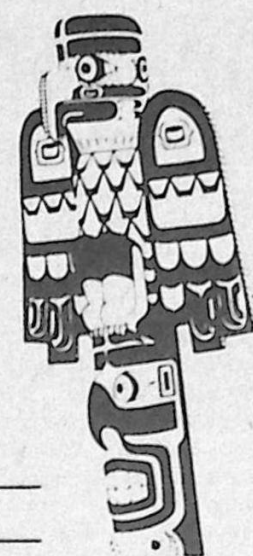


# TOTEM TIMES



VOL. 16 — NO. 16

CFB COMOX TOTEM TIMES THURSDAY, SEPT. 12, 1974

## Comox Castle Commander Changes



### To Tall From Short 'Tis Now Lord Mort

**YE CASTLE COMOX (SPECIAL)....**  
And it came to pass, that in the year of nineteen hundred and seventy-four, a call went out across the land, from the Dungeon on the River Ottawa, unto the very shores of the Western Sea. That call was to the Laird of the Castle on the Saltchuck, that he should gather up his kith and kin and go henceforth eastward, unto the Baye of the Northe, to be the counter of coine in the service of the Black Knight Garton. The Black Knight commanded the legions whose duty it was to protect the realm from attack from the skies, and Ye Castle Comox was a vital bastion to this end.

Now it was that within the walls of the Castle, there stood an edifice known as Ye Mushroome Manor, whose leader was Sir Mortimer. The duties of his men included the searching of damsels in distress and the subsequent rescue thereof. No less in valour and strength the adjoining House of the Demon's Men, and the much smaller House of the Hairy Faces. Their duties included watching the shores of the land for enemy vessels and sea monsters and well they carried out their tasks.

And it was thus decreed that Sir Mortimer would be elevated to Laird of the Castle on the Saltchuck, and henceforth wear four rings of gold on the sleeve of his green suit of armour. (T'was not green because of rust, t'was just made that way.) And a message was sent out to all within the walls, that on the Sixth Day of September, there would assemble on the square, knight and peasant alike, to do honour unto the departing King McNichol, henceforth to be known as Black Mac of the Baye of the Northe, and to welcome in his place Baron Robert L. Mortimer, that all within the walls should know this man as the Laird of the Castle.

With banners unfurled, and the trumpets and drums of the soldiers of Princess Patricia lending a martial aire, the two men of honour strode amongst the ranks and spake glowing words to the assemblage. Thereafter, tributes were made unto Black Mac by the sword-and-spear mongers, whilst overhead thundered the steeds upon which the warriors would do battle.

The festivities now over, the departing Black Mac was seen to ride off into the sunset, his faire wye at his side, to face new tasks, to conquer new horizons, yet knowing that his heart will ever remain within the walls of the Castle on the Saltchuck.



'TIS NOT MY NORMAL stance, these Command Badges draggeth me down.  
Base Photo



GUARD THIS CASTLE well, Sire, for 'tis the finest in the land.

Base Photo



THE CASTLE ARMS MAKERS, led by the Knight Errant Sir Jack Begin accord King McNic a gunpowder salute.

Manson Photo



MEMBERS OF 442 Squadron, who received awards at the recent Squadron Change of Command parade. Left to right: Capt. Dusty Rhodes; M Cpl. Soup Campbell; M Cpl. Ted Miller; M Cpl. Don Buchan. Missing: Cpl. Al Ward.

Base Photo

Hills,  
And trees  
Of pine and spruce and birch,  
These are part of an airborne search.

Fog,  
And drops  
Of rain-and rain-and rain  
Devastate the body and the brain.

Its  
Start at  
Dawn and fly 'til dark,  
A tiring chore, no simple "lark".

Eyes,  
And frame,  
Tortured thus, complain.  
And then the thought - is it in vain.

A  
Tracker,  
Overdue, and out of gas,  
Is found later in a steep crevasse.

Crew  
You knew,  
Their families too.  
Once more His hand has bypassed you.

A. Camp  
Dedicated to the memory of the crew of Tracker  
2170, VS880 Shearwater Killed Sept. 20, 1973 in the  
B.C. Interior.



THE BASE ARMAMENT WEAPONS Loading Team pose with the Base Commander, Colonel McNichol, prior to their departure for Tyndall Air Force Base, Florida to compete against many other loading teams from the United States and Canada. Good luck, chaps.

Base Photo



# OPERATION ROO

(CODE NAME : JOLLY FROG)

Once Upon A Time, On the 20 July, flight number 10711, with crew 6 on board, set heading for the deep South Pacific. Everyone was happy and waved goodbye as thoughts of Hawaii, Fiji and Australia danced through their heads. A slow 12 hours later 711 set down at Hickam Air Force base and immediately everybody headed for the beach to get an early start on their tans. Two sun burnt days later, with smiles still on the faces of all, and wheels in the well, the crew set sail (a word picked up during integration) once again heading south for Fiji. The crossing of the line (equator) ceremony was carried out by King Neptune (Gary Anderson) and his court (Tadpoles became shellbacks). Fourteen hours later and with the screech of tires crew 6 was on the ground in Nandi.

Once settled in the Travel Lodge the crew headed into the local town to spend their hard earned cash in the Duty Free stores. The next morning bright and early, some of the crew went on the infamous Beachcomber Cruise. Ask Bas Pharaoh about it? The boat trip out to the island of paradise had all the comforts of home, a band, bar, etc. etc. Arriving at the island, a few people couldn't wait for the shuttle boats. How's your watch working Bob G? The rest stepped carefully on to the shuttle boats and arrived safely on the island. After snorkelling, a little "wild life" viewing and a good meal Fiji style, we boarded the boat and headed back to the main island. After a few songs on the bus in both English and French, as we had our 28 per cent along, (Wilf Perron alias Joseph) we finally dragged ourselves into the motel. When a few persons were told to keep the noise down in the pool and John Fox pulled a Bob Gray, we decided a quiet evening was in order. Up early the next morning and a day trip to Australia. It was a day trip, wasn't it Bas? A nice landing by the engineers and we were in Australia. Settling into the motel, the crew set out to see the sights of Windsor and the surrounding area. The problem was the local site was a block and a half from the motel. Relax wives, it's a pub called "The Jolly Frog". This unique establishment turned out to be everybody's home away from home. Good thing it closed at 10:00 p.m. The crew soon became known as the Jolly Frog for lunch bunch.

While some of us went to the Australian Naval Air Station at Nowra, the rest stayed behind in Windsor spreading Canada's good will. Ross Collier and company looked after that department right? Speaking of friends, two people I think everyone will remember are Ray and Francis Flannery, whose Australian hospitality was above and beyond the call of duty. Ask anyone who had a lesson in boomerang throwing or how to use a bull whip. (Moe is getting the Doc to sew his ear back on).

Once enlightened by the lectures at Nowra, the crew proceeded into the flying phase. With the RANAND tracker-Wessex squadron. Three trips and three bills. A Bravo Zulu for both ground and air crew.

Turning to the sightseeing part of the trip, most of our travelling was done in style by

a 1938 vintage train. Jim Greenough and Jerry Watson thought life was a bit dull in town so, they went "pig" shooting with the resident doctor from RAAF Richmond. Bwana Jim and Bwana Jerry returned with many a story to tell.

Bruce ("Doc") became a good friend and thus earned the nickname "M.A.S.H." South.

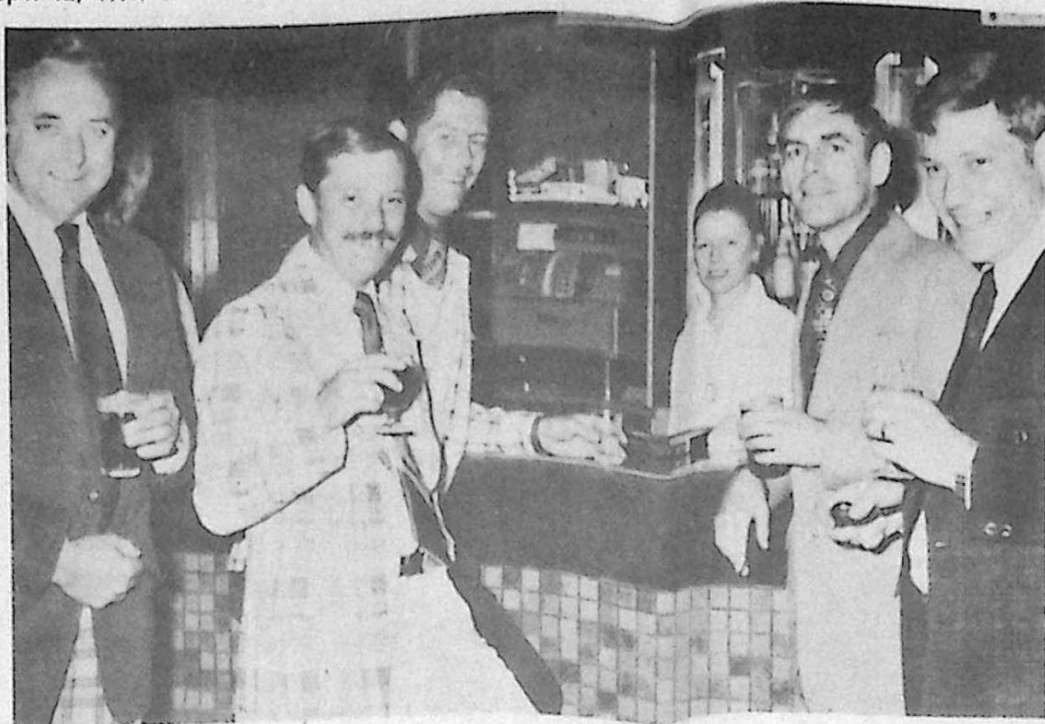
On a quieter note, Gary Anderson, Tom Procter, Jerry Watson and our navy guest Mayno Taylor enjoyed many hours seeing the "sights" of Sydney. The last night in Windsor was party night and Joe Reardigan and Doug Oke were heard to say, "why our room?" Finally the three weeks were up, and everybody was looking forward to going home. Wilf was; all he talked about was driving his car the minute he got home. Jonesy and Sted sure hated to leave all those midies behind.

Airborne once again, Fiji was the first stop and back down to the Duty Free shops to do some last minute shopping. Mike Anderson bought a camera on the way down and Lee Rogers bought one on the way home. Excellent buy, Lee. After a night in the Nandi Hilton and a few Fiji "Bitters", the next stop was Hawaii. In Hawaii what money that wasn't spent was soon disposed of. Once more to the beach to warm up from Australian winter, then pack and get back on board 711. A smooth take off and twelve hours later, crew 6 landed at Comox-home.

The aircraft was met by the wives and the 407 Squadron C.O. Lt. Col. Montgomery who welcomed the crew back and apologized about the lack of refreshments.

On behalf of crew 6 I would like to thank W.O. Collier and his crew for the excellent support they gave the aircrew. (P.S. The Collier name was not degraded right, Ross?)

The uncensored version of crew 6 in Australia will be coming out in paperback form in about 2 weeks.



Members of the Canadian Air Force 407 Squadron are back in town, and were snapped here on the night of the Club Ball. The boys made many friends during their last stay with us, and we bid them a warm welcome once again.

## WOMEN IN COMBAT

ALDERSHOT, N.S. (CFP) - Lieutenant-Colonel Jean Liberty, director of food services at NDHQ, Ottawa, sees an expanded role for women in the Canadian armed forces.

Speaking at a news conference at Camp Aldershot while on tour of the largest militia training camp in the Atlantic provinces, she said opportunities for women in the armed forces are increasing, and in some trades normally considered closed.

When questioned on the possibility of a combat role for women, Col. Liberty said "I would not like to see it condemned before it is tried."

A woman is not a second class soldier and the number of opportunities that have opened up for women in the last two years are impressive, she said.

Someone should have a look at what has transpired in the last two years and carry out further planning for women in the armed forces.

## MY MOTHER WORE ARMY BOOTS

The female population (otherwise known as Pte. (W)'s) have been forced to reveal the inner most secrets of Barrack Block 23.

First of all we'd like to welcome Joell Dube, Joell is a Finance Clerk and is here on attach posting. She will be leaving for Borden on the 1st of November.

Just what we need - two more Supply Techs. Seriously though we'd like to welcome Elaine Marston, an Ontarianion and Marg Haughstead from Alberta. At present both Elaine and Marg are over at the officer's quarters because BB 23 is filled to capacity. Apparently plans have been submitted to NDHQ to renovate the downstairs of BB23. There is also to be provisions for 2 Sr. NCO's suites. When this is to take place is not yet known.

Maureen Barnes (known as Old Mo) is thrilled at the idea of whisking off to Borden. She has given up the hectic

Meteorology trade and has decided she would enjoy the pleasures of being an Admin. Clk. Her course starts on Oct. 8 and she will be back on Dec. 15. Never again will we be threatened with such sighs as: "If you wake Maureen up you'll get schmucked!"

We'd like to issue an alert, warning fellow drivers that Marion Erhey and Nancy Chesnutt will soon be let out on the streets (after they complete their Driver Training Course).

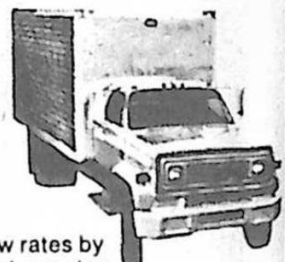
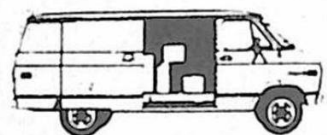
Someone was not too careful and Simone Cadieux has been let out of her cage. She will be moving to the Base Orderly Room, from her previous job in Classified Central Registry.

All the girls wish Mike Malonie well as she starts her new life (as a civvie) in Halifax. Good Luck Mike.

(What all of this has to do with mother's army boots I'll never know).

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# NOTICE TO CIVIC AND MUNICIPAL VOTERS

Including Regional District Residents Not In A Municipality

## FINAL OPPORTUNITY FOR REGISTRATION AT THE COURT OF REVISION

Persons who are not registered may make application to the Clerk's Office. The clerk will present your application to the Court of Revision. Applications must be received prior to the sitting of the Court of Revision on Tuesday, October 1, 1974. Persons not on the list of electors are urged to make application immediately.

In the forthcoming civic or municipal elections, all residents who are qualified vote in the area in which they reside. Persons enumerated for the civic or municipal voters list earlier this year or who have subsequently made application are now registered. The preliminary list of electors will be posted at the city or municipal hall on or before Friday, Sept. 20. 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.

Please do not write anything in this space

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

witness

Mr./Mrs./Miss/Ms.

Surname of applicant in block letters

Given names in full (no initials)

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

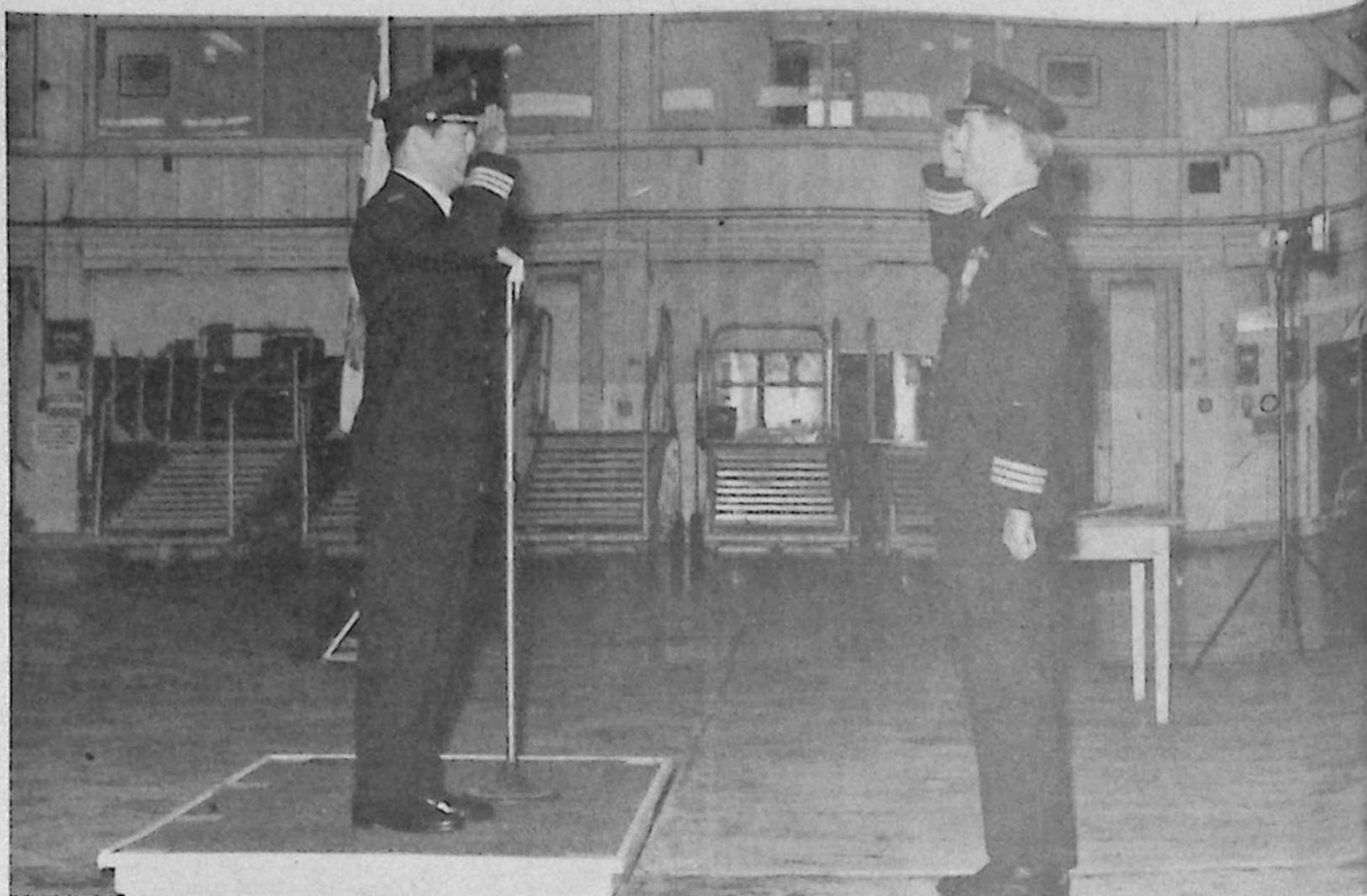
Social Insurance number OR birthday

(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





LT. COLONEL MORTIMER welcomes Lt. Colonel Lang to the "Fungus Farm"



THE SQUADRON OFFICIALLY changes hands, assisted by M Cpl. Michelle White.



LT. COLONEL MORTIMER recalls some of the past year's S.A.R. Operations in his farewell address. . . .

## 442 SQUADRON CHANGES HANDS

Members of Canada's finest Search and Rescue Squadron recently paraded before Lt. Colonel R. L. Mortimer, as the outgoing Commanding Officer officially handed over the reins to Lt. Colonel C. B. Lang.

After the inspection, Lt. Colonel Mortimer spoke of the many searches the Squadron had conducted in the previous year and praised the "Mushroomers" and their families for their support in this vital commitment. Before handing the parade over to his

successor, Lt. Colonel Mortimer presented awards to six Squadron personnel who had distinguished themselves in Squadron operations.

Lt. Colonel Lang, who is assuming his new duties after a tour at N.D.H.Q., stated that he was pleased to be assuming command of a Squadron with such a fine record and such an important role. He is presently attending the Buffalo Conversion Course in Trenton.

Photos Courtesy Base Photo Section

## Athrititis Month

September is Arthritis Month when there is considerable emphasis on the health education aspect of the disease. It is also our fund-raising time.

C.A.R.S. believes in the United Way concept and is a participant in your area. Wherever there is no United Way campaign, C.A.R.S. conducts its own fund-raising program.

An overall story on the C.A.R.S. provincial program has gone to the United Way

representative in your area with the request that it be coordinated and released with other publicity material when the United Way campaign gets underway.

We are most anxious for United Way success and offer all help possible.

Housewife talking on telephone to butcher: "Please send a dollar's worth of steak. And tell the boy, if I'm not home, just to slide it under the door." Reader's Digest "P.S. - Laugh!"



... WHILE LT. COLONEL LANG expresses his hopes for the squadron's continued success.

## Nighthawk's Nest

The cold, unstable air masses are gathering to the north and west, a "new and revised" ground school program has started up again and someone just mentioned TACEVAL - sure sounds like fall has arrived in Comox. Almost time to get back to work on the old ark before the rain sets in for the winter.

It looks like we now have a fresh replacement for Don Kidd's "Evils of Drink" lecture series, but the new appointee may be late for the start of the series because he hasn't quite convinced his German shepherd that it's a great idea to be harnessed to the front of a ten speed bike until a more efficient form of transport can be arranged.

409 All Weather Marching and Drinking Squadron put on an awesome display of precision ground formation work last Friday at the change of command ceremonies. I'm sure that any potential aggressor of this fair island had only to see this outstanding example of martial prowess in order to be completely deterred. The few unfortunate collisions between participants did not cause any serious injury, besides as our Mystery Major was heard to remark, "you've got to expect some losses in a big operation." The only problem in the whole ceremony was that no one remembered to tell the Argus crews that inflight lunches wouldn't be required for a

ceremony this short, although a chicken wing stuck in a tunic pocket does give the uniform a rather jaunty air.

Congratulations to Vern Barker on an outstanding job of planning and coordinating the flypast. Anybody who can get three Voodoos, two T-33's a pair of Argi and a Tracker in the same airspace at the same time and convince them to fly that close together deserves a medal or a court martial. The optimist of the year award goes to the ground coordinator who asked if the formation could make up four minutes when they were twenty-five miles out on a straight in. The only Argus with afterburning engines was discontinued about the same time as the Arrow, seems that the crew couldn't burn their empty box lunches fast enough to generate the required thrust.

The cocktail party after the Change of Command Ceremony was an unqualified success. The Demon Band and The Demon Gunners were superb. There were a few complaints from sore heads working on a T-33 about unprovoked attack by misguided missiles, but what the heck, eh, oranges are good for you. LCol McKay expressed his admiration of the proceedings and mentioned something about having a 409 team of gunners equipped with similar weapons for a token execution of the next man late for morning briefing.

That about wraps it up for

now. See you all at the luncheon on Friday if I can get somebody to spring me out of the Q for the day.

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CY PECKNOLD — RES. 334-3768

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## Editorials

### What's in it for me?

The days are cooler and damper, the kids are settling into new classes, and you're thinking about getting the bulbs into the ground. It's Autumn, and these things come annually, along with another event, the Comox District's annual United Appeal Campaign. Soon a canvasser will be calling on you at work, or in your home, asking for a donation.

"What's in it for me?" you ask yourself, before you reach for your wallet or cheque book. Well you may ask, in these times of expanding price tags and non-expanding dollars. For an answer, consider where the United Appeal's dollars go. First, there's the Heart Fund, then Muscular Dystrophy and Cystic Fibrosis research and the

Salvation Army, just to name a few. And don't tell yourself you don't need their benefits because you're in the service. Think about your children, your neighbour's children, and be thankful they're not confined to a wheelchair. At least, not right now. Think about your retirement years, when your old ticker might start acting up, or you may need a helping hand to turn to in a crisis.

Now that you've answered the question "what's in it for me?" dig a little deeper this year, because inflation hurts United Appeal just as much as it hurts your grocery budget.

Your health, your children's health, your community's well being. That's what's in it for you.

### A Gentleman's Agreement.

Something else that makes the scene in a big way this time of year is the annual review of pay and conditions of service for members of the Forces. Officially, October first is the day of reckoning, however, past years have shown us that it's usually Christmas by the time those extra bucks, minus tax and pension, finally get into your bank account. "Not much, but better than nothing," say most, and let it go at that. "We oughta unionize!" says the resident coffee-room critic. "Then we'd demand more and get it."

That very idea was thought of and kicked around just a few years ago and be thankful it didn't get any further. Can you imagine a shop steward with the Canadian Airborne Regiment calling his men to drop their weapons and sit down at the Nicosia Airport last July? Or a helicopter crewman refusing to fly during the floods on the Prairies last spring? As it stands now, we are supposed to be on a "parity" with members of the Public Service as far as pay goes, a move which I personally question,

since they do have the benefits of a union but not the responsibilities of the military man. No floods, deserts or bullets for them, that's for sure.

What it all boils down to is this: The Canadian military man or woman does not have, nor should have, hard bargaining rights for pay and allowances. What we do have are our generals, who go to the Treasury Board, and place before them facts and figures, along with recommendations and requests. Our senior officers can only plead their case in our best interests and hope that the treasury board will recognize the military person for the skills he or she has and the risks they are presently taking. (For what it's worth, the events of this year should help our case.)

When we joined the Forces, we gave up certain basic privileges in return for a structured lifestyle, isolated living and possible dangers to life and limb. In return we expect to be paid accordingly. This then, with deference to women's equality, is our gentleman's agreement.

C.R.S.

## You ... and the law

### Hiring a Lawyer

During the last year or two, a lot of publicity has been given to "divorce kits", which vary in price from \$5.00 to \$100.00, and can usually be found advertised in the personal columns of newspapers in larger cities. Additionally there has been considerable publicity about the cost of divorces in general, and for recipients of legal aid or welfare in particular. Further, there are books being published which constitute a sort of instant law course. As a result, many people are acquiring the impression that lawyers over-charge, do little for their money, and what they do can just as easily be done by the client himself.

The purpose of this article is neither to attack nor defend lawyers' fees or those who advocate cheaper ways of accomplishing legal objectives. However, it is important that people understand that the do-it-yourself plan is only workable in certain types of situations and can only be used by certain types of people. For example, a person who is unable to speak in public, but has a good defence to a charge, would be very unwise to try to defend himself and save the lawyer's fee involved. Also, a person buying a house, which is an investment of \$20,000.00, and up,

may be doing himself a serious disservice if he tried to handle the purchase alone. He could probably find and understand most of the statutes that apply and prepare much of the paper work, but he will be dealing with a house owner who most certainly has hired a lawyer and, consequently, the purchaser is always at a disadvantage.

Due to the nature of our law, it is often very difficult to find the applicable statutes at all, because without knowledge and experience, the majority of people will not even know where to look for many kinds of legislation. It may, in many cases, seem easy for a lawyer to instantly answer a question or give an opinion, and probably it is. However, the reason is that he knows the answer or where to find it, and you do not, and that is what is paid for.

Probably one of the most significant problems clients face in assessing the fee levied by a lawyer is that they do not really know what the lawyer actually did between being hired and accomplishing the objective. Furthermore, in many cases, people are not sure why they hired a lawyer in the first place; in many of these instances a lawyer will protect the client against dangers the client did not even know

existed and probably will not even be told about. You may complain about a bill from an electrician, T.V. man, plumber, etc., but in his case, you at least think you know what he did for his money, and while you may feel the bill is outrageous, your mind will accept the fact that he did work for two or three hours because you saw him do it. Lawyers are normally only seen by their clients at the beginning and at the end of the case involved.

In conclusion, there is no reason why you should not act for yourself if you are satisfied you can do so and will save money, but you should be under no illusions about the completeness of your knowledge. If you have doubts as to whether you can do the job yourself, you should hire a lawyer rather than go it alone. The final point that many people seem to ignore is that they can go to a lawyer for advice at a relatively low cost and they might well receive a small amount of advice and a recommendation to do nothing further. It may seem silly to pay a lawyer to tell you that you do not have to hire him, but that is better than what happens with the occasional shady service company which charges for repairs that are not needed, or replace parts that work properly.

I understand within a month you can swear allegiance to my flag. When you do I want you to remember the many many times as a boy you stood up in your morning class and swore allegiance to the flag of the United States, while someone else's son was paying the supreme sacrifice. You were proud then, because they were only words but later those words became real and you were getting closer to the real meaning of them and you made your choice, you ran. But who can blame you? No one wants to die in the mud of a nation that someone else decided was necessary for the protection of one's country, and who knows, you may have had more facts than President Kennedy.

Being humans, all heads of state will in time make a decision that one feels to be wrong, that can influence the life of individuals. This can be a small price to pay for a nation as a whole, for the law and order that is required to have peaceful nations, and it is not up to the individual citizen to dispute this decision, even if you do not agree. (except at the polls of course).

I cannot see you supporting our Prime Minister if you could not support your own President.

But there was no emphasis on his international service at the funeral, the officer said.

"He was buried as a Canadian soldier," he said. Although Canada has responded more generously than any other member of the United Nations in providing peacekeeping troops - Canadians belong to all five of the forces now operating - the duty is unpopular with the men.

"They put you under such pressure not to do anything provocative," the officer said. "They try to make you diplomats in uniform and its likely to get killed because the people you're dealing with aren't diplomats."

In the 26 years since the United Nations set up headquarters in Jerusalem, 38 of its members have been killed in the three major Middle East wars and the intermittent hostilities which have plagued the region. The previous emergency force mobilized to keep watch on the Suez Canal after the 1966 war, now known as UNEF I, lost 89 men before the force was ordered off Egyptian territory by the late president Gamal Abdel Nasser on the eve of the 1967 war.

Previous to that, the United Nations' largest peacekeeping venture was the 1960 intervention in the Congo, involving 20,000 men at its height and costing 238 lives before it ended three years later.

The 1950-53 Korea "police operation" would easily have topped all statistics with 54,237 U.S. dead alone, along with several hundred from 15 allied nations.

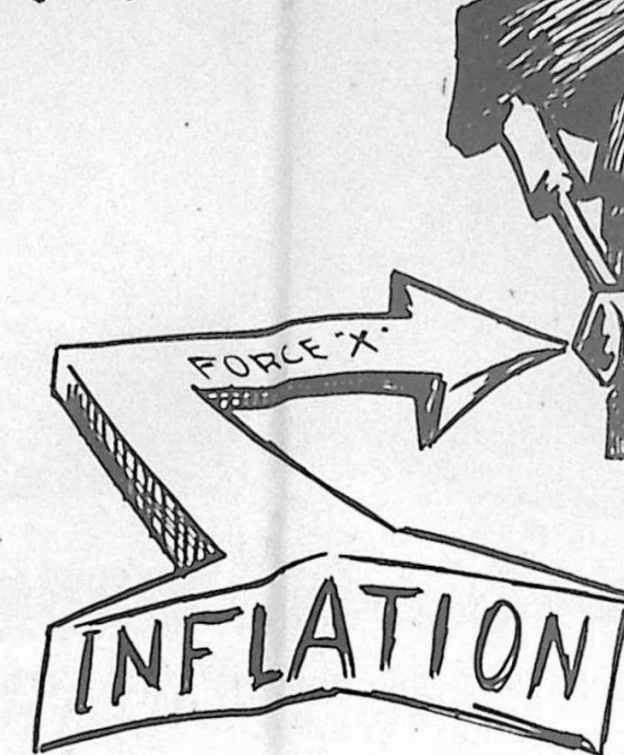
However, Korea is not classed as a peacekeeping operation, being known in UN annals as a collective security operation, despite the fact that it was fought under the UN flag.

Another observer force has been on duty for as long as UNTSO along the border between India and Pakistan, patrolling the mountain frontiers between the two nations. Canada, along with Finland and Sweden, a participant in all four of the current peacekeeping operations, supplies an airplane and a number of observers for the UN military observation group for India and Pakistan.

The total death toll for the peacekeeping mission of the United Nations now stands at 521.

From the Vancouver Province

# CAUGHT IN THE SQUEEZE



SAME COMMITMENTS WITH FEWER PERSONNEL

FORCE 'Y'

THROUGH THE EAR SCREWING

"GUARANTEED TO TURN ANY AIRMAN OFF!"

## EDITOR'S MAILBAG

### DRAFT DODGERS

Dear Sir:

I would like to comment on the recent statement made by Mr. Anderson, the American draft dodger and fugitive from military justice. I believe the quote was "It's nice to have a nation of twenty million backing me up".

Well, Mr. Anderson, as far as I am concerned there may be 19,999,999 Canadians backing you up but this one sure as hell does not.

I understand within a month you can swear allegiance to my flag. When you do I want you to remember the many many times as a boy you stood up in your morning class and swore allegiance to the flag of the United States, while someone else's son was paying the supreme sacrifice. You were proud then, because they were only words but later those words became real and you were getting closer to the real meaning of them and you made your choice, you ran.

But who can blame you? No one wants to die in the mud of a nation that someone else decided was necessary for the protection of one's country, and who knows, you may have had more facts than President Kennedy.

Being humans, all heads of state will in time make a decision that one feels to be wrong, that can influence the life of individuals. This can be a small price to pay for a nation as a whole, for the law and order that is required to have peaceful nations, and it is not up to the individual citizen to dispute this decision, even if you do not agree. (except at the polls of course).

I cannot see you supporting our Prime Minister if you could not support your own President.

No one wants to die in war for peace, but is the ground any darker or the hole any colder when you die in peace to prevent someone else's war?

Well, that's where you're at baby. In a land of peacemakers, where our boys die to prevent what you ran from.

I would trade all 18,000 of you for that one French speaking Private we lost in Cyprus.

Yes, Mr. Anderson, I think you will find it was just a law that saved you this time and not the support of all Canadians.

In closing, I would like to say that if our Armed Forces were not voluntary, I'd request you for my platoon and your position would be front rank center going in.

The only other thing that disgusts me is they didn't BRING YOU BACK IN HANDCUFFS.

John D. Webber

Citizen 2nd Class

Editor's Note:

Vancouver Sun please copy.

### MAY I SAY SOMETHING

Dear Sir:

Being a fairly recent entry into the CAF I have questioned and adjusted in many ways to this new life style. However there is something that continues to bother me - the basic right of every individual to freedom of speech.

We in the Forces seem to be censored as to what we may and may not say - not only regarding civilian affairs but most of all about the policies that affect us. Why, when we do not agree with something - are we not supposed to question it?

Since working as a part of the Totem Times staff I have become even more aware of this problem. (and I do think it is a problem) For if our right to freedom of speech is questioned then our right to be an individual is also smothered.

Communication is one of the most important aspects of the human societies attempt to live in harmony. People need to be able to speak freely to others, to express their feelings, and if they are discontented they should be allowed to say so.

I'm not a trouble-causing radical who believes society should be without restrictions but I cannot understand why, if people disagree with something (especially something that affects them) why are they not allowed to say so at the risk of being chastised.

Pte. (W) M. Jacobi

Dear Mary:

We're with you.

Ed.

### THE WAY I SEE THINGS

Dear Sir:

There is much debate why the drop-out rate for the service is so high, especially in the Private category. As a Private of almost a year, I think I can enlighten on the subject somewhat.

First of all, basically I believe the problem is ignorance. Most of us play very minute parts in an ex-

tremely large and complicated organization. Personally, I don't mind being a tiny cog in a big machine for tiny cogs are necessary, but not knowing what kind of machine I am part of bothers me. I don't know what the CF is really all about. We are a "peacekeeping nation" fine - but what percentage of any given time is peace keeping?

My view is shallow, but as far as I can make out the Forces is in reality a large employment or baby sitting agency. We are a myth; something left over from the dark ages; 80,000 Canadians serving their country. I feel disappointed in myself, I don't feel or think "military". Perhaps I am a misfit, perpetually doomed to looking for my niche in society. Eighty thousand people can't be wrong, can they?

Shortly after arriving here I began hearing things that made me think. How many times have you heard a member with 12, 15 or 18 years in saying things like, "If I could get out today instead of in six months, I'd be out tomorrow," or "only five years left, I hope I can last that long till I get my pension." Of course it is natural to complain about your job, yet it is very rare to find anyone who has anything positive to say about it. Also, the rank system completely baffles me. I realize many of the corporals have been and always will be corporals, because sometime they told someone off or made a mistake. We are all humans, and everyone makes mistakes, but I find this unjust to penalize one for the next 12, 15 or 20 years, when someone else who "keeps his nose clean" or never gets caught will be promoted although he may give less to his work.

L. Goddu Pte. (W)

GOODWILL DRIVE

Dear Sir:

When previously we have carried out bag drives to produce urgently needed items for carrying on our programs, the Totem Times

Personnel who held the rank of Corporal prior to 1 Oct. 66 are not required to attend JLC.

Personnel who have four years or less to CRA are not required to attend JLC.

Personnel who are exempt or waived attendance on JLC may request to attend.

JLC equivalency criteria remains as published in CFSO 159-74.

for an extension. Maybe that's why the rest of us can't get on the course.

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## Precedent Set?

OTTAWA (CP) — In a precedent-setting decision, 673 federal information officers have been awarded a cost-of-living clause in the final 12 months of a 27-month contract.

The Public Service Alliance of Canada announced Friday that an arbitration tribunal has awarded officers pay increases of one per cent retroactive to Sept. 24, 1973, as well as three per cent on Oct. 1, 1974.

The cost-of-living adjustment, tied to the consumer price index, will be awarded Jan. 1, 1975, and will expire Dec. 23, 1975.

Some officials estimate the increase could be as much as 12 per cent.

It is the first time any of the 145,000 public servants represented by the PSAC has received a cost-of-living adjustment clause in a contract.

Claude Edward, PSAC president, said the clause is an important breakthrough in collective bargaining in the federal service.

He said the precedent will be studied carefully and will have considerable impact on future public service negotiations.

"This award is in keeping with union arguments against the erosion of salary increases by rises in the consumer price index," he said.

In addition to the arbitration award, some officers also will receive wage increases between four and five per cent as a result of a retroactive reclassification of positions.

With the new contract, information officers' annual salaries average between \$14,088 and \$16,008. With the three-per-cent increase in October and the possible 12 per-cent increase Jan. 1, 1974, the average annual salary could range between \$15,700 and \$17,900.

Courtesy 'Vancouver Sun'

## About Face!

The following policy change regarding selection for Junior Leadership Training (JLC) becomes effective immediately.

Priority for attendance on JLC will be Corporals followed by Master Corporals who are not JLC qualified or otherwise exempt.

Master Corporals whose names are published in the ensuing years promotion list for promotion to Sergeant are not required to attend JLC.

Personnel who held the rank of Corporal prior to 1 Oct. 66 are not required to attend JLC.

Personnel who have four years or less to CRA are not required to attend JLC.

Personnel who are exempt or waived attendance on JLC may request to attend.

JLC equivalency criteria remains as published in CFSO 159-74.

## TOTEM TALK

ITEM... Base Supply has no black socks, possible none till Christmas. Which leads us to the proverbial "good news-bad news" joke. First the good news: we're getting a change of black socks. Now the bad news: Gaudet, you change socks with Jones. Smith you change socks with Doucette, etc., etc.

ITEM... Seen on the base lately several children, presumably from P.M.Q.'s going through the garbage cans outside the single men's quarters. Just what are they looking for anyhow?

ITEM... Cross Your Fingers Dept. Rumor has it that two thousand promotions and appointments for "other ranks" will be announced 30 September.

ITEM... Rumor Mill: We hear that there is one sea element Corporal who has been on the Formal French Language course in St. Jean for over fourteen (14) months. It seems he just keeps asking

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## TOTEM TIMES

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Girl Friday: Karen Rusnak  
Proofreaders: Jean Fawbert, Pearl Kingyens  
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Next

Totem Times

Deadline

Monday, Sept. 23



# Tracker Tricks

BY AL "MOSES" CAMP

## EXODUS - AS PER VU 33

Then our Fathers in the Hallowed Halls of Parliament spoke, and they said:

"Verily, thou hast resided in the same spot for these many decades, namely two; therefore we deem that thou shalt move. Gather unto thee all thy sundry things; thy kith and thy kindred, thy lock, thy stock, and thy barrel and hie thee to that great nesting place of Fat Crabs in the North, from whence thou shalt conduct thy operations in your usual seaman-like manner."

And thereafter followed a period of great sorrow. Yea mighty were the lamentations, and the tears flowed as great rivers; from department heads, stores bashers, and even unto the lowliest DA holders.

"It's a lovely day to go boating," spake the XO.

And the AEO spake mightily, saying:

1. Thou shalt render thy sections asunder.  
2. Thou shalt pack, and push, and stuff thy various tools and parts and pieces into containers.

3. Thou shalt ensure that the containers are always several cubic feet smaller than their intended contents.

4. Thou shalt pack everything! (Including thy buckets, thy brooms and thy mops)

5. Thy sections shall be cleansed; the decks, the bulkheads, and yea, even unto the deckheads on high.

6. Thou shalt unpack thy buckets, thy brooms and thy mops.

Now due to the fact that the AEO was but a minor diety, and only an amateur commandment maker he was restricted to six.

"For taking a ride in a punt," saith Ops.

And readily it came to pass that all the boxes and barrels, the crates and the cans were assembled, mustered, and directed to transit on a course of 310T VFR Direct.

(Do not pass GO, do not collect \$200).

And whence it came upon the eyes of our "Mini-Fathers" in CFB ESS KEW they sent forth a prophet called Auditor, to speak unto the Elder of the tribe of Dan.

"Call forth thy books, for canteen, unit and mess." And the books were called forth, and Dan called for a fifth.

"I don't want to go boating," quoth the Unit NPFAO. Then unto the scene strode those that would be giants and spake in thunderous tones.

"Thy books shall all be accounted for, both Conf. and Rest and such, And thou shalt let my books all go!"

Quoth Rob, "Got a match?"

"I'd rather go 'skinny-dipping,'" stated CBO.

Thus it came to pass that as a result of the mighty striving of the troops, and the lack of interference VU 33 was soon ready to move.

And here endeth the First Lesson.  
Watch this space for Genesis - As per VU 33 Comox.

## Ode To The Chief

Who says to me  
With accents grave?  
"My son, 'tis true  
You need a shave."  
The Chief.

Who, with voice  
Like Buzz-Saw whine?  
Says, "Lad, your boots,  
They need a shine."  
The Chief.

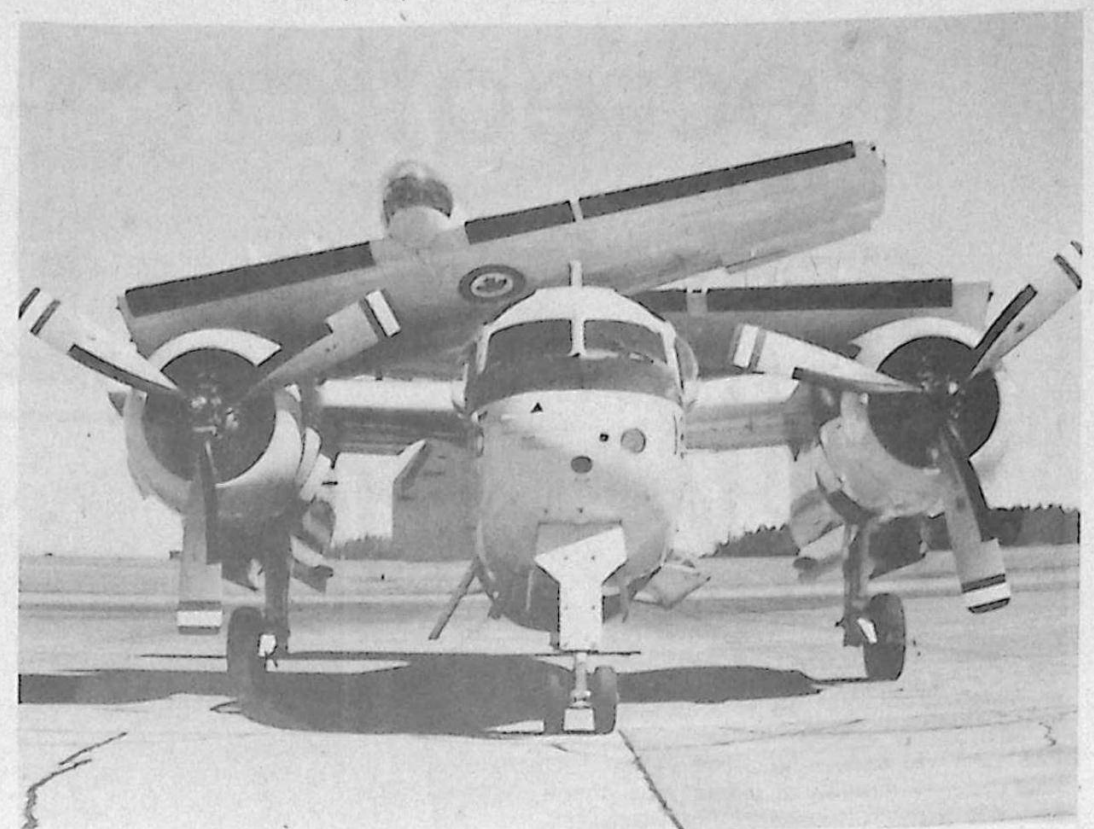
Now who, with voice  
Like soft caress,  
Says, "My Boy, you're  
A Bloody mess!"  
The Chief

And so my men,  
'Tis very clear,  
If you stand quite still  
You're sure to hear -  
The Chief.

Al Camp



OF COURSE I'M smiling! I'm an Observer and I just made Sergeant!



THIS IS NOTHING. You should see me do deep knee bends.

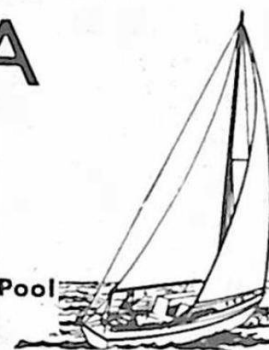
Ellis photo

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•Deluxe Units •Cable Television •Heated Swimming Pool  
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IDEAL ACCOMMODATIONS FOR SERVICE PERSONNEL ON  
THE MOVE OR VISITING FRIENDS AND RELATIVES  
Centrally located in Comox overlooking beautiful Comox Bay

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Your Local Ford and Mercury Dealer  
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## 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.

### THE FINAL CHAPTER in the incredible Apes saga. The most suspenseful showdown ever filmed!



### BATTLE FOR THE PLANET OF THE APES

"BATTLE FOR THE PLANET OF THE APES" is a thrilling action-adventure film featuring Roddy McDowell and Natalie Trundy. It is the final chapter in the incredible Apes saga.

**BATTLE FOR THE PLANET OF THE APES**  
Roddy McDowell  
Natalie Trundy  
Final Chapter  
Showtime 2000 hrs to 2155 hrs

### ACADEMY AWARD NOMINEE "BEST ACTOR"



### AL PACINO "SERPICO"

Produced by MARTIN BREGMAN Directed by SIDNEY LUMET Screenplay by WALDO BALT and NORMAN WEXLER Based on the book by PETER MABBS Music by MIKIS THEODORAKIS

**SERPICO**  
Al Pacino  
Tony Robert  
Thurs. 26 Sept.  
Fri. 27 Sept.  
Sat. 28 Sept.  
Sun. 29 Sept.  
Showtime 2000 hrs to 2230 hrs  
Warning: Coarse language and swearing throughout

### Would you believe this is The Emperor of the North Pole?

From Twentieth Century-Fox



Lee Marvin & Ernest Borgnine  
meet in the fight  
of the century.

**EMPEROR OF THE NORTH**  
Lee Marvin  
Ernest Borgnine  
Fri. 20 Sept.  
Sat. 21 Sept.  
Sun. 22 Sept.  
Showtime 2000 hrs to 2210 hrs

### SATURDAY MATINEES

Sat. 14 Sept. **SMOKY**  
Sat. 21 Sept. **FRECKLES**  
Sat. 28 Sept. **SECOND TIME AROUND**  
For the Theatre Information call: 339-2433

## Entertainment and Events

### HOCKEY PLAYERS?

1974 - 75 Season  
Senior "A" Calibre  
for  
**Campbell River Chinooks**

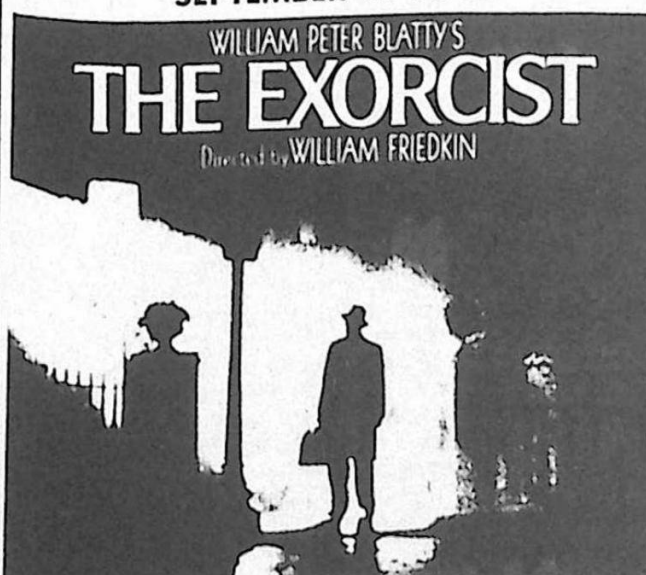
Contact  
**JACK DE KOCK**  
1156 S. Murphy St.  
Campbell River, B.C.  
923-6232

### TOTEM LOUNGE

SEPTEMBER ENTERTAINMENT

Tues., 3rd — Movie — "Confessions of a Police Captain"  
Sat. 7th — Cloudburst  
Sun., 8th — Cloudburst  
Tues., 10th — Movie "Live and Let Die"  
Wed. 11th — BINGO  
Sat. 14th — Dick Dutcher's and his Country Brass  
Sun., 15th — Dick Dutcher's and his Country Brass  
Tues., 17th — Movie "Two Mules for Sister Sara"  
Wed., 18th — BINGO  
Sat., 21st — Janis and Us  
Sun., 22nd — Janis and Us  
Tues., 24th — Movie "Road to Salina — Restricted  
Tues., 25th — BINGO  
Sat., 28th — Saddle Rock, Western Nite  
Sun., 29th — Saddle Rock, Western Nite

### SPECIAL PRESENTATION SHOWING SEVEN DAYS INCLUDING SUNDAY SEPTEMBER 19 TO 25



Warning - A very frightening picture. Some extremely coarse language. R.W. McDonald, B.C. Director  
ALL ADMISSIONS \$2.50

**EW**  
Courtenay

### VANIER HIGH SCHOOL PRE-MATH II

Review of Grades 8, 9, and 10  
Register Room 404  
**Tuesday, Oct. 1st**  
Mrs. J. Maddison - 337-5667

### KOMUX DISTRICT Brownie, Guide and Ranger REGISTRATION

Comox — Monday, 23rd September at 7 p.m.  
in the Comox United Church  
CFB Comox — Thursday 26th September at 7 p.m.  
in the Airport School

### WO & SGTS. MESS SEPTEMBER ENTERTAINMENT

7 SEPT. — Bingo and Dance  
Admission \$1.00 and \$2.00.  
21 SEPT. — Western Nite with Western Food.

TGIF every Friday evening.  
MOVIES every Monday evening.

### OFFICER'S MESS ENTERTAINMENT

FRIDAY, SEPTEMBER 13 —  
Monster Mixed TGIF  
Gallon Bottle Draw - Reservations by 1600 hours.  
Wednesday, Sept. 11th - Casual dress.  
WEDNESDAY, SEPTEMBER 18 —  
Wives Club Meeting, 1st of season, 8:00 p.m.  
(Wine and Cheese)  
SUNDAY, SEPTEMBER 22 —  
Candlelight Dinner, 1930 - 2130.  
Informal dress. Reservations by 1600 hours,  
Wednesday Sept. 18th.  
FRIDAY, SEPTEMBER 20 —  
Retirement Mess Dinner.  
Major Ritchie - Captain Norman.  
SATURDAY, SEPTEMBER 28 —  
Welcoming Party - 2030.  
Campa Stage Band and Music Factory - 2100-0100.  
Casual dress.  
Reservations by 1600, Wednesday, Sept. 25th.  
Come out and welcome our new members to the mess.  
JUGS — Saturday, Sept. 14 and 21  
Jugs of Draft 50' from 2000-2300.



# Recreation — in the Comox Valley



## Courtenay Recreation

### CRA AFFILIATES

**CHESS** — A popular pastime for all ages. The Chess Club meets each Wednesday, 8 p.m. at the Senior Citizens Lounge. Cost per season is \$6.00.

**ISLAND POTTERS** — An active group of talented people meet every Wednesday at 10 a.m. A night school course in ceramics is recommended to those interested.

**RAINBOW DAY CARE CENTRE** — Monday through Thursday - 2 classes per day - Supervisor - Stella Phillips and her assistants . . . are kept busy with over 50 children per term. Centre is located in the C.R.A. Lounge.

**COMOX DISTRICT CONCERT BAND** — With able leadership and balanced sound, this fine band plays in parades, concerts, etc. Practice times - T.B.A. call the C.R.A.

**NORTH ISLAND MINOR FOOTBALL ASSOCIATION** — Under the leadership of Al Gray, Minor Football is enjoying another successful season. The Association is made up of Pee Wee, Jr., Bantam and Bantam divisions. See all the action on weekends throughout the fall. Friendly rivalry between Valley teams makes for lots of fun.

**CO-VAL CHORISTERS** — Musical plays, renowned for their quality, are produced yearly by the Choristers. Practices are held Thursday 8-10 p.m. - Lake Trail School and Monday at the Civic Theatre. People of all ages are welcome.

**LITTLE THEATRE** — A talented group of hard working actors. Talented new comers are always welcome to audition for two or three plays per year. Rehearsals are held Tuesday and Thursday at the Civic Theatre.

**CENTRAL ISLAND ART ALLIANCE** — A newly formed cultural society. The C.I.A.A. has its headquarters on McPhee Ave. in Courtenay. Promotion of the arts in the Valley Area and specific programs will be developed in the near future.

**COMOX VALLEY JUVENILE SOCCER ASSOCIATION** — One of the fastest growing organizations in the Valley. The Association offers soccer to youngsters between 7 to 16 years of age. Season begins in October and goes through to spring.

**SENIOR SOCCER** — Labatt's Senior Soccer team plays a fine brand of soccer, playing against North Island teams - Home games are Sunday at Lewis Park - New players are welcome.

**COMOX VALLEY COMMUNITY ARTS COUNCIL** — Well established board of culturally interested people, promoting the arts in the Valley.

**COMOX VALLEY TENNIS CLUB** — Growing every year, the club is designed for all ages and experience. This year a professional coach was made available to the Valley through the Club and Valley recreation centres.

**C.R.A. 'EVERGREEN' SENIORS PROGRAM** — The C.R.A. proudly offers the following activities for retired persons 55 years and over. These activities are geared to take away the inactivity of retirement. The activities outlined below are just a few of the many that can become part of this worthwhile program. Seniors - Pensioners are encouraged to come forward and participate and help organize in any or all of the events that take place either in the SENIOR CITIZENS LOUNGE IN THE COURTENAY CIVIC SQUARE or at the C.R.A. hall.

The SENIOR CITIZENS LOUNGE in the COURTENAY CIVIC SQUARE is opened at 10 a.m. every Monday to Saturday and closed at 5 p.m. each day. There is a volunteer hostess on duty to serve refreshments and everyone is invited to come in and meet over coffee, tea, soup, sandwiches, cookies etc., and participate in any activity of their choice.

Registrations for Fall and Winter programs take place in September and all those activities with the XX sign must be attended from the first lesson as they are all beginner lessons.

Carpet Bowling; 5-pin bowling; Curling; Bridge; Crib Tournament; Whist Drive; Chess.

XXWoodcarving - Mr. Frank Henderson; XX Oilpainting - Mrs. Elsie Griffiths; Liquid Embroidery - Mrs. Babs Wrathall; XX Pottery - Mrs. Jo Waddington; Handicrafts - Mrs. Agnes Chapman; Glee Club - Mrs. Irene Cope; Yoga.

Monthly Socials - trips out of town - visits from Senior Citizens of other Recreation Centres.

For full information on courses, times, days, etc., call in at the Senior Citizens' Lounge, Monday to Friday from 1 p.m. to 4 p.m. and see the co-ordinator, Mrs. Jean Garland. To participate in any activity in the program, there is a fee of \$1.00 covering membership to December 31, 1974. Yearly memberships are \$2.00 from January 1 to December 31, this fee covers cost of mailing the monthly newsletter. This newsletter is a must because it gives you all the upcoming information as well as little anecdotes on how not to grow old.

### FALL PROGRAM LINEUP

The following activities are available on a first come, first served basis with no refunds after commencement of the activity.

### DEFINITIONS:

"Junior" is a person 18 years of age and under.

"Term" - There are two terms: October to December; January to March.

"Season" - There are two seasons: October to March; April to August.

"Year" is from September to August of the following year.

"Fees" quoted for the following activities are C.R.A. fees and include C.R.A. membership.

Fall C.R.A. activities commence September 30.

**REGISTRATION** — Pre course registration at the C.R.A. Hall, 489 Island Highway beginning Tuesday, September 17 until Friday September 27.

Fees are payable in full at the time of registration and are not refundable in whole or in part, unless the course is cancelled. Fees may be paid by cash or cheque. C.R.A. reserves the right to cancel any class in which enrolment is insufficient. Regulations do not permit smoking in C.R.A. facilities or in Public Schools programmed by the C.R.A.

**BADMINTON** — Courtenay Badminton Club meets every Tuesday and Thursday at Courtenay Jr. Secondary School, Harmston Avenue at 7 p.m. Fee: \$5.00 per season.

**HOUSEWIVES: Badminton** — Every Wednesday and Friday at the C.R.A. - 1 p.m. to 3 p.m. Fee: \$5.00 per season.

**RECREATIONAL BADMINTON** — Fun games for young and old with supervision and or instruction at Courtenay Jr. Secondary School, Harmston Avenue Monday night at 7 p.m. Maynard Klein supervisor. Fee: \$5.00 per season.

**BASKETBALL** — C.R.A. Men's Basketball - Thursday - 8:30 to 10 p.m., G. P. Vanier School Gym. Fee: \$5.00 per season - coach: Norm Rowland. C.R.A. Women's Basketball - Tuesdays - 8:30 to 10 p.m. Courtenay Jr. Secondary (if available). Fee: \$5.00 per season - Coach Norm Rowland.

**COMPETITIVE GYMNASTICS** — A beginners midget under 10 class is offered Wednesdays and Fridays 5-7 p.m. Fee: \$25.00 per year.

**COMPETITIVE GYM CLUB** — Head coach - Vern Nichols. Tuesdays and Thursdays - 5 to 8 p.m. Saturdays - 9 - 12; Friday 5 - 7 - Tumbling. Fee: per year \$25.00 - \$45.00 based on age and ability. Oldest child pays full amt others half fee.

**RECREATIONAL GYMNASTICS** — This year the accent is more on fun than on completion of specific gymnastic tasks. Tiny Tot Gym - one to four years old - Wednesday morning, 9:30 to 10:30 or 10:30 to 11:30 - instructors - Maureen Hansen, Harriet Latker. Fee: \$5.00 per term. Pre School Gym - Monday, 10 a.m. to 11 a.m. and 1 p.m. to 2 p.m. Fee \$5.00 per term - instructors Maureen Hansen, Harriet Latker. 6, 7 & 8 year old girls - Monday 3:30 to 5 p.m.; 6, 7 and 8 year old boys - Tuesday 3:30 to 5 p.m.; 9 to 11 year old girls - Thursday 3:30 to 5 p.m.; 9 to 11 year old boys - Friday 3:30 to 5 p.m.; Fee: \$5.00 per term. Supervisor - T. White.

**TRAMPOLINE** — Beginners - 3:30 to 5 p.m. - Wednesday, Fee \$5.00 per term - instructor Glenn Phillips. Advanced - 8 to 9 p.m. Tuesday. Fee: \$5.00 per term. Instructor Dave Copeland.

**FLOOR HOCKEY** — Early morning 7 a.m. to 8 a.m. Monday to Friday. Open recreation - Saturdays and Sunday - 1 to 5 p.m. Junior Floor Hockey - Tuesday and Thursday - 3:30 to 5 p.m. Senior Floor Hockey - Wednesday - 8 to 10 p.m. - \$5.00 per season. This year both regular hockey stick and ball and pole and ring floor hockey will be available. Fee: \$5.00 per season.

**FAMILY RECREATION** — Wednesday - 6:30 to 8 p.m. Includes Trampoline, mats, table tennis, weight lifting, floor hockey, basketball and something for everyone. Fee: \$5.00 per family per term. Supervisor - Tony White.

**YOUNG ADULT RECREATION** — Tuesday and Thursday - 7:30 to 10 p.m. particulars T.B.A.

**LADIES KEEP FIT** — Tuesday and Thursday - 10 a.m. to 11 a.m. Fee: \$8.00 per term. Instructor - Tony White.

**YOGA** — Maximum - 20 people per class. Monday 7:45 p.m. to 8:45 p.m. Beginners; or 9:00 p.m. to 10:00 p.m. Intermediate or Wednesday 10-11 a.m. - beginners. Fee: \$5.00 per term. Instructor Gail Wren.

**WRESTLING & WEIGHTLIFTING** — Wednesday 8 to 10 p.m. Fee: \$5.00 per term. Supervisor Dave Lange.

**FITNESS MEMBERSHIP** — SQUASH, RACQUET BALL, HANDBALL (and general fitness training) Fee: \$5.00 per year and .50 cents per booking of squash court Sept. to August - use of facilities when not otherwise programmed.

**VOLLEYBALL** — Noon hour volley ball - Monday, Wednesday, Friday - 12 to 1 p.m. Fee: \$10.00 per season.

**MIXED RECREATIONAL VOLLEYBALL** — Wednesday 8 to 10:30 p.m. at G. P. Vanier School gym (if available) Fee: \$8.00 per season. Supervisor R. Kirk.

**TABLE TENNIS** — Wednesday at the C.R.A. - 8 to 10 p.m. open challenge games. Fee: \$5.00 per season.

**GUITAR** — Beginner - 10 lessons at the C.R.A. Wednesday - 6:30 to 7:30 p.m. or 7:30 to 8:30 p.m. Fee: \$8.00 per term. Maximum 10 per class. Instructor Kelly Griffiths.

**C.R.A. SOCCER SCHOOL** — Maximum 20 kids. Tuesday - 3:30 to 5 - 7 and 8 year olds; Wednesday 3:30 to 5 - 9 and 10 year olds; Thursday 3:30 to 5 - 11 and 12 year olds. Fee: \$5.00 per term. Instructors: L. Dalgliesh and T. White.

**COMING ATTRACTIONS**

**C.R.A. CHILDREN'S HALLOWEEN PARTY** — October 31st.

**C.R.A. CHILDREN'S CHRISTMAS PARTY** — December 20th.

Open to all children registered in C.R.A. activities.

**COURTENAY XMAS INVITATIONAL GYMNASTIC COMPETITIONS** — December 28th

**COMOX VALLEY WINTER CARNIVAL** — an exciting week of activity in February - fashion shows, parades, ski races and much, much more.

**C.R.A. RECREATIONAL GYMNASTIC FUN NITE** — Held at the end of the gymnastic classes in March of 1975.



**C.R.A. FANNY DUNKER JUNIOR SKI CLUB** — First meeting - November 5 - Tuesday 7 p.m. at the C.R.A. Hall - Meeting dates, annual meeting and programs to be set at this time. All prospective club members and members are invited to attend.

**COMOX VALLEY SKI FAIR** — At C.R.A. hall - Wednesday, November 13 starting at 7 p.m. Ski swap and sale of used equipment - all equipment must be brought to the hall prior to 6 p.m. on the Wednesday. Door prizes and display films - everything to do with skiing.

**SKI FIT** — An excellent way to get in good condition prior to the opening of the season. Gets underway in late October, at C.R.A. hall. Monday and Thursday 7 p.m.-8 p.m. October 21. Register at C.R.A. hall - class number limited. Comox class register at Comox Rec. Center - class starts Oct. 21 8:30 to 9:30 p.m. All classes require a skipping rope, loose clothing, shorts, etc. Fee: \$8.00 per term - twice weekly.

The C.R.A. staff and executive wish to thank our many hard working volunteers for their time and effort in promoting C.R.A. activities. Whether it's dishing out hot dogs at a minor baseball wrap up day or decorating the hall for a volunteer party, the chosen few always meet the task.

As you know, a large portion of our budget is derived from our Saturday night Bingo. At this time we solicit the continuing support of parents and people in general who either use our facilities or whose children use our facilities at a cost we can all hopefully afford.

**BECOME A C.R.A. BOOSTER TODAY.** Help promote recreation in your city by doing what you can, when you can.

## Comox Recreation

### COMOX CARPET BOWLING:

Contact Rec. Centre Office

Mondays 1:30 - 4:00 Rec Centre Gym.

**RECREATIONAL CARPET BOWLING:**

Contact Rec. Centre Office, Wednesdays 1:00 p.m. d'Esterre Clubhouse

**THURSDAY SR. SOCIAL GROUP:**

Mrs. Erica Aubry - 339-3703 Thursdays 2:00 - 4:00 Rec. Centre Clubroom.

**COMOX CARPET BOWLING CLUB**

Contact Rec. Centre Office Fridays 1:30 - 4:00 Comox Rec. Centre.

**MEN'S PENSION PLAN FOR HEALTH**

A fun for fitness program coupled with diet guidelines and weight control therapy - aimed at obese adults and those tending toward obesity. Tuesday evenings 10 - 2-hour sessions commencing October 8th at 8:00 p.m. Location Comox Elementary School

**LADIES KEEP FIT**

A program designed for those who are physically active and want to shape up in all ways. Babysitting may be offered with this program. Cost of the program \$8 Tuesdays and Thursdays 10:30 - 11:30 commencing October 8th and running for 10 weeks. Location - Comox Rec. Centre Gym.

**SKI FITNESS**

Get in shape for skiing. More skiing pleasure goes to the fit skier. Commencing Oct. 21 to Dec. 19. Cost \$8 with 18 1-hour sessions. Monday and Thursday evenings 8:30 - 9:30

**ADULT BADMINTON** - 19 yrs. and over

Contact Mrs. Joan Pratt at 339-2535. Will be held Monday and Thursday evenings at 8:00 p.m. Location will be at Comox Junior Secondary and Comox Elementary. Also Wednesday evenings at 8 p.m.

**YOGA FOR WOMEN**

A beginners course in basic Yoga exercises; ideal for a beginner to start developing their bodies by using this beautiful ancient study. 10 - 1 1/2 hour sessions \$6. Commences Oct. 9 at the Comox Rec. Centre. Tuesday evenings 7:30 to 8:30 and 8:30 - 9:30.

**TINY TOTS**

Fir the 3 & 4 year olds to enjoy fun together. Program includes storytelling, music, coloring and children's co-ordinated games. 12 - 1 1/2 hour sessions. Cost \$10. Location - d'Esterre Clubhouse. Maximum 12 per class but children may be registered for one, two or three mornings as desired. Commences Oct. 1st 9:30 - 11:00 Tuesday, Wednesday and Thursday mornings.

**KINDERGYM**

Fun for the 3 and 4 year olds. Cost is \$4 for 10 weeks commencing October 10 on Thursday mornings 9:30 to 10:30. Held at the Rec. Centre Gym.

**DIAPER GYM**

For the wee ones from 1 - 3 years old. Commencing October 8. Cost \$4 running for 10 weeks on Tuesday mornings 9:30 - 10:30. This will also be held at the Comox Rec Centre.

**GYMNASTICS**

Program includes tumbling, vaulting, springboard, and some trampoline. 10 - 1 1/2 hour sessions \$4 commences Oct. 8. 6 - 8 year olds Tuesdays 3:30 - 5:00 p.m.; 9 - 11 yr. olds Thursdays 3:30 - 5:00 p.m.; 12 yrs. and up Thursdays 6:30 - 8:00 p.m. Rec. Centre Gym.

**TRAMPOLINE**

An excellent way to learn well co-ordinated body movements. 10 - 1 hour sessions \$4. Commences October 12. 9:30 - 10:30 6 - 9 yr. olds; 10:30 - 11:30 10 years and up. Held at the Rec. Centre Gym.



## Base Recreation

**TENNIS** - Maj. Don Little, Lt. John Power and Cpl. Andre Ducheneau are representing the Base in Chilliwack 4-6 October, and they're looking for one more tennis player to fill the team. If interested call Lt. Power - 315.

**OPEN RECREATION** - Supervised but unstructured recreation for service personnel and dependants at the following times. Monday 1700-2200; Tuesday 1700-2000; Wednesday 1700-2000; Thursday 1700-2200; Saturday 1300 - 1600.

These times are subject to change.

### Comox Valley

### Who's Who?

-in leisure time activities

Bridge Club - Alex Mycyk 334-4930

Central Island Art Alliance, Don Deese, 338-5049

Chess Club - Lou Wedel 339-2180

Comox District Concert Band - Bob Chown 334-2073

Comox District Mountaineering Club - Ruth Masters, 334-2270

Comox Valley Community Arts Council - Miss D. Hansen 334-4514

Comox Valley Kennel Club - Bob McKillop 338-8222

Comox Valley Little Theatre - J. Norton 339-5056

Comox Valley Minor Baseball - Shirley Kirschman 339-3933

Comox Valley Minor Hockey Ass'n - Major M. Fawcett 339-4935

Comox Valley Minor Lacrosse - Vern Hurley 338-8752

Comox Valley Soccer Ass'n (Senior) - John Brown 334-4165

(Juvenile) - Harry Lavoie 334-4352

Courtenay Badminton Club (Senior) - Rick Grainger 338-8589

(Junior) - Marilyn McPhee 334-4277

(Recreational) - Maynard Klein 334-4304

Courtenay Bowman - Art Morgan 334-4143

C.R.A. Basketball - Norm Rowland 338-5371

C.R.A. Gym Club - Vern Nichols 338-5371

C.R.A. Swimming & Diving Club - Herb Bradley 338-3868

Co-Val Choristers - Beryl Regier 339-4429

Comox Valley Tennis Club - Russ Crum 339-2375

Evergreen Senior Citizens' Club - Jean Garland 338-8684

Fanny Dunkers Ski Club - Lori McPhee 334-3625

Forbidden Plateau Ski Club - Dave Foreman 338-5214

Island Potters Club - Jean Henderson 334-4515

Mount Becher Ski Development Society - R. G. McPhee 334-3625

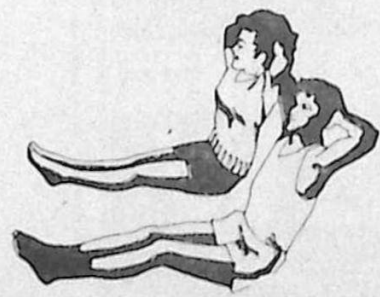
North Island Minor Football Ass'n - Al Gray 334-2752

North Vancouver Island Horse Ass'n - Bill Browne 334-2421

O.A.P.A. No. 46 - Mr. C. Tudway 339-3708

Rainbow Nursery School - Marion Whiteford 338-5124

A Regular  
Program. . . .



Of Leisure Time  
Activities. . . .



Will Help You!!!



## LIBRARY REPORT

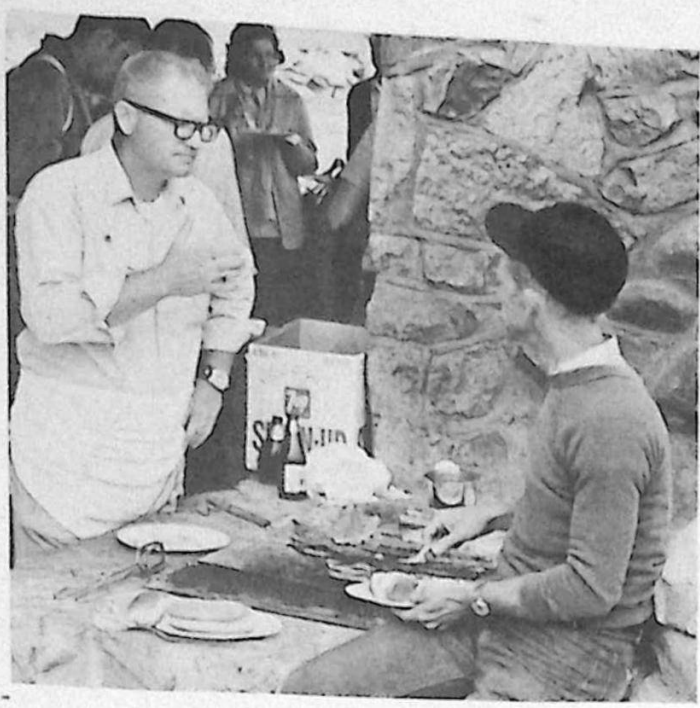
**THE MOUNTIES** by Delbert A. Young. Created a century ago to tame the Canadian West, the Mounties did just that; then changed and grew, even as Canada did, until today, the Force boasts crime labs, radar, tracking dogs, an Air Division and a Marine Division. The entire story of the Mounties is here told, from their trying march westward as the Northwest Mounted Police in 1874, to their present day feats. The author, a Canadian has researched deeply into his subject, and made out of it a wonderfully readable story.

**THE RED SERGE** by Harwood Steele. Another book about the R.C.M.P. The author's father: (Major General "Sam Steele" was one of the Force's original members). The sixteen stories in this book range from colourful tales of the Old West to events of the present day. Featured in these yarns are western "bad men", prairie fires, polar bear hunts, fortune hunters, police service dogs, bush pilots, and even weird creatures like Ogo-Pogo the monster.

**1,001 BRITISH COLUMBIA PLACE NAMES** by G.P.V. & Helen Akridge. The book is devoted to names not of just one region but of all B.C.

**BOOKS ON HANDICRAFTS:** Introducing Jewelry Making. Gifts to Make Yourself. McCall's Book of Handicrafts. The Complete Christmas Book. Step-by-step Weaving. The New World of Needlepoint. Step-by-step Printmaking. Crocheting the New Look. Knitting Encyclopedia. Natural Dyes: Plants and processes. How to do Ceramics. How to Enamel on Copper.

**LIBRARY HOURS:** TUES. to THURS.: 12:30 to 14:00  
19:00 to 20:30  
FRIDAY: 12:30 to 14:00



**FRYING SALMON** and holdogs two members of 425 Detachment (USAF) discuss the 'whether...whether to stay in Canada or seek amnesty with Ford! Richard Eppler (left) Donald Pierce (right)

Manson Photo

## NEW FACES

The Det 5, 425th MUNSS, had a picnic and fish fry Friday, August 23, 1974, at the Base Beach for the personnel and their families.

Also present were TSgt and Mrs. Dennis L. Bush and family, newly assigned here from Minot AFB, North Dakota.

Major George L. Cummings, Commander, announced that TSgt. Richard C. Coleman (retiring to Florida) and SSgt. and Mrs. Myron F. Baker, Jr. and family (being assigned to Grand Forks, North Dakota) are departing Comox CFB. They were not present at that time to accept their plaques for tour of assignment. The plaques were later received by the individuals.

## Supply Bridge Tournament

I.C.O. personnel challenges M.C.O. personnel.

1. Pick your own partner.
2. Submit names to Cpl. Duchesneau LPO section, Loc

- 215 before September 18.
3. Games will commence September 23.
4. Rules for the tournament will be distributed to each team.

If this tournament proves to be a success, a euchre tournament will be planned at a later date.

**SUPPLY CAN BEAT ANYONE IN ANYTHING!**



## Devil's Brigade

RC CHAPEL

Father Francis Swoboda - 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.; Tuesday 7:00 p.m. in private homes on request.

On other days the Chaplain will celebrate Mass if requested.

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

**BAPTISM:** By appointment.

**CATECHISM CLASSES:** Parents who wish to have their children attend Catechism classes are requested to enroll them immediately. More Catechism Teachers are required in order for us to carry out our full Catechetical Program.

**BATTLE OF BRITAIN SUNDAY:** Special Prayers will be said at all Masses on Battle of Britain Sunday, September 15th, for all those men and women who gave their lives for the cause of freedom in World War II.

## PROTESTANT CHAPEL

The Fall activities for the Protestant Chapel are now commencing. This summer has seen many changes in our Military Community. The Chapel looks forward to welcoming all members at CF Comox to participate in our religious life. Many new families have moved into this area and each one is given a special invitation to make the Protestant Chapel their "home church".

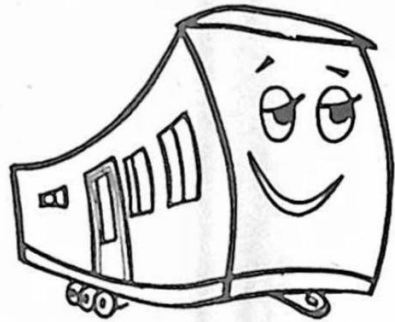
The activities are just beginning and therefore we invite you to become a participant in our Chapel life. The following is a schedule for your direction and guidance:

Regular Morning Worship at 11:00 a.m. every Sunday; Holy Communion on the last Sunday of each month; Junior Choir: 6:00 p.m. every Thursday evening; Senior Choir: 8:00 p.m. every Tuesday of each month in the Chapel Annex.; Sunday School: 9:30 - 10:30 a.m. in the Chapel Annex. - ages 4-15. All children in the Chapel Community are invited to attend. Teen Group: 7:30 p.m. on Tuesday evenings in Chapel Annex.

Telephone: 339-2211 Loc 273 D. L. Martin, Maj. (Base Chap-P) R. J. Ritchie, Maj. (Base Chap-P)

## CYPRESS MOBILE HOMES

Island Highway South of Courtenay



SINGLE WIDES AND DOUBLE WIDES

**OUR PRICES ARE LOWER**

Check and Compare

**Phone 334-2181**

**NEW LISTING!** 10 acres - mobile home - large garage - mountain view - partly treed. Not in the land freeze - can be easily subdivided. Owner has bought and is anxious to sell. Call Marj Thompson 339-2771.

**\$5,000 DOWN** 3 bedrooms. 2 bathrooms. Sunken Master Bedroom, treed lot in quiet neighborhood. Call Marj Thompson 339-2771.

**STARTING OUT?** Tender loving care is all that is needed. Small 2 bedroom house close to town. Under \$20,000. As a bonus you get a mountain view. Contact Dave Paterson 334-4581.

**RETIRE ON THE BEACH,** but live comfortably 135' of level beach, clams, oysters and fishing at your door. 2 year old house, 3 bedrooms, white stone fireplace, rumpus room, with many potentials that could be done in your spare time. To view contact Veronica Parker 334-3704. "The Lady with the Hat".

**HOMESITE!** 100 x 31 drilled well - fence - owner has obtained perc approval - selectively cleared. For details call Dave Paterson 334-4581.

**POTENTIAL!** Approximately 1/2 acre corner lot, 3 bedroom house with office. Well built. 2 floor workshop garage with many potential features. This must be seen and discussed with "The Lady with the Hat" Veronica Parker 334-3704.

**LOOKING FOR THE DREAM?** 12 1/2 acres. Tall trees, a small creek, secluded area but close to stores and transportation and a cosy three bedroom home to up-date in your spare time. We have it. Contact Jo Robinson 338-5758.

**LOSS LEADER OF THE WEEK.** Only one to a customer. Fully serviced building lots 66 x 130 for \$8,500. Pay cash and beat the high interest rates. Contact Jo Robinson 338-5758.

**THE WORK HAS ALL** been done on this one bedroom home. Retirement is easy in this one with a rental unit included. Contact Jo Robinson 337-5758.



**COURTENAY REALTY LIMITED**

"The Company That Cares"

**Phone 338-5366**

Veronica Parker  
334-3704  
Marj Thompson  
339-2771

Dave Paterson  
334-4581

Charlotte Willis  
338-8962  
Jo Robinson  
338-5758

Member Multiple Listing Service

## Honda CB-550 Four

Honda's Newest Big Four



## HONDA SWINGING SUMMER SALE

No Down Payment - Financing

**TRADES WANTED**

Buy now while 1974 prices and stock are still available.

**HOLIDAY LAWN & LEISURE PRODUCTS LTD.**

339-5112  
Comox, B.C.

3080-B Comox Road  
(Next to Animal Hospital)

Thursday, Sept. 12, 1974

CFB Comox Totem Times 7

## Goodwill Bag Drive

Local Scouts and Cubs will have distributed over 4000 bags on the doorsteps of local homes on Saturday, September 28 and will be collecting them on the morning of Saturday, October 12.

Behind these simple words is a much deeper story. Once again the local Boy Scouts of Canada are helping the handicapped at Goodwill Enterprises. This time the need for donations of repairable or reusable clothing is of extreme importance as the stockpile of these items, which are essential to see Goodwill's programs operating through the winter when donations are far less than production, is only just over half what it was at this time last year.

Families of those on the Base have been very generous in their past support of Goodwill and many use the store on Fourth Street but everyone does not know what Goodwill stands for. It is an entirely autonomous organization which is registered as a non-profit

society under the Societies Act of British Columbia and employs some 135 handicapped persons on Vancouver Island as well as having a constantly rotating group of about 20 handicapped persons under assessment or training for the B.C. Government's Regional Aid to the Handicapped Committee.

Some items donated, especially small and large appliances, are repaired and refurbished in the workshop in Courtenay but there is a constant back and forth flow of articles to and from Goodwill's main workshop in Victoria to which handicapped clients from the Courtenay area also go for training and assessment. This is why donations of repairable items of all kinds are so important. Without them there would be no means of employing these handicapped persons or of pay cheques for them as the sale of the articles they produce makes up Goodwill's main source of income. Though the items sold have been donated, costs and

wages are rising all the time and many articles have had hours of work spent on them. Even clothing has been laundered or cleaned. For this reason there is wide range of prices in the store, with plenty of bargains for all. The bag that you fill will bring much needed help to Goodwill's programs for the handicapped.

## Little Theatre Meeting

The initial meeting of the proposed Comox Little Theatre group will take place at 1900 hours in the Social Centre at the Rec Hall on 25 Sept. 74. All interested personnel are urged to attend.

Membership will be open to all service personnel and their dependents over the age of 18 and to all civilian employees at CFB Comox. For any information prior to the meeting call WO Les Routledge local 488 or 339-4473.

## The MADEIRA

Superb Spanish-styled credenza \* Autumn Oak finish \* Concealed casters.

\* Hallmark Solid State chassis with deluxe AM/FM stereo tuner \* High-quality BSR record changer with cueing control, variable stylus pressure, anti-skating control and three speeds \* Performance-matched SCT/M2 cartridge with diamond stylus \* Quality-engineered, high efficiency speakers.



**\$599<sup>95</sup>**

AUDIO RADIO VIDEO

**ARV**

Services

319 - 4th Street  
Courtenay

Ph. 334-4114

## IMPORTANT NOTICE LITTER ACT

All persons should be aware that as a result of changes by Order in Council, No. 2676 August 15, 1974 the Regulations of the Litter Act of British Columbia now require that:

- 1 As of November 1, 1974, the refund, payable by sellers of carbonated beverages, or drinks, when the empty container (bottle, can, etc.) is delivered up by the purchaser to the seller, is increased from 2¢ per container to 5¢ per container of 16 fluid ounce capacity or less, and 10¢ for containers of more than 16 but less than 40 fluid ounce capacity.
- 2 Metal containers so designed and constructed that any part of the container is detached in opening the container without the aid of a can-opener are exempted from the increase in refund, and will continue to be refundable at 2¢ per container, (commonly referred to as "zip-top", "pop-top" etc).
- 3 As of November 1, 1974 no person shall sell, for the purpose of resale, any beer, ale, cider, carbonated beverages or drinks, in metal containers so designed and constructed that any part of the container is detached in opening the container without the aid of a can-opener. (e.g. — no wholesaler shall sell to a retailer).
- 4 As of January 1, 1975 no person shall sell any beer, ale, cider, carbonated beverages, or drinks in metal containers so designed and constructed that any part of the container is detached in opening the container without the aid of a can-opener. (e.g. — no retailer shall sell to a consumer).

Any inquiries regarding the Litter Act and Regulations may be directed to:



DEPARTMENT OF LANDS, FORESTS, AND WATER RESOURCES  
WATER RESOURCES SERVICE  
POLLUTION CONTROL BRANCH, VICTORIA, B.C.

## Chicken Dinner

FOR THE WHOLE FAMILY!

**tastee-freez**

CLOSED MONDAY

2002 Comox Ave.  
OPEN 11 A.M. TO 11 P.M. DAILY

**20¢ OFF**  
on a Chicken Dinner  
(3 PIECES & FRENCH FRIES)  
GOOD ONLY WITH THIS COUPON  
THIS COUPON EXPIRES

## STRATHCONA REALTY (1972) LTD.

2082-C Comox Ave., Comox, B.C. Phone 339-2251  
W. D. Strachan, Notary Public

Located in the Port Augusta Motel

### COURTENAY EXCLUSIVE

The owner built this home for himself and no expense was spared. 1250 sq. ft. on the main floor with 3 bedrooms up, carpeting throughout, large cabinet kitchen, dining area and sundeck over carport. The basement has a very cosy rumpus room with Union Bay brick fireplace, separate games room, a fourth bedroom, laundry facilities and workshop. Attractive corner lot complete with separate 3-bay open garage for boat and trailer storage. An immaculate home for \$57,000.00 full price.



COMOX

Immaculate home on a beautiful treed lot in a quiet cul-de-sac. Two fireplaces. Good floor coverings, long sofabed feature wall. Bright, interesting kitchen with eating area. Full price \$43,500.

### COURTENAY EXCLUSIVE

Large family home on a very large lot with a spectacular view of the mountains and river estuary. Over 1500 sq. ft. 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 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.

DONNA STRACHAN - 339-3437  
HARRY AVIGDOR - 338-8342





BACK ROW (Left to Right): Karen Crockett, Anne Grant, Theresa Mackey and Tirra McCooley. Front

Row - standing - (Left to Right): Surindra Gill, Lynn Geneau, Kelly Griffiths and Bob Carter.



IT WAS SINK OR swim for these young students as they heeded their instructors.



KELLY GRIFFITHS GOING over the finer points of swimming.

## THE SUMMER SWIM PROGRAM RECENTLY CLOSED AFTER A SUCCESSFUL SEASON SEE YOU NEXT YEAR!

PICTURES COURTESY

Base Photo and the Recreation Centre



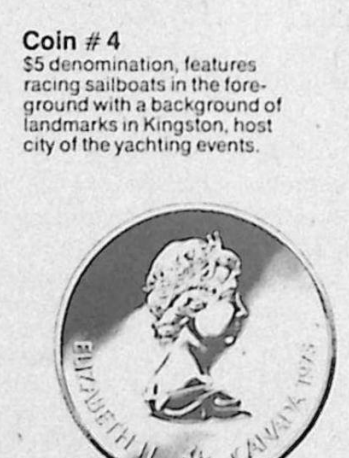
## SUPPORT THE CANADIAN OLYMPIC GAMES BY SUPPORTING "YOUR BASE EXCHANGE"



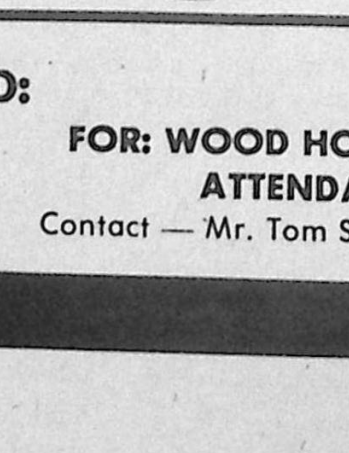
Coin #1  
\$10 denomination, depicts the map of the world with Canada highlighted



Coin #2  
\$5 denomination, depicts the map of North America with Canada highlighted for emphasis.



Coin #3  
\$10 denomination, depicts the skyline of Montreal, host city to the Games of the XXI Olympiad.

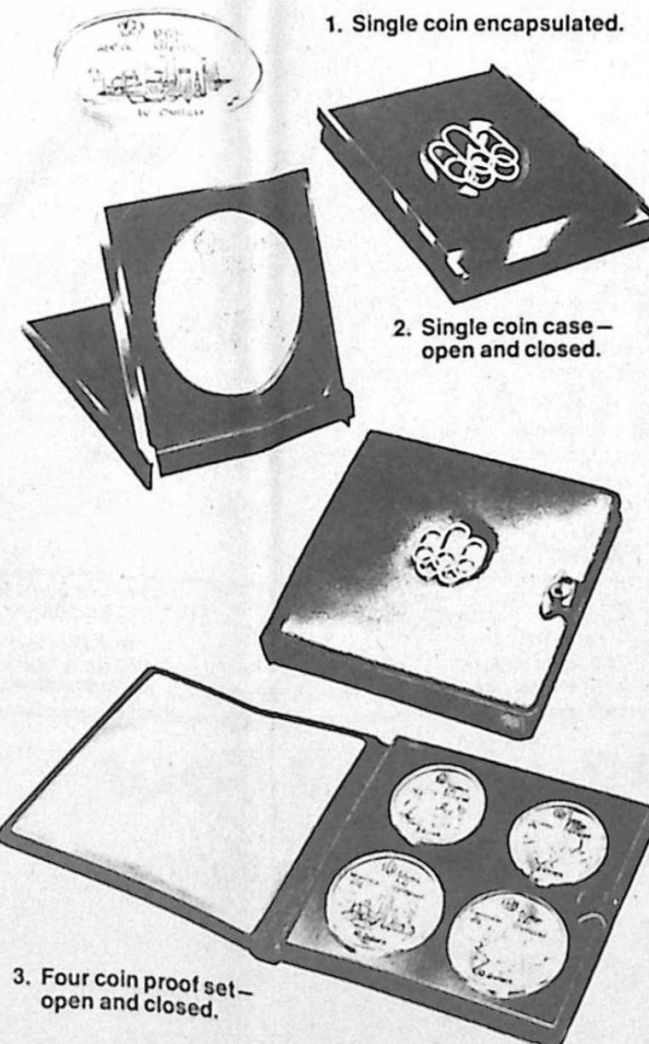


Coin #4  
\$5 denomination, features racing sailboats in the foreground with a background of landmarks in Kingston, host city of the yachting events.

The obverse of each coin bears the effigy of Her Majesty, Queen Elizabeth II.

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### How Coins are available

- 1. Single coins**  
are available either loose or in styrene crystal capsules sealed by ultrasonic welding. Both faces of the capsule are concave with raised rims to help prevent scratch marks.
- 2. Single coin case**  
Encapsulated coins are also available in this attractive presentation case made of styrene protected by a cardboard sleeve. The case contains a descriptive pamphlet.
- 3. Proof coins**  
Capsulated frosted relief proof 4 coin series sets are available in this high quality packaging. A cardboard sleeve protects the fine texture of the case which also contains a descriptive pamphlet.

### Proof Coins

These very high quality, individually inspected coins are made from specially selected sterling silver blanks, struck from special frosted dies. They are carefully handled with white gloves only, until safely packaged. Their great perfection commands a premium price and such coins are sought after by avid collectors and numismatists. Special order forms for proof coins are available at all authorized outlets, or you may write to the Royal Canadian Mint. The address: Olympic Coins, P.O. Box 476, Station A, Ottawa K1N 8V5.

### Where and when to obtain Coins

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## APOLOGIES

Totem Times would like to take this opportunity to apologize to Scotty Duncan for any discomfort he may have experienced because of remarks made about his English language ability.

THE EDITOR

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# Safety — 75 — Securite

## How is your General Safety Program

The latest trend in accident types involves over stressing digital dexterity. Cut fingers accounted for fully one-half of the summer accidents, including a modest contribution from Quadra Cadet camp. Help is on the way! The General Safety Training Program for 1974-75 is underway, with CFB Comox hosting a Basic Accident Prevention course last week.

The training course was specifically designed for civilian and military supervisors to assist them in identifying, accepting and carrying out their safety responsibilities as a part of their primary jobs. The course emphasizes the supervisor's role as a key factor in managing safety. Mr. Gaetan Huneault, a safety training professional from Montreal added his 27 years of experience and motivating instructional techniques to a very interesting schedule.

Among those who visited our base for the Basic Accident Prevention course were (L to R) Sgt L. Gratton - CFS Kamloops; Sgt R. Peters - Vancouver, 740 Comm Sqn; WO T.C. Haine - CFS Inuvik; Mr. E. G. Sheppard - CFS Masset; Sgt D. Allen - CFS Holberg; M. Cpl A. J. Fell - CFS Masset and WO F. J. Ball - CFS Inuvik.

### MORE STICKY STUFF!

In an earlier issue, a safety warning was published concerning Eastman 910 adhesive which contains an eye irritant and may react violently if a bristled brush is used during application.

The Surgeon General's office has advised that many other commercial products are available in Canada that contain the same base (cyanoacrylates) and require the same safety precautions. Incidents have occurred where surgical separation

was necessary after eyelids were stuck together, finger to thumb and finger to eyelid.

To avoid your salute from becoming permanent, be aware of the hazards presented by the following product names: "One Drop", "Instant Weld", "Rapid Set", "Super Three Cement", "Zip Bond" and "Zip Grip". WATCH YOUR BIRD.



FULL TRAINING CLASS under instruction - Basic Accident Prevention course. Photo Begin

## RESCUE BITS

Greetings once again from the glamour outfit in this man's Air Force. Pearls in a pot of lead. From our offices high above the men's washroom in tin-boat-land we are still dispensing Search and Rescue with skill, finesse and, of course, great bags of common sense as required by former members of light blue.

During July and August we took action on over 800 individual requests. One such incident involved two separate factions of the Canadian forces and was, from my standpoint, something I'd like to have every time the phone rings.

The vessel "Argyle I" reported a serious foot injury to the skipper from an engine room accident. Naturally, the mishap took place late at night in bad weather and the Argyle I was 8 or 10 hours from land. The skipper's foot was laid open from toe to ankle and several bones were reported crushed. While we were in the process of getting medical consultation, the Navy destroyer St. Croix advised she was in the vicinity in consort with two other destroyers and would gladly lend assistance. A destroyer with a medical assistant on board, professionals within

three hours transit time, the gods were smiling! The destroyer Mackenzie was dispatched and, within three hours, was in the process of transferring the injured man to their sick bay. All this in garbage weather with visibility sometimes down to half a mile in fog. After successful transference, the Mackenzie steamed for Port Hardy where we were to have a helo from Comox to airvac the patient to Victoria. There again the weather was against us. Port Hardy was below landing limits for the helo. The skipper of the "Argyle I" was transferred to the Port Hardy Hospital in the interim and, when the weather lifted, the whole mission was culminated with the successful medevac by helo to Victoria. I don't know the minute details involved in the transference of a badly injured man in rough seas from a comparatively small vessel to a destroyer but they must have been tremendous.

Also the helo crew must have passed some pretty unforgiving rocks in that duff weather enroute to Hardy. Notwithstanding the weather though, it was almost a textbook mission.

Would that we had more naval vessels in a dedicated SAR role. Coupled with the Coast Guard facilities now in existence and extended into the air by 442 Sqn. Comox and the B.C. Government Air Force, we could really do justice to SAR west of the Rockies. Not that we suffer the role now but there are

times when an extra surface vessel or aerodyne would make a world of difference.

Smile: If you multiply the forthcoming pay raise by twice the inflation rate divided by what you think you should have got and still come out ahead of the increase in the cost of living between 12 and 1 o'clock on Dec. 18, 1903, you're a full colonel with at least seven years service.

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## CFB Comox Rifle Club

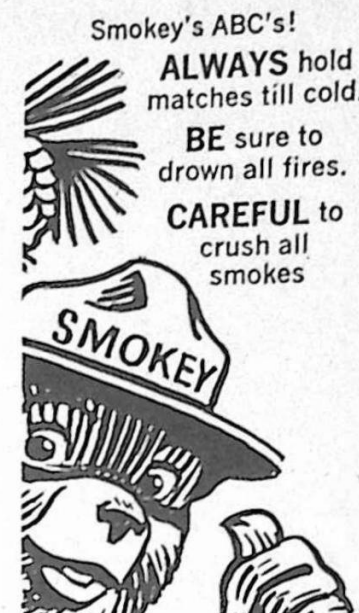
The CFB Comox Rifle Club is a small base recreational shooting organization using the indoor 25 yard range facilities in Building 22.

The club shoots on Tuesdays and Sundays from 1900 hrs. to 2130 hrs., and on Saturdays from 1300 to 1700 hrs.

Membership costs \$1.00 per year and is open to all CF members, dependents, civilian employees and dependents and foreign

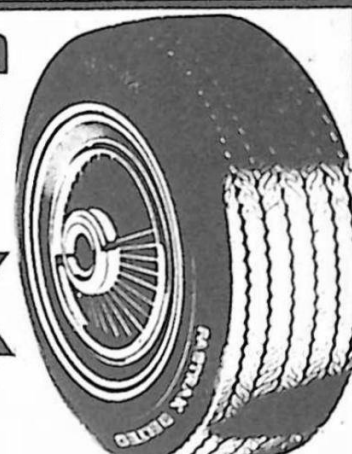
service personnel and dependents of CFB Comox.

The Annual Meeting of the CFB Comox Rifle Club will be held at 1900 hrs. (7:00 p.m.) 9 September 74 in the Conference Room (adjacent to Social Centre) upstairs in the Recreation Centre. All members or interested personnel are asked to attend. Further info contact the President, Capt. L. B. Kingyens 339-2211 ext 219 or at home 339-2552.



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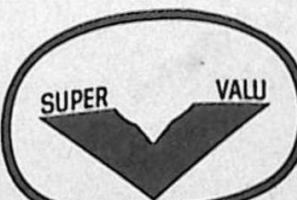
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