

TOTEM TIMES

Keep Fit - Be a Keener Streaker

VOL. 16 — NO. 5

CFB COMOX TOTEM TIMES THURSDAY, MAR. 14, 1974



Comox Wins Region Badminton Tourney

CF To Be Metric By 1980

OTTAWA (CFP) — By 1980, Canadian servicemen will be marching at a 76.2 centimeter pace; aircraft will be refuelled by the kilogram instead of the pound, and if it was possible for Maritime Command to "splice the main cable," it would mean a rum issue of 142.07 millilitres.

In January, 1970, the government of Canada published a White Paper on metric conversion and set forth a general policy. It stated, "the government believes that adoption of the metric system of measurement is ultimately inevitable — and desirable — for Canada."

With 1980 as a flexible target, the Department of National Defence has formed a committee to investigate and consider recommendations from within the forces.

Questionnaires, with a deadline of March 15, have been sent to areas in the department requesting advice on what problems can be expected in the conversion.

Upon return of these forms a report will be forwarded to the Federal Government's inter-departmental committee.

The years 1973 and 1974 have been designated as a period when problems will be enumerated. Evaluation and scheduling will take place in '74 and '75. Implementation is scheduled between 1976 and 1980. It is expected that by 1980 virtually all of Canada will be converted to the metric system.

Certain elements within National Defence will outlive the eight-year deadline because of imperial standards. These could include aircraft altimeters and aviation weather forecasting as examples. When this equipment becomes obsolete and is phased out, the metric standards will take effect.

Colonel H. E. Holland, director of engineering and maintenance planning and standardization at NDHQ is the DND representative on the inter-departmental committee for metric conversion.

The 1974 Pacific Region Badminton Tournament was held in CFB Esquimalt March 4th to 7th inclusive. On hand to greet players from all over B.C. was Sgt. Dale Dirks who, with the help of Sgt. Bill Reddon, did a fine job of organizing the tournament.

After the first day of play, involving more than thirty matches, Comox had won every match in which the team played thereby guaranteeing enough points to win the team trophy.

On into the finals, Rick Proulx won the open singles with little difficulty, while he and his partner Ed Liber came out on top in a hard fought battle for the open doubles championship. Ed Liber also placed third in the open singles.

In the senior's events Bill Branch put on a great show in the singles and after a really strenuous tournament took first place undefeated. Two of his toughest opponents were Wayne Green and Tom Krayden.

Krayden, who placed second and third in the singles. In the senior's doubles, Tom Krayden and Wayne Green took top place.

Other members of the Comox team who contributed to winning the team trophy were Bill Keener, Harvey Gates, Mike Dandurand, Jack Gibson and Dave Jones.

A ten-man team of winners from the Pacific Region Tournament will represent B.C. in the Armed Forces National Tournament, to be held in Winnipeg in the first week in April. Comox will be well represented by Rick Proulx, Ed Liber, Bill Branch, Wayne Green and Tom Krayden.



CFB COMOX BADMINTON team with the team trophy they brought back from the Pacific Region Badminton Tournament in Esquimalt. Team members are: rear row (l-r): Bill Keener, Bill

Branch, Tom Krayden, Dave Jones and Wayne Green. Front row (l-r): Jack Gibson, Rick Proulx and Harvey Gates. Not shown are Ed Liber and Mike Dandurand. Base photo

Mountain Flying Seminar At Comox

Aircrew from 442, 407 and 409 squadrons attended a mountain flying seminar on Thursday, March 7th. Guest speakers were Mr. "Bud" Tilletson and Mr. "Cy" Leyland.

air, and ways to use the winds to best advantage.

Mr. Leyland, who is the regional supervisor of accident investigation for the Ministry of Transport gave a slide presentation showing how pre-planning and knowledge of aircraft performance could have prevented many accidents.

CFB Comox was very fortunate to have had two such highly qualified speakers. It is unfortunate that more time was not available.

Mr. Tilletson, the chief instructor for Okanagan Helicopters Ltd., and an unparalleled expert on mountain flying spoke on the basic principles of mountain winds. He discussed the symptoms and effects of upflowing and downflowing



MR. CY LEYLAND, MOT; Lt. Colonel Mortimer, 442 Squadron; Bud Tilletson, Okanagan Helicopters and Captain Barry Woods 442 Squadron F.S.O. Ford photo

Ski Championships at Valcartier

The Canadian Forces National Alpine and Nordic Ski Championships were held at CFB Valcartier during the week 18 - 22 Feb. A total of nine Alpine and seven Nordic teams from Europe, Atlantic, Quebec, Ontario, Prairies and Pacific regions took part in the competition. The Pacific region entered single teams in the Nordic and Alpine events.

The Nordic team was composed entirely of CFB Chilliwack personnel, who were entering cross country competition for the first time. This inexperience was a real handicap in a competition of national championship calibre, and they placed last in all the events. However, they improved their times in each subsequent race, and by the end of the competition were running very close to the middle teams.

The Pacific Alpine was ranged against extremely strong teams from Europe, Quebec, Ontario and Prairie regions. The only teams which appeared to be weaker on paper were Atlantic, Ontario B and Prairie B. In the overall

combined results Pacific placed fourth beating the strong European and Ontario contingents. In the individual standings Cpl J. G. Rivest (BAMEO ORG.) was well ahead of all competitors for combined honors with a fourth in the downhill and a second in the giant slalom when he had a bad fall in the second run of the special slalom which knocked him out of contention. Other fine individual performances were turned in by Lt. B. Gilbey (CFS Beaverlodge) who placed tenth, Capt. R. Crum (VP407) who placed 20th, Cpl R. Brown (Chilliwack) who placed 29th and Cpl M. Fournier (442) who placed 40th out of 65 skiers in the overall combined standings. Capt. L. Chambers (409), Sgt. R. Roy (USAF) and LCol B. Montgomery (407 team manager) attended the competition as team alternates, and raced at the end of the seed as independents.

Final team results were:

ALPINE	NORDIC
1. Quebec A	Europe
2. Quebec B	Quebec A
3. Prairie A	Prairie A
4. Pacific	Quebec B
5. Europe	Ontario A
6. Ontario A	Atlantic
7. Prairie B	Pacific
8. Ontario B	
9. Atlantic	

RCAF Nostalgia Required

The 50th Anniversary of the R.C.A.F. should be an occasion worthy of celebration and great rejoicing (or sorrow at its sad demise). But, at least, there should be a large measure of nostalgia and humorous or not-so-humorous anecdotes in the minds of some of you, which would be of interest to our readers.

Totem Times is planning a special anniversary issue of the paper on 28 Mar 74. We would appreciate articles, pictures, cartoons, etc., which would be suitable for this special issue.

All such material should be in the hands of the editor by March 25. Please clearly mark all material which the donor wishes returned.

The competitive ability of teams entering the Armed Forces National Ski Championships is improving considerably each year. It is quite evident that for a regional team to remain in contention funds and duty time for a thorough pre-competition training program must be provided. In addition the fielding of an additional B team is almost mandatory if skiers are to gain experience and provide a source of talent for the A team in subsequent years.

The members of the Alpine team would like to express their sincere appreciation for the support afforded to the team by the individual section heads who allowed time off duty to train, the BPERO and his staff who provided administrative support, and Base Workshops and Para Rescue who provided valuable logistic support.

NDHQ On Flex-Time

OTTAWA (CFP) - NDHQ has adopted flexible hours, effective March 4.

All employees must be at work during the core period of 0930 - 1530, but start and stop times may be adjusted to avoid rush hour traffic and cater to employees' particular preference.

Workers, both military and civilian, may arrange with their supervisors to begin work anytime between 0730 and 0900. Quitting time for most employees will be 7½ hours after that, not including the time taken for lunch.

Everyone must take a minimum of 30 minutes for lunch, but may take up to 1½ hours.

Under the flexible time system, NDHQ will abandon its summer working hours practice which began in 1959.

The flexible schedule will be applicable to all non-shift NDHQ staff in the core area bounded by Bronson, Gladstone, King Edward and the Ottawa River, as well as to NDHQ staffs at CFB Ottawa (North), formerly CFB Rockcliffe, and in Hull.

The system will be given a one-year trial, with a review at the end of nine months to

determine how effective it is and what changes, if any, may be needed.

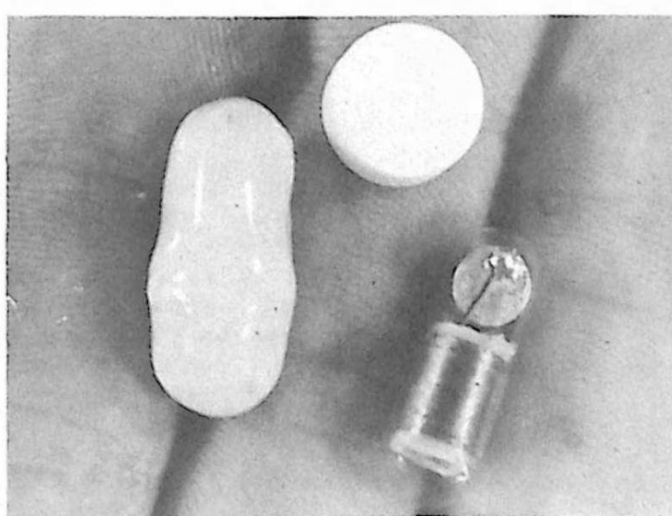
For the employees, flexible hours provide more time for personal business than the old schedule. Shopping, banking, or just a leisurely lunch have become possible.

This will release employees from the pressure, frustrations and loss of time connected with travel during the present rush hour periods, and also relieve an overburdened transit and road system.

Official quitting time may be no later than 1730 hours, nor may any start time be earlier than 0730.

The range of work hours possible yields a combination to cater to everyone, from the needs of a working mother to the situation where both husband and wife work.

Deadline for
Totem Times
RCAF Anniversary
Edition
25 March



ALL CANADIAN FORCES DIVERS are going on the pill. It's a radio device developed by scientists at the Defence and Civil Institute of Environmental Medicine, Toronto, to monitor internal body temperatures of divers so they can be warned of hazardous losses in body temperatures during deep water dives. Left is the opaque plastic pill, with the inner workings revealed in the clear plastic capsule at right. A normal size aspirin between indicates the pill's size. The pill is swallowed before a dive and passes normally through the system in 48 hours. Defence Research Board photo



SPRING IS SPRUNG, the grass is riz, I wonder where the streaker is. (Under hot pursuit by the Base Defence Force naturally)

407 Tech Ramblings

SERVICING SNICKERS

One crew has so much to report this week that we'll get right at it by first advising that Sgt. "Gene" Savoy, a Demon F.E., has just qualified as a brake rider and, by way of celebrating the occasion, immediately ordered up a peanut butter sandwich as his reward for a job well done.

Since the mighty "Whip" Watson is again sprouting a new growth of foliage on his upper lip, one just has to believe that spring is almost here.

Recent reports from Hawaii have mentioned the sounds, along the beach, of the mating calls of a strange bird of African origin. Reportedly, it is a rather large bird of pleasing disposition, sunburned feathers and glassy eyes.

Cpl. Gord Lyon has learned the hard way that a straightforward trip to Summerside and return is not always just that. For example, a five day refuelling stop and a couple of northern excursions can be worked into the itinerary at no added cost. You just can't trust your local travel agent, can you?

Our congratulations to our "B" league hockey champions as well as our 407 broomball team who won all the marbles in their intersection league playoffs. Additionally, our A league puck chasers are still mounting a strong bid for the honors in their division.

Sgt. Herb Massey has departed our midst on moving over to No. two crew as no one i.e. riggers and that just has to be better than a promotion for a fitter. Maybe now they'll get a few trips and we won't have to listen to so much moaning, groaning and gnashing of teeth. No sweat, Herb, you can still come to our party at month's end.

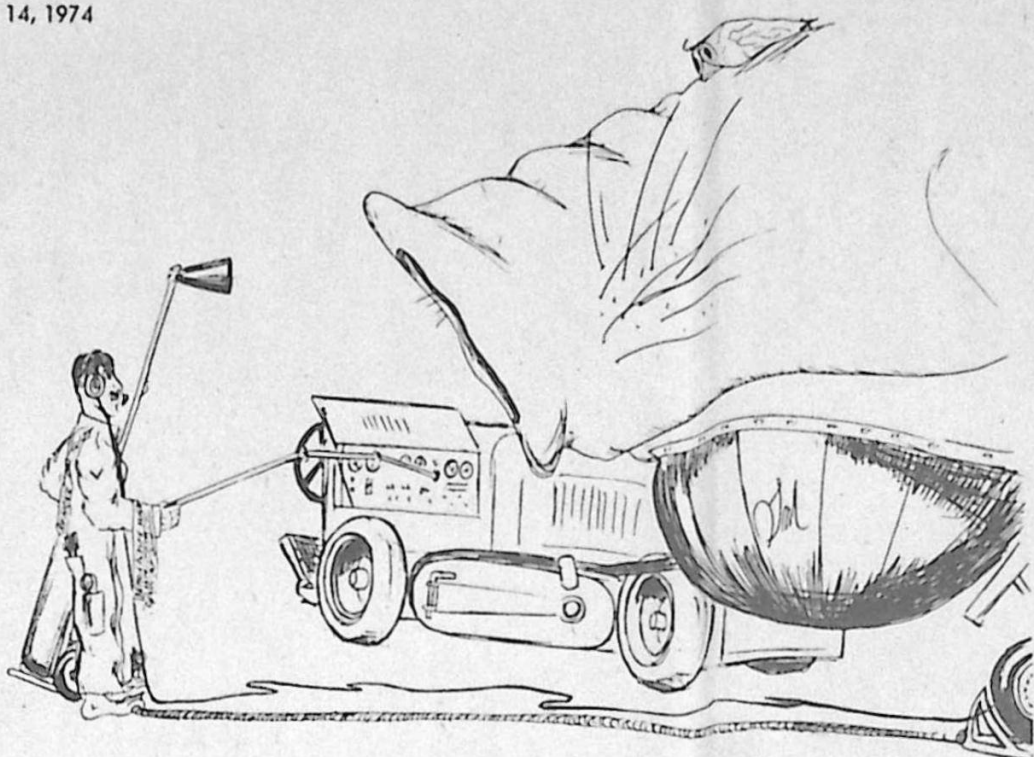
John Webber was the author of a recent article which dealt

with the abuse, by non-members and members of other clubs, of our golf course as a practice area with resultant damage to the playing areas. Apparently his message did not get into print for fear of offending a few people: Hell, that's what he wrote it for, to get the message across to the few who don't or won't use their heads. His communique was well written and couldn't possibly have offended anyone but those who deserved it so, here's hoping that the odd thoughtless individual reads this column.

Well, it's time to go and prepare lunch for good old WO Bernie Boutaught who is busy making out my PER.

Chow for Now
Since the two crew reporter has been away in far-off PEI and Edmonton for the past week and a half, the scandal pickings are rather slim this issue. However, we do know that WO McCulloch and Cpls Woodburn and Sleeman were down in Summerside looking over the latter's new home there and followed this up with a few glorious freezing days in Edmonton. By the way, word has it that Weird Harold of Edmonton is sporting a new red coat and white toque: Is that true, Jack? Cpl Dave Jones is presently sojourning down Island in Victoria where he is participating in the zone badminton finals.

TORP TOPICS
Recent interest around the shop has centred around the playoffs of broomball and hockey. The broomball enthusiasts; Bob Cuvillier, John Chequis and Gerry Cook were happy winners after two finely played series against USAF-409 and finally CE-Fire Hall. All the games were hotly contested throughout. The team didn't exactly draw capacity crowds but we made up in quality what we lacked (Continued on page 3)



"ONE MORE crack like that and I'll put in for my release too!"

The Nighthawk's Nest

A TRIBUTE

TO WILLIAM NO-NECK

Somehow, perhaps through skill, cunning and clever manipulation, Major Bill Grip managed to slip out of 409 Squadron, out of ADC and out of the aircrew trade without receiving the usual standard issue slander package but because we are aware of the idleness of headquarter weenies, we know that he will be forced to digest the following innuendo between bites of his canned salmon sandwich.

When Wee Willie arrived on the Squadron from Ottawa in the spring of 71 he was an entirely different looking man than the one who quietly stole back to Ottawa Monday last. He was tall - at least six feet six inches - and possessed such an unusually long neck that we immediately took to nicknaming him "The Giraffe". Then Bill started leading formation teams - his undoing. He led them to Campbell River, Powell River, Gibsons, Sechart, Victoria, The Moose Jaw Airshow, the Abbotsford Airshow and The Canadian National Exhibition. He led teams from both ends of the country to every major airshow and aerial buffoonery demonstration in Canada and he was a good leader.

Now all this may sound very exciting and romantic, and it was, but consider the fact that he had "Buzz" Baker glued to one wing, Angus "The Animal" Hay strapped to the

other with "Johnny Thunder" Pew waiting in the wings and ken "Mister G" Carr gnawing at his shorts, up his rear so to speak. The net result of leading these lads was that Bill transformed himself into the more familiar figure of one "Willie No-Neck". He had to keep such a close eye-ball on these goons that he swivelled and screwed his head right down onto his shoulders thus reducing his neck to a mere memory.

The group that he led from Chatham also took their toll. They reduced Willie in height by almost a foot. In an effort to rid himself of their company, whenever the occasion arose, he took to pulling tight 360's in ever-diminishing circles until he flew into his own underwear and disappeared. Each disappearance cost him an inch in height.

Now you may think that Bill disliked his newfound stature but not so, in fact he found it very advantageous, particularly when someone of higher rank than he was seeking him out in order to perpetuate the theory that smelly stuff flows downhill. He found it great to be inconspicuous.

Surprisingly enough it was a collection of happy, nay - elated, gestures that finally pushed Bill out of the trade. Just why they choose to stuff the rear seats full of Navigators during formation trips is a mystery to Bill. None of them really want to be there, unless they're

demented, in which case they will be in the front seats. Anyway they do and they did and these guys were so happy when each trip ended without incident that they would pound Bill on the back offering all sorts of sporadic trivialities, none of which could be remembered thirty seconds later.

They were delighted to be back on the ground safe and sound. As the group became more experienced the closer they would fly and the harder would come the thumps, so much so that by the end of the summer Bill's spine looked like Robin Hood's bow. The damage was deemed irreparable and Willie's flying days were over.

Bill has returned to Ottawa where he will be in charge of overseas postings. He lobbied for this specific job with the intent of paying back some of the back-thumpers. He was heard to mutter under his breath when last leaving the mess "Just wait till I get the chance to tell those bastards that the DEW line is about to become an overseas transfer."

Good-bye Willie - You're one Hell of a nice guy and it has been our pleasure knowing you and working for you.

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The Gravel Pit

'Twas the dawning of spring and all over the base, Folk were preparing to go some other place.

It may not be poetry, but it does tell a story. With the coming of spring many of us have received postings to far distant places (are there any other kind) and are now in the process of finding out what these postings are going to cost us.

The ATC section is no exception and several of our members have received those little pieces of paper saying where and when. 'Tis with heavy heart that we now must say good-bye to these people. The section will miss them all but we feel safe in predicting that they will miss the section more. Like, Christmas in Bagotville, really!

Here for you to despair over, chuckle over or what have you is the list: Capt. Dave Wilson - Val d'Or, Capt. Roger Oulette - Valcartier, MWO Jim McManus - Moose Jaw, Sgt. Ron Huot - Bagotville, MCpl Mel Bush - Ottawa

(to become bilingual) and MCpl Ron Shaw - Val d'Or. You'll notice that out of the six, four are going to La Belle Province, and one on a French course. Does that suggest anything to anyone?

Well, we won't keep you guessing. After completion of his French course, Mel will be a good candidate for that bilingual centre of Canada we all know well. That's right, he'll probably be sent to Edmonton.

Now for the good news. With all those people leaving us this summer, it's only natural that we should get some back. So far, the replacements include MWO Muloin from Greenwood, Capt. Dale Webb from Bagotville and MCpl Wright from Chatham.

As usual during the summer months, we will have our full compliment of people on OJT. Lt. Joe Pacowski already has his pencils sharpened and is awaiting the onslaught. To date only one of the new OJT flock has arrived, Cpl. Bill Maxwell from Esquimalt. In

the very near future we will be blessed with at least four more PL3 OJT's plus O.C. Hodgson and another one for officer OJT. That should be enough to keep you happy for a while Joe.

We wish to thank everyone who made it out to Don Connelly's retirement dinner on the 7th of March. Let's not forget Major George Mealing's Mess Dinner on the 1st of April. We expect the only one who may be missing for that one is the Major himself. Would you interrupt your basking in the sun on the beach at Waikiki just to come back for a mess dinner?

With spring in the air it's getting to be time to dust off the fishing rods and-or golf clubs and get out there in the fresh air. If any section on the base think they're good at anything, give us a call. We could probably get up some kind of a team to beat you.

In closing we wish to congratulate the section once again on the excellent results obtained on the PKE.

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EATON'S

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Among the Moguls

Ahoy mates, sorry, wrong sport. Ah yes, all about skiing. I missed the last column, mainly because Moe and I went on a wee ski tour.

Speaking of tours, several skiers from this base went down east with the Pacific Zone ski team. A very commendable fourth place was earned by this crew in the overall totals.

We had a meeting on the 4th, but it looks like most people forgot. This is where we found a ski trip planned to Manning Park. Unfortunately I can't go due to having been assaulted by our local hill. A dance is being planned next month. Further details are to follow.

Our next meeting will be our last of the season so plan to attend. The date is April 1st, 1900 hours in the Totem Lounge.

The club hasn't been baptized with a name yet and is in dire need of one. If you can suggest a name that will be approved by the majority, a season membership is yours for the taking.

Say fellas, ease off on this think snow bit. The Plateau

was closed due to a blizzard Saturday and they need time to dig their lifts out. And for a closing note, can you see the Spring skiing we're going to get this year?

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Mushroom Mutterings

Yea, verily, dear readers, the list grows longer as A.T.C.'s finest unit continues to have its ranks cut to ribbons by some perverse minion in Ottawa, who dares to be known by bad taste alone. MCpls Al Miller and Pete St. Pierre have been posted over to Base, (what's going on over there, anyhow) while Capt. Stu Smith is turning in his bucket of collective pitch, then shuffling on down to San Diego, to board the Provider as Flight Deck Officer. Sgt. Stan Prime, who would rather fight than switch, heads for Egypt soon, before being also posted over to Base. Sgt. Jack Hawkins the Buffalo F.E. leader, is heading down to Jacksonville Florida to fly with the U.S. Navy, if he can buy enough gas to get there.

Up in the F.E. section Bruce Halton, who hasn't had a chance to unpack his bags yet, is going to have to freeze his beard in Summerside, instead of here.

But on the plus side, there's Pte. Gary Shackleton, just in from Borden. Welcome to the Fungus Farm, what's left of it.

ATHLETIC ANARCHY

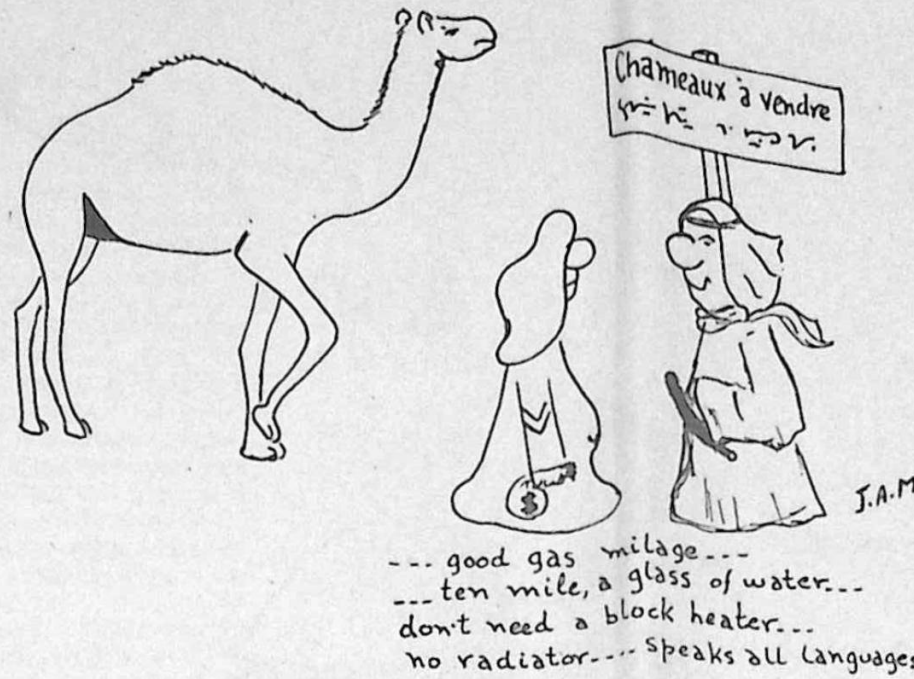
Monday night, B-league hockey action saw 442 shut out

Avionics to the tune of 5-0, with Marty Fraser in the nets. The goals were fired in by Doug Mann (two) with assists from Ted Miller; Gerry Stark from Jerry Boucher; Bill Frain from Sonny Fulbrook; and good ol' Len McCormack got one in there too. Bob Smith did the coaching, but he tells me he was too busy sleeping under the bench to see what was going on. Bob has also promised that if the team gets into the playoffs, he will streak down the ice during intermission at every game during the finals. I mean, what more can you ask for?

Fungus Felicitations go out to the members of the 442 "A" volleyball team for winning the championship recently. Now that the season's over, maybe Andy Varga will throw away those ratty cut-down blue jeans.

In this issue, we are introducing some cartoons, which are among the many talents of MCpl "Jam" Plamondon, of 442 Avionics.

Finally, the Mush-rumor of the Week: All 442 personnel wishing to join the noon-hour streaker's club, must wear their protective hard hats while running through the hangar.



CAPTAIN E. E. HAMILTON of 442 Squadron studies sitreps during a searchmaster course at the Rescue Co-ordination Centre, Canadian Forces Base Trenton, Ont. The course is designed to train selected Canadian Forces air operations officers in search and rescue duties. CF photo

442

Once Again

Members of the 442 Volleyball team successfully defended their title as inter-section champions at the Recreation Centre Wednesday Feb. 27.

The 442 Squad were matched against a strong Firehall team, but after a shaky start went on to defeat the Firefighters 15-12, 15-2. The team went through the season losing four games and then defeated the Torpedo Shop in the semi-finals before meeting the Firehall.

The Firehall team who ended up in first place during the regular with a 21-3 record defeated 442 "B" team to earn their berth in the finals.

The league this year was considered to be a real success; with nine teams participating every Wednesday afternoon. It is hoped there will be more participation next year, since the main objective of the league is to get as many personnel, male and female out with their particular section enjoying a little recreation for about an hour each week.



THE CAT-CAT-DOO Super Spikers. Back Row: Ivan Grant, Pete St. Pierre, Oscar Grubweiser, Andy Varga (Captain) Front Row: Rick Carbonneau, Garry Johnston, Geoff Clark (Coach) Base photo

Hospital Anaesthesia

Well, March came in like a lamb this year, and things around the ol' bone bin have been rather quiet. Anything that is newsworthy just hasn't been happening. Everyone is trying to use up the remnants of their annual leave. Cpl. George Penny returned to work this week after a trip to the east coast to pick up the "Pennies" he left behind. It's great having George smiling again.

Talking about smiling, Cliff Andre is back. Right Theresa! The day Cliff arrived we thought we were down at Mosport with Theresa being a contestant in the Shell 500. The old pontiac will never be the same.

Oh yes, about things moving quickly reminds me of a new thing Dr. O'Brien is trying to establish along with the Phys Ed types. Anyone interested please leave their names at the Pharmacy or Rec Hall. It's basically in the interest of the ADC fiscal fitness program.

Instead of doing the 1 1/2 mile run now done on a mandatory basis, we are trying to establish an interest on doing it on a voluntary basis - a "Streaking Exercise" led by Hotlips. First aid posts will be established every two miles. They will be ready to supply band aids and orange juice spiked with a small snort of dexadrine to anyone who might indicate a dire need for help. The only thing holding us back from implementing this program immediately is a decision from NDHQ on whether or not it is classified as an organized sport and where rank will be worn. But, hotlips insists on getting a 1/4 mile head start in the exercise.

Last week we only lost 3 fed A's, they were having coffee in the lounge when the CE Section accidentally closed off the doorway. The next day they were found in good condition, still unaware of being lost, but only after the carpenters complained about not being able to locate the coffee pot.

Actually, they should have left the room sealed off. Oh, the color of that coffee room - Shocking Pink - right Mrs. "T". Actually it was painted that color to discourage ex-

tended coffee breaks and promote dehydration. No one can stand it for more than 10 minutes without "cracking up." Mrs. Tobacco only states "The devil made me do it."

Oh yes, another posting out. Cpl. Al Ford is going to CFB Rockcliffe - that is if there actually is such a place. Cpl. Lloyd McKay is away on TD at Trenton, showing them how to do Air Evacs - actually he is participating in an Air Evac Exercise involving representatives from Bases across Canada and Europe. We hear that when he gets back he will try to entice 442 Squadron into buying 707's, or else invest in some mufflers for the Labradors.

Hey, the nursing staff have a new addition to their uniforms, a regular type nurses cap, with gold braid - sure is an improvement over the former "flying nun type headress." Capt. Mostow says he feels left out, he only gets a sweat band and a feather.

T.T.F.N.

Baseball Time

It's springtime, it's fishing time, it's kite-flying time, it's goof off time (but not on duty please), it's housecleaning time, it's time to do your own thing and it's BASEBALL TIME.

Time is a very important element in all our lives, too much, too little and never the correct amount. Now we must make time to support your PMQ Council's spring ball program.

An organizational meeting will be held in the Rec Centre Lounge at 1900 (7 p.m.) on the

26th of March. All interested individuals 16 years and over, (Continued on page 5)

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JERRY BURTT - RES. 334-4323

407 Tech

(Continued from page 2)

in quantity. Lt. Col. Hedges and Major Smith, with the help of Mrs. Smith, found out where all the bodies have been disappearing to around midday. On the subject of fans, we would be remiss if we neglected to thank our two most faithful: Mrs. LaFortune and Mrs. Lavigne.

The hockey playoffs should be underway by the time this article is printed. We hope our contribution to the squadron team in the person of Dennis Wickiam is smiling about the results.

The coffee break chatter has definitely started to swing toward camping, fishing and golf. All it took was a couple of sunny days. Harry Lundie is off to that other coast he just left to get the benefit of some expert training. He will have to wait for next year to enjoy a beautiful Comox Valley spring.

Apathy The Great Canadian Armed Forces Movement

Are you ready to quit? Sick of the system? Fed up with the mysterious "they" who live in Ottawa and control your destiny? Yes - well friend, you may well be suffering from that common disease of the downtrodden - APATHY! That famous duet, Funk & Wagnalls, define Apathy as follows: 1. lack of feeling, emotion, or sensation; insensibility; 2. indifference; lack of interest.

How many times have you heard people bad-mouthing the system? Just about every day - right? Compare the number of bitches to the number of suggestions to remedy the situation. There's no comparison. Most of us are running off at the mouth at the slightest provocation. Few of us ever make concrete, rational suggestions for the betterment of the organization. We're apathetic! We'd rather bitch than fight. The common excuse is, "Who's gonna listen to me? I'm just a crummy..." What we forget is that a long time ago, the wheels in Ottawa were just crummy... and maybe some of them can remember how it was. We'll never know unless we try!

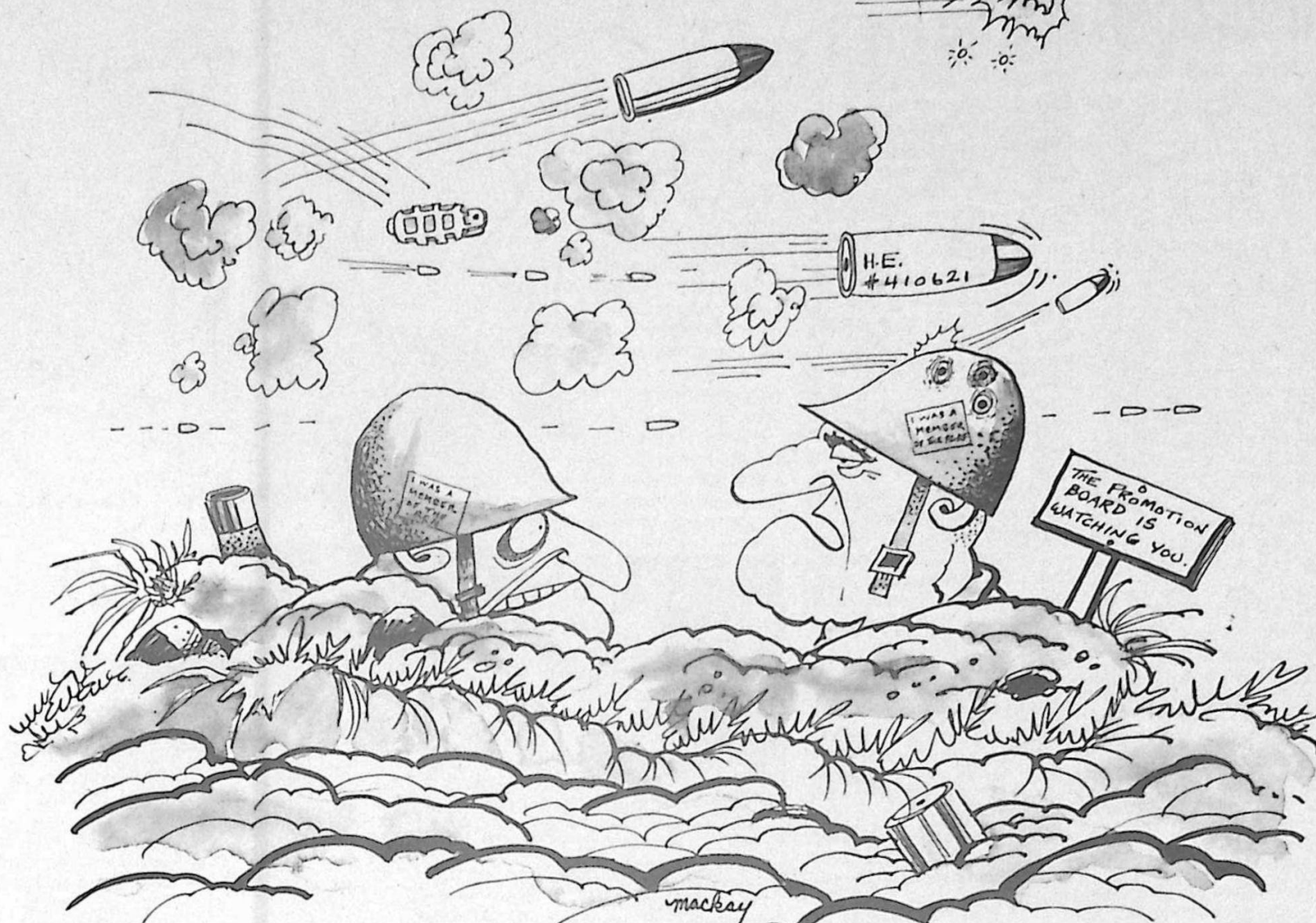
Apathy is a funny condition. Some people just drift into it, others need a little shove. That's where NDHQ does its

thing. Consider the following analogy: Show business performers who use their audiences in their acts seem to get louder applause than those who come out, do their thing, and depart. Why? The audience that takes part in singing a song, or in a comedy routine, or whatever, identifies with the performer and responds accordingly. They go away feeling that they've taken part in the show and they feel good.

Compare that to our own situation in the forces. We in the field, the sharp enders, sometimes get the feeling that we're in the audience but the stage show (NDHQ) is playing to something or someone over our heads. We're not part of the act. In some cases we don't even know what the act is! The results are predictable - the applause is minimal; most of us are sitting on our hands.

This type of thing makes us apathetic - we're exasperated; we yell obscenities at our wives and kids; and then we go back to sitting on our hands. That's not good enough - this malaise must be fought, and by both ends - we, the people and they, the bosses. To bastardize a famous JFK quote: Ask not what the Forces can do for you, but what you can do for the Forces. Do it, for everyone's sake!

CFB Greenwood Argus



"YOU THINK THIS is bad! I packed parachutes for 17 years and my last posting was a submarine."

A Newcomer's Guide To The CAF

Things you've Always Wanted to Know About the Green Gaggles, But Were Afraid to Ask.

These tidbits were written by an air element officer, LCol GW Patterson, while serving at SHAPE HQ in Brussels. This piece and others we will try to reprint in the next few issues, were originally published in the HQ's newspaper. We are indebted to Ca RB King for submitting them.

WHAT WAS A CAVALRY?

Once upon a time, the Canadian Army (whatever that was) had a whole bunch of horse soldiers. Because this army was impetuous, they had only two horses. One was a gift from Lord Strathcona and was called Lord Strathcona's Horse. The other was a gift from the concerned citizens of Fort Garry who only had infantry to protect them from the Indians. The soldiers chased the Indians as hard as they could go but it was very tiring because the Indians had horses.

They were called Indian ponies but they sure looked like horses to me and they sure were hard to catch especially when your puttees started to unravel at the dead run. Anyway, the concerned citizens etc., etc., and it was called the Fort Garry Horse.

Now two horses aren't enough for a squadron, so the cavalry (ho ho) were supplemented by two dragons which were presents from the old country. These were called the Royal Canadian Dragon and the Princess Louise's Dragon. Together, the two horses and the two dragons were lumped into what the army (whatever that was) called a Bunch of Cavalry (or Mechanized Battle Group). Eventually, these mounts attained an age which made it difficult to chase Indian ponies and were retired to Camp Borden where they were taken on the payroll. In due course, they were immortalized by the auditor-general and even now, when they are mentioned, senior army officers are known to weep openly. (A notable sentimental lot.)

Then, the army messed around and finally found a replacement steed called the Bobcat, but it was so expensive that they could only afford one and that's just not enough for a bunch of cavalry. So then they bought a whole pile of APC's (these are Armoured People Crushers and are not to be confused with headache tablets). These were found to be almost as good as horses and immensely popular with the infantry. I mean, no lumpy messes to march through on the parade square.

Student - Summer Employment

OTTAWA (CFP) -- The Department of National Defence will employ some 12,000 students this year across Canada as its part in the federal summer employment program. Total cost will be about \$7 million, down slightly from the previous year.

Called the Student Summer Employment and Activities Program (SSEAP), the DND commitment will be in four phases, similar to those run during the past four summers.

Program 1 recruiting is now going on. It is term employment for about 1,000 students to assist at Canadian Forces bases and stations in jobs that would not normally be done under existing DND facilities. The students will work in a wide range of activities from clerical work, cutting grass, driving trucks, general labor, and on across the scale to such areas as computer programming. About \$1,350,000 will be spent.

Program 2 is approximately \$700,000 for the on-going Navy, Army and Air Cadet summer training program which will permit an increase in the number of cadets who attend summer camps. An

estimated 4,000 will be involved. This is a money infusion and applies only for cadets who have been with a corps since Jan. 31.

Program 3, the largest of the four, is the military training portion of the package, designed to employ about 4,400 students at a total cost of nearly \$4 million. Eight weeks training is offered at \$12 a day on a seven-day basis (although the training week is only five days).

Program 4 is nearly \$1 million for community assistance, hire about 1,200 students in projects designed to improve community life, improving the ecology, building and repairing parks and nature trails and setting up and running tourist attractions.

The Program 1 portion of SSEAP is being handled by civilian personnel officers of bases and stations. Salaries depend on jobs for which individual students are hired, except that the lowest figure is the federal minimum wage, \$2.20 per hour. Applications are being taken now for a maximum of 12 weeks work between May and Sept. 15.

Project Loyalist

WHAT IS IT?

The Department of National Defence in co-operation with the Department of Manpower and Immigration (Ontario Region) are once again sponsoring a number of occupational retraining courses at Loyalist College in Belleville, Ontario.

These courses are accelerated courses in Business Administration, Accountancy, Real Estate Assessment, Mechanical Engineering, Electrical Engineering and Electronic Engineering. Accelerated means that the courses, which normally take two years to complete, are designed to allow ex-service personnel with appropriate backgrounds to complete the courses in 52 weeks or less.

These special certificate granting

courses, designed specifically for ex-service personnel, will enhance employment opportunities while updating qualifications. The full income maintenance support of Canada Manpower is available during the training period, as is the placement services of Loyalist College.

LOYALIST BRIEFING - 8 APR. 74

Three members of Loyalist College will be in Comox on 08 Apr 74 to brief interested personnel on all aspects of the program, including pre-requisites, financial arrangements, accommodation in Belleville area, etc.

Personnel who wish to attend this briefing are asked to contact Mrs. Brick at local 348 prior to 05 Apr 74.

Who Says We Can't Do It!

Well, we did it! and we did it well! We knew we could do it! ... Did you think we couldn't?

What am I talking about? Conserving energy, that's what!

For the last two months we have shown a 10 per cent or more improvement over last year, comparing the amount of heating oil used to how cold the day was.

Who is responsible for these savings? and how did we manage to attain them? It was due to the efforts of

each and every one of you who turned your thermostats down and put on a sweater, kept your windows and doors closed and all those other good things that tend to not only conserve heating fuel but save us all money in the long run. (You pay income tax, don't you?)

Good Show! people of CFB Comox.

By the way, that money we saved on heating fuel is being used to improve your PMQ's, offices, quarters, work areas etc. Not bad eh?

Drama Competition

Dear Editor:

You will find attached a news release from the Festival Committee of the Courtenay Little Theatre.

We are presenting a drama competition which is open to theatre groups from the North Island Zone of the B.C.D.A.

Response from the theatre clubs has been exceptional and from 12 to 13 plays will be presented throughout the week. This means that 2 or 3 plays will be presented each night and will vary from drama to light comedy.

The mayor of Courtenay has proclaimed the week of March 26 to 30th Festival Week and with the support of newspapers, signs and radio we hope to play to capacity audiences.

As the Courtenay Little Theatre group is a local organization which has a number of service personnel and dependents among its members, we would appreciate any publicity that you could give us.

We are a non-profit organization, if we can get enough for a party and the next production we count it as a success. Our prime reason for existence is to give the audiences as much enjoyment as we receive in doing a play.

Live theatre is as familiar as an old friend to some, but to others, particularly young people its an unknown medium. These are the people we want to reach and if you support us, perhaps we can.

Yours truly,
Cpl. Tom Quibell
Loc 369

House Manager for Theatre 74

News Release From Theatre '74 The North Island B.C. Drama Association Festival

The last week in March is Festival time in Courtenay. The Courtenay Little Theatre will be hosting Theatre 74 March 26-30. The North Island B.C. Drama Association Festival (or Theatre '74 for short) will be held in the Courtenay Civic Theatre.

Theatre groups from the north end of the Island will be participating in at least four nights of competition with the final night of Theatre '74 being reserved for Honours Night.

At present, it is anticipated that Dr. Dano Wilson of Vancouver will be adjudicating Theatre '74. Dr. Wilson has a doctorate in theatre from UCLA and has, among other things in his active career, stage managed several Broadway productions. Dr. Wilson who is presently teaching theatre at Douglas College in Surrey, will give both public and private adjudications. In addition, he will choose the best play, best director, best actress and actor, and three plays to return for Honours Night which is Saturday, March 30.

Festival Chairman, Jay Norton, reports that the registration deadline of February 18 was met favorably by eight theatre groups who will be presenting a total of at least twelve plays. Entries include "In the

Shadow of the Glen" a play by J. M. Synge. The play which will be presented by the Alberni Valley Theatre Group is one which sparked much resentment when first performed in 1902. It was viewed by many as a slur on Irish Womanhood. The theme is the loveless marriage between a cantankerous farmer and a slaving young woman.

In addition to the above plays, there will be two one acts from the Campbell River Players, two from the Echo Players of Parksville, two from the Yellow Point Theatre Group, one from the Driftwood Players of Gibsons, one from the Nanaimo Theatre Group, and, of course, one from the Courtenay Little Theatre.

Anyone interested in helping with Theatre '74 is requested to contact Jay Norton who reports that many jobs are still to be filled. Mr. Norton hopes that the Comox Valley will put full support behind the Courtenay Little Theatre and Theatre '74.

Preparing For Retirement

Dear Sir:

Attached are some of my thoughts on preparing for retirement or discharge.

I have worked for both Unemployment Insurance Commission and Canada Manpower Centre, both here and in Winnipeg, and I am continually amazed at the number of ex-servicemen who are out of work, between jobs, but basically unskilled for the civilian labour market.

My husband retired early but he did things right. He has a marketable skill but he prepared for civilian life by obtaining his interprovincial papers before retirement. We came out here a year and a half ago (summer of 1972) to look over the country and job opportunities. We came again in May of 1973 to look for a house and a job, for preparation for our move in July. But even at this time it wasn't too late to postpone retirement if things had not worked out.

I hope my thoughts will warn a few of those aiming for the heaven of civvy street.

Sincerely,
Nina Squire

Ex-Serviceman And Out Of Work

This morning another out of work ex-serviceman, we'll call Joe, came up to my desk at Canada Manpower.

I never asked why he took his discharge - whether it was no future in his job, frustrations and regimentation of working for the military, too many moves to places he and his family did not like, or perhaps low morale in the Forces.

Whatever his reason Joe is ill equipped for work on civvy street. So many military jobs are just that, existing only in a military environment, and Joe had one of these.

Now that Joe is a civilian he is finding there are thousands like him who fall in the general labourer

classification and the number of jobs are limited. During off season or bad weather the majority of these general labourers find themselves out of work and have to rely on Unemployment Insurance.

But for Joe, he can't collect Unemployment Insurance for some months yet, because the D.N.D. paid him severance pay.

That severance pay was like a windfall and it was with great dreams for the future that Joe and his wife used the money as the downpayment on a home of their own.

According to Unemployment Insurance Commission regulations that severance pay is earnings and is allocated at the normal rate of pay. So if Joe has served 20 years in the Armed Forces and had been earning \$1,000 per month when he retired he would have received about \$4,000 or 4 months pay. If he took his release effective January 1, 1974 he would not be eligible for Unemployment Insurance until May 1.

In the meantime he has to pay the mortgage on that new house, a wife and three young children to support, and his only income is a pension cheque that doesn't quite cover the mortgage.

Joe is in a mess but it didn't have to be that way. Although unemployment is high there are skilled jobs just begging to be filled. A little advance planning would have made Joe's retirement a pleasure and free from financial worry.

First of all Joe should have been planning for his retirement long before that actual separation from the green uniform. If he had had a marketable skill, such as mechanical or electrical he would have had little to worry about. The provincial apprenticeship boards allow military tradesmen to write for their provincial and then interprovincial papers.

But as Joe had no skill that he could sell to civilian employers he should have been thinking of retraining before he severed himself from security. Testing and guidance is available through the Base P.S.O.

Second Joe chose to settle in a town that has little industry and for employment depends largely on tourism and logging, both seasonal jobs. Poor Joe would have been further ahead to look into possible job opportunities in the area before having his F & E moved and before committing himself to a mortgage.

There may be wonderful recreational opportunities in the area - this is what brings the tourists - and the scenery is breathtaking, but Joe and his family can't eat the scenery and recreation doesn't pay the bills.

Joe should have investigated the area in which he wished to settle. He should have come here on holiday and seriously investigated job opportunities. He could have talked to counsellors at the local Canada Manpower Centre, talked to employers and employees to find out what skills are needed. Once he chose his skill for civilian life he should have set about polishing it so that he would

have had something to offer employers.

Because of his experiences Joe should offer the following advice to all you servicemen thinking of taking your discharge or retiring:

Labourers are a dime a dozen. Don't move into an area of high unemployment unless you have a skill to offer that is in short supply, or unless you've won the Irish Sweepstakes and can support your family between seasonal jobs.

Streakers Banned From Mess

Dear Editor:

During the last mess meeting at the Sr. NCO's Mess, the members were advised that entertainment in the form of burlesque will cease due to protests from wives. My curiosity is stirred as to who runs the messes, "Wives or the Members".

Your local Streaker
Dear Streaker: Our local Gallop pole indicated Wives 90 per cent Members 10 per cent.
ED.

Sticky Stickers

Dear Sir:

Why, oh why does the BX insist on putting their price tags - those awful sticky price tags - on top of directions, or so placed as to deface the article? When the price tags are removed (if, indeed, they can be removed), off come the directions, the paint, and often part of the article?

—still pulling and peeling

Barbs For All

Dear Sir:

If it wasn't for a like minded type, I would have missed the muttering of 407 Tech Rambling in this quote, "Time to close now and make room for old F. E. Perry ad nauseum and etc."

It is quite obvious that my friend has caught one or more

of my barbs in the seat of his pants or else he wouldn't be carrying on his own verbal interpretations of the highland fling. It must be quite apparent even to my critic that no one ever shoots at a dead duck.

Keep reading my columns my friend. Even you could learn something new.

Yours truly
F. E. Perry

Fun In The Sun?

Dear Sir:

Having been a reader of a multitude of armed forces community newspapers for some time it never ceases to amaze me the lengths some editors will go to inform and entertain their readers. As usual when my copy of the Totem Times comes along, I'm not disappointed, but now you have gone too far. (Jan. 31 issue).

I don't object to those pictures of the golf course, while I have to wade in the Ontario slush.

The fact that John Webber is given a half page column just because he is assistant head of vice (what), at the golf club; Perhaps he is trying to find his wallet, I bet. Great Scott, golf in January, you guys must be kidding!

What really tore it, was making Ron Carter a captain because he didn't get a haircut. I can just see it now, the new navy rank "Captain-Sergeant Carter", R.C.N. (former).

Who said he was seen playing golf singing "tie a yellow ribbon 'round the old...."? However, I bet it beats his old pastime demonstrating running around the Bay of Quinte for the land element. Well, I guess Ron and John will find clear sailing around the links with the other swingers, while we enjoy (???) such great things as winter carnivals, snow, slush, salty roads, and all that good stuff that is usual this time of year. So don't despair, we still exist despite of it all!

Yours truly
R. J. Goodfellow

TOTEM TIMES

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Editor: Ray Griffiths (469)
Editorial Assistants: Paul Klem, Bob Shawcross, Rosemary Gibson, Jack Gibson, Ray Mostow, Lloyd McKay, John Maddison, Anne Doran, Norma Boles, Pete Kyashko

Photographers: Gary Raindahl, Al Ford, Ed Ellis
Sports and Recreation: Bill Keener (315)
Business Manager: Bob Denyer (357)

Girl Friday: Karen Rusnak
Proofreaders: Barb Milan, Jean Fawbert
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Little People's Corner

Dear Little People:

Hello again. I hope you have all managed to keep dry in the last few days. Haven't we had a lot of rain, but do you know that all that rain is helping all the flowers to grow.

When you go out this weekend, look around you and you will see all the crocus, yellow, white and blue. The trees are also starting to have buds and little tiny green leaves on them. Have you seen all the trees with the lambs tails hanging down. If you touch them you get lots of yellow dust all over you.

I would like to wish all of you who have had a birthday since my last letter, a very happy birthday. I hope you all had lots of cards and presents and lovely parties.

Today's story is about a little girl and what she did on a rainy day. So if you are ready we will begin.

A RAINY DAY

Sue-Ellen sat at the breakfast table slowly eating her egg. Mommy had left her by herself while she went upstairs to make the bed.

Sue-Ellen sighed, and took another spoonful of egg. Mm, that was nice, but there was no hurry. She twisted around in her chair and looked through the window. It was pouring down with rain outside, so she wouldn't be able to go out and play with Freda. She turned back to the table and scraped out her egg shell. Well that was finished, now what could she do.

Just then Mommy came into the kitchen. "Have you finished your breakfast Sue-Ellen?" she asked.

"Yes, thank you, please may I get down?"

Mommy came over to the table and quickly unfasted Sue-Ellen's pinafore. "Alright, down you get", she said.

"Mommy", Sue-Ellen wandered over to the window, "what can I do?"

"Well now let me think," Mommy started to wash up the breakfast dishes. "Why don't you read your book for a while. Then I thought we could go to the shops, and after lunch we will bake some cookies for when Daddy comes home. What do you think about that?"

"Oh, yes, yes, please," Sue-Ellen jumped up and down, "can I make a gingerbread man for Daddy?"

"Certainly you can, but first you must sit quietly and read your book, while I finish tidying up."

So Sue-Ellen found her books and clambered up onto the window seat.

She read the first one through very quickly. "Mommy can we go now?" she asked.

"Not yet," Mommy answered, she was busy putting the dishes into the cupboard; "Read another book, I won't be long." So Sue-Ellen read another book, - another - then Mommy came into the kitchen. "Alright Sue-Ellen," she said, "lets get your boots and raincoat on."

Quickly she helped Sue-Ellen put on her black shiny boots, the ones specially for rainy days. Next she put on her bright red raincoat and finally her new white rain hat with the big brim all the way around. Then Mommy put on her black shiny boots, and her bright red raincoat and her new white rainhat.

"You look just like me," Sue-Ellen laughed. "Just like twins," said Mommy, she picked up the shopping basket. "I think we will walk, it's not far to the shops. All set?" she asked.

"Yes, let's go," Sue-Ellen stepped out in the rain. It didn't take very long to reach the shops and soon Mommy had finished buying all she wanted and the shopping basket was all packed.

As they left the shop the sun was shining. "Mommy it stopped raining," Sue-Ellen looked up at the sky.

"Yes, dear, but there are still a lot of clouds up there. Come along now, let us go home for lunch." Quickly Sue-Ellen followed her mother and because she had her black shiny boots on, the ones specially for rainy days, she swished through the puddles. "Listen, Mommy, the water is talking to me."

"What is it saying", asked Mommy.

"Splish splash, sssplish...ssplish". So Sue-Ellen went all the way home, splishh...splashh...splish-

h...splash...splishh...splashh. And just as they got home it started to rain again. Mommy quickly took off Sue-Ellen's black shiny boots, all wet, and her bright red raincoat and her new white rain hat. "Now," she said, "we will have lunch, and after you have had your nap we will bake the cookies."

Later that afternoon when Sue-Ellen had woken up from her nap and had a glass of milk, Mommy wrapped her in a big white apron and stood her on a chair in front of the kitchen table.

On the table was the big yellow mixing bowl, two wooden spoons, some flour and some eggs and some milk.

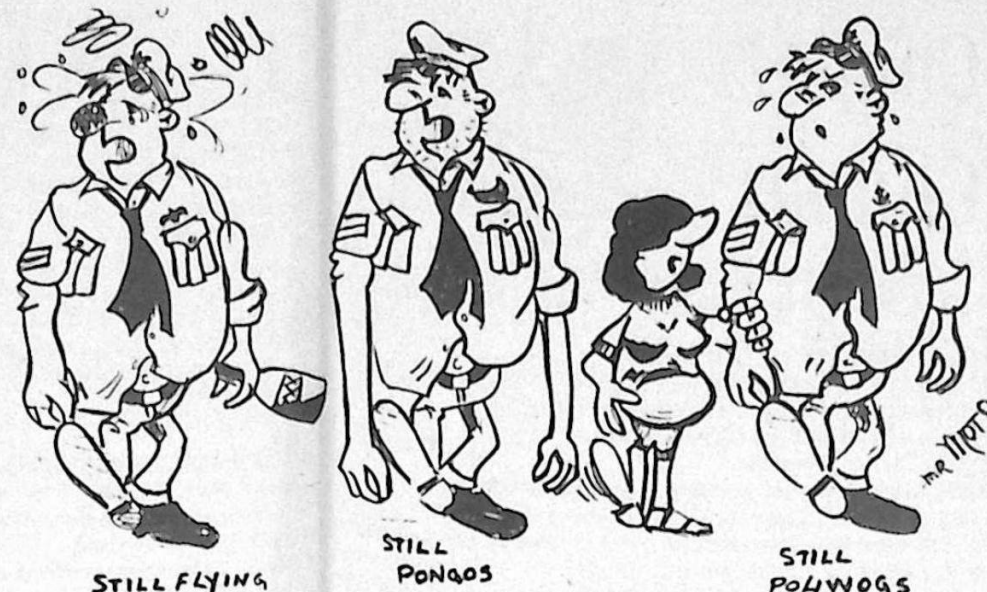
"Mommy don't forget the currants for the gingerbread man's eyes," Sue-Ellen said. "I'm just getting them now dear," said Mommy, and put some currants out on a plate and don't forget the cutter. Here it is. And so Mommy began to mix all the flour and the eggs and the milk together with Sue-Ellen helping her, using her wooden spoon to help mix all the things together and soon it was time to roll out the mixture.

Sue-Ellen stood with the cutter in her hand. "Now, mommy, now?" she asked.

"Alright, now do it nice and slowly."

And so Sue-Ellen pressed the cutter into the mixture.

"One for Daddy, one for



ALTHOUGH THE UNIFORMS are the same you can still tell them apart!!!

Mommy and one for me."

"Very good," said Mommy. "Now for the currants."

So Sue-Ellen reached out and put two currants for eyes on each of the gingerbread men, and then what do you think she did?

She put one, two, three currants right down the middle of each gingerbread man.

"See, Mommy, I've given them buttons," Sue-Ellen clapped her hands with glee, "won't Daddy like those?"

"He will indeed. Now you collect all the things together and put them in the big bowl while I put the gingerbread men in the oven." So Sue-Ellen gathered everything up and then she helped Mommy to wash up and put everything away and soon it was time to

get the cookies out of the oven.

"Oh look," Sue-Ellen jumped up and down, "oh don't they look nice, can I try one?"

"I thought you were going to wait until Daddy came home," Mommy answered. "He will be here soon."

And sure enough it wasn't very long before Daddy came home and do you know what he said?

"That was the nicest gingerbread man I ever tasted Sue-Ellen. From now on I will only eat gingerbread men you make," and he gave Sue-Ellen a big kiss and she snuggled down on his knee feeling very happy.

Signs of Spring?

It was a crazy week in Victoria, what with snow dusting the Spring blossoms and the Legislature embroiled in The Chicken and Egg War.

Even the old Empress Hotel was affected by the frenzy, as 12 nude male streakers raced through the lobby at dinner-time Thursday. Astrology buffs may be interested to note that the ruckus coincides with a full moon.

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Baseball Time

(Continued from page 3)

male or female, are urged to attend. People not living in PMQs are also welcome. This presents an excellent opportunity for those who live in barracks to become involved in a community project. Experience is not important because the Rec Staff have agreed to conduct a short course for those umpires and

coaches who require training. Anyone interested but unable to attend, please contact Capt. Arsenault at 339-4701 or local 308, Cpl. Trenholme 339-2991 Loc. 285, leaving your name and phone number.

Remember, without help our younger citizens will be without a ball program.

Find TIME, make TIME, give TIME, it's ball TIME.

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Sat. & Sun., 23 & 24 - Band "Alley Cats"
Wed., 27th - Bingo
Thurs., 28th - Sports Nite
Friday, 29th - TGIF
Mar. 30th - Lounge closed for Entertainment Circuit.
Mar. 31 - April 1 - Band "King's Five" from Nashville.

PMQ COUNCIL MINOR BASEBALL

WIN! WIN! WIN!
TWO WEEKS ALL
EXPENSES PAID VACATION
FOR TWO
"HAWAII AND RETURN"
WIN! WIN! WIN!
For Details See Page 8

ATTENTION MR. & MRS. LANDLORD DO YOU HAVE A HOUSE OR APARTMENT FOR RENT OR DO YOU HAVE A HOUSE FOR SALE IF YOU DO....

Then Phone 339-2211 Local 212, and a notice to that effect will be put up in Base Housing, CFB Comox. You will get maximum exposure as all incoming CF personnel report to this office.

PMQ COUNCIL BINGO

2000 hrs. - Monday, 18 Mar.
in the Totem Lounge
\$100 JACKPOT TO GO

CFB COMOX THEATRICAL CLUB

PERSONNEL REQUIRED:

Producer, Director, Actors, Lighting,
Sound, Stage Management, etc.
Contact WO Les Routledge
Loc 488 or 339-4473

WO & SGTS MESS MARCH ENTERTAINMENT

MARCH 16 - Bingo and Dance. St. Patricks.
MARCH 18 - Movie TBA.
MARCH 20 - Mess Dinner.
MARCH 23 - Social Evening.
MARCH 25 - Movie TBA.
MARCH 15 - Meet Your Boss Night.
MARCH 30 - Social Evening.

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.

OFFICERS' MESS ENTERTAINMENT

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.

WEDNESDAY, MARCH 27 - Demonite. Open to all Mess members. Steaks available for barbeque - No reservations required.

SATURDAY, MARCH 30 - Make your own party. Good ala Carte Menu. Dance to tapes or Juke Box. Dine 1830-2030. Bring a group out and make your own party. Reservations required by Friday, March 29.

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

MINI THEATRE

Something New in Movie Entertainment

VIDEO CENTRE (60 Seats)
(Next to Central Meats)



Monday, March 11 to Thursday, March 21

1 p.m. & 3:30 p.m.
Adults - \$1.25
OAP & STUDENTS - 75 cents
Children - 50 cents

7 p.m. & 9 p.m.
Adults - \$1.75
OAP & STUDENTS - \$1.25
Children - 75 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. 15 & 16
GATE 7:30 - SHOW 8 P.M.

COLUMBIA PICTURES Presents



PLUS SECOND
FEATURE



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With Kris Kristoferson and Gene Hackman
Warning - Restricted Swearing, Violence, Coarse Language and Drugs
COMING MARCH 22 & 23
"Silent Running"
ACADEMY AWARD NOMINATION FOR BEST ACTRESS
CARRIE SNODGRESS
diary of a mad housewife
A UNIVERSAL RELEASE
RESTRICTED - "Warning - Much swearing, coarse language and simulated sex."

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BASE THEATRE

Theatre Information
Call 339-2433 Anytime

RESTRICTED SHOWS: 18 years and above - Under 18 years of age must be accompanied by a person over 18.
ADULT SHOWS: 16 years of age and above - Under 16 years must be accompanied by a person over 16.

Fri. 15 Mar. FIVE FINGERS OF DEATH Lo-Lea Wang Ping Kung-Fu
Sat. 16 Mar.
Sun. 17 Mar. Showtime 2000 hrs. to 2155 hrs.

Wed. 20 Mar. STRANGE VENGEANCE OF ROSALIE Ken Howard Donnie Bedelia Mystery
Thurs. 21 Mar.
Showtime 2000 hrs. to 2115 hrs.

Fri. 22 Mar. PAPER MOON Ryan O'Neal Catherine O'Neal
Sat. 23 Mar. Showtime 2000 hrs. to 2155 hrs.
Sun. 24 Mar.

Wed. 27 Mar. TROUBLEMAN Paul Winfield Robert Hooks
Thurs. 28 Mar. Take off of Shaft film
Showtime 2000 hrs. to 2155 hrs.

Fri. 29 Mar. HICKEY & BOGGS Robert Culp Bill Cosby Private Eye
Sat. 30 Mar.
Sun. 31 Mar. Showtime 2000 hrs. to 2200 hrs.

Wed. 3 Apr. SOLDIER BLUE Candice Bergen Peter Strauss
Thurs. 4 Apr. Restricted
Warning - Some swearing, coarse language & brutality

Fri. 5 Apr. THE MECHANIC Charles Bronson
Sat. 6 Apr. Mafia paid assassin
Sun. 7 Apr. Showtime 2000 hrs. to 2155 hrs.

Wed. 10 Apr. HITLER: THE LAST TEN DAYS Alex Guinness Simon Ward
Thurs. 11 Apr. Historical
Showtime 2000 hrs. to 2155 hrs.

Fri. 12 Apr. CHATO'S LAND Charles Bronson
Sat. 13 Apr. Western
Sun. 14 Apr. Showtime 2000 hrs. to 2155 hrs.

SATURDAY MATINEES

Sat. Mat. 16 Mar. ZEBRA IN THE KITCHEN Jay North Andy Devine
Comedy Showtime 1400 hrs. to 1545 hrs.

Sat. Mat. 23 Mar. TIME MACHINE Rod Taylor Science Fiction
Showtime 1400 hrs. to 1555 hrs.

Sat. Mat. 30 Mar. CLARENCE THE CROSS EYED LION Marshall Tomson
Comedy Showtime 1400 hrs. to 1550 hrs.

Sat. Mat. 6 Apr. CAPTAIN NEMO Robert Ryan Chuck Connors
Adventure Showtime 1400 hrs. to 1555 hrs.

Sat. Mat. 13 Apr. SECRET GARDEN Herbert Marshall Gladys Cooper
Comedy Showtime 1400 hrs. to 1550 hrs.

COMING SOON:
APRIL - Save The Tiger - Brother Sun Sister Moon - Superfly - Gumshoe.
MAY - The Candidate - Live and 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?

February was not the month of romance it ought to be. The death of a local skier dominated a month marred by accidents, providing a tremendously painful lesson that safety cannot be turned off when we leave our job. Safety is a worthwhile objective and a human responsibility at work, at home and at play.

COLD CUTS

On the menu again! With the following varieties:

- above the eye, while skiing
- below the knee, while skiing

- on a drum, while lifting

SNAKE BITE

A rare happening on Vancouver Island. After coiling like a spring it struck with a rattle and a rush, leaving its tell-tale marks near the victim's left eye.

The larger breed of plumber's snake is especially spiteful. Handle with extreme care and get help!

ANKLE ANTICS

Arthur Murray drop-outs demonstrated some un-fancy dancin' resulting in three ankle injuries. One in the heat of the attack during Tac Eval while seeking out intruders, one during the heat of noon-time competition in the Fitness Biz and one uneasy rider who was thrown from a fire-rescue truck in the heat of the garage by that old devil gravity.

I DIDN'T ORDER IT - AND I'M NOT DRINKING IT!

Oil spills are a special coastal concern but this is getting too close to the action! Especially when the "cocktail" is diesel fuel and the filling neck splashes it in your face.

Close attention to equipment, indicators and the tank level is a must in fuel handling. How about an automatic shut-off nozzle?

IDENTIFIED FOREIGN OBJECT

The junior size logging operation behind the post office yielded an accident with serious potential. One of our "fallers" was struck by a piece of wood, thrown by his untrusty "Brushking".

One more time - How do we inspect before mowing or cutting? Verrry carefully! Use protective guards and

SO THAT'S WHAT BTU MEANS!

I always thought it stood for "British Thermal Unit" a measure of heat energy, but one of our plumbers says that to him it means "Burned Thumb Up".

Propane burners are superior to the old blow-torch for soldering or for making thumbs throb. Handle them in a superior way.

FORWARD

It's time to look at, inspect and service all our "Spring time things" like garden tools, bicycles, camping gear, boats, motors and lawn mowers. Take advantage of the slight weather delay to make sure that fire hazards like oily rags, paint, cleaning and thinning liquids and general trash are part of your Spring clean up.

I SPY DEPT.

A danger lurking in an adhesive bottle! Eastman 910 adhesive - Mil spec A-46050B 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.

Serious erosion of our island shores, causing a hazard at Airforce Beach campsite.

Some technicians ignoring the hazards to their hearing by working on the servicing line without wearing ear defenders.

The Federal Aviation Administration in the US of A has called for "no smoking" signs in the lavatories of all commercial airlines. This area is known to have contributed to several aircraft fires and is suspected in a recent crash of a Boeing 707 near Paris which caused 124 deaths.

A marked reduction in wet pavement accidents during a roadway grooving project. Designed to reduce the danger of hydroplaning, the project has resulted in an 83 per cent reduction in wet pavement accidents on that part of an interstate highway that has been grooved.

Evidence indicates that people with a happy love life are less likely to have accidents on the job. Now if we could just prove that the reverse is true...what a motivator for safety!

WATCH YOUR BIRD!

Chapel Chimes



PROTESTANT CHAPEL

Rev. R. J. Ritchie - Base Chaplain (P) Telephone No. 339-2211

Loc. 273

17 Mar 74 - 0930 - 1030 hrs Church School

1100 hrs Divine Worship (Representatives from the "Gideons" will present their work during this Service)

24 Mar 74 - 0930 - 1030 hrs Church School

1100 hrs Divine Worship

Congregational Annual Meeting & Pot Luck Supper

Sunday - 24 March. Time - 6:00 p.m. Place - Chapel Annex

Keep this date free for a time of good fellowship for the whole family. Following dinner we will present our 1974 budget and reports from organizations. During the business, entertainment will be provided for the children. A turkey will be provided, bring your favorite dishes to go with it. Bring your own cutlery, everything else will be provided. Remember, Sunday evening at 6:00 p.m. - March 24.

RC CHAPEL

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

MASSSES

Saturday 7:00 p.m., Sunday Vigil Mass

Sunday 9:30 and 11:00 a.m.

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.

JUNIOR & SENIOR CHOIRS: Will meet on Wednesday in the Protestant Chapel following Lenten Mass (8:00 p.m.)

CATECHISM CLASSES: There will be no Catechism Classes on the 27th of March due to the Spring Break holidays. Classes will resume again on the third of April.

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Western Canadian OCU Conference

THEME: Humility in the Christian (James 4:5-12)
DATES: Easter week-end (12 - 14 April, 1974)
PLACE: CFB Edmonton
SPEAKER: To be advised
PROGRAM: To include:

- Workshops
- Speaker Addresses
- Sing and Share Sessions
- Recreational Activities as weather permits (gym activities, cross country skiing, snow shoe races)
- Meditational Interludes
- Kids Program
- Teen Program
- Babysitting
- Optional Film Showings.

ACCOMMODATION: Billets available in Edmonton
TRANSPORTATION: Please contact area co-ordinator for a ride or to offer space if you have it available.

FOOD: To be advised
COSTS: Dependent on food arrangements but to be kept to a minimum.

AREA CO-ORDINATOR: Lt. Rick St. Germain, Local 409, Home 339-5098

Library Report

Do you delight in the past as described in the historical novels? Mary Stewart's new book *HOLLOW HILLS* is an absorbing sequel to *THE CRYSTAL CAVE* which continues the story of Merlin until the crowning of King Arthur.

IMPLOSION CONSPIRACY by Louis Nizer. Soon to be filmed, this is the celebrated lawyer's study of the Rosenberg case involving the theft of the American atomic bomb secrets for the Soviet Union.

HALF BREED by Maria Campbell. A heartwarming account of her life as a Metis told with honesty and painful human dignity.

TREASURE HUNTING IN B.C. by Ron Purvis. B.C. is full of amateur collectors, and this guide is full of information on how to find everything from gem stones to artifacts, fossils and crystals, with maps, photos and drawings.

OPEN MARRIAGE by Nena and George O'Neill offers an original look at the important elements of marriage. In a period of increasing disillusionment with the institution of marriage as we know it, this book, by dealing with realities instead of fantasies, can bring a sense of renewal growth to any couple interested in seeking new answers to old problems.

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
Robert Stanbury, Minister
Revenue Canada
Impôt
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



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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
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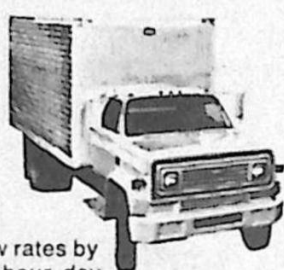
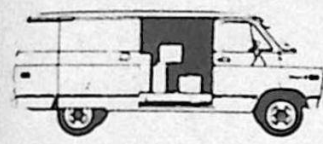


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CWL ST. PATRICK'S DAY TEA AND BAZAAR

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.

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Tee and Turf Talk

At this time of the year Golf Course conditions are most difficult and play perhaps at the least pleasant ebb. The course itself is at its most hazardous state with soft mushy fairways, water pockets under sod and much unnatural water.

Our committee and the course staff are concerned that Glacier Greens survives this period and that it will develop as soon as possible into the lush layout that every golfer aspires to play on. To accomplish this we must place some restrictions on the use of the course.

PRACTICE AREA. The designated practice area is to the right of number six fairway. Please do not hit "multi" golf balls into individual greens. The wear and tear of this activity will undo the hard work completed by past committees and staff, ably assisted by "Mother

Nature" of course plus many dollars worth of fertilizer, top soil, peat moss, etc. Replace all divots, even when practicing. Your courtesy will be infectious and you will find the rest of the club responds in the same way.

NON MEMBERS RIGHTS. Glacier Greens is a club supported by the dollars of many members, past and present. It is unfair to expect them to provide practice area to you if you are not willing to become a member and to contribute your share. We have had difficulties with people who are members of "other" golf clubs in the vicinity, using Glacier Greens as a practice area. In future such intruders will be interviewed by the club president (who will of course have blank membership forms and cheques available).

MEMBERSHIP IDENTIFICATION. One of the most

difficult chores in operating a wide area activity such as this, is to see that the revenue is adequately controlled. Green Fees players are given a tag to attach to their carts, appropriately date stamped, etc. Members are provided with a card which may be produced to identify their participation in club activities. It is necessary to check that each golfer has one of these appropriate identifications and committee and members will be checking persons unknown to themselves. We hope that each golfer will respond with courtesy and respect and realize that offence is not intended if they are not readily recognized as a member by some other member.

P.S. The President has already been challenged twice - the price of being a short time Comoxite.

Glacier Greens Calendar

MEN'S SECTION:

MARCH

1 - Gold, silver & bronze button competition starts
17 - Starts 1230 - get acquainted two ball
21 - starts 1000 - early bird - start challenge board

APRIL

MAY

1 - Start Men's ringer board
1 - starts 1830 - Glacier Greens at Sunnydale
12 - starts 1230 - Mixed two ball
15 - starts 1830 - Comox at Glacier Greens
29 - starts 1830 - Campbell River at Glacier Greens
31 - Men's Invitational practice round

JUNE

2 - start 0800 - Glacier Greens Men's Invitational
12 - start 1830 - Glacier Greens at Campbell River
15 - start 0800 - match play championship qualify round
16 - start 1230 - Fathers Day Mixed Two Ball
19 - Start 1830 - Glacier Greens at Comox
26 - start 1830 - Sunnydale at Glacier Greens

JULY

AUGUST

7 - start 0800 - President's Cup
3 - start 0800 - Mr. Mike's Pick Your Partner - mixed or optional
31 - start 1st Round Club championships

SEPTEMBER

15 - start 0800 - 2nd Round Club championships
21 or 22 - start 0800 - Gen. Lett Tourney

OCTOBER

DECEMBER

6 - start 1000 - Mr. and Mrs.
26 - start 1000 - Boxing Day Tournament.

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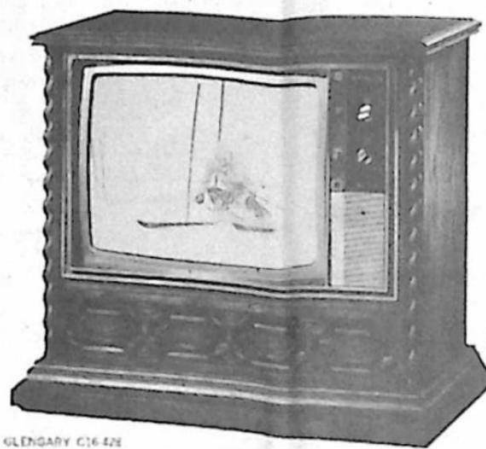
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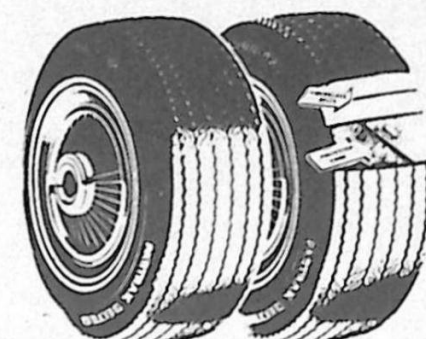
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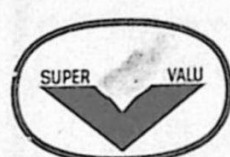
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