIED SCUBA DIVERS
Registration: Thur. 14 March
at 1900 Hrs. Upstairs in Rec. Centre
For information call:
Cpl. Emory Loc 395 Cost \$30.00
or 339-3693

OFFICERS' MESS ENTERTAINMENT

SUNDAY BRUNCHES - March 3, 10, 17, 24, 31. Lunch menu 11:45-1300. Children 75¢ - Adults \$1.25. Casual dress.

SATURDAY, MARCH 2 - Fasching Party, Masquerade Ball - \$5.00 per couple. Music 2200-0200 - German food 2200-2330. Costumes or Casual Dress (Prizes for best costumes). Reservations required by 1500 Friday, March 1.

THURSDAY, MARCH 7 - Retirement Dinner. Major Gammie and Capt. Connelly. Cocktails 1830 - Dinner 1930. Dance to Cameos 2100-0100. Informal dress. Reservations required by Tuesday, March 5 at 1500.

SUNDAY, MARCH 10 - Candlelight Dinner - 1830-2030. Reservations required by 1500 Friday, March 8.

SATURDAY, MARCH 16 - St. Patrick's Dance - 2100-0200. Informal dress - \$3.00 per couple. Food 2200-2330. Reservations required by 1500 Friday, March 15.

FRIDAY, MARCH 22 - Monster Mixed TGIF. Subsidized drinks 1700 - Food at 1830 hours. Dance to tapes or Juke Box. \$2.00 per couple. Reservations by Thursday, March 21.

APRIL HI-LITES
MONDAY, APRIL 1 - Retirement Dinner.
SATURDAY, APRIL 6 - Mongolian Nite.
SUNDAY, APRIL 14 - Easter Sunday Family Dinner.

GWL ST. PATRICK'S DAY TEA AND BAZAAR
MARCH 16 AT AIRPORT SCHOOL
The CWL of CFB Comox would like to remind their friends of the St. Patrick's Day Tea and Bazaar, to be held March 16 at the Airport School Gym.
Tickets for the Grand Raffle - \$150.00
Gift Certificate from Dick's Quality Meats in Comox - will be on sale Saturdays Feb. 16 & 23 and Mar. 2 & 9 at Overwaita in Courtenay and Super-Valu's in Comox and Courtenay.
Advance tickets for the tea Terrace and door prizes at 50¢ each can be purchased from the CWL ladies.
The ladies of the CWL invite the Comox Valley to help us help others.

JR. RANKS CLUB MARCH ENTERTAINMENT

Fri. 1st - Mess Dinner
Sat. 2nd & 3rd - Band "Harvest"
Sat. 4 & Sun., 9th & 10th - Band "Cross Country Express" with food.
Sat. & Sun., 16th & 17th - Band "Primo"
Sat. & Sun., 23rd & 24th - Band "Alley Cats" with food.
Sat. & Sun., 30th, 1st Apr. - Band "King's Five" (Western Ent. Circuit).

MOVIES - EVERY TUESDAY
BINGO - EVERY WEDNESDAY
TGIF - EVERY FRIDAY

WO & SGTS MESS MARCH ENTERTAINMENT

MARCH 2 - Bingo and Dance.
MARCH 9 - Social evening.
MARCH 16 - Bingo and Dance. St. Patricks.
MARCH 18 - Movie TBA.
MARCH 29 - Mess Dinner.
MARCH 23 - Social Evening.
MARCH 25 - Movie TBA.
MARCH 15 - Meet Your Boss Night.
MARCH 30 - Social Evening.

MARCH 2 - BINGO AND DANCE - 2030 hours. Admission - Reg. and Associate \$1.00. Honorary and Guests \$2.00. Food: Fish and Chips. Music: The Alley Cats.

MARCH 16 - BINGO AND DANCE - 2030 hours. Admission as above. Food: Beef in a bun. Music: The Good Fridays.

MARCH 29 - MESS DINNER
MARCH 15 - MEET YOUR BOSS NIGHT - Bring him out for fun and games.
TGIF EVERY FRIDAY - There is a Draw held every TGIF Night. The winner can receive as much as there is in the pot, with a minimum of \$25.00 and an additional \$5.00 added every week until there is a winner. It costs you nothing to win, you just have to be present when the bell rings, any time between 1630 and 1900 hours.

MINI THEATRE
Something New in Movie Entertainment
VIDEO CENTRE (60 Seats)
(Next to Central Meats)
BLESS THE BEAST & CHILDREN
Billy Mumm Barry Robins
Fri. Mar. 1st - Sat. Mar. 9th
OLIVER
Lionel Bart's Musical
Mon. March 11th - Thur. Mar. 21st
ADMISSION: 7 p.m. & 9 p.m. Adults - \$1.25 OAP & STUDENTS - 75 cents Children - 50 cents
TCV VIDEO CENTRE
485 - 5th St. Courtenay
Manager: Mr. Bob Reed - 334-3262

Miracle Drive-In
BLACK CREEK, B.C. 337-5097
FRI. & SAT. - MAR. 1 & 2
GATE 7:30 SHOW 8 P.M.
PLUS SECOND FEATURE
The explosive story of the first black President of the U.S.
ALLEC GUINNESS SIMON WARD HITLER: THE LAST TEN DAYS
THE MAN
In Color A Paramount Release
COMING MARCH 8 AND 9
PLUS NOON SUNDAY
(Mature) Warning: Many violent scenes
Starring: Linda Avery, John Lenard
FREE! JOIN OUR **BUMPER STICKER CLUB**
TO BE ELIGIBLE TO **Win Valuable Prizes!**
Tape Decks Clock Radios Free Dinner!
T.V.'s Cameras Free Gas!

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.

Wed 27 Feb Thur 28 Feb	RETURN OF SABATA Showtime: 2000 to 2150 hrs.	Western Lee Van Cleef
Fri 1 Mar Science Fiction	THE LIGHT AT THE EDGE OF THE WORLD Showtime: 2000 to 2155 hrs.	Kirk Douglas James Coburn Yul Brynner
Sat 2 Mar Sun 3 Mar Comedy - Western	FISTFUL OF DYNAMITE Showtime: 2000 to 2210 hrs.	Red Steiger James Coburn
Wed 6 Mar Thur 7 Mar Restricted	DRIVE HE SAID Showtime: 2000 to 2150 hrs. Warning: Swearing - very coarse language and nudity	Karen Black William Tepper
Fri 8 Mar Sat 9 Mar Sun 10 Mar	RED SUN Showtime: 2000 to 2200 hrs.	Charles Bronson Ursula Andress Western
Wed 13 Mar Thur 14 Mar Restricted	WELCOME TO THE CLUB Showtime: 2000 to 2150 hrs. Warning: Repeated use of coarse language	Brian Foley Jack Warden
Fri 15 Mar Horror	THE DEAD ARE ALIVE Showtime: 2000 to 2155 hrs.	Alex Cord Samantha Eggar
Sat 16 Mar Sun 17 Mar Mature	FIVE FINGERS OF DEATH Showtime: 2000 to 2150 hrs. Warning: Scenes of violence	Lo-Lia Wang Pong

SATURDAY MATINEES

Sat 2 Mar Jungle Picture	KILLERS OF KILIMANJARO Showtime: 1400 to 1550	Robert Taylor Ann Aubrey
Sat 9 Mar	SARAZANS BLADE Showtime: 1400 to 1550	Ricardo Montalban
Sat 16 Mar Comedy	ZEBRA IN THE KITCHEN Showtime: 1400 to 1550	Jay North Ardy Devine

Coming Soon

MARCH - Strange Vengeance Of Roselin - Roy Bean - Hickey & Boggs.
APRIL - Soldier Blue - The Mechanic - Hitler: The Last Ten Days - Chato's Land - Save The Tiger - Brother Sun Sister Moon - Gumshoe.
MAY - The Candidate - The Soul Of Nigger Charlie - Live & Let Die - What Became Of Jack & Jill - Conquest Of The Planet Of The Apes.

RESTRICTED SHOWS: 18 years and above - under 18 must be accompanied by a person over 18.
ADULT SHOWS: 16 years and above - under 16 must be accompanied by a person over 16.
For information on what's playing at the Base Theatre - Telephone 339-2433.

Safety 75 Securite

HOW IS YOUR GENERAL SAFETY PROGRAM?

The early part of any New Year is the traditional time to take stock of our positions in life and to formulate new objectives and goals; evaluate our accomplishments and "put our house in order". How else would we be prepared for the new and earlier date for renewing our auto insurance and to meet the demands of the Internal Revenue Department at the end of March?

While we are anticipating - remember that an extra effort in accident prevention is going to be a requirement this year so we can reach the goals of the "Safety 75" campaign. While you are making your Master Plan - include extra safety effort from now until 1 Apr. 75!

January continued the trend of winter sports injuries. None involved serious injuries although two days were lost as

a result of a dynamic slap shot-foot collision.

Two incidents were reported that should alarm us to potential danger:

INDECENT DESCENT

An injured elbow resulted from an improper parachute landing fall and could have easily been more serious (under-statement of the year!).

Even the airborne professionals have trouble this way. Return to basic techniques of PLF! Do not pass GO or collect \$200.

TENDER TIPS

Trying to accommodate too large a piece of meat in a slicer paid poor dividends as the slicer demonstrated its equal opportunity policy on the operator's finger.

Never defeat the purpose of protective guards by overloading a machine.

PRIVATE EYE PAINS

The never-ending contests between private eyes and undesirable agents continues:

January's plot included mysterious powder, lubricating grease and - are you ready for this? - a judo contestant's knuckle.

Injuries can strike at any time. Guard your eyes. DOING IT

Navigators may do it in the back seat and pilots may do it better but our group does it differently.

On a fluorescent fixture

On an oil can

On a steam table

On a paper waste can

On a snowblower.

Sound uncomfortable? It is - cut fingers and thumbs really hurt.

Do it - SAFELY.

FORWARD!

Our Safety Survey in January and Safe Driving Week in December have both given us something to aim at.

The Safety Survey highlighted several hazards that need immediate and long range correction.

Safe Driving Week proved that drivers' attitudes are the key to reducing accidents. Eight communities in British Columbia who each have a population of more than 40 thousand went through Safe Driving Week without a fatality. Nation wide in Canada, traffic fatalities were reduced by more than one-third.

Keep your Safe Driving Week attitude all year!

I SPY DEPT.

Sidewalks! My gawd - what will they think of next.

Fake logs. Real hazards! Using manufactured wax-and-sawdust logs in a fireplace requires special precautions. These logs melt as they burn and pieces may stick to the poker and be drawn out, flaming, into the room. Follow instructions on the package.

Safety comes out on top. The Malaysian government has allowed Indian Sikhs, who are forbidden by their religion to remove their turbans, to wear "crash turbans". A special helmet over the five yards of cloth wound around their heads.

An American Automobile Association study in Washington, D.C., revealed that 71 per cent of pedestrians killed on weekends had been drinking.

Some judges south of the border are allowing motorists to donate blood to local hospitals in lieu of fines for traffic violations.

WATCH YOUR BIRD!

Some persons are setting a poor example for our youngsters and ignoring the health and fire safety implications by smoking in Glacier Gardens. In one instance during a Junior "B" game, the rule breakers were prominent local sport personalities.



THIS IS THE FIRST cartoon in a series depicting the Canadian Forces.

APRIL AID

The income tax help system and how to make it work for you.

As you know by now, we changed a lot of things last year. We gave you a new return, a new Guide, several new deductions and a few new rules. And quite honestly, we were more than a little concerned about your reaction to it all. (And very, very interested in your opinions.)

Well, now that we've had time to really look back at it and assess it honestly, it appears that most taxpayers did not seem to find it too difficult. The error rate did not accelerate greatly or change drastically from former years. Generally, most taxpayers seemed to handle their new returns fairly well.

However, Income Tax will never be the easiest or most enjoyable thing in anyone's life. And it will always present problems in some areas, for some people. That's expected and understandable.

So, what we want to do now is really work on those problem areas. And the best way to do that is to work with you, individually, on whatever part of Income Tax that causes you difficulty.

And that's what April Aid is all about. It's a help system and its primary objective is to ensure that whenever or whatever you need help with, you can get it. And know how to get it.

And this is how it works:

First. Your Guide is always the best answer when you have a problem. Read it. Follow it. It not only gives explanations, but in many cases, examples of just how to figure something out.

Second. If you're still confused or something just doesn't seem to work, phone. The number of your own District Taxation Office is below and at the end of that number there are people whose only job is to help taxpayers with problems, by telephone. And on Mondays and Tuesdays phone lines are open 'til 6 p.m. So don't hesitate. If you live outside the office area, call the Operator and ask for Zenith 0-4000. She will automatically connect you to your own District Taxation Office. Remember, all calls are free, all questions are answered, and if you have queries, we want you to call.

Third. Some people prefer to talk things over in person. If you're one of them and have problems, drop by for free help. Anytime. The address of your District Taxation Office is below.

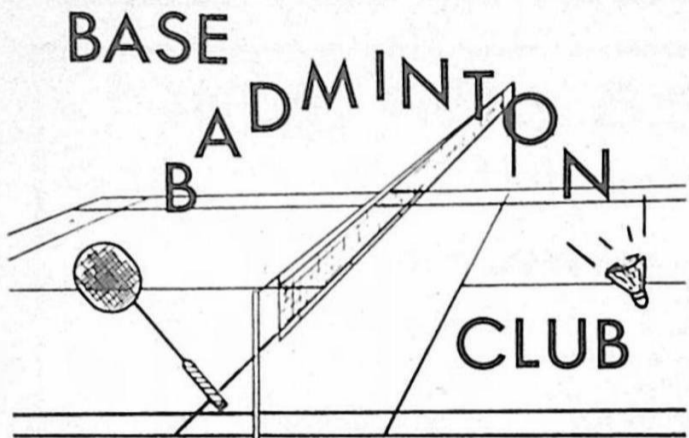
Fourth. Write. To the address below. Explain your problem as clearly as possible and include all information. (And your return address, please.) In return, we'll answer all letters as quickly and clearly as possible. Remember - if you need help, it's there. (And free). And all you have to do is ask.

April Aid. The Income Tax help system. Let's make it work for you.

Together, we can get it done.

Revenue Canada Taxation / Revenu Canada Impôt
Robert Stanbury, Minister / Robert Stanbury, ministre

1415 Vancouver Street, Victoria, B.C. - 388-3551
1110 West Georgia Street, Vancouver 105, B.C. - 689-5411
Federal Bldg., 277 Winnipeg Street, Penticton, B.C. - 492-6000



The Base Badminton Club had a very interesting session last Wednesday evening, Feb. 27th. In addition to our regular members, we were honored by a visit from members of the Cumberland Badminton Club.

A highlight of the evening was some excellent badminton by Dr. Geoff Harris, who recently represented Canada in the British Empire Games in New Zealand. Geoff easily defeated our best players except for Rick Proulx who managed 10 and 11 points respectively, giving Geoff his only workout. In doubles Geoff paired up with Mr. Lloyd Park, forming an unbeatable combination.

To top off an already interesting evening, there was an excellent spread of food laid on through the efforts of Tom Krayden.

Other badminton news concerns the Pacific Region Badminton Championship which takes place in CFB Esquimalt from March 4th to 8th. Representing Comox in the open category are Capt. Proulx, Capt. Keener, WO Gates, MCpl. Liber, Cpl. Dandurand and Capt. Watkins. In the senior category are Capt. Krayden, MCpl. Green, Sgt. Branch, Capt. Gibson and Cpl. Jones. Let's wish our Base champs good luck.

C to C Coast to Coast Real Estate Service

P. Leo Anderton & Co. Ltd.

are pleased to announce they have been appointed an Associate Broker of the Coast to Coast Real Estate Service, a group of over 100 top Realtors operating 160 offices across Canada.

We are now able to give complete nationwide real estate service and provide a specialized service for families on the move.

If you are being transferred contact us for further information.

P. LEO ANDERTON & CO. LTD.
526 Cliffe Ave. Courtenay, B.C. Phone 338-5321

SPRING

IS JUST AROUND THE CORNER

THE B.X. GARDEN SHOP (NEXT TO BASE THEATRE)

WILL OFFICIALLY OPEN THIS YEAR ON

MONDAY

11TH MARCH 1974



YOUR PATRONAGE OF THE BASE EXCHANGE DURING THE FISCAL YEAR 1973-74 IS SINCERELY APPRECIATED BY THE BASE COMMANDER AND B.X. STAFF. LOOKING FORWARD TO SERVING YOU IN THE COMING FISCAL YEAR.

Base Sailing Club

Basic Racing

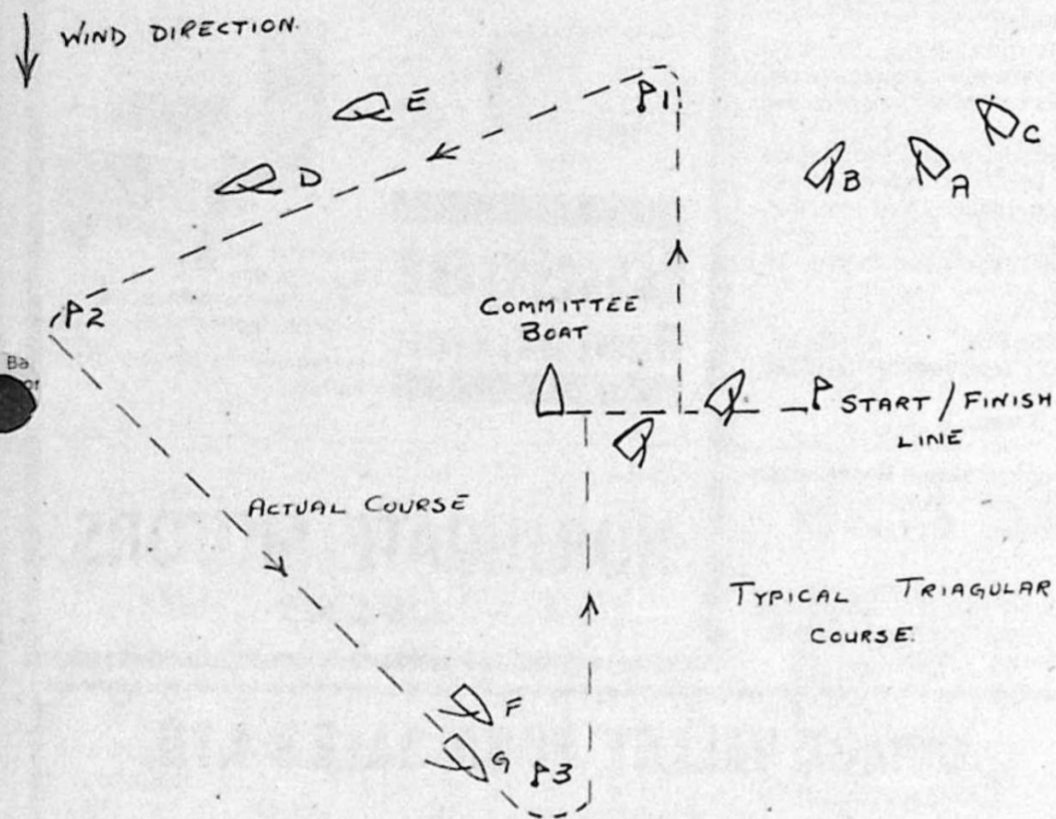
Most beginners view racing as a pastime for experienced sailors, and this just is not true. While it may be easier to crew for another skipper the first few times racing, a basic idea of the nautical 'Rules of the Road' and one or two specialized racing rules gives enough basic knowledge to participate in local regattas with confidence and enjoyment!

The management of a race is relatively simple to grasp. The above diagram shows a typical triangular course with

So you manage to clear the start line without colliding with anyone, and you're off beating into the wind! This will involve tacking, or changing direction, a couple of times. So you must know who has the right of way on various tacks. The boat on the starboard tack - i.e. the wind is coming in over the starboard side - always has the right of way. Therefore in the diagram, boat A has the right of way, and boat B must stay out of his way. Boat C also has the right of way over boat B,

F enough space to round the mark properly. Thus boat F has the right of way. After rounding the mark, you both beat your way to cross the finish line.

After the race you all retire to the club house to discuss the results, racing tactics etc., over a drink. At this time any protests are heard by the race committee. Normally if you hit another boat at any time during a race, and you know that the collision occurred because you infringed on one



the first leg to windward. The starting line is normally an imaginary line between either the stern of the mast of the committee boat and a marker buoy placed at some distance away. To officially start the race, each boat must cross this line, as they must to officially finish. Ten minutes before the actual start of the race, the committee boat will raise a white flag and sound a horn. Five minutes later the flag is changed to a blue one and the horn sounds again. At the actual start, the red flag is raised and again the horn! Since the object is to cross the starting line as soon as possible after the red flag is raised, most skippers carry a stop watch, or a watch with a good sweep second hand, so that they can accurately time the start of the race and be in the most favourable position to begin racing.

but boat C must stay clear of boat A also because C is the windward boat, and may steal boat A's air, thus making A uncontrollable.

On the second leg, the boats are on a reach - i.e. the wind is coming at almost 90 deg. to the direction of the boat. On the leg boat E is rapidly catching up with boat D. In this case the overtaking boat must stay clear of the boat in front. Thus boat D has the right of way, and within certain limitations, can change his course or luff, to try and keep boat E behind him.

By the time you round the second mark or buoy, you have sailed almost two thirds of the course. However, at the third mark the opposition gets very close to you (boat G). In this case, if boat F asks for 'room at the mark', boat G must give way and allow boat

of the racing rules, you retire from the race at that point, and do not finish. However, a situation may arise where both parties feel that they had the right of way, and a collision or near miss occurred, then one or both skippers may lodge a protest with the race committee. The incident is normally written out, both parties present their case to the committee, and the committee then has the job of sorting out who is right according to the rules. This is certainly the fastest way I know of to learn the rules in a hurry.

Whatever the decision, it will inevitably provide more grist for the conversation mill in the clubhouse. Until it is superseded by the race, weather, protests, etc. that occur on the following weekend!

Not Another Squadron!

But yes indeed! The Comox Squadron of the Canadian Forces Sailing Association once more makes its presence known. This is the time to start planning a summer of fresh air and fun interspersed with moments of sheer joy, and occasionally stark panic! So if you are already a sailor, or have never got your feet wet, but would like to learn, phone any one of the following people for more information, or an application form.

Tony Brett 339-2652 loc. 409. John Fox 339-4216 loc. 308; Ernie Berry 339-2616 loc. 440; Jackie Haan 334-2243.

If you are, or have been, connected with the Canadian Armed Forces, the family or associate membership fee is \$25.00 and a Junior Membership for those 12 to 19 years of age is \$10.00. Either membership gives you access to all of the following free of further charge: sailing courses for beginners; free use of the Club Mirror dinghies at any time; cruising the local islands and beaches; racing every Sunday April to October; Regattas - regional, national and international events; boat building and maintenance program; club house and foreshore privileges; sailing films and

books available; monthly newsletter.

If all this is not enough inducement to sign on the dotted line, come out and look us over at our next meeting on March 17, at 7:30 p.m. Bring the children and any interested friends and enjoy an evening of nautical talk and films. Everyone welcome!

A Primer of Nautical Terminology:

SKIPPER - God afloat.

CREW - Humble obedient servant (most of the time)

HALLIARD - pieces of rope used to raise and lower sails - not to be confused with sheets.

SHEETS - pieces of rope used to control the sails - not a good place to sleep!

TACK - Changing direction of the boat by bringing the bow through the wind - have to be sharp here too!

JIBE - nasty comment followed by loud guffaw.

GYBE (pronounced same as above) - Changing the direction of the boat by bringing the stern through the wind - can be tricky! Done incorrectly you get wet and raise the other kind of jibe.

Rumor of the Month - The Russian Ambassador has bought his sons Mirror dinghies. Is this a case of Red sons in the sail set?

Race Results To Date

FROSTBITE REGATTA

Sailing is not usually considered a winter sport, at least in the rest of Canada! But here in Beautiful B.C. it turned up as one of the B.C. Winter Sports Events during Winter Carnival week in the Comox Valley. On Saturday, Feb. 10, the Comox Bay Sailing Club organized a Frostbite Regatta for the Snowball Trophy. The C.B.S.C. had their Sabots out in force, and invited the Comox Squadron to join them in their Mirrors.

The day was clear and cool, and at the start of the first race there was hardly a breath of wind. In fact for a while it looked as if it was going to be decided on who could maneuver with the tide to best advantage! But all was not lost. The wind raised a small ripple on the Bay and the race was on in earnest. In Mirrors the overall winners of the two races held were: Doug and Leslie Wilkinson first; Alex Fox and Dave Price second; Joyce Berry and Janette Morin third; Ernie and Andrew Berry fourth.

The whole afternoon was a great success, and the many colored sails of the Mirrors and Sabots added a bright

note to the February after-noon. To date no-one has lost any fingers to frostbite. In fact the only casualty of an otherwise perfect day is the Snowball Trophy. It melted.

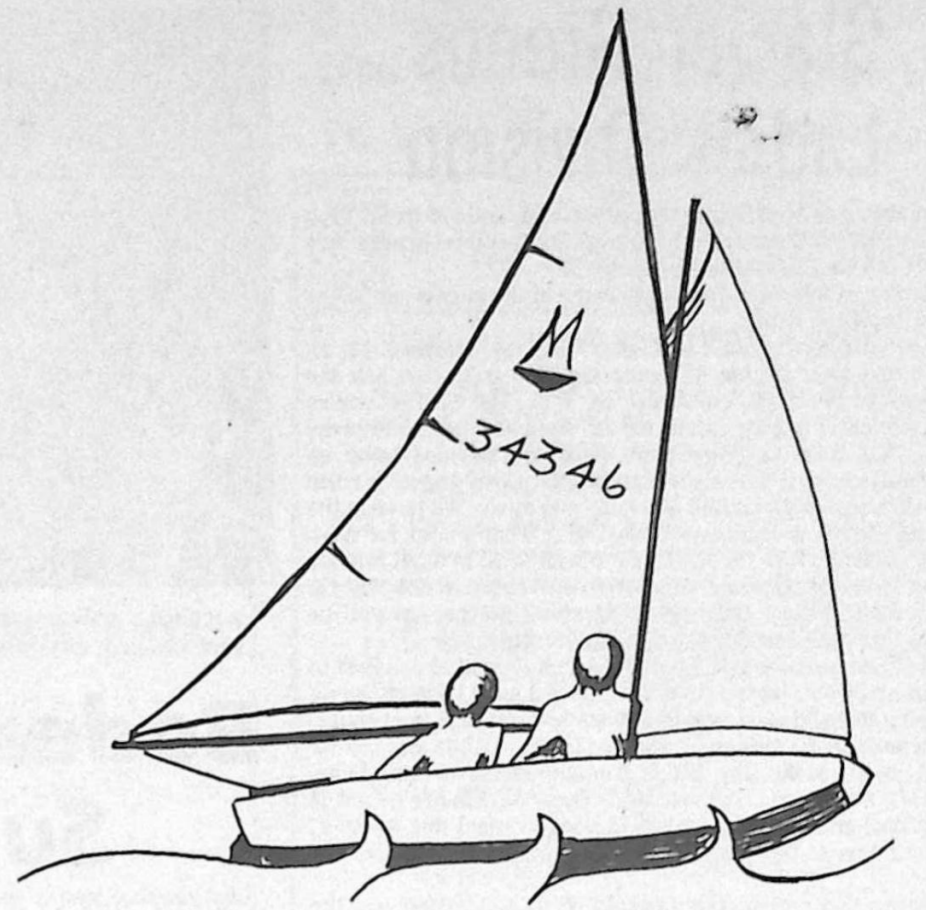
INTER-SQUADRON TEAM RACES

The C.F.S.A. Inter-Squadron Team Races got off to a flying start on February 24 - 25. Six members of C.F.S.A. Comox travelled to Vancouver to join teams from Chilliwack and Esquimalt in friendly competition with the host club, C.F.S.A. Vancouver, which sails at HMCS Discovery.

The wet weather on Saturday did nothing to dampen the spirits of the contestants, and with the good winds, eight races were sailed in jig time. The last four races were held under sunny skies on Sunday morning. Sailing in Vancouver Harbour certainly adds a new twist or two that we don't find in the Comox Bay! You don't realize how busy that stretch of the harbour is until you race in it. Not only are there pleasure boats of various types and sizes going about their business, but there are also several seaplane docks nearby. You're never quite sure what the propeller wash is going to do to you, or if the landing is going to be beyond the course! Quite exciting! That stretch of the harbour is also used as a practice area by racing shells, and they were out in full force on Sunday morning. However, such "unnatural hazards" only add spice to the excitement of the race.

On the more social side, our hosts looked after us royally. Comfortable billets were provided for those of us that needed overnight accommodation. During the day they kept us stoked up with excellent chili, pancakes, coffee and other beverages. They had even arranged for the Vancouver Boat Show to be held this weekend. So we spent Saturday evening drooling over racing dinghies and ocean cruisers.

But like all good things, the weekend came to an end. After twelve races, and a number of protests (see article on racing), C.F.S.A. Chilliwack took home the trophy. Our congratulations to them! They were closely followed by Vancouver, Comox and Esquimalt in that order. Congratulations and many thanks go also to C.F.S.A. Vancouver for a most enjoyable weekend!



1974 Spring Sailing Schedule

TBA -- March and April -- Inter-squadron Team Racing at CFSA Esquimalt and Chilliwack.

1 Apr. on -- Daysailing anytime except Sunday afternoons.

6 Apr - 1400 hrs. Beginners' Sailing Course 1st week.

13 Apr. - 0900 hrs. Beginners' Sailing Course, 2nd week

20 Apr. - 1400 hrs. Beginners' Sailing Course 3rd week

27 Apr. - 0900 hrs. Beginners' Sailing Course 4th week

4 May - 1400 hrs Beginners' Sailing Course 5th week

Apr. - Jun. - Spring Series Races (Commodore's Trophy) on Sunday afternoons 1300 hrs at the boathouse.



COME RELAX with us ...



I AM SURE the protest committee will agree that we were on the starboard.

WANTED
Baseball
Umpires
&
Coaches
PMQ Council

CANADIAN FORCES SAILING ASSOCIATION
COMOX SQUADRON
COME WITH US
Family or Associate Fee - \$25.00
Junior (12-19 Yrs.) - \$10.00
Phone: Tony Brett - 339-2652 Loc 409
John Fox - 339-4216 Loc 308
Ernie Berry - 339-2616 Loc 440
Jackie Haan - 334-2243

Glacier Greens Ladies Division

Another golf season is fast approaching, and our great Club Captain, Mona Ledgard, has been working overtime to assure us all of a full and interesting season.

I'd like, at this time, to explain some of the events our ladies will be involved with.

Every Wednesday will be Ladies' Day, eg. March 6, 13, 20, etc. To enable us to tee off promptly at 9 a.m., we ask the members to be at the clubhouse by 8:45. The earlier you're there, the faster a draw can be made. We'd also like to impress on all, that Rain or Shine something will be happening on Wednesdays even if it's only a friendly chat, card game, or rules discussion, so don't let a dull day keep you away. We have in the planning stages a Business Girls' Nite. This would be Wednesday evenings with the tee off time from 5:45 to 6:30. Anyone wishing to join this, please contact Joan Webber at 339-3727 for further information. A charge of 25 cents per person will be collected each Wednesday to defray the cost of prizes.

The "Get Acquainted" 2-ball on March 17, will be the first of the year and we're hopeful that we'll have a good turnout. As we are trying to build up a supply of cups and saucers, and mugs, the entrance fee for this event will be: Ladies - a cup and saucer or mug; Men - \$1.00. Any usable cup and saucer or mug is acceptable - a new one is not required. These 2-Balls are meant to be fun days and to give people a chance to meet one another. You don't have to be a super golfer, so come on out and join the fun.

Information on further events will be posted in the clubhouse well in advance, so if you're planning to come out, please get your names in early to avoid the last minute confusion. A phone call to the bar will do if you're not able to get to the clubhouse beforehand.

It was decided not to have the Spring Tea this year as it was quite a lot of work to a very few people. We do, however, have some "money-making" ventures in the offing, but more about that later.

Club Name Pins can be ordered for anyone wishing them by contacting any of the executive listed below. As far as we know the price will still be 75 cents.

If anyone would like further information on any subject, please feel free to call any of the executive listed below. Barbara Carter 338-5589; Colleen Davis 338-8321; Mona Ledgard 336-2715.

We have some spots still open on the executive such as Secretary-Treasurer, Vice Captain, Publicity, etc. We can use help in many areas so we welcome any volunteers.

Hope to see you all on March 6, till then, have a good season.

LADIES SECTION GOLF DATES

March 6 - Handicap; March 13 - No Alibi; March 17 - Get Acquainted 2 Ball; March 20 - Handicap; March 27 - Putts.

April 3 - Handicap or Throw Out; April 10 - Handicap; April 17 - Sunnydale Ladies at Glacier Greens; April 21 - Early Bird Tournament; April 24 - Bingle Bangle Bingle.



AKELA, JOHN MOLLER, with Cub Robert Arsenault in front of their Pack's knot board.

Baden Powell Sunday

Last Sunday was a special one for Scouts, Guides, Cubs and Brownies, for it was that day set aside to remember Lord Baden Powell, founder of the youth movement that spans the world.

Locally, a well attended church parade was followed by a hobby show in which the many talents of our young people, such as modelling,

gem and rock collecting, and painting, to mention a few, were on display.

The Scouting movement continues to provide an outlet for all the energies that young minds and bodies have in store. But it doesn't stop there. The leadership can only be provided by adults who care. How about it, Moms and Dads?



SOME CUBS AND SCOUTS display their talents at the Hobby Show held last Sunday. Ford photo

Married Quarters Charges

(Continued from page 4)

(5) Servicemen are no longer required to pay higher rents for MQ than for available local accommodation.

(6) Our personnel no longer have to subsidize personnel who almost continuously serve in urban areas, (only three urban areas in ADC).

b. Disadvantages
(1) Personnel in urban areas must pay the CMHC appraised rent for accommodation in the local area, (only three locations in ADC).

COMPARISON OF SYSTEMS
As can be seen from the above, the change from WNA to cost-by-location is decidedly in favour of ADC.

CONCLUSION
After very careful analysis of the systems of assessing

and charging rentals for MQ, it is concluded that, insofar as ADC is concerned, the cost-by-location system is the best one available.

Although many personnel believe that they are paying far too much rent for their MQ, it must be remembered that since we have achieved pay parity with the Public Service, we must pay for our services on the same basis as they. The fact that Public Servants are rarely required to move about the country has not been an acceptable argument to date.

Improvements to the present system are possible, but cannot be readily identified at this time. However, we have been successful in introducing safeguards to ensure that the system is

Chapel Chimes

RC CHAPEL

Father Joseph A. Borg - Base Chaplain (RC) Telephone No. 339-2211 Loc. 274

MASSES: Saturday 7:00 Sunday Vigil Mass Sunday 9:30 and 11:00 a.m.

LENTEN WEEKDAY MASSES:

Monday 7:00 p.m. in the Protestant Chapel Tuesday 7:00 p.m. in the Protestant Chapel Wednesday 7:30 p.m. in the Protestant Chapel Friday 7:00 p.m. in the Protestant Chapel

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.

SHARE LENT '74

It's hard to be a Christian in a rich land in a hungry world; as hard, maybe, as for a camel to go through the eye of a needle. Our society doesn't make it easy for a person to choose God's priorities.

We are the first generation to see the world in a mirror. The photograph taken from the moon-bound spaceship shows us the earth as a whole - a small, fragile, blue home hurtling on through empty space.

The home, however, is broken and breaking. Ten thousand of its children die of malnutrition and starvation every day.

"God loves the world," we believe. If we know God's presence we will show our concern for the broken world for which He gave Himself in Christ. What is our purpose, if not simply to be the channel of His love?

The gift of money is one way we can respond. The church provides one of the most effective ways in which people can help people all over the world. This means immediate practical help to those in need.

The gift of money must not exclude the necessity to do more. The healing of our broken world can be further helped by taking action to adjust trade, aid, and business policies that contribute to the breaking.

We commend this work to your prayers and to your immediate sacrificial support.

PROTESTANT CHAPEL

Rev. R. J. Ritchie - Base Chaplain (P) Telephone 339-2211, Loc. 273

3 Mar. 74 - 0930-1030 hours Church School.

1100 hrs Divine Worship

1145 hrs Holy Communion - Custom of United and Presbyterian Churches.

10 Mar. 74 - 0930-1030 hrs Church Schools

1100 hrs Divine Worship

BADEN POWELL SUNDAY

During the Church Parade last Sunday for Scouts, Cubs and Guides and Brownies, Leonard Robinson and Tommy Mollar were awarded their Stage One Religion and Life Badges.

GED Testing

The next GED tests will be held in Campbell River at the Senior Secondary School on March 15th and 16th. Registration forms and a booklet of sample questions are held in the BITO's office.

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ANNOUNCEMENT



Comox Valley Ford Sales Ltd. is pleased to announce that Mr. John Fontaine has joined the sales staff of our Courtenay office.

John has recently retired from the Armed Forces and although he is new to the car selling industry we are sure he can be of valuable assistance to your needs.

We wish him the very best in his new endeavour. John is anxious to assist you with your selection of new or used car.

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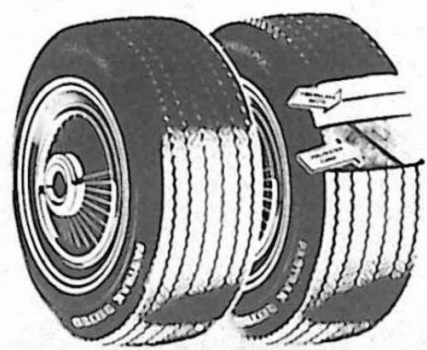
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- 1970 MERCURY MONTEGO \$2095
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- 1969 TOYOTA CROWN \$1545
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Dentophobia

How To Prevent It

Are you one of those people who is terrified of dentists and dental treatment? If you are, you're contagious. In the opinion of many practising dentists and teachers, your children can pick up these attitudes and carry them for a lifetime, even passing them on to the next generation.

Some adults would rather endure a toothache than see a dentist. They will let a tooth that could be repaired in a visit or two, deteriorate to a stage where it has to be extracted. Yet tooth and gum examinations every six months can prevent tooth loss.

Dentistry is one of the most rapidly advancing professions in Canada. New sophisticated methods of treatment, such as high speed drills and equipment for treating gums, have lowered the number of dental visits needed and reduced the pain associated with them.

New products, available for home care under the supervision of a dentist, such as the special toothpaste Sensodyne - a therapeutic dentifrice containing strontium chloride which can eliminate the pain of dental hypersensitivity - also contribute to dentistry's progress. It has been suggested too, that dentists have learned more about human psychology, which has lessened the pain of dental care.

Spectacular gains have been made toward the control of tuberculosis. Between the years of 1904 and 1930, over 45 per cent of the people admitted to hospital for treatment of TB, died, whereas, in 1969 that percentage had dropped to 1.2. But there's more to do. In 1972 there were 4,479 new and reactivated cases of TB in Canada. Help your tuberculosis and respiratory disease association to do more.

However, there are still many people uneducated in the ways of helping their children develop healthier attitudes towards dentists and dental care.

A book written for parents on the subject suggests the first visit be made when the child is about 2 1/2 years old, before he has a toothache or an infection. The meeting should be a friendly and happy one, during which the child and dentist get to know and like each other. With good preparation the meeting can become something of an adventure. The child learns about dental equipment and instruments and his interest and co-operation are encouraged.

This system is proving very effective in changing attitudes towards dental care. It worked so well in one case that a 3-year old boy wouldn't let his mother accompany him into the dentist's office on his second visit. The father, silent on the topic of his own fear of dentists, was duly impressed and adopted the child's dentist as his own.

From the mouths of babes

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ANNOUNCEMENTS
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.

FOR RENT: 2 bedroom duplex 451 Pritchard Rd., Comox. Phone 339-4281.

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12 - 9 p.m. Friday
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Main Street in Comox at the Old Taxi Stand. Phone 339-4244.

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FOR RENT: Available 1 April. Spacious four bedroom home in Comox, convenient to all amenities. No pets. Rent \$225.00 per month (stove included). For details contact 339-4211.

FOR SALE: Nearing completion - beautiful, unusual duplex (side by side) each contains large dining-living room area (with instant guest room) beamed ceiling, bay window, wall to wall carpet, 4 ft. fireplace, Cedar paneled wall, Bathroom, kitchen, hobby/utility room, large bedroom, carport, approx. 1/2 acre; view over the hills - live in on one side and rent the other. Opportunity for short time to save on Realtors commission. For more information call 339-2352.

REQUIRED: transportation. Cumberland to Base. Monday to Friday. Commencing 11 Mar. 74. Will share costs. Phone 336-2921.

WANTED: Part time baby sitter for working mother. Children 8 and 5 years. (Grade 3 and kindergarten afternoons). PMQ area. Phone 339-3627.

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Excessive Profits Inflationary

Today my wife went out shopping, afterwards commenting on the fact that during the past few months food prices have skyrocketed, compared to income.

An example of cost increases - today Feb. 26, 10 pounds of white sugar at Super Valu costs \$3.05, one year ago the cost was 79 cents, an increase of 375 per cent. I am not blaming the store concerned, in many cases they attempt to keep up sales by keeping down prices. What I cannot comprehend is how the sugar producing industries can justify these increases while declaring an arbitrary year end profits.

Okay, I realize that this type of profit is not only limited to the one industry but is also applicable to the egg, beef, milk, bread, forest, etc., etc., industries. All of those that society as a whole are dependent upon.

It is becoming all too clear that the greed of man, and his concern for his fellow man is having its effect, mainly on those not in a high income bracket. I often wonder how those people less fortunate than myself even attempt to make ends meet.

Things like the Food Prices Review Board and Mrs. Plumtre is fine, for some, but not for myself or many others. We do not require someone to tell us prices are going up. We can see that every day when we look at the paper!

Mrs. Plumtre's information is about as useful and comforting to the consumer as a doctor is to a patient when he says, "I am very sorry, but there is nothing I can do, your case is beyond my help." In both cases it's "just a matter of time".

CF-Better Communications

(Continued from page 1)

over four years, will be \$2,421,000. Delivery is expected to be completed by the end of this year.

The new equipment will replace older, obsolete tube types, which are heavier and more fragile than the new 10-pound radio models. Capital cost of the radios is \$801,000.

The transportable ground TACAN beacons will permit a point-to-point navigation capability, as well as terminal-approach control for aircraft. The beacon transmits a radio impulse that displays the bearing and distance of the aircraft to the ground.

Canada's present TACAN facilities provide fixed transmitters only. The new transportable facilities will increase surveillance abilities and control of areas of Canadian jurisdiction which are beyond the 200-mile range of fixed stations. A unique feature of these beacons is that they can be carried in a 3/4 ton cargo truck or helicopter. Individual beacon units cost \$181,500. Total cost, including spare parts, extra modules, publication and translation of manuals, test and monitor sets and transportation, is \$1,620,000.

Theatrical Club Proposed

If enough personnel are interested it is proposed forming a theatrical group at CFB Comox, for the entertainment of base personnel. Can't act you say? Have you ever tried? And don't forget a live theatre performance isn't formed of actors alone, they are only a very small part of putting on a production.

Ever tried your hand at directing? producing? lighting? sound? stage management? costumery? Believe me a couple of nights a week spent at rehearsals far surpasses sitting at home watching the boob tube, so let's have your names so that a meeting can be arranged to kick things off.

Membership is open to all service personnel, their wives and dependents over the age of nineteen. If interested in any way or just curious as to what goes on, contact WO Les Routledge at local 488 or 339-4473.

Discovery Day Celebrations held August 16, 17 and 18 this year in Dawson City, Yukon commemorate the discovery of gold in the Klondike on August 17, 1898. The events include a parade, horticulture and handicrafts display, sports events, raft races on the Klondike River, gambling at Diamond Tooth Gertie's Hall, the Klondike Ball, and a poke of gold draw.

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COMOX GLACIER

C.F.S. Churchill?

CFS Churchill opens in April - The Canadian forces will establish an Arctic training centre in Churchill, Man., this year, Defence Minister James Richardson announced today.

The expanded training will mean expenditures of four million dollars over the next few years for construction and renovations of existing facilities in Churchill. Personnel to operate the new Arctic Training Centre will begin moving there in April. The new Arctic Training Centre will train more than 1500 men each year, groups numbering approximately 100 personnel will take part in winter-warfare training courses of three weeks duration.

The Arctic Training Centre is also being established to conduct periodic major training exercises involving more than 1,000 men at a time. Mr. Richardson announced that defence research board Arctic warfare tests and trials also will be conducted at the new Canadian forces station Churchill.

The station will bring approximately 100 additional residents to the port, including 40 Canadian forces personnel and their families. The new station, under the authority of the Canadian forces mobile command, will permit significant expansion

of the new viking winter training exercises.

All permanent residences, as well as support facilities for the operational functions, will be located in, and derived from the town of Churchill, as the joint federal-provincial construction program now underway in the town matures.

Planning for additional living and working accommodation, as well as medical, dental and school facilities for families, will begin immediately.

Work-At-Home Schemes

Consumers Association of Canada warns consumers to beware of work-at-home schemes. Most advertisements promise large profits for little work. Be especially suspicious of ads which require you to pay money to obtain further information. The Association advises you to ask for the names of others who have been employed so that you can learn of their experiences. You should also check out the company with your local Better Business Bureau. CAC National Headquarters is located at 100 Gloucester Street, Ottawa.

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Commercial Pattern Trucks For CF

OTTAWA -- Defence Minister James Richardson announced today that Armed forces bases and Militia units in Canada, along with peacekeeping elements in Cyprus, will get new commercial-pattern trucks this year to replace some of their 20-year-old military-pattern models.

The present requirement is for 432 cargo trucks and 65 ambulances, costing \$3,085,000. Contract for the replacement trucks has been let, and tenders for the ambulances were called for Jan. 31.

Mr. Richardson said purchase of standard commercial-pattern trucks resulted from a re-examination of the requirement for military-pattern vehicles and a decision to utilize commercial vehicles for bases, training establishments and militia units.

Chrysler Corporation has been awarded the contract for the cargo trucks and will supply 1974-75 one-ton W200 models. They are equipped with four-wheel drive, troops seats and safety belts for eight passengers, towing hitches,

mud-snow low pressure tires and flameproof tarpaulin covers, the minister said.

Delivery from Chrysler will begin in March with 1974 models, and change to 1975 models at the end of the model year. Militia units will get 372 of the vehicles and regular force units 125.

Mr. Richardson said commercial vehicles offer advantages over military-pattern ones in acquisition, speed of delivery and operating costs, eliminating the need for prototype testing and stocking of parts.

Government of British Columbia

MENU COMPETITION

PURPOSE OF COMPETITION — This competition is designed to help obtain a selection of interesting and creative luncheon and dinner menus featuring a wide variety of British Columbia foods. To promote the preparation and enjoyment of these meals.

ELIGIBILITY — The competition is open only to restaurant, hotel, institutional, catering and dining chefs and cooks, to professional dietitians, and to dietetic home economics or cooking school teachers; and to home economics and cooking school students. Entrants must be permanent residents of British Columbia.

REQUIREMENTS — You may submit any number of entries in each of the following categories. The price in each category is to be the price per person when catering for a group.

- | | | | |
|-------------------------|----------------|-----------------------|----------------|
| 1a Spring Luncheon | \$4.50 or less | 4a Spring Dinner | \$6.50 or less |
| 1b Spring Luncheon | \$5.75 or less | 4b Spring Dinner | \$8.00 or less |
| 2a Summer Luncheon | \$4.50 or less | 5a Summer Dinner | \$6.50 or less |
| 2b Summer Luncheon | \$5.75 or less | 5b Summer Dinner | \$8.00 or less |
| 3a Fall-Winter Luncheon | \$4.50 or less | 6a Fall-Winter Dinner | \$6.50 or less |
| 3b Fall-Winter Luncheon | \$5.75 or less | 6b Fall-Winter Dinner | \$8.00 or less |

If, in the opinion of the judges, the cost estimate for an entry does not seem feasible, it will be reclassified in a different category.

JUDGING — Professional and student entries will be judged separately and on the following points: 1. Over-all appetite appeal. 2. Variety of B.C. foods used. 3. Appropriateness for the season. 4. Imagination and creativity.

PRIZES — Winning professional and student entries in each category will be awarded the following prizes:

- For the best menu, a framed gold certificate and \$250 cash.
- For the second-best menu, a framed silver certificate and \$100 cash.
- For the third-best menu, a framed bronze certificate and \$50 cash.
- A number of framed Honourable Mention certificates will also be awarded.

HOW TO ENTER — Type, or clearly print each menu on one side of an 8 1/2" x 11" sheet of plain bond paper. At the top show the category. In the top right-hand corner write "Professional Entry" or "Student Entry". On a separate sheet of paper print your name, address, phone, place of employment or school where enrolled.

All entries become the property of the Government of British Columbia. Entries should be addressed to:

MENU COMPETITION
Office of the Provincial Secretary
Government of British Columbia
Parliament Buildings, Victoria, B.C. V8V 1X4

CLOSING DATE — All entries must be postmarked by midnight, March 15, 1974.

Government of British Columbia
Ernest Hall
PROVINCIAL SECRETARY

Spring Fabrics

IN THE PAST WEEK WE HAVE RECEIVED OVER \$30,000⁰⁰ WORTH OF FRESH SPRING FABRICS

We have the greatest selection of fabrics of any store on North Vancouver Island — that combined with our complete Notions and Pattern Department make Laver's the place to shop for all your sewing needs.

1000 Yards Plain Antique

Satin Drapery Fabric

15 colors
Reg. values to \$6.50 yd.

Special yd. **\$1.49**

Bonded Acrylic

58" wide - Plain and Patterns
Machine Washable - Values to \$7.98

Special **\$2.98**

FORTRELS, WOOL, WOOL BLENDS AND CRIMPLENES

See our Special Table
Hundreds of Yards
Values to \$5.98

Special **\$2.98**

VELVETS

Repeat on this popular special
Still a fair selection of colours left
Reg. \$7.98

Special **\$4.98**

LAVER'S DEPT. STORES

Courtenay Campbell River Port Alberni

GOVT. INSPECTED • CHOICE GRAIN FED • FROZEN

PORK • SIDE SPARERIBS

SERVE 'SWEET N' SOUR' FOR A FAVORITE FAMILY MEAL THAT'S SURE TO PLEASE

SUPER-BUY

99¢

SMALL SIZE LB.

CANADA APPROVED

Lenten Seafoods

Cod Fillets lb. 1⁰⁹

WHOLE • HEAD ON • FROZEN PINK

Salmon lb. 1¹⁹

SCOTCH IMPORTED

Smoked Cod lb. 1⁰⁹

ALASKA • BLACK

Cod Fillets lb. 99¢

SCOTCH • IMPORTED

Kippers lb. 89¢

GOVT. INSPECTED • WHOLE OR SHANK PORTION

HAM Ready-to-eat

lb. 89¢

GOVT. INSPECTED • BY THE PIECE — WHOLE, HALF OR END CUTS

Side Bacon

lb. 89¢

GOVT. INSPECTED • CANADA GRADE A BEEF • WHOLE, BONE IN

Round Steak of ROAST lb. 1⁷⁹

GOVT. INSPECTED • GROWN IN B.C. • FRYING APPROX. 1 LB. BAGS

Chicken Legs lb. 99¢

GOVT. INSPECTED • WILTSHIRE

Pork Sausage 1 LB. PKG. 1⁰⁹

GOVT. INSPECTED • WILTSHIRE • SLICED

Meat & Bones — Chicken Leaf — Mutton & Cheese — Bologna

Cooked Meat 2 PKGS. 99¢

MAR 18

"FRESH CHEK"

Date Stamp assures you of freshness

FOREMOST the FRESHMOST

The last date on which Foremost milk will be sold is stamped right on top of the carton where you can read it. The product in the illustration will not be sold after Mar. 18. This makes certain that FOREMOST DAIRY FOODS are FRESH and WHOLESOME when purchased and will remain so for a week or more when kept under proper refrigeration in your home.

SUPER-VALU

SUPER-BUYS

SUPER-BUY LIBBY'S • FANCY
Tomato Juice 48-OZ. TINS **2 89¢**

SUPER-BUY AYLMER • FANCY • WHOLE
Kernel Corn 12-OZ. TINS **3 79¢**

FOREMOST • TRY THESE 'EXCITING' FLAVORS

Ice Cream 3-PT CTN. 99¢

FOREMOST • LARGE OR SMALL CURD OR 2%

Cottage Cheese 16-OZ. CTN. 43¢

FOREMOST • IDEAL BASE FOR YOUR FAVORITE DIP OR ON BAKED POTATOES

Sour Cream 20-OZ. CTN. 79¢

FOREMOST • PRESTIRRED — 2% BUTTERFAT

Yogurt 8-OZ. CTN. 29¢

FOREMOST • ALL FLAVORS

Party Dips 2 8-OZ. CTNS. 77¢

FOREMOST • RAINBOW SWIRL

Sherbet QT. CTN. 69¢

FOREMOST • PREMIUM ALL FLAVORS

ICE CREAM QT. CTN. 85¢

TRY THIS TROPICAL FLAVOR • FOREMOST • WITH REAL PINEAPPLE ADDED

COTTAGE CHEESE 12-OZ. CTN. 35¢

SUPER-BUY SAVINGS

Jelly Powders NABOB • ALL FLAVORS 3-OZ. PKGS. **4 47¢**

Marmalade THREE FRUIT OR SEVILLE 24-OZ. TIN **77¢**

Salad Dressing KRAFT • MIRACLE WHIP 32-OZ. JAR **86¢**

Biscuits PECK FREAN ALL VARIETIES 6.5-OZ. PKGS. **2 75¢**

Cling Peaches SUPER-VALU • FANCY 28-OZ. TINS **2 99¢**

Javex Bleach ALL PURPOSE LIQUID 128-OZ. BTL. **88¢**

Fruit Cocktail ARDMONA • FANCY 14-OZ. TINS **2 71¢**

ALL PRICES EFFECTIVE Wed., Thurs., Fri. and Sat., Feb. 27, 28, Mar. 1, 2 COMOX & COURTENAY

SUPER-VALU

BUY BETTER — SAVE MORE!

We reserve the right to limit quantities.