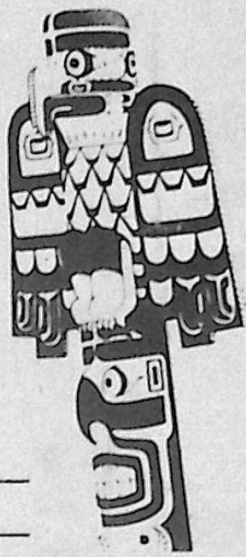


# TOTEM TIMES

The Paper's Free, But We'll Give You A McNichol's Worth

VOL. 16 — NO. 15

CFB COMOX TOTEM TIMES THURSDAY, AUG. 22, 1974



## Teach Him Gently, World

OTTAWA (CFP) — World, take my son by the hand — he starts school today.

It's all going to be strange and new to him for a while and I wish you would sort of treat him gently. You see, up to now, he's been king of the roost. He's been the boss of the backyard. I have always been around to repair his wounds and I've always been handy to soothe his feelings.

But now ... things are going to be different. This morning he's going to walk down the front steps, wave his hand, and start on a great adventure that probably will include wars and tragedy and sorrow.

To live in this world will require faith and love and courage. So, World, I wish you would sort of take him by his young hand and teach him the

things he will have to know. Teach him — but gently, if you can.

He will have to learn, I know, that all men are not just — that all men are not true. Teach him that for every scoundrel, there is a hero; that for every crooked politician there is a dedicated leader. Teach him that for every enemy there is a friend. Let him learn early that the bullies are the easiest people to lick.

Teach him the wonders of books. Give him time to ponder the eternal mystery of birds in the sky, bees in the sun, and flowers on a green hill.

Teach him that it is far more honorable to fail than to cheat. Teach him to have faith in his own ideas, even if everyone tells him they are wrong.

Try to give my son the strength not to follow the crowd when everyone else is getting on the bandwagon. Teach him to listen to all men, but to filter all he hears on a screen of truth and to take only the good that comes through.

Teach him to sell his brawn and brains to the highest bidder, but never to put a price tag on his heart and soul. Teach him to close his ears on a howling mob — and to stand and fight if he thinks he's right.

Teach him gently, World, but don't coddle him, because only the test of fire makes fine steel.

This is a big order, World, but see what you can do. He's such a nice little fellow.



MORE THAN 100 CHILDREN, victims of muscular dystrophy, board Cosmopolitan aircraft of Air Transport Command's 412 Squadron at CFB Toronto for a sight-seeing flight. For most, it was their first flight. Lieutenant-Colonel Mike Zrymiak, commanding officer of 412 Sqn. and Captain Bruce Sutherland, pilot of the flight, will appear on the Jerry Lewis television special Sept. 2 in support of a muscular dystrophy fund raising program. (Canadian Forces photo)



GUESS WHO? Want to see more of this dashing young man? See page 7.

## The Unfulfilled Order

POEM BY CANADIAN AUTHOR-POET: CAROL COATES

Is that Human Lives Limited?  
May I speak to God, please?  
Yes, it's important.

So sorry to trouble you,  
but yesterday I lost my son.  
He was shot down in a plane, in France.  
They tell me the plane took months to build,  
and cost fifty thousand dollars.  
They didn't say how long it takes  
to build a son.

Yes, I must have another.  
Can you get me one?  
Twenty, and tall,  
with a wave in his hair, back from the forehead,  
and eyes that are a little bit special -  
dark-sort of hard to describe,  
like a deep summer night.  
You know, don't you, the kind I mean?

May I have him soon, please?  
Charge it to the head of Wars Incorporated.

What's that you say?  
But why?  
Dedicated to the memory of Captain Garry Foster

## FOUR MORE CANADIANS WOUNDED

NICOSIA (CFP) — Four Canadian soldiers were wounded in fighting on Cyprus Thursday, August 15. Reports reaching Ottawa from Canadian officials in Cyprus say none of the four was seriously wounded, and that one soldier, Lt. J.R.L. Farley, Trois

Rivieres, has been treated and returned to duty.

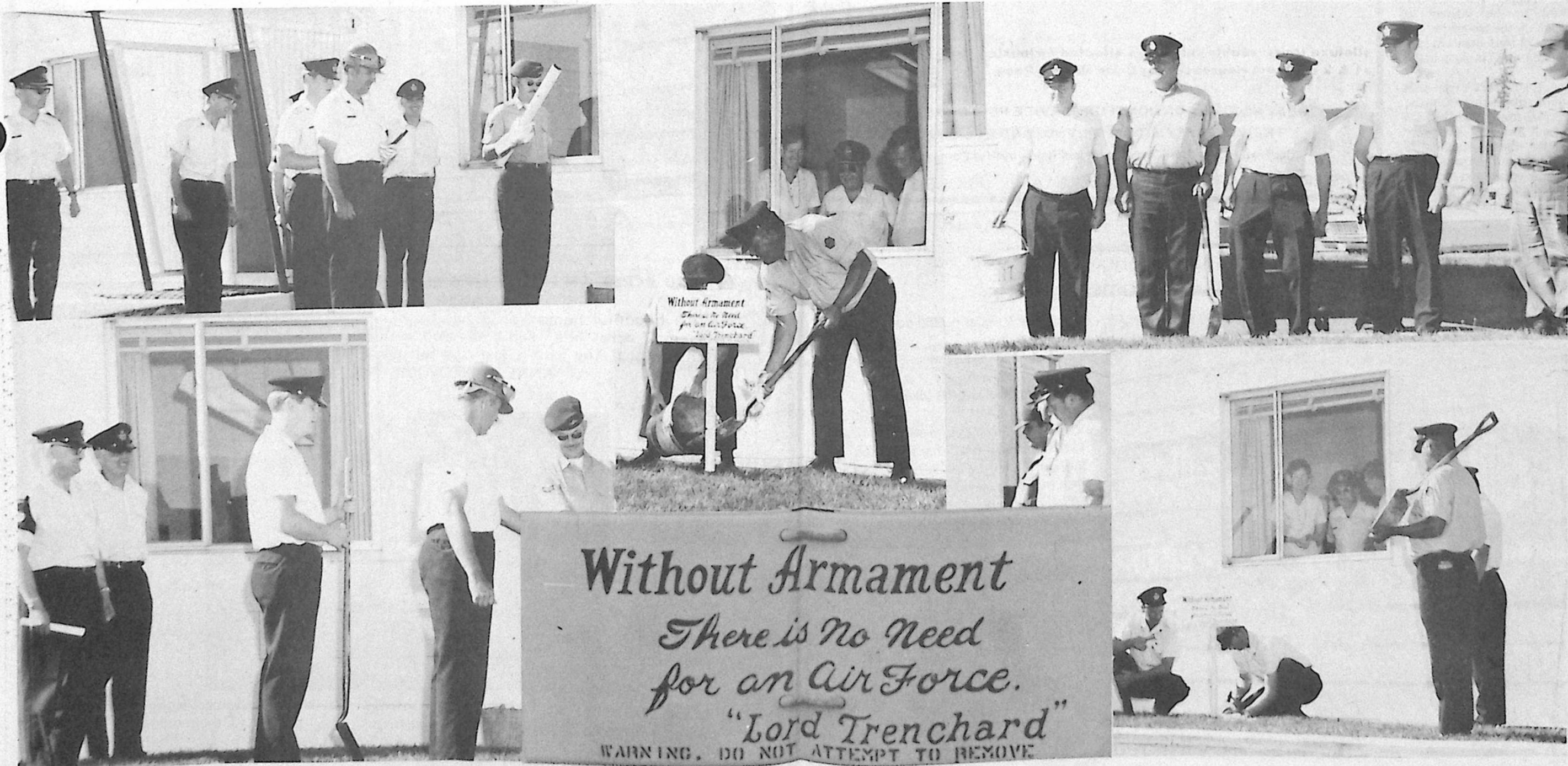
The other three, MWO D. Segin, Edmonton, Pte. J.R.S. Bisson, Hull Que., and Pte. J.R. Forand, Duplessisville, Que., were treated in the British Military Hospital at Dhekelia. The injuries occurred

about mid-morning as a result of mortar fire in isolated action in Nicosia.

Meantime, part of the Canadian Camp Kronberg on the Northwestern outskirts of Nicosia has been evacuated, but other Canadian locations are safe.



MEMBERS OF THE Canadian Airborne Regiment, on U.N. Duty on Cyprus training to defend their positions with the 81 M.M. Mortar. (Canadian Forces photo)



FOR AN ARMY OR A NAVY for that matter! Just to remind ourselves of this fact, this sign was firmly replanted by Base Armament personnel at Base HQ. WO Neff led this astute body of men through a specially composed ceremony, punctuated by a unique three gun salute. Sgt. Forbes, who perhaps better than anyone else knew exactly what was

happening, at one point became weak kneed, which was recorded for posterity by a quick acting photographer. Due to the dwindling numbers of armourers, Gord Kaardal, a type machinist, was quickly certified as augmented shoveller. The whole thing took place under the watchful, if somewhat bewildered eyes of the Base Commander. Photo Begin





MEMBERS OF 116 ATU prepare for an engine change in the hot Cairo sun. Ismailia should be better as we will have a hangar, but current conditions are resulting in beautiful fairs.

## Cairo Capers

BY RUSS WRIGHT  
and BRUCE DICKSON

Once again the call from the desert. Pretty quiet around here with all the heat, dust and rainless days. An increase in Camp ground sports: burning the skin, scrubbing clothes and exercising the arm have been seen throughout the tents. "Pennies from Heaven" fell for two mornings. A heavy soup fog blanketed the Cairo area. The tiny droplets precipitated out and everything was soaking wet; a welcome feeling and sight. But it was short lived as Mr. Sun burnt it off and we had another scorcher.

Terrific place for the atmospheric environmentalists (met Men). "CAVOK" May to Sept. with no fears of scattered sunshine with showers or vice versa.

The camp is becoming smaller every day as more personnel and equipment head out the desert road to Ismailia.

The 116 ATU advance party consists of John Charbonneau, Vern Williamson, Jim Bennet, "Radar" Fowler, Buff Hyte, Rufus Paul, Herb Tiessen, Jim Roberts and Moe Sirois. They are cleaning up and preparing the Hangar for the Buffs and the camp site. We are getting up to date luxury "air conditioned" suites (Polish Tents).

The following personnel were promoted: "Flash" Eakin to Major, Pete "Fuz" Davies to Captain and Al McKee to Master Warrant Officer. Congratulations guys.

Col. Tupper had another parade on the tarmac to sharpen up the troops for the future. Cpl Bert Bostrom was presented with his clasp to the CD.

The 116 airport ramp was invaded by monster birds: Hercules from 435 (T), 436 (T), and Sweden. They were here for the evacuation of refugees from Cyprus. The servicing crews and ops staff worked around the clock to

prepare and launch airplanes and ensure the crews were looked after.

The "Buffs" have recently been engaged in the rotation of 175 Peruvian's to Damascus from Cairo and Ismailia, six trips in total followed by airlifts of 15 tons dry rations from Ismailia to Akrotiri the British Sovereign Base in Cyprus. Radio equipment, UN flags and radio operators were also airlifted from Jerusalem to Akrotiri. This is in addition to daily sked runs and meat specials.

All three "Buffs" are working fine and must like the hot, dry climate.

The members of 116 ATU have recently voted Rex Sweet as unit official wrangler. He earned the title after borrowing the donkeys (polite term) that propel the local toilet sanitation vehicle (another polite term) and mooring them to the centre poles of a marquee normally occupied by six Snr NCO's. Not finding any hay or oats immediately available Rex sated the savage beasts with licorice. (The rumor that the donkeys felt at home in the tent is unfounded.)

The new songster of the group is John McCullough whose "Those Were The

Days" has been filtering through tent walls around midnight. The chess board has been getting a good work out under the expert guidance of Marc Noel and Tom Moulds.

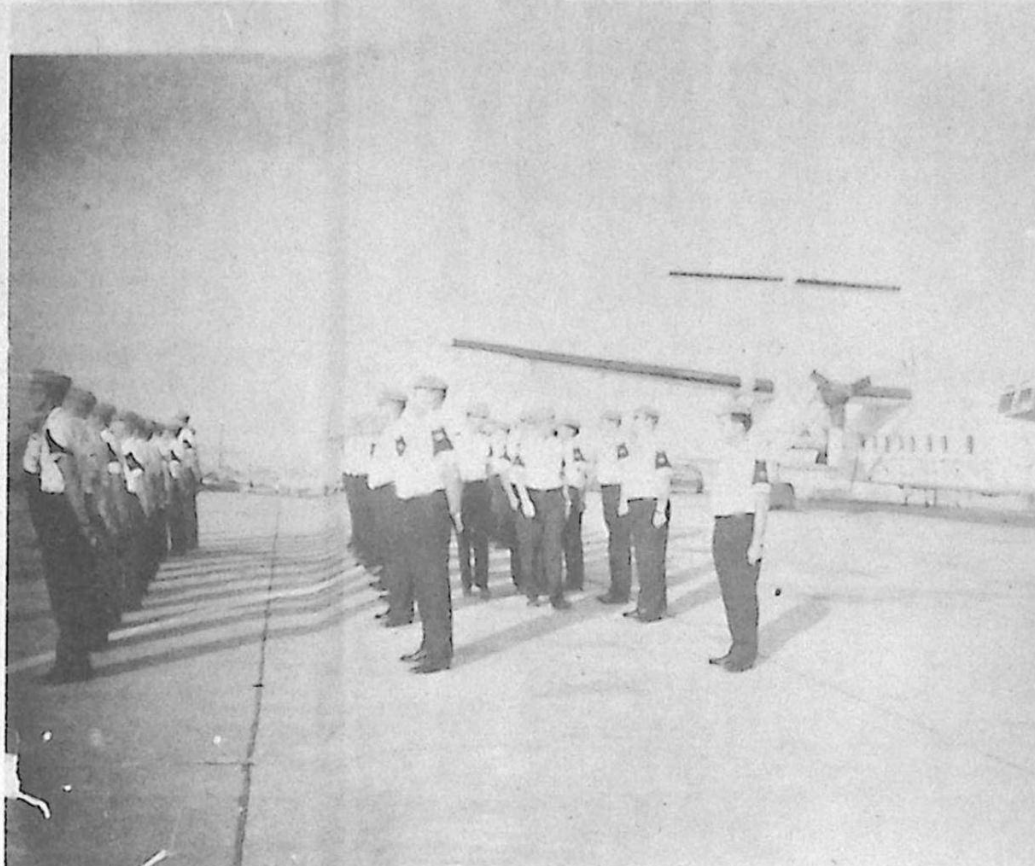
Herb Tiessen has found that "his washing up dish" is an excellent automatic popcorn popper. Cliff "Newfie" Collins has been receiving lessons from Ron Martin in handling a football. He says they never played football in Newfoundland so when he returns the game will be imported to Newfie.

This Saturday will see another steak and wine night to bid farewell to our happy home on the racetrack at Cairo. Until we move down the desert road, Ma Salaam.

### STOP PRESS:

The unit's new adjutant Capt. "PJ" Graves arrived Saturday. PJ is from Winnipeg and comes from an Artillery background. The "resident pongo" position vacated by Joe Thibodeau has at last been refilled.

We would like to welcome the readers of VOXAIR of CFB Winnipeg to Cairo Capers and hope that you enjoy the desert drama as it unfolds.



LCOL JACK TUPPER INSPECTS the members of 116 during our last parade. For a group that is mostly "blue jobs" it was a pretty fair parade if we do say so ourselves.

## The Gravel Pit

Well here we are back again, glad to report all is quiet in the far northwest quadrant of Comox aerodrome. With the runway getting a face lift we can't exactly claim that this is the action center of ATC, but what we lose in activity we make up for with positive control.

We managed to get Pte. Harris - Harry to those who know her-on course to Camp Borden. Thar she blows! With appropriate levity and good cheer being spread and consumed and consumed and consumed, Harry departed in true ATC fashion, to return in about 2 months we hope, full of knowledge imparted by those nice folks at CFSAOE, ATC Coy.

And speaking of coming back, where has F Troop disappeared to!

Seriously, we are happy to welcome back Cpl. Brian Pilon and Pte. Debbie Larson from the course in Borden. Debbie has begun her checkout in the tower at the B stand position. Lt. Denise Ferguson informs me that it is just a matter of time until females take over the tower and get things in proper order. Until that time the males in the tower will carry on the best we can with the addition of Brian, who, by the way, has already checked out.

Our able and trusty chief controller at Ratcon, Capt. Dave Blamire, has been posted to Val d'Or as Batco to be departing the fix outbound on Sept. 30; and Capt. Larry Harker our Standards Officer is departing in like fashion on Sept. 3 for Staff School. Now it might sound like the joint is about to fall apart with all the heavies departing for parts east, but just follow your friendly base paper, same time same spot, next issue for the first installment of "How you too can become an Air Traffic Controller" or "If firefighters can learn to talk on the radio you can learn to control aircraft."

We will close this short addition to Totem Times with a quick reminder to all section types not to forget the section picnic and beach party on Aug. 25, and a quick NOTAM - don't despair, things are never as bad as they seem.

Since 1955 the Canadian Heart Foundation has spent over \$22,685,379 on heart research.

Next Totem Times Deadline

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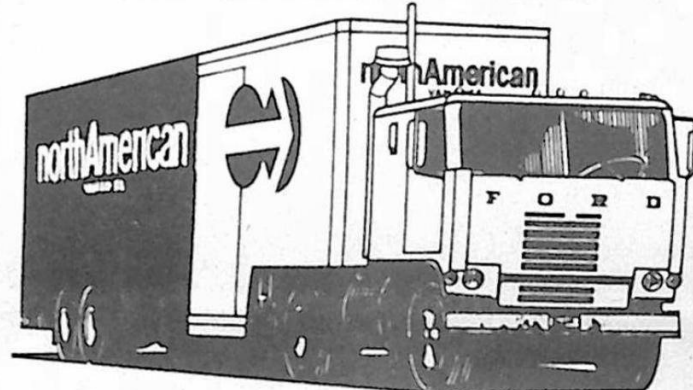
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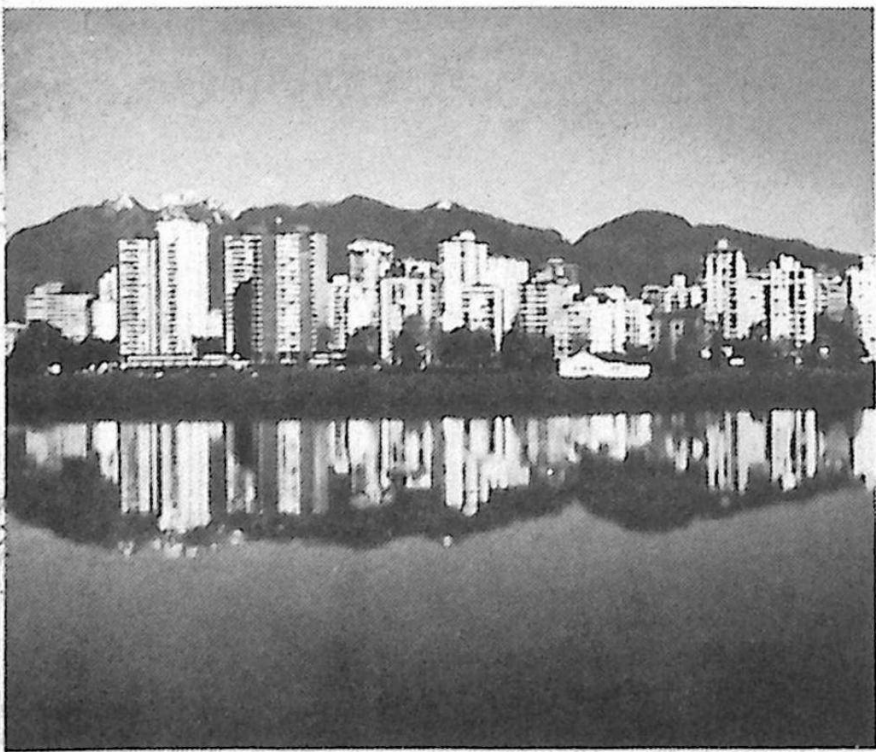
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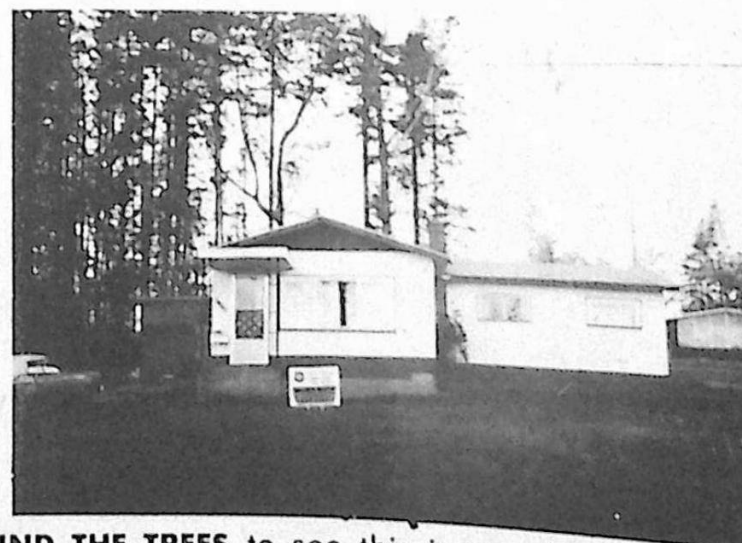
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## EDITORIALS

### Ain't It The Truth

Those who have not attended Staff College or Warrant Officers School (they are the same thing except the food's better at the WO's school) must always remember to come out on the side of expansion of muscular and cardiovascular potential. This of course used to be known as "keeping fit" but unnecessary abbreviations should be avoided these days in case we finish up with a surplus of wood pulp exceeding that of the wheat.

Keeping fit in the forces is a hundred years old this week, at least it might be and no one surely will take the trouble to prove me wrong, so it is fitting that we peer briefly down the corridors of the years to try to find out why we have reached our present situation. You will note that I have already been crafty enough not to describe the situation.

The sparse records of the formative years of the Canadian Forces show groups of distinguished looking gentlemen with sideburns posing with footballs or other sporting devices and registering expressions of such extreme importance that it is impossible to determine which one actually did score the winning goal. The lack of records alone proves that they usually had a good time and tried desperately to keep their secret, but to no avail.

Some senior officer between wars must have stumbled on the fact that troops delighted in games and he decided that this was far too much fun and that it must be stopped at once. With fiendish ingenuity a substitute was created overnight and called 'PT'.

The ground rules of PT were that it was only permitted in the very early morning, in extremely inclement weather and while wearing the thinnest of cotton clothes. The Recruiting Centres scoured the country round until they found a group of sadistic gymnasts who could walk on their hands and do effortless backflips. They were decked out in warm woolly sweaters and allowed to sleep during the day as long as they spent their few waking hours devising tortuous exercises and encouraging phrases as "Come on, now let's see you put your bloody back into it". Their labours culminated, at least for the land forces, in an ordeal known as the obstacle course which consisted of logs, walls, barbed wire, mud ponds and what appeared to be thin pieces of string spanning terrifying ravines. In full battle order, the prisoners (sorry, the troops) went under, over or through these devices while subjected to clouds of nauseating smoke, hails of live machine-gun fire and shattering explosions. The PTIs of course, wore their cosy white sweaters, went around the obstacles, and puffed Sweet Caps while firing the machine guns and detonating the charges.

The war over, husbands waking screaming in the night would answer wife's solicitous enquiry "That Cassino nightmare again?" with "No ... I dreamed I was on PT".

The fifties gave us the "annual fitness drive" syndrome. The CO at his weekly conference would firmly announce "Ottawa is keen on fitness again and this battalion is really going to get

into shape." Those attending would freeze but make cautious notes on pads such as "Bags of PT ... officers???"

For a few days the parade would be nearly as big as pay parade but boards of inquiry, mess meeting, dental appointments and "Sir, I had to see the Padre" would begin to take their toll. After about a week, the Corporal and ten men would allow that six against five was not fair in volleyball so they had better break off for showers. In cases where an even number showed up, they soon remembered that an umpire was necessary and the available players could then be reduced to an odd number. Within two weeks the whole unpleasant business was forgotten until the re-birth of the Ottawa directive the next year.

The early Sixties gave us 5BX which was invented by the Airforce because the Army exercises were too strenuous and because pilots complained that "arms astride jumping" set up severe vibrations during flight and that "gather round me more" would sometimes alter unexpectedly the weight and balance of the aircraft and cause unseemly aerobatics expressly forbidden by AFAO 682-2367 etc.

The Navy were always terribly closemouthed about their fitness plans (or any of their plans for that matter) and they decided that 5 BX was unsuitable because "jumping on the spot" occasioned severe bobbing of the boat, sailors kept fit enough keel-hauling each other and besides the whole idea had been invented by the bloody Airforce.

The Army was bemused by the fact that 5 BX could be done in a hotel room while on TD and since no one in their right mind would do PT while the service was providing hotel accommodation, it was obviously a cover plan designed by the light blue to let the Army get out of shape. They therefore devised a delightful and fun provoking activity classed battle efficiency tests.

This consisted in the main of carrying the sergeant major down to the hundred yard firing point which was the tough part because he is usually a hefty individual and the method of carrying was likely to do him an injury. However, the discomfort of the effort was ameliorated by them being allowed to indulge in a frenetic blood-lust and fire their annual allotment of ammunition at silhouette targets of the RSM.

The Sixties brought us Aerobics which is something to do with the breathalyzer and is terribly technical and can only be understood by specialists. However, it heralded the return of the sports afternoon which allowed one to shop downtown, enjoy the delights of the local, or repaint one's married quarter after the painters had done their thing.

As we settle comfortably into the Seventies the dedicated few puff around the gym, our infantry unit quite properly remains the bastion of fitness with forced marches.

But in the main the wheel would appear to have gone full cycle and most base papers once more portray groups of distinguished individuals again with sideburns, posing importantly with ...  
CFB Esquimalt Lookout

## We Are Professionals

Dear Sir:

Since your publication, and the Greenwood Argus' republication of my letter of 8 May 74 (published in your 6 Jun 74 edition) I have received considerable feedback on my thoughts as presented in that article. Since that time I have had the good fortune to be presented with a copy of the lecture the present Base Commander of CFB Ottawa, Col. Bourgeois, used to deliver to classes at Staff College in Toronto. The Colonel's lecture is entitled "Some Thoughts on Professionalism". This may sound like pretty heady stuff, and, after seven readings of the 21 page presentation, I can attest to the fact that it is heady material. However, it is heady material for two very important reasons: (1) It strikes at the very fundamental core of our biggest present day problem - our search for raison d'être and identity within a society that is becoming less and less tolerant of our claims to professional status and the existence of a professional ethic and; (2) It puts responsibility for seeking, finding and identifying our professional ethic squarely upon our own shoulders.

The most attractive part of Colonel Bourgeois' paper is that it provides no answers. As he himself says "This then is an attempt to get you thinking on the subject. My aim is to arouse your interest ...". Well I can assure you, one and all, that if you are interested in our professionalism (and I hope to God that there are 82,000 of us who are) then this paper will "get you thinking" and will "arouse your interest".

The question of course now necessarily follows: What in hell is all this high-falutin'

stuff doing in letters to the editor? Well, it is because I sense a strong connection between what Colonel Bourgeois calls "developing a sense of professionalism" and the "negativism" that I spoke of in my letter of 8 May 74. It appears that perhaps we have kept the topic of our professionalism within the ivy halls of the Staff College for too long. It seems to me that our professional status and the ethic that portrays it is a topic that ought to be of continuing concern to each and every member that wears the uniform and not just those members endowed with various and copious amounts of gold brain.

For the more ludicrous among you, I am not advocating that everyone from the CDS on down to tomorrow's recruit be sent to school to study and contemplate strategic concepts. What I am saying is that within the context of your own military environment, whatever that may be, there is room, nay there is urgent demand, for you to at least contemplate what our "professionalism" is supposed to be vis-a-vis what it is, or, whether it in fact does exist or even ought to exist. There is an urgent requirement for you to at least think about professional ethics and interpolate your thoughts on the subject with your conduct, both long and short range.

There is one part of Col. Bourgeois' presentation that strikes me as particularly relevant. To quote him once again: "The principle of pay for skills was adopted at this time (mid 1960s) in an attempt to hold trained personnel in a volunteer force. This development, followed by all the concerns expressed

subsequently about conditions of service, unions, equating with the Civil Service and civilian life, was perhaps inevitable. It did however alter the traditional image of a common profession to which we brought our individual skills and knowledge."

Consider, for a minute, if you will, the general thrust over the past several years of both "letters to the editor" and "editorial comment" in all our Service newspapers. There has been tremendous emphasis on unification, pay and allowances, conditions of service, pension benefits and career policies. I cannot within my memory span, recall any serious dissertations or inquiries concerning our "professionalism", emanating from the pen of a single editor. I accept this without complaint. After all one of the hallmarks of a good editor is his ability to provide "controversial" editorials.

What is more controversial than pay and allowances and conditions of service? However, I feel strongly that there is room for what I term "responsible" editorializing (for lack of a better term) in that editors should be as concerned about our "professionalism" as they are about "conditions of service". There is a direct relationship between the theories concerning our "professionalism" and the facts concerning "pay parity", "pension benefits", "conditions of service" and other related personal issues. The raw irrefutable fact is that controversy exists concerning conditions of service, et al, precisely because the effects of decisions made on all these issues (even the effects of a

(Continued on page 6)

## THINGS ARE CROWDED AT COMOX... BUT THIS IS RIDICULOUS!



"COME ON, 'ARRY, 'OW MUCH LONGER ARE YA GOIN'A BE? GOTTA TRACKER THAT NEEDS THE SPACE!"

## Mother Shipton's Poem

Mother Shipton, reputed to be a witch, claimed for herself the gift of prophecy. She was born about 1486 - 1488 and is said to have died in 1561. This poem was written in England, over 400 years ago.

A carriage without a horse shall go;  
Disaster fill the world with woe;  
In London, Primrose Hill shall be;  
Its centre holds a Bishop's See.  
Around the world men's thoughts shall fly,  
Quick as a twinkling of an eye.  
And water shall great wonders do;  
How strange and yet it shall come true.  
Through towering hills, proud men shall ride,  
No horse or ass moved by his side.  
Beneath the water men shall walk,  
Shall ride, shall sleep, shall even talk.  
And in the air, men shall be seen,  
In white, in black as well as green.  
A great man then shall come and go,  
For prophecy declares it so.  
In water, iron shall then float,  
As easy as a wooden boat.  
Gold shall be found in stream or stone,  
In land that is as yet unknown.  
Water and fire shall wonders do,  
And England shall admit a Jew.  
The Jew that once was held in scorn,  
Shall of a Christian then be born.  
A home of glass shall come to pass,  
In England - but alas! alas!  
A war shall follow with the work,  
Where dwells the pagan and the Turk.  
States will lock in fiercest strife  
And seek to take each other's life.  
When North shall thus divide the South,  
The eagle bill in Lion's mouth.  
Then tax and blood and cruel war  
Shall come to every humble door.  
Three times shall lovely sunny France,  
Be led to play a bloody dance,  
Before the people shall be free,  
Three tyrant rulers shall she see.  
Three rulers in succession be,  
Each sprung from a different dynasty.  
Then, when the fiercest fight is done,  
England and France shall be one.  
The British olive then shall twine,  
In marriage with the German vine.  
Men walk beneath and over stream,  
Fulfilled shall be our strangest dream.  
All England's sons shall plow the land,  
Shall oft be seen with book in hand.  
The poor shall now most wisdom know,  
And water wind where corn doth grow.  
Great houses stand with far flung vail,  
All covered o'er with snow and hail.  
And now a word in uncouth rhyme,  
Of what shall be in future times.  
For in those wondrous far off days,  
The women shall adopt a craze,  
To dress like men and trousers wear,  
And cut off all their locks of hair.

(Continued on page 6)

## THANKS, LOOKOUT

Totem Times, base newspaper of CFB Comox has recently announced with typical modesty that it has been awarded a most creditable fifth place standing at the Canadian Community Newspaper Association 1973 Better Newspapers Competition.

In effect this means that, judged against civilian community newspapers across Canada, Totem Times was rated as fifth highest, attaining a point score of 69.5 out of a possible 100. The first ranked, the Goderich Signal Star, received only 74.5 points which illustrates the narrow margin between first and fifth.

Lookout congratulates the editorial staff of Totem Times. As with any service paper editorial staff, we know just how hard it is to make it for every edition. To receive recognition from our professional fellow editors is indeed high praise. To even be acknowledged as being on the fringe of the fourth estate is rewarding.

We know, too, just how hard it is to get the material and to get and sustain the interest of readers and contributors. A small core of enthusiastic volunteers, however amateur, can produce a paper, but the degree of success of their efforts is always dependent upon the support of the readership in the form of contributed material. So, to the citizens of the CFB Comox community goes a large measure of credit as well.

Totem Times may not be all that well-known locally. Its strongest readership quite naturally is with the air element personnel, many of whom have served in Comox. It has in the past gained a reputation for "daring to be different" by comparison with sister service publications.

Sometimes its editorial comment has evoked a wistful, "wish we'd dared say that" around the Lookout office. The Times gained a bit

(Continued on page 6)

## Letters To The Editor

### Times Thanked

Dear Sir:

On behalf of the Directors, the membership and myself may I take this opportunity to express our appreciation for your support as an Armed Forces Member for 1974.

We sincerely hope your continued interest and support will grow even more meaningful in the years ahead. Please let us know if there is any way in which we may assist you.

Sincerely,  
E. Michael Walker,  
General Manager  
Canadian Community Newspapers Assoc.

### He Said It, Not Me

During a fairly recent visit to CFB Comox, I saw for the first time your issue of 11 July which contained the Editorial entitled "Soldier, Sailor or Airman". Your readers may recall that this Editorial simply reprinted an article written by an American correspondent and was clipped from the Ottawa Citizen via the CFB Toronto Dispatch. In the article I, and others, are "quoted" directly. I would like your readers to know the facts of this article. I first heard about it when some friends of mine in

Washington, D.C., sent it to me -- clipped from the Washington Post! It came as quite a surprise to me because I had never seen the author, much less been interviewed by him. My Regional Information Officer told me the fellow had indeed visited Esquimalt so I can't vouch, one way or the other, for the other quotations in his article but he and I certainly never met and he should certainly not have "quoted" me. The article is so inaccurate, as any Canadian Serviceman will recognize, it is ludicrous, although I must admit some of his inaccuracies are flattering, such as my age (on the low side) and the size of the Canadian Fleet (on the high side).

I have never bothered to explain this situation to editors of civilian papers but now that the article is appearing in CF Base papers, I want your readers to know the true state of affairs. You simply cannot believe everything you read in the newspapers!

R. John Pickford  
Rear-Admiral  
Commander Maritime Forces Pacific  
and  
Commander, Pacific Region

## TOTEM TIMES

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Editor: Bob Shawcross (461)  
Editorial Assistants: John Maddison, Anne Doran, Jim MacDonald, Steve Dew, Mary Jacobs, Gloria McLaren, Brenda Solobay  
Photographers: Gary Raindahl, Al Ford, Ed Ellis, Jack Begin  
Sports and Recreation: John Power (315)  
Girl Friday: Karen Rusnak  
Proofreaders: Jean Fawbert, Pearl Kingyens  
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Advertising: Ron Irving

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## RESCUEBITS

It's been quite some time since Rescue-Bits has made the local fish wrapper and in the period between issues the Victoria RCC climbed to new heights. We are now co-ordinating more than 50 per cent of Canada's Search and Rescue business from our offices in beautiful downtown Dockeyard. I hate to keep spouting figures but during July the RCC took action on 423 separate incidents and we are now rolling toward 1800 for the year. Not bad when you consider that last year we handled 2031 incidents and we still have four and a half months to go in 1974.

On the air side so many aircraft have been falling out of the sky that a reservation is almost needed for SAR action. Last week all our SAR aircraft were busy scouring the countryside in the Kamloops area for a missing water bomber. 442 Squadron is just like a travelling theatre group, last week in West Split Lip, this week in Kamloops, next week who knows where. Booking in advance and reservations are requested ...

I wonder if apathy is a word that works from the top down or the bottom up??

Had a very unusual mercy air the other week. Got a phone call third hand from someone who had ridden a horse five and a half hours to report that a girl had broken her collar bone. The location was Gun Creek which is about 120 miles west of Lillooet in the central interior of B.C., it was impossible to get her out by foot or horseback and could we please send a helo.

The caller also advised that the injured girl's party would mark a great big "X" at their location with toilet paper so the helo could find them. The caller told us that an aircraft at Goldbridge would fly over the site and drop a note advising that help was on the way. Good fellow that. Away went the helo looking for toilet paper in the bush (suspicious partly confirmed).

While enroute, didn't they hear an ELT tone (Emergency Locator Transmitter) and didn't they track it down. Lo and behold wasn't there a crashed aircraft with the pilot waving wistfully.

Acknowledging the downed pilot's position, the helo

proceeded on to carry out the Medevac. Finally, they picked up the injured girl and proceeded back to the aircraft crash site.

Upon picking up the pilot they discovered that he was indeed the same good Samaritan who had volunteered to deliver the "Help on the way" note to the party in the bush. Some days it doesn't pay to get out of bed. An interesting sidelight of this incident is the fact that if the pilot of the crashed aircraft had not had an ELT he would probably never have been found. He was on no flight plan and was not expected back at his departure point.

The most common letter left out of the words "Armed Forces" is "I"!!

Back to Search and Rescue we received a call one night from a Fish Camp up coast regarding a man bleeding to death from a serious wound and the bleeding couldn't be stemmed. After many harried discussions we dispatched a civil helo from Prince Rupert. He was to land on a fish loft (poles driven in the water and covered with wood to effect net drying) lit by fires.

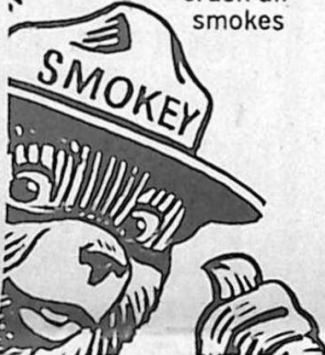
In the middle of the night yet!! Hairy? Oui! And to put icing on the cake subsequent investigation revealed that the rescued patient was given two stitches at the Out-Patient Department of the Prince Rupert Hospital. Maybe Johnny Walker did the diagnosis. Worthwhile endeavour?

Smile, October's coming.

Please Follow

Smokey's ABC's!

**ALWAYS** hold matches till cold.  
**BE** sure to drown all fires.  
**CAREFUL** to crush all smokes



## Devil's Brigade



There's an old adage that goes along the lines of "All good things must come to an end". I don't know if you call this column a "Good Thing" but I do know that it's about to "Come to an end", which to me is rather sad in a way. After a good month of trying to find someone to take over, I heard some pretty neat excuses, the favorite being, "I haven't got time" which goes hand in hand with "Sgt. so and so won't give me time off at work". Balderdash and a pox on you all! The amount of time taken to write a column of this nature is minimal, between two to four hours every two weeks, and it can be written just about anywhere, including at work. If you're doing your job properly and efficiently, Sgt. so and so won't bother you. A lot of people have said they wouldn't know how to dig up information and put said info. on paper. First of all, ninety per cent of anything I've ever

written has been volunteered to me, the other ten per cent I got off memos. As for expressing yourself on paper, I must confess, can be a little difficult at times but after writing a number of these columns you'll get used to it. Anyway, as for the moment this column has died. Apathy has won again.

### STOCK CONTROL:

A large move has occurred recently in stock control with three of the desks going down to I.S.G. Marion Ehry, Kathy Pearson, and Barry Brown (who took over my job) have taken up residence with the girls immediately putting a playgirl picture up on the wall. Keith Stagg has also moved down to I Group to be supervisor of the desks, and I understand the I.O.R. desk will also be going the same route. Al Dubuc is happier than hell about this because he misses Marion's legs something fierce.

### WAREHOUSING:

Busy, is the only way to describe R and I and I Group as VU 33 is taking its toll on everyone involved. Jim Sulek and Mike Maloney along with John Palmer and Bruce Rogers spent the majority of the week trying to figure out what went where in I Group.

### ROASTINGS & POSTINGS

Chip Chipman finally got his wish and is posted to Winnipeg. Unfortunately the Princess Pats get his talents and not the Air Force. Gord Berg left us last week for Trenton, while Bob Nichol and myself will be leaving for London and HMCS Gatineau this week. Posted in is "Benny" Benoit, and welcome to Comox and a great Supply Section.

Well not much more to report, other than the fact that I would like to thank everyone for everything they've done for me and for the support I have received on this column. Ariverdici!

## FORD RENTAL CARS

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## Hospital Anaesthesia

Swish - That was Cpl. Lloyd McKay flying out the front door of the Hospital on his way to Chilliwack. Actually Lloyd left rather suddenly for Eastern Canada, on Monday morning. As he left he promoted me to Ace reporter and told me to write the column for T.T. Well, here goes.

Good luck in Chilliwack Lloyd. You will have fun, no doubt, working with all the other ex-CFB Comoxers.

As Lloyd was leaving our Nursing staff increased by 20 per cent as Lt. Marg Patte entered the fold. She arrived from Moose Jaw, (land of Snow Birds, and mosquitoes etc.) Welcome Marg - hope your tour here is loads of fun.

It is rumored that she changed her name from "Peppermint Patte", after she left her boyfriend Charlie Brown in Moose Jaw.

Dr. Neil Wilcox is back with us for a while. That is until he

goes away on another course. Someone must have goofed - we now have 3 doctors on staff - but only for 1 week. Dr. Dave Doty leaves Monday for the action capital of Canada - Borden. Don't worry Dave, it's not all that bad, you will have lots of time for studying and all those good things you don't want to do on course.

Rumour has it that Dave has a new Porche. So far we've only seen it once. The rest of the time it's sick. So whilst it's being repaired Dave drives a Volks - but rumour has it that they tend to run out of gas midway between Victoria and Courtenay. Really Dave you should try hitch-hiking or walking - maybe even roller skating.

Sgt. Vic Hope is trying to look suave and debonaire in his old age by growing a moustache. At first we thought it was a new type of upper lip infection, but after numerous attempts to remove

it, someone observed it was remarkably similar to hair. Guess Vic figures that if he can't grow it up top anymore he might as well try somewhere else.

The Dental Clinic has several new additions as well. Welcome to Dr. Paul Levy, Cpl. Tom Rocco and Cpl. John Christiansan. Oh yes - also to Sgt. Nick Demedash. In the few short weeks Nick has been with us he has scrounged enough items to completely re-outfit the Dental Clinic. Actually Nick likes to think of it not as scrounging, but as procurement. Best of luck to all of you during your stay at Comox.

Well unfortunately not much has happened around here that is exciting. If we're not careful this place is going to be re-named the 'Base Morgue'. So on that note I'll sign off till next time. Maybe then I'll be posted and I can promote someone to reporter.

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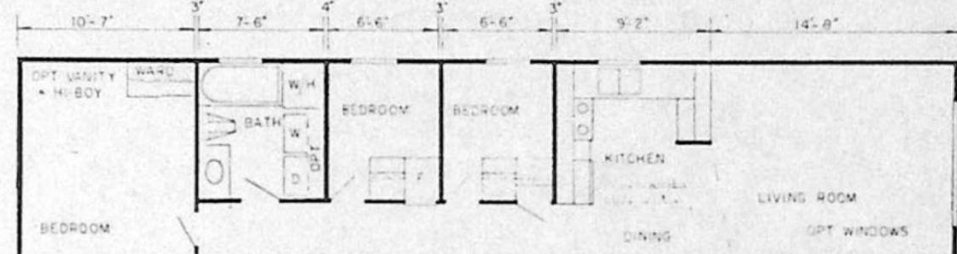


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## Entertainment and Events

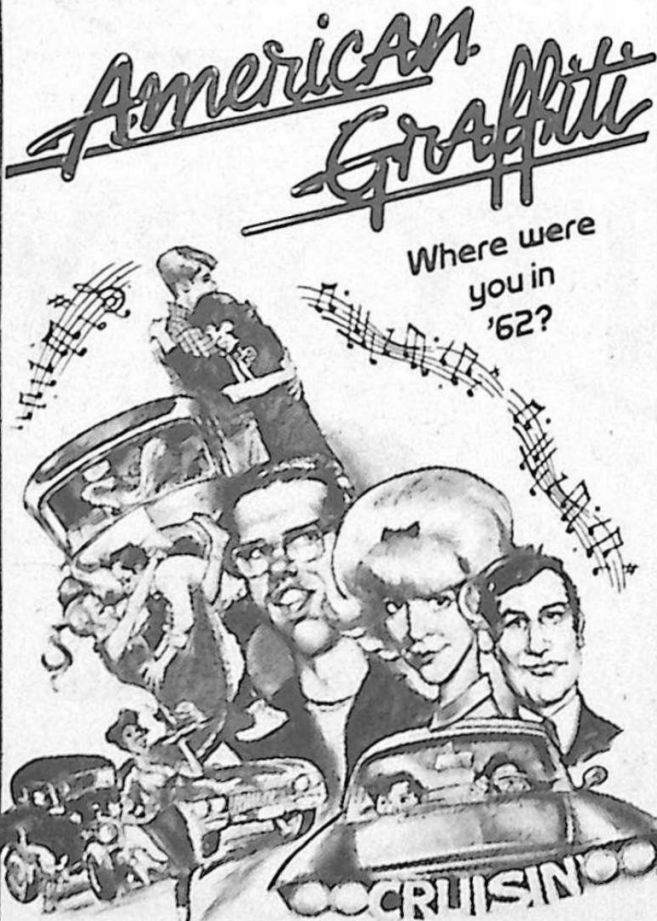
### TOTEM LOUNGE

24 Aug. - TBA

31 Aug. - Vision

## EXCLUSIVE ENGAGEMENT

Aug. 22, 23, 24, 26, 27, 28 - Thurs. to Wed.



Where were you in '62?

General Entertainment

Original Soundtrack Album & Special Edition exclusively on MCA Records

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Courtenay

Adults \$2.00 St. \$1.75 Ch. 75c

TWO BIG SHOWS  
EVERY NIGHT -  
7:00 & 9:00 P.M.

## OFFICER'S MESS ENTERTAINMENT

SATURDAY, AUGUST 24th -

"Farewell McNichol Nite"  
Cocktails 2000 hrs.  
Sumptuous Buffet 2130 - 2400.  
Dance to "Campa Stage Band" (16 piece orchestra) and Music Factory - 2100 - 0100.  
Costs \$6.00 per couple regular members \$10 a guest couple. Informal dress.  
Reservations by 1600 Wednesday, August 21st.

J.U.G.S. -

Saturday, August 3rd, 10th, and 31st.  
Jugs of Draft 50¢ from 2000 - 2300.

HI-LITES FOR SEPTEMBER

Friday, Sept. 6th - Mixed T.G.I.F. - Chinese Food.  
Wednesday, Sept. 11th - Welcoming Party

### HOCKEY PLAYERS?

1974 - 75 Season  
Senior "A" Calibre

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Campbell River Chinooks

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## WO & SGTS. MESS

AUGUST ENTERTAINMENT

FISHING DERBY will be held from the 19 Aug. till 24th Aug. Weigh in at the Fire Hall. \$1.00 entry fee. Sign in at bar. Open to all members. Prizes. Final weigh in 1600 hrs.

DANCE - 24th Aug. 2100 hrs. Quadra Band. Italian food. Casual dress. Admission Reg. & Ass. \$1.00. Honorary & Guests \$2.00.

TGIF every Friday evening.  
MOVIES every Monday evening.

## BASE THEATRE SCHEDULE

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.

He's a  
GOOD COP...  
On a  
BIG BIKE...  
On a  
BAD ROAD

**Electra Glide**  
IN BLUE

A JAMES WILLIAM GUERICO RUPERT HITZIG Production

starring ROBERT BLAKE BILLY GREEN BUSH

United Artists

Fri 23 Aug  
Sat 24 Aug  
Sun 25 Aug

**ELECTRA GLIDE**  
IN BLUE

Robert Blake Billy Green Bush  
Five Foot Cop in 6 Foot World

Showtime 2000 hrs to 2200 hrs

Killers in pairs - death by the dozen...  
They left the west...  
**"MORE DEAD THAN ALIVE"**

AN AUBREY SCHENCK PRODUCTION

COLOR by DeLuxe United Artists M-32

Fri 30 Aug  
Western

**MORE DEAD THAN ALIVE**

Vincent Price  
Clint Walker

Showtime 2000 hrs to 2150 hrs

Paramount Pictures presents  
A Peter Katz Anthony B. Singer Production  
**JULIE CHRISTIE SUTHERLAND**

"DON'T LOOK NOW"

Sat 31 Aug  
Sun 1 Sept  
Restricted

**DON'T LOOK NOW**

Donald Sutherland  
Julie Christie  
Suspense Thriller

Warning: Some brutality with nude sex scenes

Cliff Robertson in

**Ace Eli and Rodger of the Skies**

The story of Ace Eli...  
when planes were young  
and the world was  
innocent... except for  
Ace's son Rodger...  
Rodger of the Skies.



Fri - 6 Sep  
Sat - 7 Sep  
Sun - 8 Sep

**ACE ELI RODGER**  
OF THE SKIES

Cliff Robertson  
Pamela Franklin  
Flying Comedy

Showtime 2000 hrs to 2155 hrs

**THE FINAL CHAPTER**

in the incredible Apes saga.  
The most suspenseful  
showdown ever filmed!



**BATTLE FOR THE PLANET OF THE APES**

Fri - 13 Sep  
Sat - 14 Sep  
Sun - 15 Sep

**BATTLE FOR THE**  
PLANET OF THE APES

Roddy McDowell  
Natalie Trundy  
Final Chapter

Showtime 2000 hrs to 2155 hrs

**MATINEES**

Sat - 7 Sep - T.B.A.



## SCHOOL REGISTRATION

**REGISTRATION DAY -- (All grades - Kindergarten to Grade 7 inclusive)**

Registration day for all NEW ARRIVALS in the PMQ areas for pupils from Kindergarten to Grade 7 inclusive, will be held in the COMOX AIRPORT SCHOOL AUDITORIUM on Monday, August 26, from 0900 to 1200 hours.

Parents are asked to bring their child's report card and any other records received from the last school. A list of school supplies required will be available at the Base Exchange or any of the stores in the district where school supplies are sold.

School will commence for the fall term at 1300 hours on **TUESDAY, SEPTEMBER 3, 1974.**

Grades 1 to 7 attend from 0845 to 1145 hours and from 1245 to 1445 hours regularly from September 4th. Note the difference in time for the first day, September 3rd.

### KINDERGARTEN.

1. Those pupils being registered for Kindergarten must be 5 years of age on or before December 31, 1974.

2. Birth Certificates are required.  
3. For the nurse, please bring along any record of immunization which has been given. Children will not be examined at this time.

4. Kindergarten pupils accompanied by a parent, will attend school on Tuesday, September 3rd for roll call only. The pupils whose 5th birthday falls between January and July will attend the first day between 1300 and 1345 hours. Those whose birthday falls between August and December will attend the first day between 1345 and 1430 hours. Parents will be advised at this time of the hours their child will attend classes.

5. Regular morning classes are from 0845 to 1115 hours. Regular afternoon classes are from 12:15 to 2:45 hours.

### GRADES 1 TO 7

1. Present pupils will report to the classroom they attended last year at 1300 hours.

2. New pupils please report to the auditorium at 1300 hours.

## We Are Professionals

(Continued from page 4)

lack of decision on these issues) have astounding and far reaching effects on what Col. Bourgeois calls our "conceptual responsibilities". If there were no such thing as a "professional ethic" then there would be no conflict.

We could institute "pay parity", permit a "union", "equitate" with the Civil Service and all the other popular ideas of the day. However, the fact is that a "professional ethic" does exist and because it does it is incumbent upon us all to carefully consider the results, especially long range, that the popular demands of the day will have upon this ethic.

So before you make any commitments to throw your support behind the movement for pay parity, unionization and all the other popular movements at least be professional enough to give some serious introspective

thought to the bigger commitment. Think about our "professionalism" and our "professional ethic". Ask yourself; do these things exist? If so, how important are they? Are they merely concepts, exercises in abstract thought? Or are they identifiable tangibles? If they exist, are they relevant today? Are they a tradeable commodity or are they inviolable principles? After you answer these types of questions (and you can probably think of others) you may still favour the pursuit of "pay parity", "unionization" and Civil Service "equitation". That is fair ball. At least you have been responsible enough to rise above the limited view of the tactician and to attempt to see things in a broader more strategic light. Nobody can ask for anything more than a "fair hearing".

It is my firm belief that if you do take the trouble to seriously consider our "professionalism" then you will have serious doubts concerning the attractiveness of such popular movements as "pay parity" and "unionization". You will be far less susceptible to the pitfalls of the arguments of those who consider us in objective terms.

The one vital point they always miss is that we, as an entity, cannot be considered solely in the light of cold mathematical objectivity. We are professionals. To be a professional means to have made a commitment. To have made a commitment means to believe in something. To believe in something means to be dedicated to something. To

be dedicated to something means to make sacrifices.

To me this represents the epitome of the Serviceman - commitment-belief-dedication-sacrifice. Are they not relevant qualities in today's "socially conscious" society? I suggest that they are, and I think that we, as responsible citizens, ought to do our utmost to nurture and preserve these qualities for the sake of posterity. Eventually such transitory objects as "affluence" and the "permissive society" will run their course. Why? Because there is no commitment, there is no belief, there is no dedication, there is no sacrifice.

So you see, what we have (and, mind you, we don't have exclusive rights) is a very valuable and precious product. Before we sell, trade or concede any part of it we ought to be very sure of what we are doing. So think about events that are occurring around you, try hard to project the results beyond the immediate future, try hard to consider other than the material gains of the moment. We are at the fork in the road - let's not take the wrong route. In essence - be a professional. It is the only road back to raison d'etre, self esteem and esprit-de-corps.

E. Boone  
Captain

Commanding Officer 3 AMU Det.

CFB Shearwater

Editor's Note: Capt Boone makes a good point regarding professionalism, and the Totem Times welcomes letters supporting or questioning his point of view.

**Nanaimo Realty  
(Courtenay) Ltd.**



### ANNOUNCEMENT

**MAUREEN ARTHUR**  
R.A. ARNETT AND MARTYN DOUGLAS of Nanaimo Realty (Courtenay) Ltd., take pleasure in announcing the appointment of Maureen Arthur to the sales staff of the Comox office. Mrs. Arthur comes to the Comox Valley from Ottawa, Ontario, where she had extensive experience in the Real Estate field in the nation's capital.

She is married to Major R.A.D. Arthur of 409 Squadron and looking forward to helping you in all your future Real Estate matters. Mrs. Arthur can be contacted at the Comox Office 339-2228 or at her residence 339-3385.

## Mother Shipton's Poem

(Continued from page 4)

They ride astride with brazen brow,  
As witches do on broomsticks now.

Then love shall die and marriage cease,  
And nations wane as babes decrease.  
And wives shall fondle cats and dogs,  
And men live much the same as hogs.  
In 1936 built houses light with straw and sticks,  
For then shall mighty wars be planned,  
And fire and sword shall sweep the land.  
But those who live the century thro,  
In fear and trembling this shall do,  
Flee to the mountains and the dens,  
To bog in forests and wild fens,  
For storms shall rage and oceans roar,  
When Gabriel stands on sea and shore,  
And as he blows his wondrous horn  
Old worlds shall die and new be born.

## THANKS, LOOKOUT

(Continued from page 4)

of notoriety which enhanced its popularity. It also gave good coverage to the various squadrons, units, sections and whatever on the base. In a meeting with the previous editor, the secret was given as co-operation and involvement at a number of levels. From the Base Commander down, the community lent its sup-

port to the Totem Times and enjoyed the fruits of its efforts. While help may not have been pounding at the doors for admittance to the editorial staff, there were sufficient interested volunteers to make it work.

Lookout, by the way, was not in competition. A quick glance through this edition will show why.

(Continued from page 2)

Sgt. Don Perrier to the big city in La Belle Province, Sgt. Dick Beard to homesteading in that other valley - The Annapolis, Sgt. Art Little to pasture in Ontario MCpl Gary Broome and Cpl Keith Cowden remustered to civvy street in Beautiful B.C., Cpl Bob Jenkinson and Clark

## 407 Tech Ramblings

Clayton posted to the Cool Pool and Cpo. Gerry Murree assuming new duties on Spud Island. To all, our farewells and best wishes in your new posting or civilian career.

Newly arrived faces belong to: WO Len Teskey from 442 Sqn., WO Jeff Jefferd from

Trenton, WO Morley Schwindt and MCpls Gray Young and Bill Follitt from the Nation's Capitol, Sgt. Beebe from VU 33, Cpl. Moe Zaleschuk from Moose Juice, Cpl. Townson from Shearwater, Cpl. Ian Monteath from Trenton, Cpl. Dave Sladen from Chatham

and Pte. Cliff Andre from Base. To these, we say welcome and trust that you and your families enjoy living here in our lovely Comox Valley.

Congratulations to Ptes Wayne Hartley and Bill Nicholls who attained Pay Level 4 status in July. There can be little doubt that the resultant extra money will be put to good use.

One "Attaboy" each goes to Ptes Howard English and Mark Jacobs who answered a recent call from 442 Sqn. for volunteer spotters during the search for a missing water bomber.

Our AVSO, Capt. Wortley, has completed a short tour as acting STECHO and, at the time of writing, is on a deployment to a southern clime. WO Ross Collier and the ASW Competition crew are down under in Kangaroo Land sampling the Australian winter.

We would like to welcome the newly arrived VU 33 personnel to the ASW and Nav Comm labs and trust that you enjoy your sojourn in the Comox Valley, fellows.

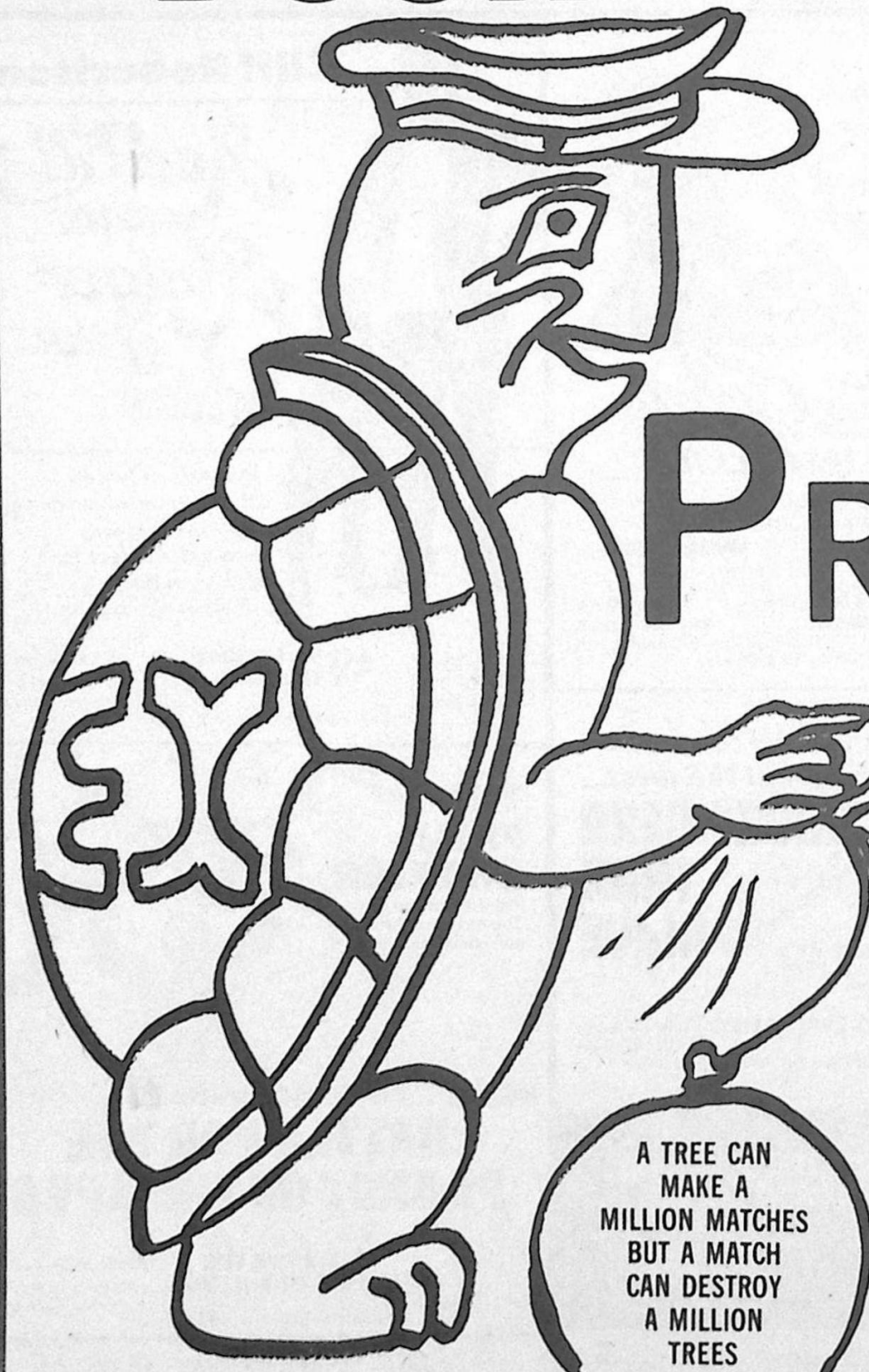
We note that the salmon that won the Export Derby was worth \$704.00 per pound. Howie Hillaby figures that if someone would only pay that rate for dogfish he would be an instant millionaire.



CALIFORNIANS KNOW where it's at.

Ed Ellis Photo

# YOUR BASE EXCHANGE



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Fantastic Price  
**\$2.99**  
of 4 cu. ft.

**PAINT**  
INTERIOR GLOSS  
and SEMI-GLOSS  
**LATEX STAIN**  
Gallons Only  
**1/2 Price**

## PRE-INVENTORY

## SALE

A TREE CAN  
MAKE A  
MILLION MATCHES  
BUT A MATCH  
CAN DESTROY  
A MILLION  
TREES

**CLEARANCE  
OF  
KROEHLER  
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BX REG. \$119-\$154  
NOW  
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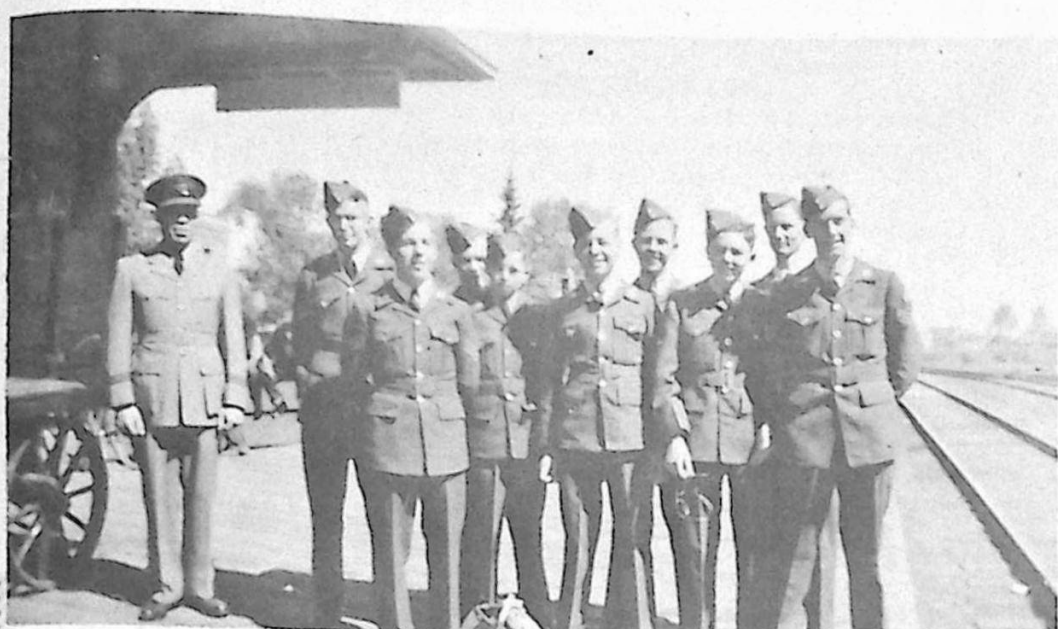
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SATURDAY**

**AUG. 23 & 24  
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**3 Only  
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**\$99.00**



# A McNICHOL'S WORTH OF PICTURES



AS YOU CAN SEE Col. McNichol's was not always the shortest.



PRACTISING FOR the Abbotsford Air Show.



COL. McNICHOL takes over as Base Commander in 1972.

## Through the Years . . .



"BY GEORGE... I think you've got it".



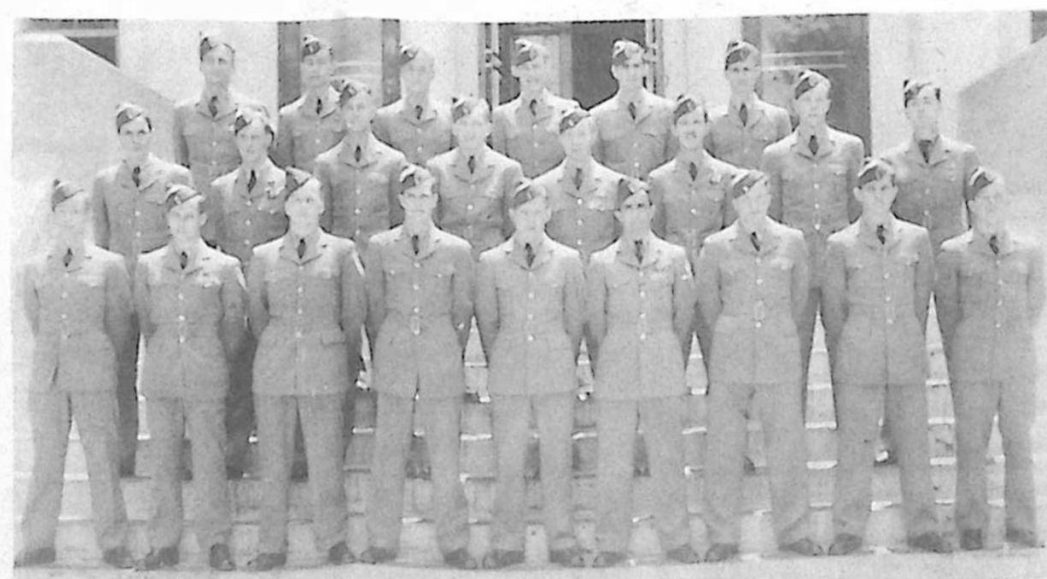
"WE'LL HAVE TO HAVE another Beerfest before I go".



"FORE!". . . "four? I only see one ball."



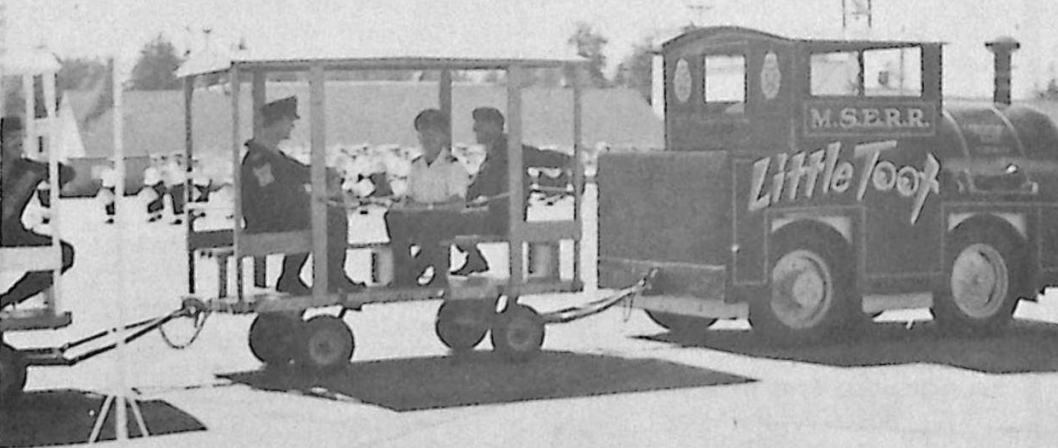
ALWAYS TIME TO spare for community activity.



"TALLEST ON THE RIGHT, shortest on the left. . ."



"LAST YEAR YOU asked me where I wanted to go. Now, I'm going to tell you where to go!"



"IT'S NOT MY staff car; but at least it is air conditioned!"



YOU STARTED OUT with the mushroom patch last year Bob -- now, you can have the whole farm!

# BON VOYAGE!





WINGWALKING... he's welcome to it!



LABRADOR and BUFFALO

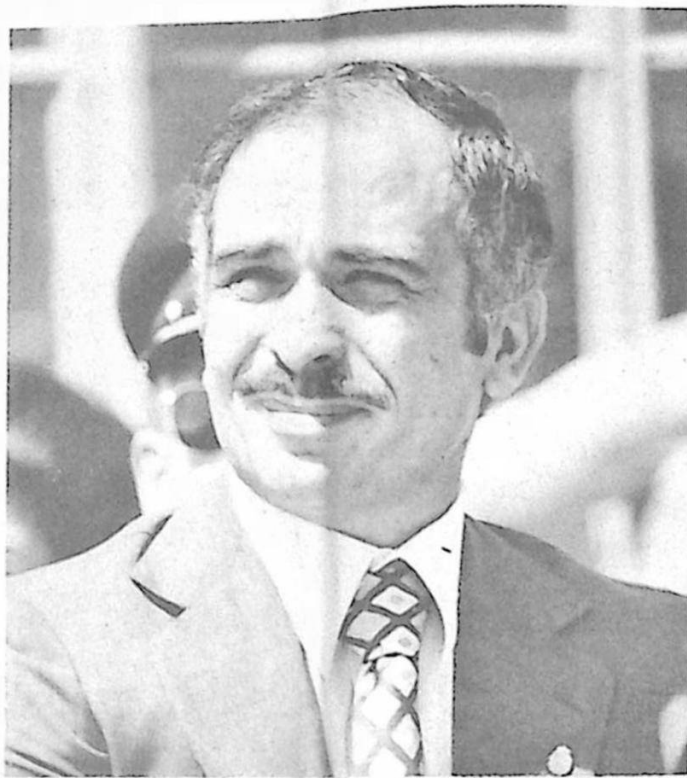


AIRBORNE LAWNMOWER?

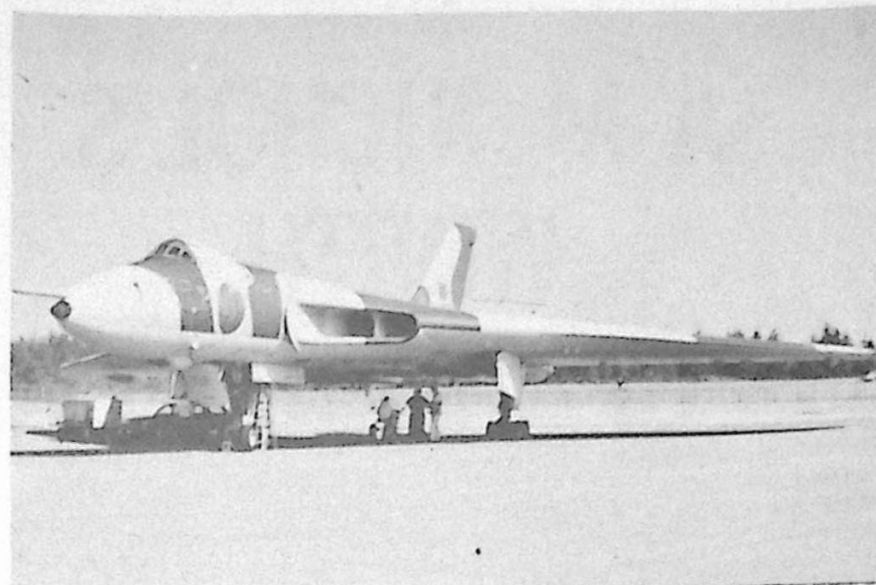


WHAT'S AN AIRSHOW without a parachutist?

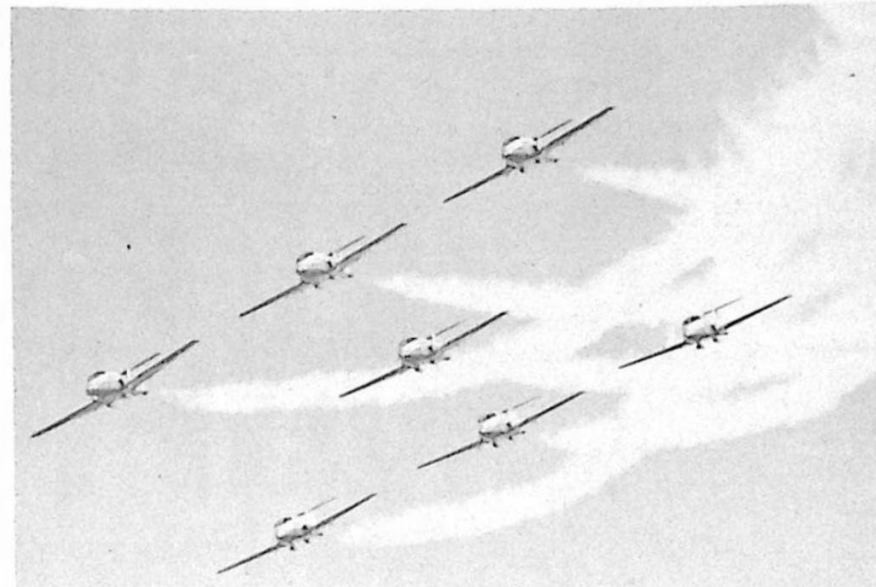
## Abbotsford '74 by Ed Ellis



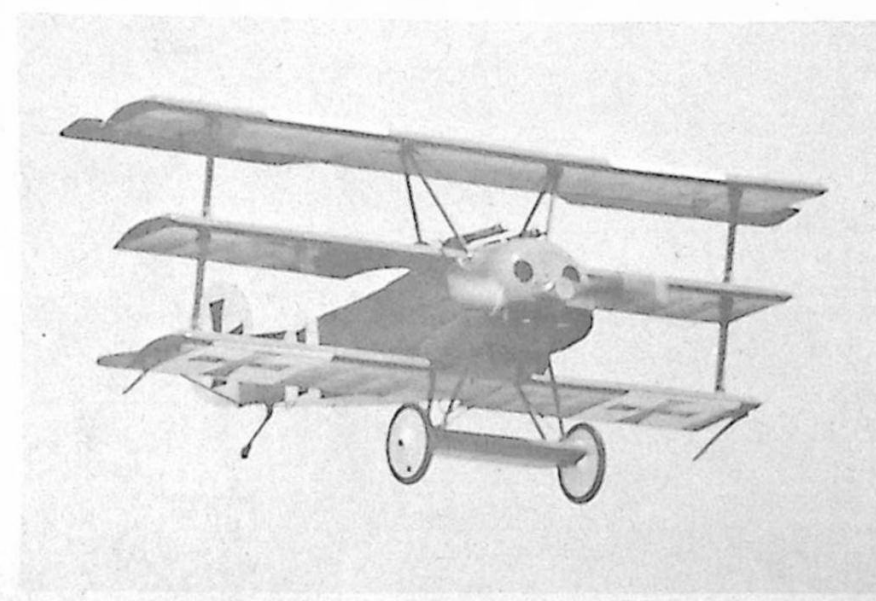
KING HUSSEIN OF Jordan officially opened this year's air show.



ROYAL AIR FORCE VULCAN BOMBER



THE SNOWBIRDS DEMONSTRATION TEAM.



UND ER RED Baron vas dere too!

By GLEN CASLAKE

On the 3rd of August, Glacier Greens hosted the Mr. Mike's "Pick Your Partner" tournament. This event was well represented by approximately 60 people. The weather for the tourney was ordered by special request by yours truly, and we were not disappointed, even though it didn't help my play very much.

The winners for this tournament read as follows: Low Gross won by Wally Berger and Larry Harker, Low Net by Gilles and Nettie Bonenfant. The Low Gross for the front nine holes was Bob Sleigh and Harry Lewis, Low Gross for the back nine holes was Dave Davidson and Denny Hillier. Low Net for the front nine holes was by Bunny Hammond and Al Gray, Low Net for the back nine holes was by Marilyn and David Stroud. The least number of putts for 18 holes was won by Ross Sinclair and David Wood, the least putts on the front nine holes was by Ron Carter and Lenny McCormack.

The longest drive was by Tom and Terry Finnie, closest to the pin was by Don McNichol and Gordon Letcher and the highest Gross for the

## Glacier Greens Events

event went to Don and Mary Palmer.

The prizes for this event were steak dinners graciously presented by Ross Sinclair of Mr. Mike's Steak House in Courtenay.

This tournament is to be an annual event on the first Saturday in August.

The tournament was greatly appreciated by Glacier Greens, and we are looking forward to this event in the coming years, sponsored by Mr. Mike's.

Men's Club Championship  
The Men's Club Championship commences on the



ROSS SINCLAIR PRESENTS the winners trophy to Wally Berger, and Larry Harker for their low gross score at the first annual Mr. Mike's Pick Your Partner golf tourney.

31st of August, and the first round must be completed by the 13th of September. The second round to be played with Tee Times on the 15th of September.

Base Golf Playoff - Pacific Region

The Base Golf Playoff for the PAC-REG Team has been completed and CFB Comox

(Glacier Greens) has a very good team representing us in this event. We wish them the best of luck in Chilliwack on the 22nd and 23rd of August 74.

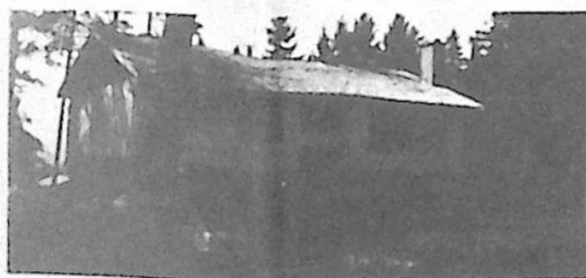
That's all the news for the present from Glacier Greens, except to say, come on out and play golf, it's one of the best forms of competitive sports available, besides being an excellent form of exercise. So come out and let's see you on the course.

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### COMOX

Immaculate home on a beautiful treed lot in a quiet cul-de-sac. Two fireplaces, good floor coverings, long cedar feature wall. Bright, interesting kitchen with eating area. Full price \$45,000.

Three-bedroom home on completely serviced lot, 3/4 basement, ensuite. Full price \$36,000.

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Large family home on a very large lot with a spectacular view of the mountains and river estuary. Over 1500 square feet on the main floor with 3 bedrooms up plus a very large finished bedroom in the basement complete with its own fireplace. Other features include a balcony/patio, ceiling height granite fireplace, large kitchen with hook-ups, workshop area, storage space and cold room for preserves in basement. Lot size is 90 x 440. Full Price \$65,000.

### ACREAGE

We've just listed this parcel, almost 57 acres in size with plenty of standing timber, tons of alder and water supplied by year-round creeks. There is a little old shack on property - not much value. The property is fenced and fronts on two paved roads. Full price is \$75,000 with terms.

HARRY AVIGDOR 338-8342  
DONNA STRACHAN 339-3437



# NOTICE TO ALL ARTISTS

In accordance with the terms of "The Art Policy" recently announced by The Minister, The Honourable William Hartley, a Regional Centre will be opened at The "Open Space" Gallery, at 510 Fort Street, Victoria.

The Centre will be open for receiving submissions between the hours of 9:00 a.m. and 6:00 p.m. on August 31st, September 3rd and September 4th, 1974.

"Works of Art" submitted will be viewed by The Provincial Committee on Art and selections made for purchase for "The Provincial Collection."

The term "Works of Art" refers to Paintings, Drawings, Prints, Batiks, Weavings, Tapestries, Pottery and portable Sculpture. All works should be properly framed or mounted, etc.

A maximum of three works per artist may be submitted.

The Provincial Committee on Art will be selecting works for purchase on the 5th and 6th of September.

The Committee is composed of nine members: The Provincial Co-ordinator of Art, The Co-ordinator of Consultants (an architect), five Art Consultants and two Regional Representatives.

All artists will be notified by mail of the decisions of the Provincial Committee on Art. Works that are not purchased for the Provincial Collection should be collected from The "Open Space" Saturday, September 7th, through Friday, September 14th, between the hours of 10:00 a.m. and 5:00 p.m.

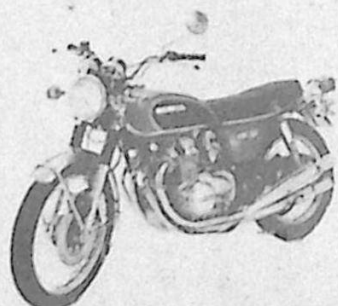
The following is an extract from "An Art Policy" for the Department of Public Works, Provincial Government:

"It should be understood by all Artists that the success of the Art Policy is dependant upon it establishing the highest possible standard of Art for the People of British Columbia. The criteria that will be used to evaluate all the Art presented to the Committee, will be similar to standards used to judge Art at national and international levels."

Inquiries: Telephone Victoria, 387-5483, The Provincial Co-ordinator of Art, Department of Public Works.

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# YOU . . .

## And The Law

USED CAR BUYING

One of the most harrowing experiences a man can have is to buy a used car with which he is quite pleased, and then suddenly discover, a few months later, that the man who sold it to him omitted to mention that there was still \$2,000.00 owing on the car to a finance company. This news is usually "leaked" to the buyer when a bailiff shows up at his door with a court order to seize the car.

Without doubt, this is one of the most frustrating and difficult situations a buyer can encounter. The debt against the car could be in the form of a lien, a chattel mortgage or a conditional sales agreement, and could be registered almost anywhere in B.C. or, for that matter, anywhere in Canada. Therefore, it is difficult to determine whether there is a debt against a car at the time of purchase. You should always check with a local Court House in the area just to make sure, but this may not prove very much.

The law is quite clear that the lien must be paid, either by you or the original borrower. In most of these cases, the original borrower, who sold you the car, seems to have vanished, so you end up in the position of having to return the car or pay the lien. In any event, you have a claim against, and can sue, the seller, but if you cannot find him or if he has no money, then it is an exercise in futility to spend more money suing him.

If the seller says nothing one way or another about the lien, he may not have committed the offence of fraud under the Criminal Code. Therefore, your best procedure when buying a car is to prepare an informal bill of sale which includes the statement "there are no liens or encumbrances at all whatsoever against this car, and it is not security for any debt." Just to make the point clear, you might tell the seller that if he signs this document and it is found that there is a lien against it, he may be guilty of fraud. This will not keep all sellers honest, but it should keep most of them on the straight and narrow.

If you are unfortunate enough to end up with a car which has money owing on it, keep clearly in mind the fact that you are not responsible

**KEEP ▲▲▲▲**  
**▲▲ CANADA**  
**GROWING ▲**  
**PLANT ▲▲**  
**▲▲ TREES ▲**

# Bag And Baggage

You are off on that long awaited trip by Canadian Forces aircraft with your family. You have checked in at the AMU, had the satisfaction of an easy seat assignment and now settle back to await the departure announcement. Your kids are excited and everyone is eager to go.

Curiously you watch the other passengers and the technicians preparing the aircraft for flight. Admiring the sleek aircraft you look in idle wonderment at the streamlined collection of metal, rivets, rubber and paint and ponder the work that goes into getting it and you safely to your destination.

The technicians have worked hard, the flight crews have trained religiously and have planned this flight meticulously. The flight is ready to depart with every guarantee that you and your family will be delivered safely to your destination.

But wait! How about you? Is it possible that because you are on board you have brought danger to this flight? You have arrived with bag and baggage. Most of it has been checked so it is now stowed away in the luggage hold or tied down in the baggage stowage area. When you were

packing it did you throw in an extra box of matches, a flammable aerosol can, some extra lighter fluid, or a deck of flashbulbs? Does your luggage contain everyday items that you consider necessary for your trip which in the air could become the source of an inflight fire that the crews can do little about.

Fire in the air is a much feared event because it is so difficult to deal with. In the baggage area a fire may be inaccessible in flight. As a delightful bonus, a fire may produce toxic fumes which can be incapacitating in an enclosed space such as an aircraft fuselage. The fire department and life rescue squad are a long way away.

The physics of the aircraft's ever changing environment affects everyday items in unusual ways. As your aircraft climbs to altitude, the atmospheric pressure changes, or in some instances the temperature changes, making articles that are reasonably safe on the ground very dangerous aloft. Those flammable aerosols and that extra lighter fluid may spill or leak, inviting an explosion. Vibration or radar energy may ignite matches or flashbulbs. A potential fire lurks in innocent looking items.

Is this something that happens in our aircraft? You bet it does! Too often! For example, recently AMU personnel were unloading baggage when they discovered smoke coming from one bag. The bag was opened in the presence of firemen and a box of "strike anywhere" matches was found smouldering. Keep in mind that these were burning in the cargo hold during the previous flight. Not so very long ago, a passenger's nylon flight bag burst open and revealed a rack of photo flashbulbs and a bottle of bleach - both potential hazards to the aircraft.

Yes it does happen to us. Policing every bag is a step we are not yet prepared to take. It's up to you to pack a bag which is "flight safe".

How do you know what you can or cannot pack? And where? There are lots of small things you may need on your trip that you can pack in your cabin baggage where they are

accessible. There are other articles that simply are not safe in your baggage and equally are not safe aloft in flight. Don't pack these. Buy them at your destination. The few cents or few dollars so spent are cheap insurance that you will not be a hazard to your own flight. Rather than restate the rules here, simply remember this. If you are about to go on a trip by air, check CFAO 20-19, Annex A - the guidelines are all there. If you are shipping baggage accompanied or unaccompanied for an overseas flight, check CFAO 20-20, Annex D, Flight Restrictions. Remember most of the overseas baggage goes by air.

If you do not have access to the CFAO, call your base transportation section for details. Most important if you have any questions, ask - ask the Air Movements Unit staff or even one of the flight crew.

When you pack your bags for a trip by air you can help guarantee your own safe flight. Think about it.

# Library Report

What's for dinner? That eternal question homemakers face daily can be solved more easily if you include fish and shellfish in your menus. These foods will add nutrition, variety and flavor to any meal. You'll find many hints and actual menu plans in the book *Fish and Seafood Cookbook* by Better Homes & Gardens.

The *Man With No Name* is back again. This time in "The Devil's Dollar Sign." There was a big bounty set for The Man With No Name - but it would cost a lot of lives to try to collect it!

"Johnny We Hardly Knew Ye" by Kenneth P. O'Donnell and David F. Powers. These men had a closer personal relationship with President Kennedy during his years in the White House than any of the other members of his inner circle of advisers and aides except of course his brother Robert.

The *Life of Johnny Cash* by C. S. Wren in paperback. Throughout the book Johnny Cash is portrayed as a man who, though conscious of his

success, never forgot his humble background. The book also offers us some interesting tidbits on the recording industry.

Honor Thy Father by Gay Talese. Already made into a movie. Talese travelled to Western Sicily to live in mountain villages in order to trace the origin of his characters. His book focuses on the Bonanno family. Three generations of it. This book is fact. And in this case fact is more fantastic than fiction.

Watch For Me By Moonlight by Evelyn Le Chene. Story of a British agent with the French Resistance. This is a first-class adventure story, full of suspense and drama.

The Case of Kitty Ogilvie, by Jean Stubbs. The marriage of Thomas Ogilvie to Kitty Nairne in 1765 led to a pathetic triangle, a brutal murder and the gallows. This is a fictional reconstruction of an historic tragedy based on research by Theodora Benson.

LIBRARY HOURS: Tues. to Thurs: 12:30 to 14:00; 19:00 to 20:30. Friday: 12:30 to 14:00.

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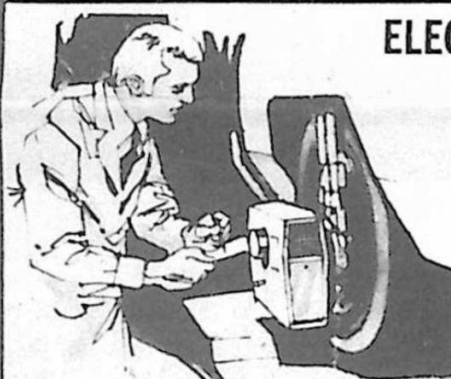
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Copies of the Prospectors Assistance Act and application forms are available at all Provincial Mining Recorder offices; or write to: The Director of Prospectors Assistance, Department of Mines and Petroleum Resources, 1837 Fort Street, Victoria, B.C.

Department of Mines and Petroleum Resources  
Honourable Leo T. Nimsick, Minister



PROVINCE OF BRITISH COLUMBIA

DEPARTMENT OF MUNICIPAL AFFAIRS

# NOTICE TO CIVIC AND MUNICIPAL VOTERS

Including Regional District Residents Not In A Municipality

**REGISTRATION CLOSES TUESDAY, SEPTEMBER 3, 1974**

NEW REGULATIONS. In the forthcoming civic or municipal elections, all residents who are qualified vote in the area in which they reside. Applications for registration in accordance with the Municipal Act, should be on file with the Clerk's Office at your city or municipal hall by the closing day, September 3, 1974.

Persons enumerated for the civic or municipal voters list earlier this year are now registered (you may check by calling the Clerk's Office). PROPERTY OWNERS ARE NO LONGER AUTOMATICALLY ON THE VOTERS LIST. Being on Provincial or Federal voters' lists does not entitle you to vote in a civic or municipal election.

Persons who have not been enumerated can make application for registration at the Clerk's Office in their city or municipal hall, or by sending in the form below. If a resident of a Regional District outside a municipality, please contact the Administrator of your Regional District.

Please mail to Clerk's Office, City or Municipal Hall in the area where you reside

## APPLICATION FOR REGISTRATION AS AN ELECTOR

Municipality or Regional District electoral area

Dated at

B.C.

1974.

I hereby certify that I am a Canadian citizen or a British subject by birth (or by naturalization as detailed below), that I am of the full age of nineteen years, that I have resided in British Columbia for the past six months and in Canada for the past twelve months, and that the address below is my present residence.

Signature of applicant, in ink.

Signature of witness, in ink.

Address of witness

Please do not write anything in this space

Mr./Mrs./Miss/Ms.

Given names in full (no initials)

Surname of applicant in block letters

Street address or description of location if residence is in rural area

Postal Code

City, town, village or district

Postal address if different from above

Occupation

Social Insurance number OR birthday

(day) of

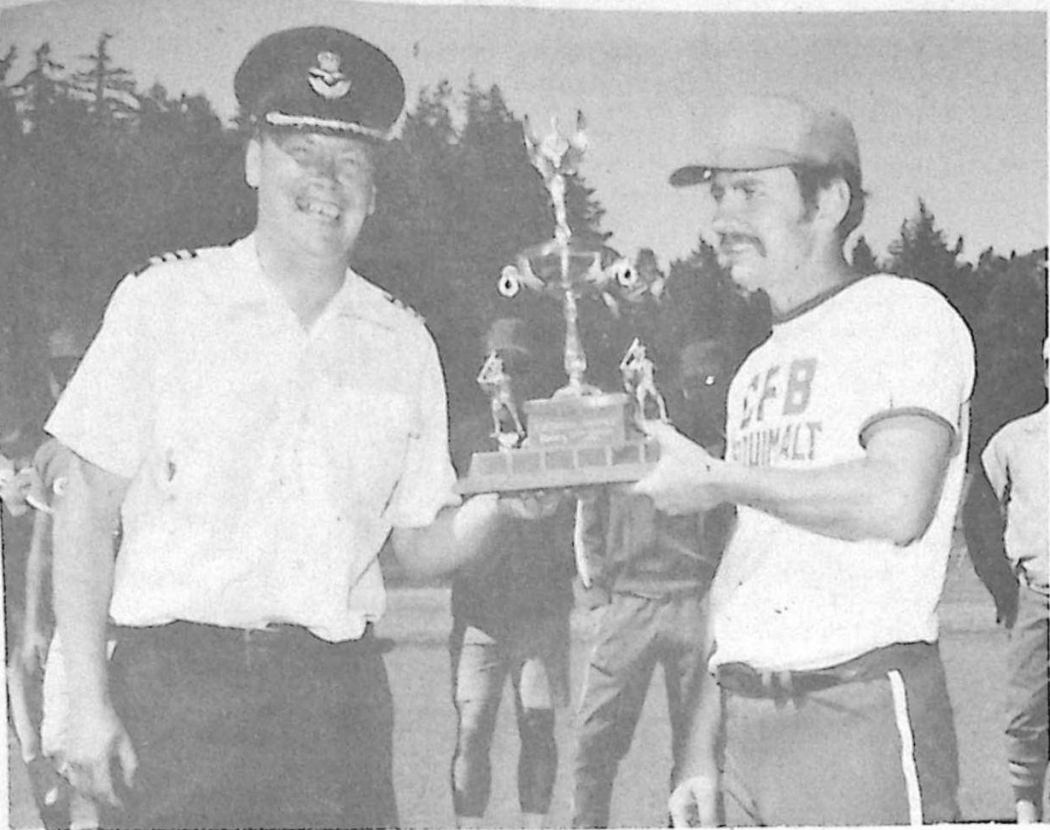
(month)

(year)

Details of naturalization, if applicable

A facsimile or reasonable copy of this form may be used for additional qualified voters to make application





CAPTAIN AND PITCHER Wayne Cribbs receiving team trophy from LCol. Sutherland.

## Esquimalt Captures Zone Playoffs

CFB Esquimalt behind the pitching of Wayne Cribbs, swept the Pacific Region Softball Championships with an unblemished 4-0 records.

The victors went undefeated against CFB Chilliwack, Pacific Fleet, CFS Beaverlodge and our own Totems. The Esquimalt team will now travel to Petawawa

to compete in the Canadian Forces National Championship.

The Jack Kroeplin coached Totems had its troubles during the tournament and managed only one win against CFS Beaverlodge. Minus two starting pitchers, poor defense in the field, and cold bats at the plate attributed to

lackluster Comox performance. On the other hand we should be proud of the team that represented the base this year, they showed exceptionally well in a gruelling North Island Fastball League schedule. At present they are playing in the finals for this area in the B.C. playdowns.

## Ladies' Golf

On Wednesday, Aug. 14 the ladies of our club were hosting some Eaglecrest ladies as part of our interclub visits. A good turnout, a friendly atmosphere as well as good weather contributed in making that another pleasant event.

### COMING SOON:

Aug. 28: Glacier Greens will be hosting Campbell River in the interclub schedule.

The Glacier Greens Annual Ladies Club Championship will take place between Aug. 31 and Sept. 8 and will consist of 36 hole play. It is hoped that most ladies will play their first 18 holes on Ladies Day, Wednesday Sept. 4. However, to accommodate the business girls of our club, the first 18 holes may also be played at any time between Aug. 31 and Sept. 7. Those ladies wishing to play between those dates will be required to be accompanied by another lady club member to have their scores certified. Score cards may be obtained at the bar and left in the card box located in the ladies locker room. The last 18 holes of this Annual Club Championship must be played by everyone on Sunday Sept. 8 starting at 10 a.m.

## Comox Recreation News

BY BERT LINDER

I would like to offer a welcome to all members of the Canadian forces, to use our recreation services; particularly the members of the families residing in our immediate area.

This Fall we will be offering a varied program, encompassing the youngsters, the Adults and Senior Citizen groups, and will be publishing a more detailed brochure in September.

We in the Recreation Department are always looking for skilled leadership; people with a particular skill who can share their skills with other people in our community. So if you have a hobby you would like to share contact me and let's see if we can set up a program for your interest. Some of the programs we will be offering this fall are: Ladies Keep Fit; Mens Pension Plan for Health; Square Dancing; Dog Obedience; Kids Floor Hockey League; Trampoline; Highland & Creative Dancing; Badminton; Power Squadron; Gymnastics; Baton Twirling; Senior Citizens Carpet Bowling and many many more.

Remember if you have skills that we can program come, and see us, we are located in the Recreation Hall at Village Park our phone number is 339-2255. Drop in anyway.

During 1973 there were 129,282 work injuries reported to the Workmen's Compensation Board. This is a 10.3 per cent increase from the number of work injuries reported in 1972.

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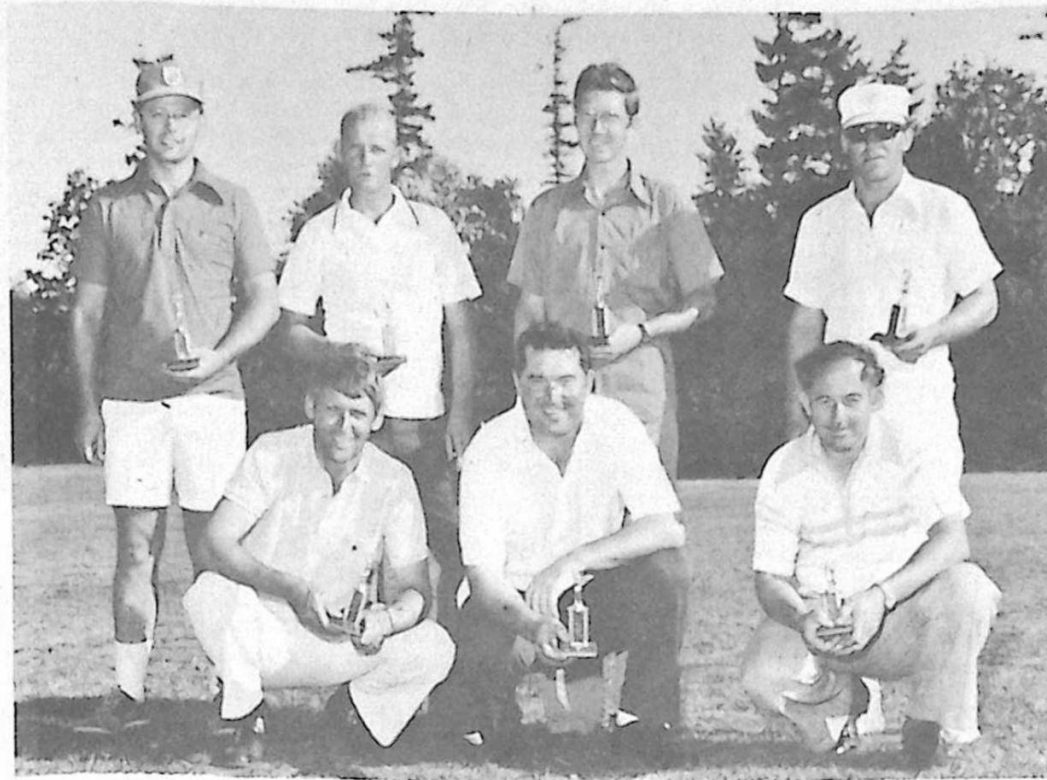
## Recreation Highlights

### TENNIS

The CFB Comox tennis tournament will be held at the base courts 29, 30 August. Entries are to be made at Rec Centre prior to 28 August. The top four finishers will then represent this Base at the Pacific Region Invitational Tournament to be held in Chilliwack 4, 5 October 74.

### BOWLING

A meeting for all interested bowlers will be held at the Totem Lounge 21 August at 1900 hrs. Any sections or individuals wishing to enter teams should do so at this meeting.



THESE PERSONNEL WILL represent this Base in the Pacific Region Golf Championship this week at CFB Chilliwack: Bottom L-R: P. Burns, F. Creamer, D. Fremont; Top L-R: D. Davidson, G. Abric, D. Hillier, F. Prince. Missing G. Hay and W. Berger.

## Comox Rifle Club

The CFB Comox Rifle Club is a small bore recreational shooting organization using the indoor 25 yard range facilities Building 22.

The Club shoots on Tuesdays and Sundays from 19:00 to 21:30 hours and on Saturdays from 13:00 to 17:00

Membership costs \$1.00 per year and is open to all CF members and dependants, civilian employees and dependants of CFB Comox.

The Annual Meeting of the CFB Comox Rifle Club will be held at 19:00 hours (7:00 p.m.) Sept. 9, 1974 in the conference room (adjacent to Social Centre) at the Recreation Centre.

All members or interested personnel are asked to attend. Further info contact the President Capt. Lorne Kingens 339-2211 Ext 219 or at home 339-2552.

## NICOTINE COOLS

CHICAGO (Reuter) - Smoke may not always mean there is fire.

"When people stop smoking, their sex life improves," Dr. Alton Ochsner, a leading advocate of non-smoking says in an article in Today's Health, magazine of the American Medical Association.

Cigarette smoking may cause impotence by lowering hormone production and also reduces stamina, Ochsner, 78, said. Nicotine also caused blood vessels to contract.

A study of 2,000 men had shown severe disturbances of sperm mobility among men who who smoked between 20 and 40 cigarettes a day, he said.



CFB COMOX TOTEMS (team names) Bottom L-R: R. O'Neill, H. Herauf, R. Hornell, T. Jepson (bat boy), R. Howell, D. Rochon, J. Brown, O. Coffel, H. Knockwood, M. Monteith, D. Tucker, C. King, J. Inglis, A. Jepson, J. Kroeplin (coach).

## Smoking Salmon

By DAVE CURTIS

For the salmon fisherman the smoking of the catch can add a new dimension to an already enjoyable pastime. In a previous article I stated that over-mature chum salmon are quite tasty when smoked but so are all types of salmon, large trout and steelhead. Salmon that have been kept too long in the deep freeze and have acquired "freezer burn" can be salvaged by smoking them.

There are as many ways to smoke a salmon as there are to catch them but the following method I have found is a fairly simple operation, an inexpensive one, and the results are excellent.

For a smoker I use an old fridge purchased at the second hand store. Make sure it is an old fridge because the interior will be enamel and not plastic which will melt during the smoking operation. An old hotplate purchased from the same source is sufficient to produce enough heat to start the wood chips smouldering. The local BX sells a small smoker which comes complete with racks and hotplate. I find it too small for my personal use but it does produce good results.

For wood to produce the smoke I use hickory chips purchased from the local BX. For a different flavor try apple, peach, alder or any

non-resinous wood. Use the sawdust or small chips for better results.

To prepare the cleaned fish cut off the tail and all the fins. Cut the fish into two halves along the backbone, removing this bone but leave the rib bones intact. Then cut the fish into chunks of about eight to ten inches in length. Smaller trout can be smoked by the same method but leave the cleaned fish whole.

Rub pickling salt into flesh side of the meat and don't be afraid to use too much. Then place these salted chunks into a plastic basin skin side down with a layer of fish then a handful or so of salt, then more fish and so on. Place this basin in your home refrigerator over night.

After 12 to 16 hours remove the basin and thoroughly wash the fish under cold running water. Make sure you get all the salt off, but don't over do it as you want a bit of salty taste to remain for flavor. You will note that the flesh is now firmer than when you started.

Once the salt has been removed shake off the excess water and rub demerara sugar into the flesh side of the fish as you did with the salt, using lots. For better results use demerara sugar not ordinary brown sugar. Sprinkle black pepper liberally on top of the sugar.

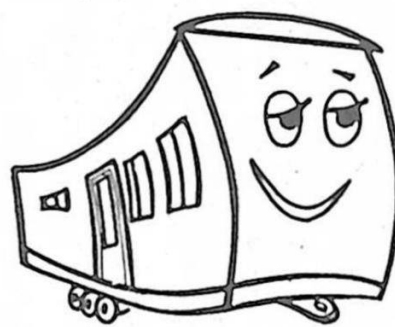
Now that the fish are prepared place them in your smoker skin side down. Leave sufficient room between the chunks for the smoke to circulate freely.

Place a couple of handfuls of wood chips in a cast iron skillet and place on the hotplate which should be in the bottom of the fridge. Plug it in and close the door. Don't worry if smoke leaks out from around the door as long as it is not excessive. Check the progress every hour or so adding chips as required. The fish should be done in about four hours and ready to eat.

Your epicurean delight makes an excellent companion when served with your favorite brew.

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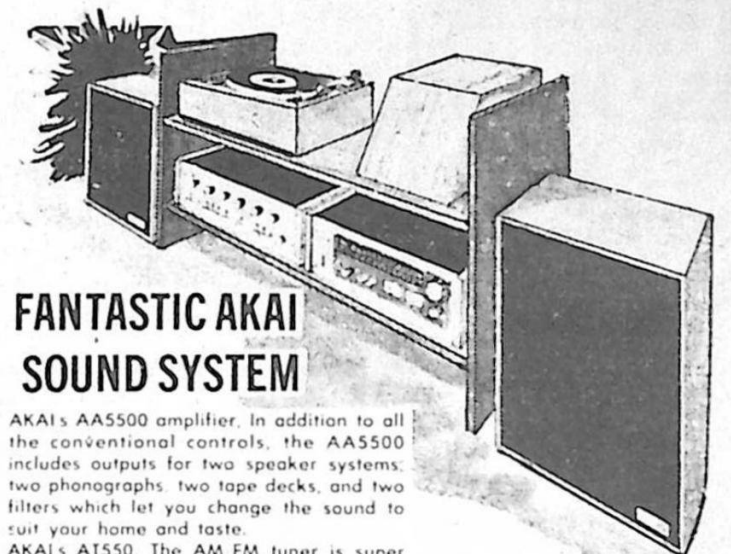
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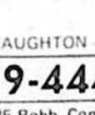
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Mondays and Wednesdays  
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Tuesdays and Thursdays  
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## UNIVERSITY COURSES

in the Comox Valley

MALASPINA COLLEGE

PSYCHOLOGY 111/112

Thursdays, 7-10 p.m.  
Commencing Sept. 19th.  
At Vanier H.S., Courtenay.

PSYCHOLOGY (200 LEVEL)

Wednesdays, 7-10 p.m.  
Commencing Sept. 18th.  
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Alternate Fridays, 7-10 p.m.  
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Commencing Sept. 13th.  
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## 2nd Comox Scouts and Cubs REGISTRATION

at the SCOUT & CUB HALL  
(Next to Glacier Gardens)

WEDNESDAY, SEPT. 4  
6:30 p.m. to 8:30 p.m.

CUBS - Boys 8 to 10 yrs. of age  
SCOUTS - Boys 11 to 14 yrs. of age.  
VENTURES - Boys and Girls 14 to 17 years of age.

## DEFENCE CONSTRUCTION (1951) LIMITED

PROJECT: Reroofing Various PMQ's, CFS Holberg, B.C.  
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SEALED TENDERS, marked as to content, addressed to the  
undersigned will be received until 3:00 p.m. E.D.T.

THURSDAY, September 12, 1974

Specifications and tender forms will be available for viewing at  
Construction Associations at Vancouver, Victoria, Campbell River  
and DCL Vancouver Branch Office. Tender Documents may be  
obtained by Prime Contractors only from DCL Plans Section, Ot-  
tawa, at the address below on deposit of \$25.00 payable to  
Defence Construction (1951) Limited.

Security deposit as called for in the Tender Documents must  
accompany tenders.

N.J. Smith, Secretary  
Defence Construction (1951) Limited  
225 Metcalfe Street  
Ottawa, Ontario  
K1A 0K3



# Cubs and Scouts

The Boy Scout movement starts another year of trying to help boys to discover themselves, to develop known skills and learn new ones.

The 2nd Comox Cubs, Scouts, and Venturers will hold registration for the 1973-74 session at the Scout and Cub Hall across from Glacier Gardens on Wednesday, Sept. 4 - 6:30 p.m. to 8:30 p.m.

All boys registering must be accompanied by a parent. It is expected that the registration fee will be \$5 for the first boy and \$4 for each additional boy per family.

Scout Troop and Venturers will hold their first meeting of the season on Monday, Sept. 16 with regular Cub Pack meetings beginning Tuesday, Sept. 17. Pack meetings are held each Tuesday, Wednesday and Thursday. All of the troop and pack meetings begin at 6:30 p.m. and end at 8:00 p.m. One of the three Cub packs meets on each of the three evenings mentioned.

The Cubbing program is open to all boys 8 to 10 years of age. The fun, friendship and adventure of Scouting is available for all boys between 11 and 14 years of age. All boys and girls between the ages of 14 to 17 can join Venturers, where they elect their own officers to be responsible for funds. ad-

ministration and programming for the company.

The Scouting program functions only because there are a number of interested parents, (and many single servicemen) who give of their time to help. The Scouting program at 2nd Comox needs your help. There are many positions open as leaders. For best results there should be one leader for each 6 Cubs and one for each 5 Scouts or Venturers. Unless more parents become actively involved as leaders, the number of boys in 2nd Comox will have to be reduced and all new Cubs will have to go on a waiting list.

Experience is not necessary before offering assistance to the Cubs and Scouts, nor are mothers excluded from helping. Several mothers already serve as leaders with the 2nd Comox Cub packs - many others belong to the Ladies' Auxiliary and give invaluable help during the year. Anyone willing to become involved in the Scouting movement need only call one of the following people: Vern Barker, Committee Chairman 339-4631, Roger Taillon, Scoutmaster 339-2601, Sonny Erickson, Cubmaster 339-4735, Sandra Fullbrook, President Ladies Auxiliary 339-2159.

## TIDE TABLE

Add one hour for daylight saving

		0240	0430	0600	0800	1000	1200	1400	1600	1800	2000	2200
22 Thurs.	0240	4.9	0900	13.0	1430	8.0	2030	14.5				
23 Friday	0330	4.6	1020	12.7	1520	9.4	2110	13.9				
24 Saturday	0430	4.5	1150	12.7	1635	10.4	2150	13.2				
25 Sunday	0530	4.5	1315	13.0	1810	11.0	2240	12.6				
26 Monday	0635	4.6	1430	13.3	1945	11.1	2345	12.1				
27 Tuesday	0735	4.7	1530	13.6	2055	10.8						
28 Wednesday	0855	11.9	0825	4.6	1610	13.8	2145	10.4				

## ANNOUNCEMENT



### CYRIL PECKNOLD

ROBERT A. ARNETT, manager of Nanaimo Realty (Courtenay) Ltd., is pleased to announce that Cyril Pecknold has joined the sales staff of the Courtenay office.

Cy. is a retired member of the R.C.A.F. He has an extensive knowledge of all the building trades, having built houses professionally after the war. He has been building homes, developing and managing property in the Courtenay area over the past eighteen years.

Cy. would like to be of service to you in helping to solve your Real Estate problems. Your enquiries are welcome at his office - 334-3124 or at his residence 334-3768.



WHO KNOWS WHAT EVIL lurks within the confines of the Trailer Park? The shadow knows! Ellis Photo

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#### Total Solid State

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Total "Solid State" Design - both chassis and tuners. ☆ 185 sq. in. Super Rectangular Electrochrome picture. ☆ Electromatic® Operation - truly automatic color that you set once and never worry about again. ☆ Instavue® provides picture and sound within seconds. ☆ FM Audio - front firing 4" P.M. speaker.



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## Totem Talk

### THE TRANSLATOR

CFB Comox now has an officer who has been appointed as the Base Translation Services Co-ordinator. Principally his task will be to co-ordinate any requirements for the official translation of French to English or English to French. However we understand that he is considering introducing some "Canex Specials", such as special rates for Swahili to Afrikaans, Greek to Turkish, Arabic to Hebrew and Gaelic to English. Also, when the demand is large enough, translating Western Canadian so that the Federal Government can understand it.

All I can do



is ask.

## HELP WANTED:

### Public Relations Manager

Local office requires dynamic man or woman to prepare press releases and flyers. No experience necessary. Above average opportunities for advancement. Excellent hours - one meeting per month (with free coffee provided). 2nd Comox Scouts and Cub Committee. 339-4631.

OAK MEADOWS - DISTINCTIVELY DESIGNED HOMES ON ACRE LOTS - room for garden and privacy. Piped water. No. 17 available now. Gray siding, white trim with yellow brick. Carpeting throughout. Livingroom with floor to ceiling screened fireplace, terrazzo raised hearth. Family room has sturdy indoor outdoor with door to sundeck. Lots of kitchen cupboards with space for dishwasher, dining area, 3 bedroom ensuite as well as 4 piece bathroom. Both vanity. Double carport with storage. Contact Veronica Parker, "The Lady with the Hat" at 334-3704

WOODED SECLUSION - Bubbling brook. Unique alpine home - 1 year old, 3 bedrooms, 2 bathrooms, full basement - double garage. Lots of different features. A little country atmosphere. Vendor transferred. Must sell! Call Marj Thompson at 339-2771

THIS IS ONE OF THE BETTER HOMES IN THE VALLEY - extremely well built in immaculate condition inside and out. Wall to wall throughout except in the kitchen. Quiet street opposite a city park. Included in the sale price is a mountain view. Call Dave Paterson for details at 334-4581.

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GROCERY STORE & GAS PUMPS - ever increasing business - excellent 3 bedroom quarters - land, building and fixtures for only \$80,000. Owner retiring. Call Charlotte Willis at 338-8962

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<b>SUPER-BUY</b> GOLD CUP <b>MUSHROOMS</b> • WHOLE or • STEMS & PIECES 2 10 oz. tins <b>89¢</b>	<b>SUPER-BUY</b> MR. JUMBO <b>PAPER TOWELS</b> 4 roll pkg. <b>1<sup>99</sup></b>	<b>SUPER-BUY</b> SUPER-VALU <b>ORANGE JUICE</b> Made from PURE Concentrate ..... 64 oz. btl. <b>89¢</b>

**LUNCHEON MEAT** TULIP ..... 12 oz. tin **69¢**

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AUG. 31-SEPT. 2, 1974  
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PUSS N' BOOTS	CAT FOOD	4	89¢
CAT FOOD	ANY VARIETY	2 6.5 oz. tins	43¢

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**SOAP PADS**  
Two Extra Free Pads in Each Pkg. .... 20's, Pkg. **57¢**

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Grade ..... **A 69¢** lb.

**ROYAL Prime Rib Roast** ..... 1<sup>79</sup> lb.

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Skinless **Sausage** ..... 1 lb. pkg. **69¢**

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70% GROUND BEEF 30% REHYDRATED TEXTURED VEGETABLE PROTEIN

**SUPER-BUY 69¢** lb.

**WIN - WILTSHIRE MEAT! FREEZER**  
Plus HIND 1/4 of BEEF  
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