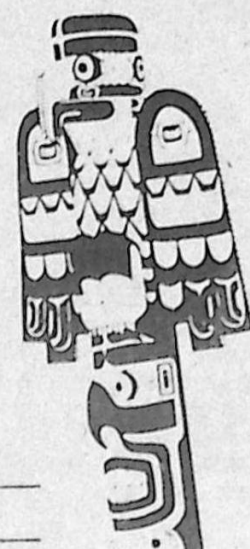
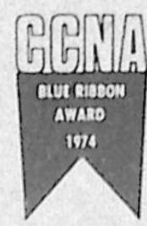


TOTEM TIMES

Totem Times man of the year General Dextraze

VOL. 16 - NO. 19

CFB COMOX TOTEM TIMES THURSDAY, OCT. 24, 1974

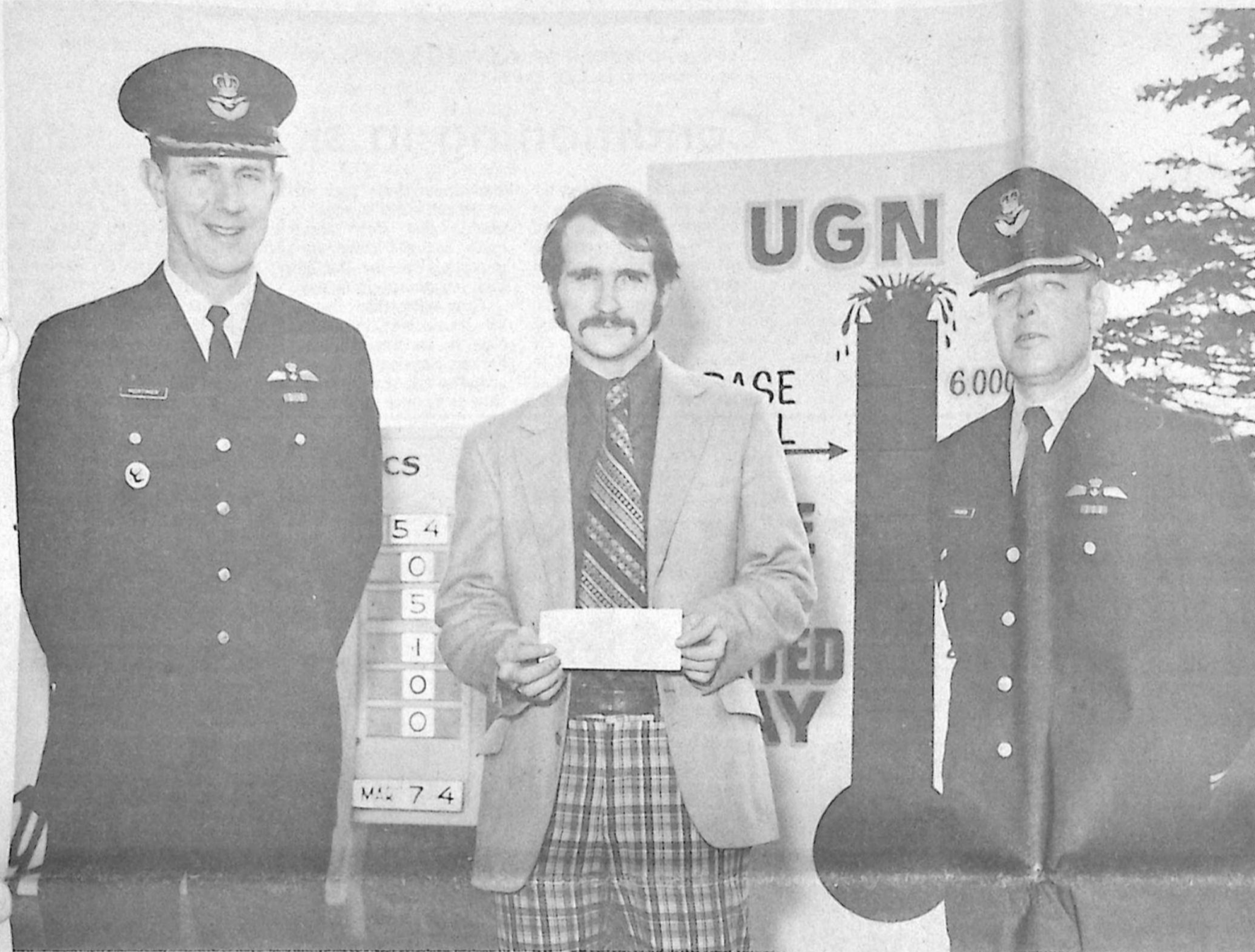


Base exceeds U.G.N. goal again

Donations up 32 per cent

For the third year in a row, personnel at CFB Comox met and exceeded their quota in the annual United Good Neighbor Appeal. This year's annual drive for funds saw a total of \$6,603.50 collected on the Base, representing a 32 per cent increase over the \$5,000 goal set annually. In a recent ceremony at the Base, Col. R.L. Mortimer, Base Commander along with Capt. Joe Parkinson,

1974 U.G.N. co-ordinator for CFB Comox, presented a cheque to Mr. Mike Laver, chairman of the Comox District United Good Neighbor Appeal. Totem Times takes this opportunity to thank all those civilian and military members of CFB Comox who helped make this year's drive for funds an overwhelming success.



MR. MIKE LAVER, Comox District U.G.N. Chairman, with Col. R.L. Mortimer Base Commander, and Capt. Joe Parkinson, Base co-ordinator for the 1974 appeal.

Base photo

SKIING IS BELIEVING! SEE PAGE 6



MIKE LAVER ACCEPTS a cheque from Col. Mortimer, representing the Base's contribution to the District U.G.N. Appeal.

Base photo

Business as usual - in a tent

ISMAILIA (CFP) - Just before 1700 hours on September 14, Service Flight 305, a Canadian Forces Hercules from Lahr, passed over Ismailia Airfield Camp and was cleared to land by the Egyptian Air Forces air controller.

A few minutes later the aircraft taxied up to the apron in front of the tent that serves as the passenger terminal for the Movement Control Detachment, 73rd Canadian Service Battalion.

As the propellers stopped turning, the first of 47 Canadian Forces personnel, destined for duty with the Canadian Contingent United Nations Emergency Force, Middle East, stepped onto the tarmac in Ismailia. They drew first breaths of Egyptian air, saw for the first time the place that for most of them would be home for the next six months, and, no doubt, wondered what was in store for them.

The arrival of SF 305 was a milestone in the operation of the Movement Control Detachment, Ismailia, since it was the first time that rotation troops had arrived at Ismailia rather than Cairo. No longer were Boeing 707s being employed to bring men and materiel to Egypt. The runway at Ismailia is not suited for such aircraft. Instead, the workhorse Hercules was tasked to fly in fresh troops, personnel returning from leave, and supplies for use at Ismailia, or for transshipment to other Canadian UN facilities, from Alexandria in the west to Damascus in the east.

One of the deplaning passengers, Captain Lew Innes of CFB Chilliwack, said, "sure doesn't look like Rafah in the Gaza Strip where I served with the UN in '58 and '59."

The significance of Captain Innes' remark was lost in the roar of a U.S. Navy helicopter taking off with a load of supplies for mine-sweeping and wreckage clearing operations in the Suez Canal, a few miles to the east.

While the passengers were getting their bearings, Master Warrant Officer Louis Papillon of CFB Valcartier, Company Sergeant-Major of the Movement Control Detachment, busied himself directing his staff in the unloading of the aircraft. MWO Papillon is a recent arrival in Egypt, but his expert eye and knowledge gained from 26 years' service with the Canadian Forces, including 20 years in movement control, ensure the efficient handling of the arriving personnel and cargo.

As MWO Papillon says, "The facilities here are anything but sophisticated, certainly nothing like I had in Germany in '52 and '53 or in Cyprus in 1964." Still the detachment gets things done and that is the reason it is here. With the weekly schedule of inbound and outbound flights through Ismailia the detachment has its work cut out.

The base of Movement Control Detachment operations, Ismailia Airfield Camp, headquarters of the Canadian contingent in Egypt, still bears the scars of the Six Days War of 1967, when the airfield and neighboring city were devastated by the Israelis.

The airfield was built in the years between the two world wars for the Royal Air Force, and served as a link in the chain of British naval, army and air force establishments protecting the Suez Canal.

With the departure of the British from Egypt in 1956, the airfield was taken over by the

Egyptian Air Force and operated as a headquarters base. Its one short runway and limited hangar space were used primarily by light and medium transport aircraft, carrying out ferrying duties to other Egyptian airfields.

When the Israeli forces occupied the east bank of the Suez Canal in 1967, Ismailia Airfield and Ismailia City became untenable. Ismailia became a ghost city. The villas of the Suez Canal Company officials and the mud-walled homes of natives were deserted.

Not until the arrival of the United Nations Emergency Force following the truce, ending the 1973 Yom Kippur War, did people begin to return and start the task of rebuilding the ravaged city. The Egyptian Air Forces reactivated Ismailia Airfield early in May, 1974, and shortly afterward the first Canadian Buffalo of 116 Air Transport Unit landed at the field in the course of its UN duties.

The Movement Control Detachment terminal now was quiet. The passengers from SF 305 and their baggage had been safely deposited at their quarters and bags of mail delivered to the post office. The Hercules was being serviced. So, for a few moments, MWO Papillon and his staff could relax.

But tomorrow would soon be with them. All would be up early getting everything in order for the scheduled 0900 hours departure of SF 306. And SF 306 would be another milestone for Movements Control Detachment, Ismailia, for on board would be 43 homeward-bound rotation troops, first to leave Ismailia for Canada at the end of their six months of service with the Canadian Contingent, United Nations Emergency Force, Middle East.

"Burning dessert" no joke

ISMAILIA, Egypt (CFP) - Preparation of a dinner of roast beef, potatoes and diced carrots was progressing nicely at the men's mess one mid-September afternoon here when an M-2 stove exploded.

The ruptured fuel tank spewed gas in all directions, igniting the plastic roof in seconds.

Flames spread quickly to the men's quarters on the second floor and through to the roof before the arrival of Polish and Egyptian fire trucks. Over two hours passed before the blaze was extinguished.

During the frenetic activity involving hundreds of spec-

tators, fire fighters and military police underfoot, MCpl Leo Pineault, from 1 Combat Medical Unit, CFB Calgary, organized his staff of three to get on with the meal.

Despite minor annoyances of mobs, fires and water hoses in the hands of men speaking three languages, a field kitchen was set up adjacent to the burning kitchen.

The meat already had been carried out at the first indication of the fire, and accessories and utensils were pulled out as the fire shifted from the first to the second floors.

In the best tradition of Nero and his fiddle, Cpl. Philip Williams of the Lord Strath-

cona Horse, Pte. David McCue, St. Catharines, Ont., from HMCS Star, and Cpl. Mel Birnie, CFB Cold Lake, cooked while Ismailia burned.

Meal time at the men's mess for 400 hungry customers is 1730 hours. At 1730 to the minute, the men were served. The meal consisted of a choice of roast beef, potatoes and diced carrots, grilled omelette or assorted sandwiches. Dessert and coffee were available if the men wanted to linger at their table and watch the fire.

Dining in Ismailia may not come up to the standard of a four-star hotel, but you can't top the service.

Hercs fly supplies

By DOUG STUEBING
LA CIEBA, Honduras - Hungry, footsore refugees are trickling down from the mountains in search of the first food they have had in seven or eight days. They are just a few hundred of the estimated 200 thousand homeless as a result of Hurricane Fifi.

It is people like these that a Canadian Hercules, from 436 Squadron, Trenton, is helping in a shuttle of food, medical supplies and clothing. Daily the Canadian aircraft has flown about 90,000 lbs. of needed supplies from the capital city Tegucigalpa to La Cieba about 120 miles away.

The Hercules carries a crew of six, including Captain Lew Paproski, Trenton, its pilot. It is flying an average of three 240-mile round trip missions a day through rugged mountain territory.

The refugees drifting into La Cieba made their way to the Goloson airport there, where the Canadian Forces Hercules off-loaded its supplies.

Members of the Honduran Emergency Committee in charge of distributing supplies from here to the flooded villages, are feeding them, giving them what clothing they need and then are forced to move them along so that the next group can be cared for.

With nowhere to go and no emergency shelter available, the people drift out to the highway, and back toward town at night-fall. They head into the decimated fruit and grain fields to sleep on the ground. This wouldn't be too much of a problem in a country where the mean night-time temperature is 60 degrees, but the rainy season has started with daily rain-falls of 2 - 3 inches.

Choloma, where thousands

are believed buried under mud and wreckage, had possibly the largest loss of life. It is in this area that the Help Honduras Foundation from Cobourg, Ont., is doing most of its work. The Canadian Forces Hercules now here, originally flew down with a cargo filled with medical supplies, food and clothing gathered by the Help Honduras Foundation. This load is now being used in a refugee camp and at an infants' centre run by a nun, Sister Rosa Maria.

Next to the large loss of life there is a devastation in agriculture estimated at a half-million dollars. Peter Tacon of Toronto, a consultant for the Canadian International Development Agency in Honduras, in discussions with the officials of the National Agriculture Institute, learned that there is a great need for feed grain for immediate planting.

He said "the Hondurans are frightened silly about what's going to happen in two or three months when the world stops caring." He added, "if the Hondurans don't get a corn crop planted in two or three weeks, they never will, and then the problem will be really serious. They have enough supplies to feed people for the next couple of months, but after the aid stops coming they have to have their own crops to feed them."

As crops of bananas, sugar cane, coconut, beans, rice and cotton, practically the entire economy of the Hondurans, were destroyed in the storm, the big plantations laid off thousands of workers who would normally earn the bulk of their \$250.00 average annual wage in harvesting.

Because of transportation difficulties, CIDA officials are urging interested Canadians to give donations of money to local church groups or other foundations for helping the flood victims.



TRAINING COMMANDER's COMMENDATION is being accepted by Capt. Gary Olsson on behalf of Base Servicing in recognition of the high standard of service provided and maintained by the personnel of CFB Comox Transient Servicing during the period 26 to 28 April 74. Col. R.H. Annis, Base Commander, CFB Moose Jaw is shown making the presentation.

Base photo



Nighthawk's Nest

Captain Frank Martin and his 409 decorating committee did an excellent job of turning the Officers' Mess into a Munich beer hall for last week's annual Oktoberfest. The beer, the food and the music and entertainment were excellent. Do you suppose that there is any chance of Frank taking over the redecoration of the Squadron? It seems like a good idea right now, but perhaps an oompah band might be distracting during the morning weather distort. The debriefs might be better attended with a few Bavarian Creampuffs passing out free Lowenbrau to the weary warriors at close of day however.

Ed Leask did more for Squadron knowledge and morale last Friday with his Magical Mystery Tour than anyone has done in a long time. Finding out how all the magic black boxes really work and how they are kept running was as interesting to the aircrew as finding out what happens to those finely tuned machines when they leave the ground was to the troops from BAMEO. Stu Living signed up five new navigators and three pilots from BAMEO in the first two hours in the Simulator. All the

briefings were carried out with skill and eloquence, although our fearless organizer chickened out on a repeat performance of his slide tray ejection act. A variation on this same theme would be very helpful every six months or so to show how the entire Squadron works as a unit.

Tom Potter has got the autumn Ground School program off to an incredible start. Tom claims it was merely the semi-annual mile and a half stagger followed by an Immersion Suit Test, but those of us with inside information know it was really to see how well we would stand up under torture should we ever be captured by a sadistic enemy who had never subscribed to the Geneva Convention. Have no fear Canada, your sons are made of sterner stuff!

The highlight of the testing program is not certain but it was sometime around the moment when Mike McKay let the air out of Ed Campbell's suit and he started to sink just as Frank Campbell did a backflip off the one meter board into a life raft and Mike Mahon did a cannon ball dive into the whole mess. All in all it proved to be a very good ground school.

Headshed Happenings

Well, here we go again for another round of rumors from HQ. Two columns in a row ... what a shock!

Last Thursday afternoon we wished a bon voyage to Cpl. Brian Copeland who left on leave prior to his posting to Egypt. We hope everyone has noted the mailing date for parcels to Egypt. (The foregoing has been a prepaid, pre-Christmas announcement).

October 23 is the day of reckoning for the BOR Staff, when service personnel are again faced with the task of running the semi-annual mile and a half (Lloyd MacKay, our friendly Med A, where are you?).

A party for the Admin

branch has been scheduled for November 8. Preparations are in the mill for this function and a good time should be had by all.

Two privates (W) failed to report to work on Monday morning. Instead of sleeping in, as was first suspected, the two absentees were camping in the Vancouver AMU. Although this camping excursion was unexpected, the 707 finally took off with the campers aboard. Rumor has it they requested Monday off but were refused. I wonder if this had anything to do with the delay?

Monday was a rough day all around. Even Mrs. Goodsell,

trying to get the day off, didn't succeed. It seems bad weather stranded her and her husband on Texada Island. However, a few good words to the weatherman brought some fine weather and she managed to make it to work by lunch time.

It seems Pte. Forever may not be a private forever. Good news from Ottawa gives us the impression that she will be climbing the rank steps sooner than we expected, but her age is also climbing as we wish her a Happy Birthday. Congrats from all of us.

Remember, contributions will be gratefully accepted for this column. (Hint, hint).

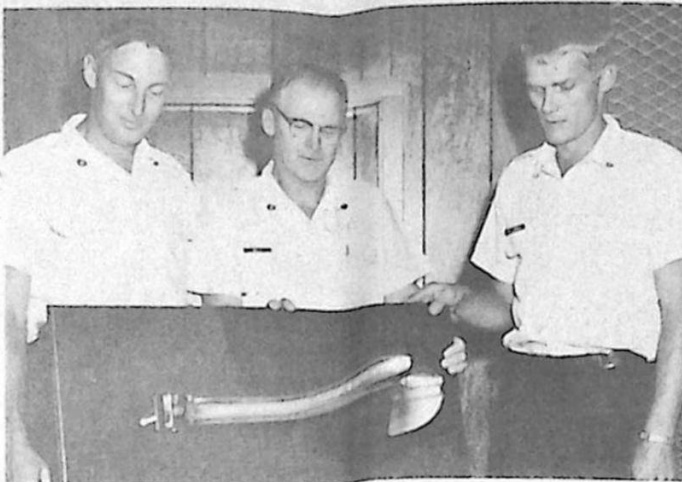
Hospital Anaesthesia

Wonder of wonders, Doctor Dave Doty has returned safe and well to our hallowed halls from the horrors of war (better known as Basic Medical Officer Course at CFB Borden). Three days to cover three thousand miles, did ya say, Dave? Although Dave has survived, the Prosche must have suffered, for it's currently residing in the "Sick Volks' Home" in Victoria. Obviously it's not Doc D's lucky week - not only is his car ailing, but his water bed sprung a geiser, shorting out the heating element, and flooding his new abode. The gods are not smiling on you Dave - better get your hair cut; it's bringing you bad luck!!

Capt. Helen Gerrard is spending this week in Cool Pool renewing her HAI, so look out, 409! Hope you took your snuggles, Helen - we hear the weather there has been a trifle chilly. MCpl. Bob Arsenault is also getting his HAI - CE must have decided it is cheaper to send the lab tech to Cold Lake so he can be "officially" high, than to hook up the fume exhaust hood in his lab.

Air-evacs have been at a minimum (thank heavens, say the staff!) Our 12 hour, five patient special last week from northern B.C. was enough to last four of our staff members a long time.

No more news, so until next time, remember "an ounce of prevention is worth a pound of cure" (our budget was cut down, too!)



THE SENIOR NCO'S MESS, Pat Bay, represented by WO Synnuck presents the WO's and Sgts' Mess with a plaque on VU-33 Sqn's relocation to CFB Comox. Mess PMC MWO Bosh and former PMC Graham accept a bit of the Navy into an Air Mess



CPL. GROSVENER GF receiving U.S. Citation and ribbon for services rendered while serving in CFS Shelburne.

Conditioning in skiing

To be in good condition for skiing is an absolute must to avoid those days when, after a half a day's skiing, you are so tired that you cannot ski properly, but are having so much fun that you won't quit. That is when you are courting an accident.

When you get yourself in shape you will not only feel better but also ski better.

Sometimes those bad turns are just a lack of strength or a muscle that won't stretch quite enough which is so important for the flexibility that you require in skiing.

Many skiers think they can ski themselves into shape. This is an impossibility, a hockey player cannot get in shape by only skating at game time or a boxer sparring only

in fights or a miler only running a mile in practice.

For many people, the hardest part of conditioning is not the effort of the exercises but motivating yourself to do them as solitary callisthenics are a drag. That is why pre-season fitness classes are an excellent way of doing it. With a good program it is possible

(Continued on page 11)

take part in the BRITISH COLUMBIA winter Festival

THE FACTS Every British Columbian is encouraged to take an active part in the 1975 Winter Festival. The positive benefits of participation are many. Whether your special interest is in the development of fitness through sports; or the nurturing of talent in a branch of the arts; or exhibiting your skill as a craftsman; or the enjoyment of family recreation activities, the appropriate community programme must be created to meet that special need. A great many such programmes do exist, but many more are needed. Those are the facts.

THE OPPORTUNITIES The British Columbia Winter Festival offers community leaders in recreation, sports, performing arts, fine arts, crafts, and other organizations, a 26-day, mid-winter period when they can showcase their programmes to great advantage. Each event or community programme that files a submission and receives sanction by the British Columbia Festival Office reaps the benefits of local, regional and provincial promotion through newspaper, radio and other forms of mass communications. Colourful Certificates of Participation are provided for all who take part in the province-wide Winter Festival. Creating good community programmes is worth telling people about. Those are the opportunities.

THE ULTIMATE Community Festivals, that encompass the broadest possible agenda of indoor and outdoor activities, and utilize all available facilities over a period of days or weeks, are the ultimate objective. Many communities are organizing total participation programmes as part of the British Columbia Winter Festival right now. Getting it all together in your community would be the ultimate.

THE TIME Now. That's right, now is the time to think, to plan, to organize in your community. The Winter Festival goes into print on November 15, 1974. SUBMISSIONS MUST BE IN THE FESTIVAL OFFICE BY NOVEMBER 15, 1974. Take the time to write for information and submission forms today. Now is the time.

THE PLACE Write to:



British Columbia Festival Office
Community Recreation Branch
Suite 610 - 2525 Willow Street
Vancouver, British Columbia. V5Z 1H1
or phone: 873-4264

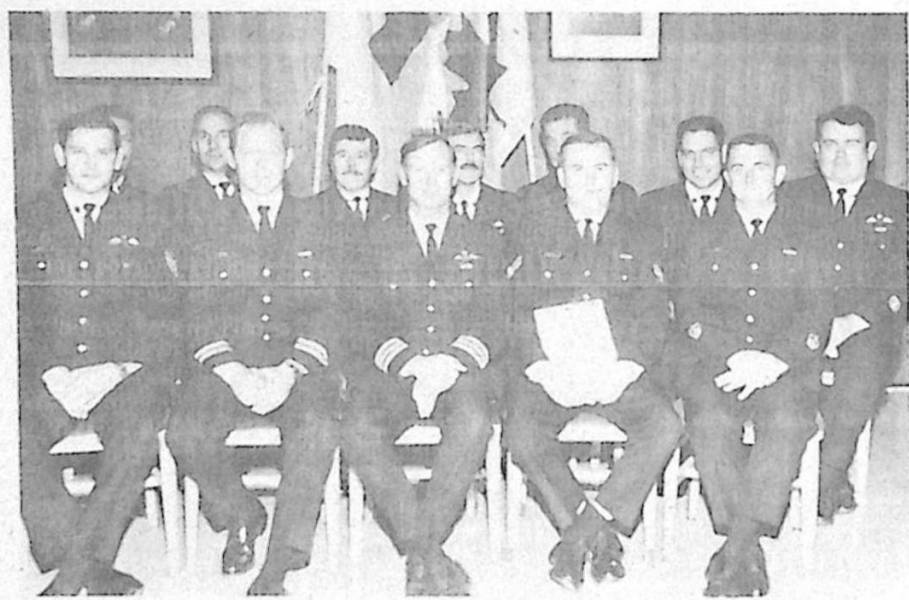
submission forms and information also available at Community Recreation Branch Offices in Abbotsford, Burns Lake, Kamloops, Kelowna, Nelson, Prince George and Victoria.

January 23 • February 17, 1975

Plan now to take part in the
BRITISH COLUMBIA WINTER FESTIVAL
It should be fun!

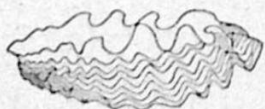


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CO 407 SQN., LCol B.T. Montgomery shown with recent promotees and presentation: back row (l to r): Sgt. P. Semon, Sgt. W. Morand, Sgt. D. Breeze, Sgt. J. Reardigan, WO A. Solleveld, Sgt. R. Mastin, MWO W. McCaffrey. Front row (l to r): Sgt. D. Gibson, Capt. G. Anderson, LCol B.T. Montgomery, Cpl. G. Grosvenor, WO J. Forget

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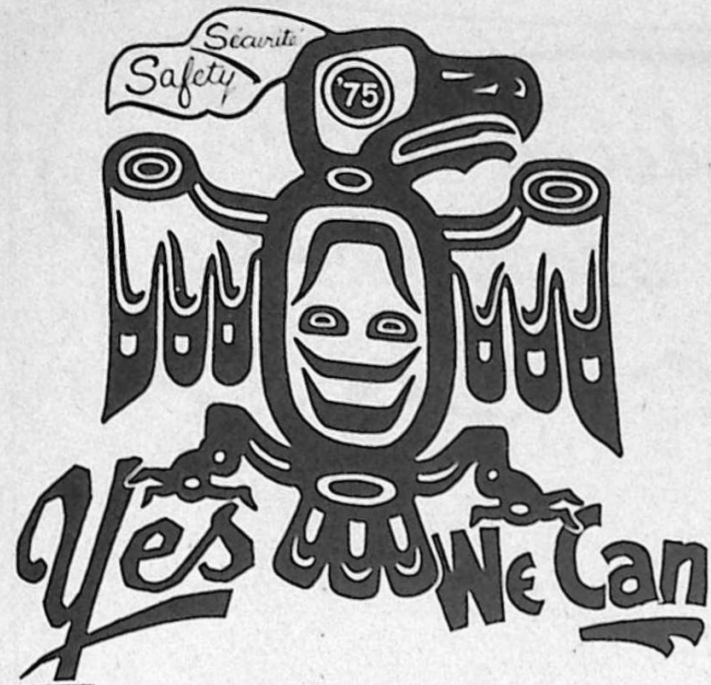


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NOW HEAR THIS

You and your family are driving down a mountain road when you suddenly become aware that your ears are stopped up. Without so much as batting an eye, you stretch your jaws and "pop" the plugged ears.

In a few minutes, you'll have to repeat the process but it doesn't bother you. Why? Because you know from years of experience that mountain driving and plugged ears are a common phenomenon and that jaw stretching quickly restores your crystal clear hearing.

Now suppose that one fine day you feel the sensation of plugged ears, stretch your jaws and nothing happens? You've been so busy on the job and performing chores around the house that you haven't even noticed you're speaking louder and asking family and friends to repeat what they were saying. But now that you have an hour or so to enjoy that stereo music system (your pride and joy) you find the sound isn't what it used to be.

You keep struggling to "pop" your ears but the plugged effect won't vanish. Those subtle nuances and delicate overtones you thrived at hearing from your set are gone; not to the children's ears, but YOURS.

It is no secret that the aging process causes a diminution in our hearing. With the passing of years, the audio range we once enjoyed begins to drop. While as youngsters

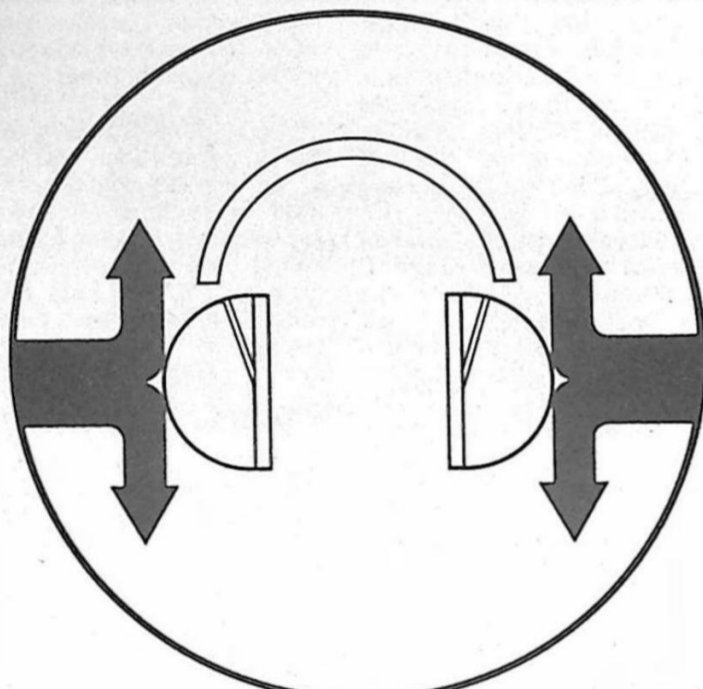
we could hear above 15,000 cycles, or roughly 9 octaves of sound, we are fortunate to hear 10,000 to 12,000 cps in middle age and 5,000 to 7,000 cps in our "golden years".

This, of course, presumes we have exercised reasonably good care for those sound receivers planted on the sides of our heads. If not, the reduced audible spectrum of old age may haunt us during our younger years.

Industry, long cognizant of hearing loss claims, has attacked the problem and is either able to reduce unwanted noise levels or provide employees with ear protection where noise reduction is impractical or impossible.

The Department of National Defence is especially concerned with hearing conservation because of the noise levels associated with the operation of aircraft, ships, armament, submarines, tanks, heavy equipment and other support equipment. This concern has led to the establishment of standard noise level limits which vary with individual exposure times and the distance from the sound source.

Of particular concern is the need to identify the items of equipment or worksite areas where a noise hazard exists. The most recent announcement in this program is that a new, standardized warning sign is available, replacing the former CF 480 sign.



The new circular marker is a standard decal five inches in diameter. Larger or smaller symbols may be used in circumstances where the five inch standard would be clearly inappropriate. The new warning sign can be accompanied by the meaning of the hazard and the type of aural protection required.

Several sections have been shown a recent film entitled "The Sound of Sound" which deals with noise hazards and simulates the hearing loss

experience. Other films dealing with hearing conservation are available from the Canadian Forces film library. Address your requests to the Base Individual Training Officer (BITO) or phone Local 469, "Prevention of Hearing Loss" (color) Rt 23 mins No. 22634 "Meet Mr. Noise" (color) Rt 26 mins No. 02078 "Listen While You Can" (color) Rt 21 mins No. 22446 SAFETY SAM

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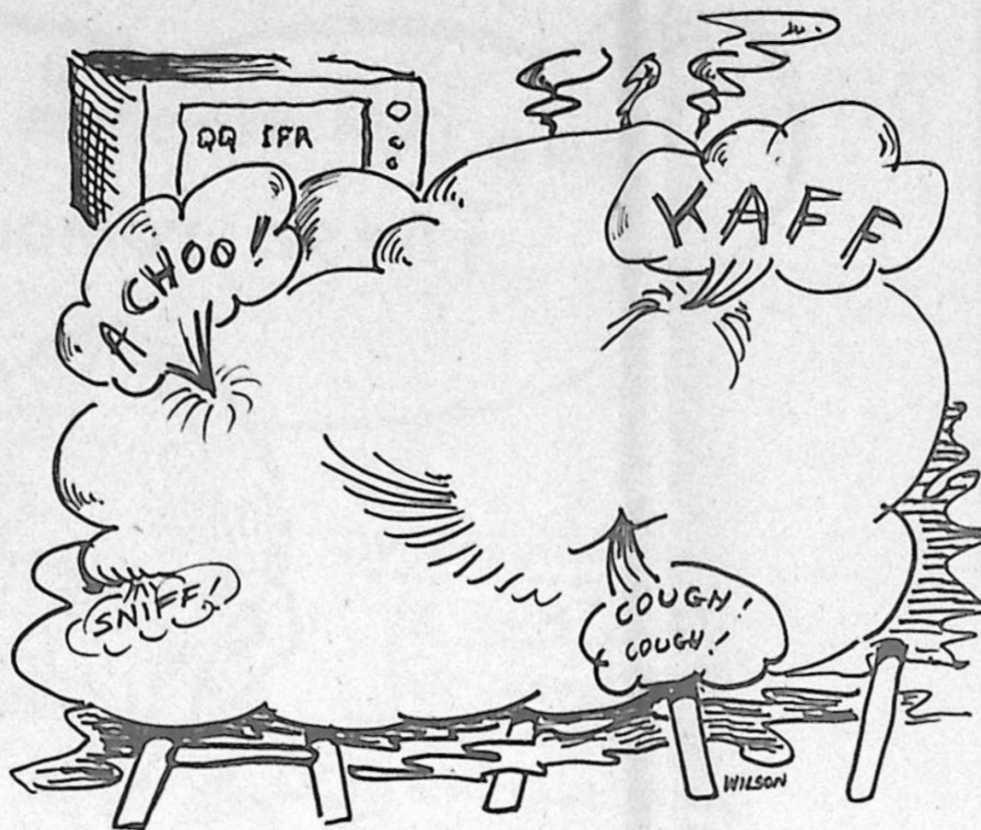
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"HACKER'S HAVEN" -- a non-smoker's view of the morning briefing session.

407 Serv. Snickers

Well it's time again for a little pre-ambles from the "Resident Rookie" of No. 2 Crew. The "Tribe" doesn't have any additions or attritions this week, but we do have one Sgt. that made his contribution. Yes Tribe John Clark has found that life is not greener in a civilian's wallet and has cancelled his release. Speaking of cancellations I see Rudy didn't make it to the Junior Leadership Course, he had too much seniority.

Capt. Irving tells me that the Inspection Season is upon us again. You remember the inspection season, it begins as soon as possible after the cold and snow hits the east. The fair and warm weather of the Comox Valley promises to attract numerous teams from the East again this season. We have mopped up

the oil, painted the lines and grounding points, swept and washed the hangar floor, done a right dress on the equipment, made the necessary minor repairs to the hangar, washed the walls, straightened out the L-14's and tidied up the office; now if we can keep things that way we are all set for the rest of the season. Did anyone see our 18 per cent francophone representation Friday nite?

The other season that is upon us is the Winter Sports season, I don't mean the TV variety, I mean the kind "you" can actively participate in. No matter what your taste or percentage there is a sport to satisfy it and an advocate for it, isn't that right Guy? There is A and D league hockey, broomball, curling, bowling, darts, badminton,

skiing, cards as well as a lot of others I can't remember. The point is that you can burn off a lot of that winter fat, stay in shape and have a hell of a lot of fun doing it. So get out there and get involved in a winter sport. Whether you are a novice or veteran you have no excuse not to participate except your own laziness. So don't put off till tomorrow what you can get involved in today, because if you enjoy it today, you can do it again tomorrow.

Well "Tribe" that's all for this week. This is your No. 2 Crew "Resident Rookie" leaving you with this week's thought.

One reason why inflation is so successful is that all segments of society are giving it a boost.



CLINGING DESPERATELY TO the aircraft ladder, MCpl Sonny Fullbrook manages a smile prior to going aloft for a supersonic sleigh ride, courtesy Capt. Vern Barker of 409 Sqn. As a rescue specialist with 442 Squadron, MCpl Fullbrook was instrumental in the swift and effective recovery of four aircrew members of 409 Squadron after they ejected from Voodoos on two separate incidents over the past several years. The members of 409 Squadron thank Sonny and his associates for their help in the past, and sincerely hope they won't have to call on him again.

Base Photo

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Gravel Pit News

There has been very little in the way of news since the last issue, although we would like to remind all section members that the Annual ATC Grey Cup Pool is well underway, and anyone not yet bought their square had better hurry as they'll soon be sold out.

Also to give you some advance notice on coming events, we hope to hold another of the successful "Casino" Stag Nights in November, and then the big night this year will be December 23rd. That is the

date booked for the Christmas Party this year, which will be a combine party with ALL Telecom Ground Personnel (including Base Telephone Operators), Nav Aids, Nuclear Defence and hopefully Met Section Personnel joining in for one "BIG BASH". The party will begin with cocktails at 8 p.m., in the Totem Lounge dinner between 8:30 and 9 p.m. and dancing from 10 til 2, to a group called "The Tidesmen". Tickets should be on sale by Nov. 15. It was a sad day in the Ratcon on Oct. 19, as one of

our Gravel Pit Charter Members passed away silently in the night. "Goldie" was one of the original inhabitants of our 'Garden of Earthly Delights' and it was a shock to find her floating "belly up" in the pond in the wee hours of the morning (it must have been one heck of a TGIF). She disappointed most who thought she might have been expecting, although she was given a fitting burial at sea, as Sgt. Art MacIntosh did the honors of flushing her away. Oh well, one down -- ten to go.

EFFECTIVE NOV. 1



POP CONTAINER REFUNDS ARE OFFICIALLY INCREASED

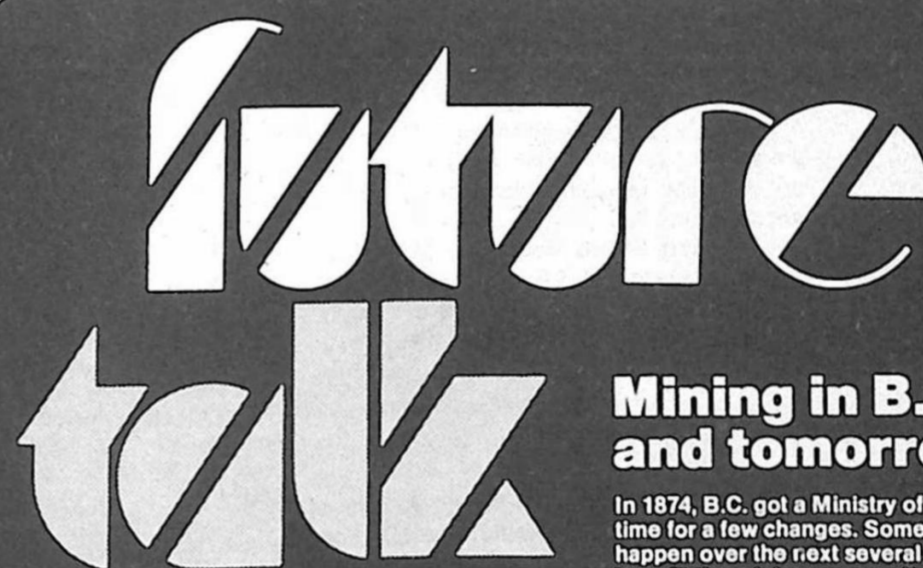
Beginning November 1st, new regulations under the Litter Act go into effect . . . requiring that all retailers provide the new, higher refunds on carbonated beverage bottles and cans. For containers 16 ounces in size or less, the refund will be increased to 5¢ per container . . . for containers more than 16 ounces but less than 40 ounces, the refund will be 10¢ for each container. However, the refunds do not apply to the metal containers which include "zip top" or other devices which are detached in opening the tin.

"ZIP-TOP" METAL CONTAINERS ARE GOING OUT

Until the end of 1974, "zip-top" metal beverage containers will continue to be refundable at the rate of 2¢ per container. But as of January 1, 1975, the sale of beverages in such containers will not be allowed. The term "beverages" includes beer, ale, cider, carbonated beverages or drinks. Wholesalers may distribute such beverages in "zip-top" metal containers to retailers only until November 1st . . . and retailers may sell this stock only until the end of this year. These amendments to the Litter Act are aimed at ensuring a fuller recycling of beverage containers sold in British Columbia . . . and reducing the amount of litter in our province. For further information, contact:



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PARLIAMENT BUILDINGS, VICTORIA, BRITISH COLUMBIA



Mining in B.C.—today and tomorrow

In 1874, B.C. got a Ministry of Mines. In 1974, we thought it was time for a few changes. Some have already taken place. Some will happen over the next several months. These, we believe will benefit the mining community and all the people of the province.

Prospector's Assistance Act—added provisions. There has been extraordinary response to the updating of the old grubstake provisions. Prospector's Assistance offers up to \$4,000 in government grants for exploration; bonuses when geological studies are made and diamond drilling is done; and the opportunity for part-ownership in developments. Copies of the Act and application forms are available at Provincial Mining Recorder offices and from the Director of Prospector's Assistance in Victoria.

Majors in Mining—a new kind of schooling. Under the Prospector's Assistance Act, courses in mineral exploration techniques will be organized throughout the province. This training will qualify B.C. men and women to receive cash grants for prospecting activities. The Rossland Mining School already provides training for miners. More will be done in other areas.

Claim staking—the new way. On March 1, 1975, a new Modified Grid System will take effect in B.C. MGS is a far simpler method of locating and recording mineral claims. It will encourage the work of prospectors. MGS virtually eliminates conflicting claims and speeds up administration. A full explanation of the new Modified Grid System will be available shortly in booklet form.

The six-week halt—a pause for change. Between January 15 and February 28, 1975, there will be a Moratorium on claim-staking in the province. This will provide for the updating of records and for the preparation of new maps. The Moratorium will permit the change-over to the new system without confusion.

Details of all these changes will be publicized fully before they are put into effect. Meanwhile, we welcome your comments and questions, by writing to the Department of Mines & Petroleum Resources, Victoria, B.C.

BRITISH COLUMBIA
DEPARTMENT OF

MINES AND PETROLEUM RESOURCES

The Honourable Leo T. Nimsick, Minister



EDITORIALS

A man for all reasons

"The leader must know, must know that he knows, and must be able to make it abundantly clear to those about him that he knows." Clarence B. Randall (1964).

There are probably many persons in the Forces who, at one time or another, have taken our Chief of Defence Staff to task over a cup of coffee or a bottle of beer, on what they think he has done, or not done on our behalf. It could be quite easy for some of us to lament the fact that we have at the top a career army officer, and a francophone at that, and we poor Air and Sea Element types are doomed to suffer the inertia of being outsiders.

This should not and cannot be considered a true and factual assessment of the man or the situation. In his most recent message to the Forces, General Dextraze speaks firstly of leadership, and the feelings that some of us have regarding leadership training; that he's trying to make us "ground-pounders all." Whether you pound the ground, repair an aircraft, or man the helm, the key to leadership is personal discipline, self control. These are the qualities the Chief of Defence Staff is striving to produce and maintain in an era of permissive values coupled with not so permissive economics. Achievement of self-discipline, coupled with the flexibility of judgement to suit the situation, is the true leadership that the Forces needs and will always need.

Another topic discussed in the message deals with our strength in numbers, a subject which has come to light even more recently in the press.

It seems a rule of thumb that when times are tough, the government should be first to cut spending, and governments invariably look to the military first to reduce costs. This time-honored tradition carries on today, and is currently spawning the idea of an "elite force" for Canada, small in numbers, but with quality equipment. This would tend to conflict with governmental views of just a few years ago, which sought to remove any vestiges of a military elite in Canada.

At any rate, the brunt of this decision will invariably fall in the lap of the Chief of Defence Staff, who will have to decide who goes, who stays, and what they have to work with. Considering Canada's size and her international commitments, the decisions he will be called upon to make will affect all branches of the Forces and will require leadership of the highest degree, and its inherent qualities of self discipline and flexibility.

While some readers may disagree with this assessment of the situation, not many can deny that General Jacques Dextraze must and will perform the many and varied tasks of a soldier, sailor, airman, diplomat, father confessor, and above all, leader.

Truly, he is our man for all reasons.

Forget that French

You don't speak it and you won't remember it

By MARY McALPINE

It's a myth and nothing but a myth that French will be spoken across this country from sea to sea.

This myth, which costs Canadians around \$130 million a year, finds form in the Official Languages Act, bible of Canada's Royal Commission on Bilingualism and Biculturalism. It is nothing but an inept political tool and should be scrapped, according to Dr. Bernard St. Jacques.

St. Jacques, a Quebecer now on sabbatical leave from UBC's department of linguistics, has finished four months talking to French Canadians across Canada. He is writing a book on bilingualism in this country.

St. Jacques said the Fathers of Confederation saw clearly when they declared that Quebec should have French as the official language, and the rest of Canada English. It was a common-sense decision based on the prevalent tongue in the territories.

But the Bi and Bi commissioners' decision that all of Canada should practice two official languages was an expensive error in analysis, based on wishful-thinking. The professor of linguistics insists that you only learn a language if your peer group speaks that language, "as in the case of English children living in a French community", or if it is "a matter of bread and butter, as in the case of a foreigner working with people who speak a different language, or if that language means promotion".

"No matter how many courses a person takes, if he cannot use French he will not remember it."

He pointed to Dr. Pauline Jewitt as a good example. "She said that she had learned French three times and forgotten it three times. You do not remember if you don't continuously speak it."

"What happens with an Ottawa civil servant? He takes his immersion course, he finishes it, he goes back to his desk and does he use it? He usually has a bilingual secretary."

"In 1888," he said, "an Ottawa civil servant got a \$50 bonus if he learned

French. Money doesn't make a person remember. Only practice does.

"The whole thing is a political tool. Period."

St. Jacques pointed out that the Pearson Liberal government "put a lot of money into the royal commission." Consequently the next liberal prime minister, Trudeau, could not let that money and those recommendations die away.

"If the NDP or Stanfield were running parliament they wouldn't drop it either because of the Quebec vote. But they're wrong. Quebec doesn't care."

The commissioners, "they are honest people," attempted two things through the new language act: to salvage French minority rights outside of Quebec and English minority rights inside Quebec.

"I criticize the first point. There's no hope. Those (language) rights cannot be saved."

St. Jacques said that between the 1961 and 1971 census the French-speaking population in Quebec declined by two per cent. "That is rapid assimilation. And outside Quebec the assimilation has been much faster. The commissioners never touched that point."

He said French-speaking Canadians assimilate faster than any of Canada's 48 ethnic groups, "because their customs are so similar to English-speaking Canadians."

"Certainly I think injustices have been done to French-speaking civil servants. But that has nothing to do with the core of the problem. The core is that it is impossible to get people to speak French if they don't use it."

"The Quebecers don't care about the languages act," he said.

"If speaking French conflicts with bread and butter they would say, 'To hell with the language, let's get on with pay cheques.'"

Bernard St. Jacques will speak on this subject to the Vancouver Institute Saturday at 8:15 p.m. in Lecture Hall 2, Instructional Resources Centre, UBC. Courtesy the Vancouver Sun

A plea for sanity

Twice each year, all members of the Canadian Forces are required to take a test of stamina. This test is a run of one and one-half miles to determine how physically fit the men and women are in the Forces. There is no organized preparation for this type of effort, no time set aside for supervised exercise.

In short, it is a test that has no meaning. It does not keep people in good condition, on the contrary, I have yet to read an article on medicine or physical culture that advocates that all men from age eighteen to fifty can maintain

their physical well-being by running a mile and a half in less than fifteen minutes with no preparation or follow up program except a glass of beer before hand and a liberal soaking in a hot tub afterwards to try and uncram sorely over-extended muscles.

It would be better to discontinue this barbaric test of manhood completely than to continue it in the same manner as it is now carried out. Far better would be an organized program to get our people into good physical condition and keep them

there. The details of such a program could be easily and sanely worked out by the base hospital staff and would require no more than a few hours each week.

In summation, the semi-annual run is a poor gauge at best of physical condition. At worst it can be needlessly dangerous to an out of condition executive in a green uniform. We have had the test, now let us have the necessary time and knowledge to maintain the good physical condition it was designed to test.

S. Irbass

Smarter than you think

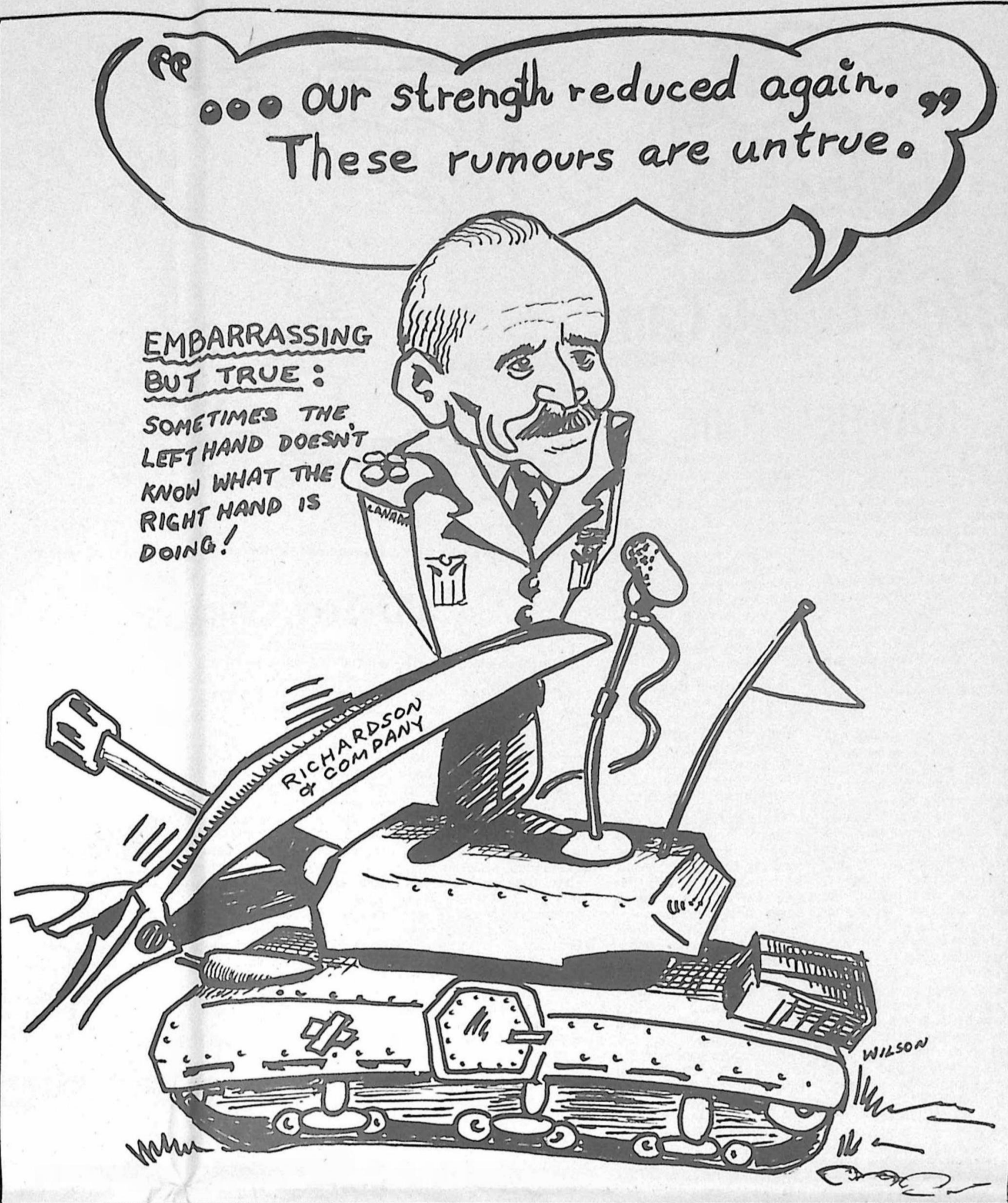
Can you remember back when you were just a young fellow (or gal) and how mad your Mom and Dad used to get when you left the light on in your room or maybe it was the door you just forgot to close. Did they ever yell at you or even take out the light bulb in your room for a few days to teach you a lesson? Do you think they were just picking on you?

Didn't they realize that the ball game was just about to

start or there was going to be a big line-up at that movie you just had to see! What was all the fuss about anyway? What's so important about turning a light off or closing doors and windows anyway? - Shucks, the way they acted you'd think I'd committed a cardinal sin! - Does it ring a bell? Have I jogged a memory bud? Do you yell at your kids for leaving lights on or doors open? Or even better, do you still do it yourself!!!!

Did you know that the cost of heating oil is still going up and that we can expect a 50 per cent increase in hydro costs during the next two years? Hey! Now I know why Mom and Dad gave us heck when we left our lights on, or didn't close doors, - heat and lights cost money - we didn't have much in those days - I guess they were smarter than I thought.

Yeah - they sure were!



EDITOR'S MAILBAG

Pensions

Dear Sir:

Regular readers of our esteemed paper are well aware of my long standing discontent with the niggardly annuities that the monstrous (\$5.5 billion+) CFSA account provides in comparison to those of many civilian companies and some Political Officials and their dependants.

Our MP's pension scheme, in some areas, used to be similar to ours. However, a board was set up to review it and decided the benefits were inadequate in this day and age. So, recently our Hon. Members DECREASED the time required to obtain a pension, INCREASED their benefits by almost 100 per cent, INCREASED their survivor benefits, STACK their CPP onto their pensions and, as near as I can understand their MPAA, do not have to wait till the magic 85 figure to obtain SRB.

In our case we suffered a REDUCTION in annuity benefits in 1946, when the computation time was INCREASED to six years from three years, the time to obtain a penalty free pension INCREASED to 25 years from 20 years and the lion's share must wait till the magic 85 figure to obtain SRB. As for our dependants, their lot has remained stagnant since 1959. (H.A. take note).

Many explanations have been foisted on me to explain away these anomalies e.g. the CFSA is the greatest, American Servicemen receive no survivor benefits (they don't contribute either and receive a 50 per cent pension for 20 years and a 75 per cent pension for 30 years service based on their pay the moment of release), they would have to once again increase contributions, the PS have the same scheme as we have and they are all happy, etc.

NOW we have an official publication that unwittingly agrees with me. HOW ABOUT THAT!

Have you read your new SISIP 1974 booklet?

The third paragraph on page one blatantly advises that our schemes are so pitiful that "most of the time" additional coverage is a necessity.

On page four "Pension experts believe" we need an income of 75 per cent to 80 per cent of earnings at time of disability to maintain a decent standard of living. Your earnings happen to be your CFSA which can be anywhere from return of contributions to 70 per cent (few people attain 70 per cent).

On page ten it states an income of 50 per cent to 60 per cent of your present income is "probably" adequate for a surviving wife. If your present income meant your pay, fine. But if it means your CFSA - tough. MPs have opted for the 60 per cent for their widows.

The next paragraph (p. 10) lists the various agencies that should (?) provide adequate monies for our survivors - but don't. Of course SISIP is selling insurance. This is an honourable endeavour.

Right now the government taps your purse for the following contributions (some are approximate); CFSA 6.5 per cent (5.5 per cent), SRB 5 per cent, SDB .025 per cent, UIC .637 per cent, OAS 4 per cent, CPP 1.8 per cent, SOCIAL DEVELOPMENT 2 per cent (I have more than likely missed a few). Still we are encouraged, and rightly so, to put forth another 1.075 per cent to 2.075 per cent of our pay in order to adequately provide for ourselves and our dependants in the event of death or disability. Even with all the above they must not add up so hot in view of the recently revealed free lucrative premium free GOIP.

I also note that in the first Hansard of the 30th Parliament one of the first items on the list is a Lieutenant-Governor's Superannuation Act. Sadly the CFSA does not appear on the list.

Anyhow now that it is finally recognized for all to see that the CFSA is inadequate by today's standards. And that "many Civilian" companies do well by their personnel, it is certainly hoped that the long needed updating of the CFSA to cope with today's accepted standard of living and unchecked inflation will be forthcoming very soon.

I feel such a move would go a long way to stem the flow of unscheduled resignations.

J.W. Brown, CWO

The Chief remembers

Dear Sir:

I guess most watched the TV program The Eagles Fly the other night on TV.

It was a most interesting and touching presentation. Aside from a brief mention of some of the hardships the mechanics suffered in the desert one was left with the impression that the RCAF was composed solely of pilots for the past 50 years.

Not a single ground troop was interviewed.

Forgotten were the other troops that kept them flying - Bert Messiah, Jerry Fleming, Bill Adams, Stan Cable, Jimmy Nufelt, MS Arbuckle, Gerry Charron, J.A. Lapensee, Robbie Roberge, E.C. Morin, R.D. Priton, Elymer Bean, C.R. Ibson, E.J. McKinnon, Guy Chartier, Leo Sequin, T.E. Watts, Loch Watson, Bert Logan, Fireproof Jones, Dutch Reinhold, Gerry McArdle, George Gayton, Jimmy St. Laurent, Count de Maurivez, Al Blain, Don Duston, Jock Snell, Walt Longley, Ozzie Wright, Benny Herring, Freddy Szastkiwa, Ed Yatermich, Howard Ostrander, Bill Cooper, Ted Yeager, Tommie Watts, Batt Bullis, Orval (Carney) Caranahan, Doc Beebe, Benny Proulx

J.W. Brown, CWO

S.S.S.S.S.S.

Dear Sir,

Your cartoon on the SLEEK SINK STOPPER STEALER was most appreciated.

All indications are that all the SICK people are not on the "outside" and all the good guys are in the CAF.

ALREADY several stoppers have been stolen by the SSSSS. Too bad. A guy's integrity must be pretty small when he'll stoop so low. Hope they know where to stuff the stopper they have stolen!

The Silver Haired CWO

414 colours

Dear Sir:

I would appreciate it if the following could be included in the "Letters to the Editor Section" of the forthcoming issue of your publication:

The 414 Black Knight Squadron will be having its Colors Presentation and Squadron Reunion in the late spring of 1975. June 7, 1975 has been set as the tentative date. This will be finalized shortly.

Planning for the presentation has commenced and all aircrew and groundcrew who have served with 414 Squadron since its inception on Aug. 13, 1941 are invited to attend.

Former members are asked to provide me with their names and addresses in order that "Colors and Reunion" material may be distributed.

Yours truly,
E.G. Francis
Lieutenant-Colonel
Commanding Officer
414 (EW) Squadron

We're trying Jack

Dear Editor:

After reading the September 26 edition of my beloved Totem Times I could hardly recognize it. I think a few pot shots at some of your not-so-regular contributors would be in order.

Don't the payroll C types in 407 Squadron know how to write? Has Supply gone completely to the DEVIL? Does all the hospital staff suffer from fractured femurs? Has there been an avalanche in the gravel pit? Has Flash Flaredrop flamed out? Don't Mushrooms mutter any more? Have 409 Techs bolted? For the answers (hopefully) to these and many

other exciting questions, tune in to the next thrill-packed edition of Totem Times.

J.S.G.

Puzzle Palace
Editor's Note: Jack and his lovely wife Rosemary were loyal Totem staffers till their untimely return to the Puzzle Palace last summer. Come back, both of you! Jack, you can have the whole front page to yourself!

Ed.

Goodwill thanks Base

Dear Sir:

Thanksgiving should be a time for giving thanks and we at Goodwill Enterprises have much to be thankful for.

Especially at the present time we have to give thanks to all those from the Base and their families for the tremendous support they have given to our bag drive which has been so successful. Without their help, and that of the Boy Scouts who made such a job of the organization and collection, we could have been in a serious position in carrying out our programs for the handicapped through the winter. Needless to say we also wish to thank the staff of the Totem Times for their help both now and all through the year.

To all of you who have given articles and have made use of our retail store may we express our gratitude. Your help is not only essential to us but it is also deeply appreciated.

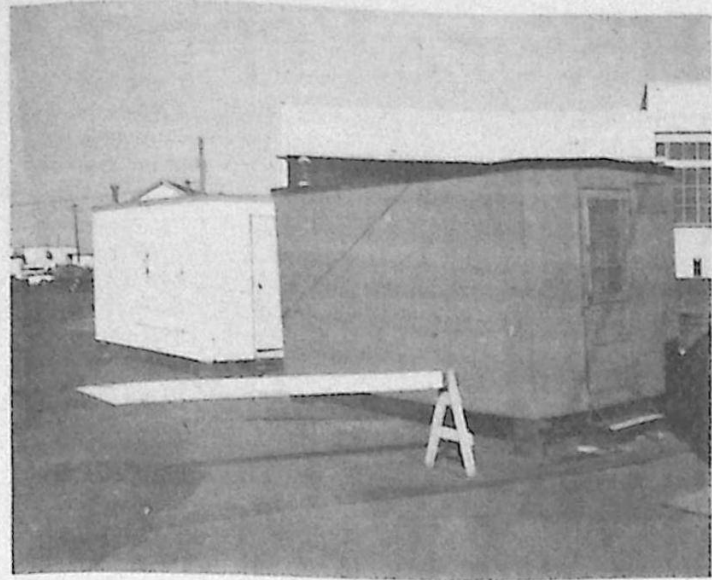
Yours truly,
Alec Reid
Community Relations Officer

TOTEM TIMES

Published every second Thursday with the kind permission of Col. R. L. Mortimer, Commanding Officer, CFB Comox.
Editor: Bob Shawcross (461)
Editorial Assistants: John Maddison, Anne Doran, Jim MacDonald, Mary Jacobi, Gloria McLaren, Brenda Solobay, Marg Patte, Donna Linbeck

Photographers: Ed Ellis, Jack Begin, Dan Manson
Sports and Recreation: John Power (315)
Girl Friday: Karen Rusnak
Proofreaders: Jean Fawbert, Pearl Kingyens, Blanche Campbell
Circulation: The Gneau's
Business Manager: Ray Griffiths
Advertising: Ron Irving, Michel Naud
Cartoons: Al Wilson

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Advertising inquiries may be directed to Business Manager: Ray Griffiths (469)
Printed in Courtenay, B.C., by Comox District Free Press



DESPITE RUMORS OF economy drives throughout the Armed Forces, the sumptuous quarters assigned to VU-33 continue to grow with gay abandon. The lucky recipients of these "Gypsy Wagons" were the Avionics and Safety Systems sections. Who knows, maybe the "gypsies" who previously owned them just abandoned them for fear of being identified as National Defence Employees.

Totem Times photo

Pictorially Speaking



AN AUSPICIOUS OCCASION for Tech Sgt. Tabler -- a re-engagement bonus??? Major Cummings, Commanding Officer USAF Det. presents Tech. Sgt. Tabler with a cheque after a brief but stirring ceremony in the WO's and Sgts.' Mess.

Manson Photo



SGT. BERT KERYLUK is shown receiving a supplementary Suggestion Award cheque from Major Dean Nelson for a suggestion submitted regarding the CF101 Flight Simulator. The award was presented by Major Nelson on behalf of the Incentive Award Board of the Public Service of Canada.

Base Photo



A CERTIFICATE OF AWARD and an award cheque in appreciation of a constructive suggestion is being presented by Major Dean Nelson, BAMEO, to Sgt. Barry Davies on behalf of the Incentive Award Board of the Public Service of Canada. The suggestion was submitted jointly by Sgt. Davies and Sgt. Hank Morin (Retired).

Base Photo

Shop till 9 P.M.

MONDAY - FRIDAY

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NEW **SKI-SHOP**

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Chancellor

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Cocktails 1400
- 26 OCT. — Retirement Dance
Band - "Tidesmen" - 2100-0100
Baron of Beef
Semi-Formal Dress
Free to retiring members and wives.
\$1.00 for reg. members
\$2.00 Honorary and Guests
- 28 OCT. — Movie - SHAMUS - Burt Reynolds
COMING IN NOVEMBER
Remembrance Day
Nov. 16 - Hawaiian Night
Nov. 30 - Games Night and Dance

BASTION THEATRE

PRESENTS

THE FOUR POSTER

COURTENAY CIVIC CENTRE
FRI., NOV. 1 at 8:00 P.M.

TICKETS \$2.00 - \$3.00

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Gates 7:30 Show 8:00 p.m.

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THE CONFESSIONS
OF A NERVOUS

Plus
"DON'T LOOK IN THE BASEMENT"
Future Play Dates to be announced

DINERS ISLAND

We will be closed
from Oct. 7 until
Nov. 16

JUNIOR RANKS MESS

- 1, 2, 3 Nov. "Sparkling Apple"
- 2 Nov. - Halloween Costume
Party
- 8, 9, 10 Nov. "Leather & Lace"
- 10 Nov. - Wine & Cheese
- 11 Nov. - Remembrance Day
Combined WO/Sgts/Jnr Ranks
Open House in Totem Lounge.

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.



To pull off a job no one would ever dare,
you need a team no one would ever believe.

Paramount Pictures Presents
Hit! Billy Dee Williams
R. Pryor
Gangster
Sat 26 Oct
Sun 27 Oct
RESTRICTED
Showtime: 2000 hrs to 2205 hrs

Thur 31 Oct **HALLOWEEN PMQ SHOW** HORROR
Showtime: 1930 hrs to 2125 hrs

They've got their own kind of mean game.



Fred Williamson
Isaac Hayes
Drama
THREE TOUGH GUYS
A Paramount Release
Lino Ventura Fred
Isaac Hayes Williamson
in
Three Tough Guys
with
Paula Kelly
Music and Lyrics by Isaac Hayes
Directed by Luciano Vincenzoni
Produced by De Laurentiis International
Columbia Pictures S.A. - Paris
Showtime: 2000 hrs to 2200 hrs



Hunted
by Interpol



...Betrayed
by the
woman
he loves



...and
the only one
who can save him
is DEAD.

**PAUL NEWMAN
DOMINIQUE SANDA
JAMES MASON**

In a NEWMAN-FOREMAN Company/JOHN HUSTON Production

THE MACKINTOSH MAN

whoever he is he's not what you think.
also starring
HARRY ANDREWS • IAN BANNEN • MICHAEL HORDERN • NIGEL PATRICK
Screenplay by WALTER HILL • Produced by JOHN FOREMAN • Directed by JOHN HUSTON
Music by MAURICE JARRE • Technicolor
Celebrating Warner Bros. 50th Anniversary A Warner Communications Company

Wed 6 Nov **THE MACKINTOSH MAN** Paul Newman
Thur 7 Nov Detective
Fri 8 Nov Showtime: 2000 hrs to 2150 hrs

SATURDAY MATINEES

Sat. Matinee - 26 Oct **PRINCE VALIANT** Adventure

Sat. Matinee - 2 Nov **VOYAGE TO THE BOTTOM OF THE SEA** Adventure

EW
Courtney

Mon. to Thurs. - 8:15 p.m.
Fri. & Sat. - 7 & 9 p.m.
No Matinee Saturday

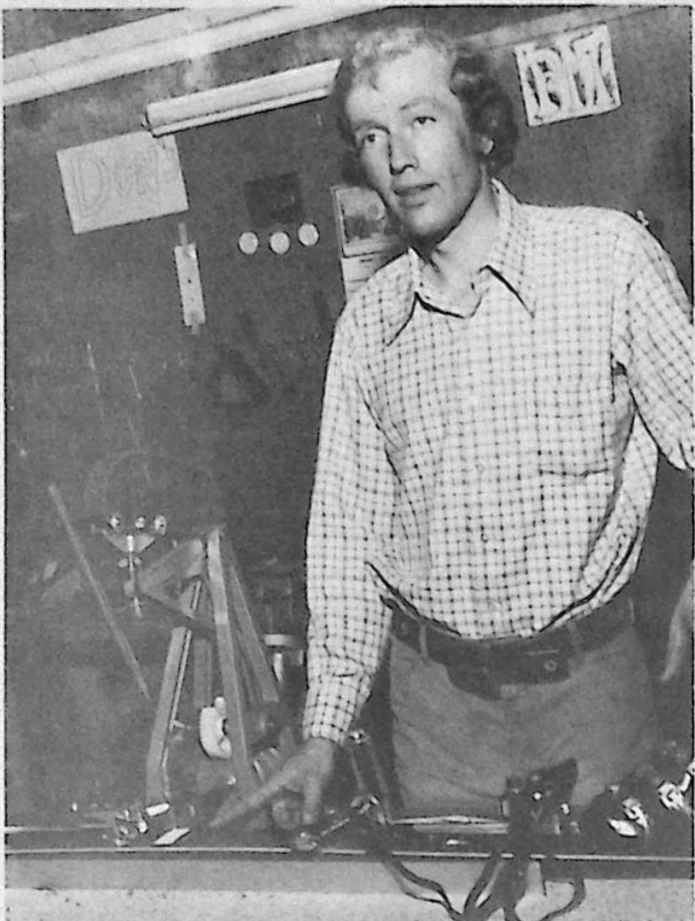
THURS., FRI., SAT., MON., TUES., WED., OCT. 24 to 30
And now the kid from "AMERICAN GRIFFITI" does his own
thing as Duddy!

Richard Dreyfuss **"THE APPRENTICESHIP OF
DUDDY KRAVITZ"** Mature
Frequent swearing, coarse and suggestive
language.

THURS., FRI., SAT., MON., TUES., WED.,
OCTOBER 31 to NOVEMBER 6

**PAUL NEWMAN • ROBERT REDFORD
ROBERT SHAW**
A GEORGE ROY HILL FILM
THE STING
TECHNICOLOR • A UNIVERSAL PICTURE Mature

Winner
of 7
Academy
Awards



DON BOOL OF the Telemark Ski Shop testing bindings. Base Photo Graham Barclay

Have fun skiing

By Safety Sam

BY SAFETY SAM
Skiing is one of the few sports where the entire family can relax together. This fast growing sport lures more DND enthusiasts every year. Whether you favour alpine or cross-country style, the main object is to get outdoors and enjoy yourself. Like hockey, skiing is a vigorous activity and a good physical fitness sport.

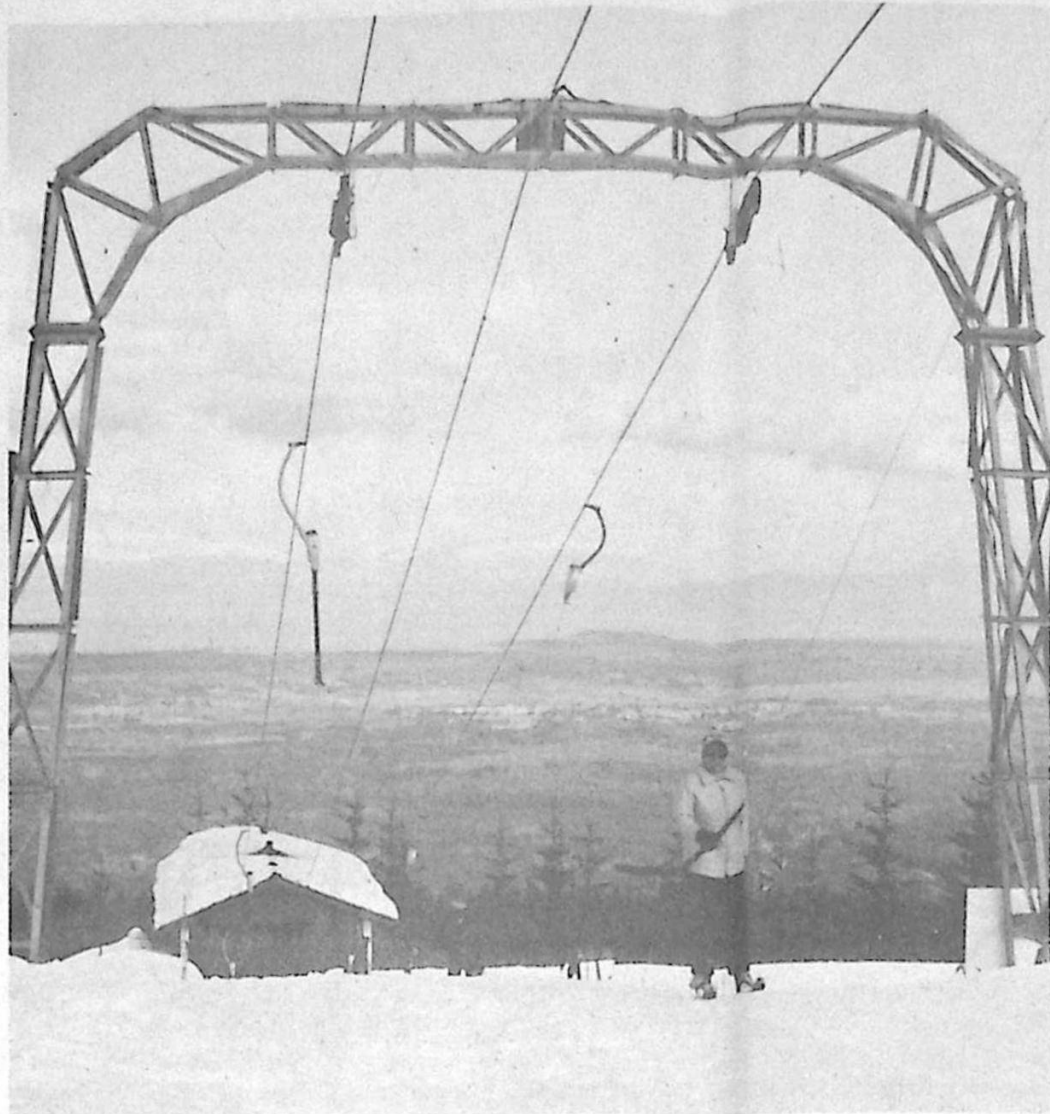
A ten year study by Dr. Arthur Ellison at Mount Snow, Vermont shows that of every 1,000 skiers who take to the slopes for a day, six will be injured -- two of them seriously. While this frequency is low by comparison to some other activities, the large number of DND employees participating and the potential for serious personal injury demands sensible precautions. We talk to the Pro's about safety in skiing right in our own back yard - the Forbidden Plateau on Vancouver Island.

Careful selection of your ski clothing and equipment is the key to comfort and confidence and these very important aspects can add to your skiing fun and your safety.

The importance of matching skis, to the skier, by both size and ability, cannot be overemphasized. This concept of matching equipment to the skier extends to the combination of boots, bindings, skis, poles and safety straps. They should be united properly and the bindings mechanically adjusted to ensure that release pressures are matched to the skier and his equipment.

If you are a new skier or one who has not been active for a few years, ask the advice of your local ski shop on the newer designs and what would be best for you.

Give special attention to your choice of bindings. Not many beginners come back to the sport after an injury, and good bindings, properly ad-



VIEW OF COMOX VALLEY from the lower T-Bar

justed, are your first safety concern. The addition of an anti-friction pad or strip makes for consistent release pressures and mechanical testing ensures proper adjustment before you ski.

"Exercise those leg muscles before the ski season! If you can possibly do so, join a ski-fit class. On your own, you can cycle, job, swim, skip or walk -- all of which will increase muscle tone and stamina".

My major concerns for safety in skiing are the selection and training of the instructor staff and the ski patrol, emphasis on accident prevention before they happen, that injured skiers receive prompt attention and that hazardous trails are closely observed and closed when necessary.

Through experience, we know the most common mistakes of skiers that lead to accidents. Some of these are failing to ski "in control" (able to turn or stop when required); improperly adjusted equipment; failing to quit when tired. The real "biggy" is failure to ski within your ability.

Let's concentrate on what you can and should do to enjoy skiing more, and safely. DO take professional instruction first. It makes learning easier, safer, faster and much more fun. Limit your first efforts to standing, walking and minor climbing on a beginners slope. DO stay on packed trails. Heavy, unprepared snow increases the force on your ankles and legs and causes injury. DO read and obey warning signs. Once

you are able to turn or stop at will, you are ready to try other hills. DO ask the lift operator for assistance and DO ski within your ability.

**Next
Deadline
4th
Nov.**

Among The Moguls

First the big news, CFB's first annual Ski Fair will be on the 10th of November, 1300 hours until 1600 hours in the Social Centre. There will be ski films, exhibits by the ski patrol, the ski specialists, the ski club and much more. If you have any equipment for sale, bring it between 1000 hours and 1200 hours on the 10th and we will attempt to sell it for you.

Next, the fitness classes are expected to start on the 29th of October at 6:30 p.m. These are expected to be one hour and a half long and start 1830 hours on Tuesdays and 1900 hours on Thursdays. I really can't emphasize the importance of conditioning. Lack of this might lead to the ruin of your ski season.

Now for a few bits of interest. The name of our new secretary was slightly misspelled last shot. She is Gerri Ward. There has been frost several mornings now and you know if there is frost there can be snow. If you just drooling at the thought of skiing then join me in thinking snow.

Library Report

DON'T THROW IT AWAY! is not only the title of a book, but it also applies to your Totem Times. You can make a Christmas wreath, papier-mache animals and also decorate a waste paper basket with your favorite Totem Times. Try it! With the 25th of December creeping up on us, "THE COMPLETE CHRISTMAS BOOK" by Franklin Watts could help you fight inflation by making your own gifts, wrapping paper, Christmas cards. Hints for Christmas cooking, Christmas stories for children. Customs around the world. What are the origins of Carols? What is the history of Sending Christmas cards? This book has it all.

CLANCY by Brian McFarlane is the biography of NHL hockey great Francis Michael "King" Clancy. Written in 1968.

LIMBO OF THE LOST by

John Wallace Spencer. The bestseller that explores "The Bermuda Triangle" one of the great unsolved mysteries of our time.

REPORT FROM ENGINE CO. 82 by Dennis Smith. An extraordinary book...a young New York City fireman, Dennis Smith is a member of the busiest engine company in New York, one that averages 700 calls a month. A best-seller that does for firemen what The New Centurions did for policemen.

HARPOON OF THE HUNTER by Markoosie. Here is the story of young Kamik the hero of this story. The first Eskimo fiction to be published in English.

The library is located on the second floor of the Recreation Centre.

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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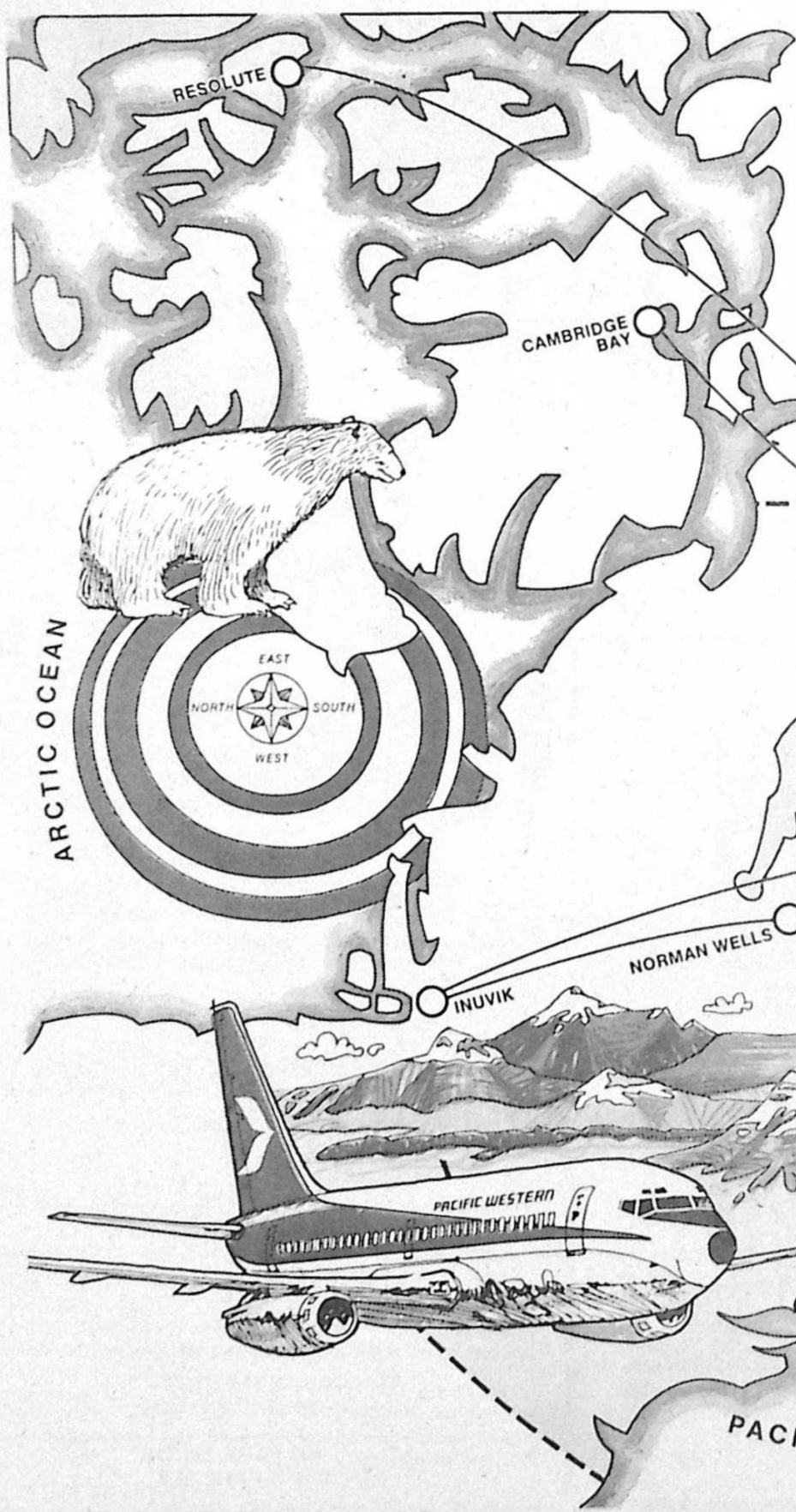


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Chapel Chimes



Protestant Chapel

The Fall activities for the Protestant Chapel have now begun. This summer has seen many changes in our Military Community. The Chapel looks forward to welcoming all members at CFB 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:

27 Oct. 74 - 11:00 a.m. - The Family Service. The Junior Choir will be assisting with the music.
11:45 a.m. - Holy Communion.
3 Nov. 74 - 11:00 a.m. Divine Worship.
Junior Choir: 6:00 p.m. - Every Thursday evening.
Senior Choir: 8:00 p.m. - Every Thursday evening.
NOTE: Teen Group: 7:30 p.m. - Every Tuesday evening at Chapel Annex. Telephone: 339-2211 Loc 273. D. L. Martin, Maj. (Base Chap. P)

HONDURAS RELIEF

Hours after Hurricane Fifi slammed into Honduras, a crew at a New Windsor, Md., warehouse had assembled 1,000 lbs. of children's clothing, 3000 blankets, and enough water-purification tablets and drugs to protect a good-sized city against epidemic. The goods were airlifted at once to Miami, then flown to Honduras.

Such emergency aid, along with a variety of regular relief and economic-development projects, has made Church World Service by far the most popular and best-funded (\$9 million a year) program of the National Council of Churches. The Canadian Council of Churches in Canada are sharing in this service to the needy. The Canadian Chapels are supporting these projects with their local gifts. When the emergency arose the local Protestant Chapel sent \$40.00 to the Chaplain-General's Emergency Fund, and money and goods were sent immediately to help with the Honduras Relief. "In as much as ye have done it unto the least of these, ye have done it unto Me."

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.

WEEKDAYS: The Chaplain will celebrate Mass in the Chapel or in private homes on request.

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

BAPTISM: By appointment.

Base flag football

Totems prepared for weekend action

The Base Flag Football team is hosting 3 PPCLI, CFB Esquimalt and the Pacific Fleet for the Pacific Region Crown this Friday and Saturday at the sports field here at the Base. Games will be played at 1000 hours and 1400 hours on both days with the championship tilt slated for 1400 hours Saturday.

The Rolly Cramer coached Totems are fresh from three straight victories over the local RCMP team and are considered "ready" for the weekend encounters. The caliber of the competition is unknown as this is the first Flag Football Championship to be held at the region level.

Capt. Vic Lee will be engineering the offensive attack from his quarterback position with Capt. Gary Anderson and Pte. Glenn MacDonald carrying the mail. Lee's prime passing targets should be coach MCpl Rolly Cramer and wide receiver Lt. John Power. Capt. Barry Hunter of 407 Sqn. will be calling the defensive signals, and with his well drilled contingent backing him up they should be tough to score on.

For some exciting wide open football, and to give your team some vocal support it's recommended that you take in at least one game this weekend.

PMQ Preamble

The PMQ Council has started a new year with a new slate of councillors; well half new anyway. Last year's mayor, Major Don Kidd was transferred to Staff College in Toronto, and Major Tony Nichols has taken over the Mayors appointment. Of the eighteen councillors, nine are newly elected and the other nine will be serving until the next election in March.

I think that it can be safely stated that very few residents of PMQs are aware of what and who the council is, why it exists, what it does and most especially who the councillors are. This article finishes with a list of all PMQ councillors and the wards they represent. Future articles will include a breakdown of all PMQ Council activities and will be aimed at assisting the community in understanding, and hopefully, supporting more fully the activities sponsored directly and indirectly by your community council.

The PMQ Council consists of the president, or Mayor, who is appointed by the Base Commander, and eighteen councillors. Two councillors are elected in each of the nine wards and serve on the council for a period of one year. Again the list at the end of the article explains which PMQs are in which ward. From these eighteen stalwart members, five Controllers are selected to fill the positions of Works, Recreation, Special Activities, Community Activities and last but not least the Town Clerk.

Our 304 PMQ units, paying a tax of \$1.50 per month, give us a budget of about \$5,472.00 per year. This money always manages to get spent in a myriad of ways, which all benefit the community, and will be explained in a later article.

Two upcoming community events which must be mentioned before stretching this article to too great a length are the Halloween Night and PMQ Bingo. On Halloween

night at 1900 hours a movie entitled "Tales of Horror" with Vincent Price and Peter Lorre will crawl its way across the screen at the base theatre. Admission is free to all PMQ children providing they can consume the candy and pop provided by the community council. This movie is evidently something of a classic, if there is such a thing among that species of film, or at least that is what I am told by Major Rob Vin-

nedge who as the Controller of Special Activities is responsible for organizing that evening. MWO Dave Gardiner, our Controller of Community Activities has set up the first PMQ Bingo of the year for 23 November. More details will follow on this activity and we are hoping for a big turnout for a fun evening.

One final note for this issue. The response to the request for improvement suggestions for PMQs was very gratifying. There were some excellent as well as some rather amusing suggestions made. Astro-Turf and individual swimming pools are out of the question. Your Mayor is meeting with the Base Construction Engineering Officer this week to present the consolidated suggestions and to discuss them and several other projects necessary in the PMQ area.

P.S. We almost got a lady councillor last election. I would like to see one next election. How about it, I know there are some talented and willing ladies out there.

(Continued on page 8)

CSA needs rep.

Your station ski club wishes to join the Canadian Ski Association and the C.S.A. would like to get a representative on Vancouver Island. The only way you or your children can compete in nationally recognized races is to be a member of a club that belongs to the C.S.A. Many of our members wanted to know more about the C.S.A. so here goes.

Skiing was the first sport in Canada to have a standing team before hockey, swimming etc. It was also the first sport to combine training and education. All this is largely due to the efforts of the Canadian Ski Association. Formed in 1926, the purpose of the C.S.A. is to promote, coordinate and give direction to development of skiing in Canada - in all its forms.

In B.C. the governing arm of the national C.S.A. is the western division. One of the most active divisions in the country, it operates on a budget of approximately

\$60,000. Half of which is obtained through a B.C. sport and fitness grant. The other half is comprised of a \$5,000 contribution by Molson Western Breweries, private donations and membership fees which are a \$1 a year per member. Technical assistance is provided by B.C. Tel in the form of Communication equipment.

The western division is concerned with developing new clubs, conducting pre-season Keep-fit classes and training amateur instructors for ski-teaching in outlying areas.

In summary, some of the major activities and functions of the C.S.A. are:

— It speaks for organized skiing in Canada and provides a liaison with the Canadian ski patrol system, the Canadian ski instructors alliance, the Canadian Olympic Association and the Canadian Amateur Sports Federation.
— It selects, trains and

finances national Alpine, crosscountry, and jumping teams on a full time basis for world competition.

— It organizes and conducts national championships and other competitions for all disciplines of skiing. It also provides coaching schools and racing clinics to assist in regional development and keep performance records of competitors.

— It has organized the Nancy Greene ski league; continues to sponsor the nation-wide Fund raising Ski-a-thon program; and has approved the popular Molstar program for recreational skiers.
— And in conclusion, if a dollar a year by our members can help a future Nancy Greene or Betsy Clifford, it maybe well worth it..

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Recreation news

VOLLEYBALL

A mixed adults volleyball night began this week and is continuing every Tuesday night from 8-10 p.m. Come alone or bring your spouse for some recreational volleyball every Tuesday night. Desiring any more information contact WO Harvey Gates - 315.

YOUTH SOCCER

Every Monday at 7 p.m. for boys and girls 10-15 years of age. Late registrations will be accepted. Come out and have some fun. Full gym attire only.

BADMINTON CLUB

Meets every Wednesday and Sunday evenings, all servicemen, servicewomen and families are urged to join.

ARENA

After a couple of weeks delay Glacier Gardens is underway, hopefully for the rest of the season without too many more problems. The PER staff would like to commend everyone's patience, and thank the people involved with getting things started as soon as they did.

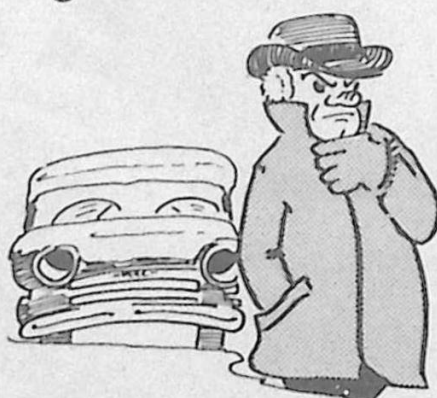
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*2921	275-14	\$22.40	\$28.40	*2942	6-20-13	\$27.10	\$34.45
*2925	275-14	\$27.70	\$33.35	*2946	6-20-15	\$28.55	\$36.00
*2929	275-15	\$22.40	\$28.40	*2950	7-20-13	\$29.20	\$36.65
*2937	275-15	\$23.05	\$29.20				
*2940	275-15	\$28.45	\$34.40				
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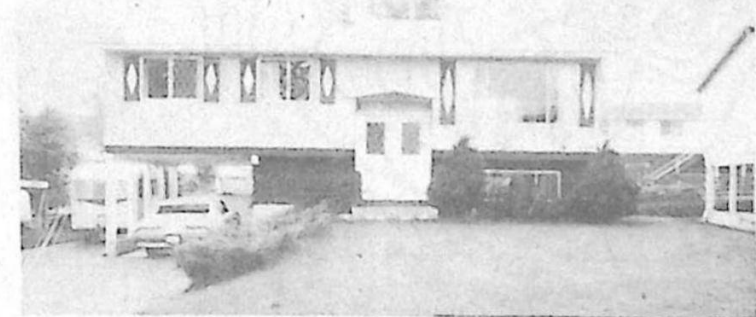
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RON CARTER, Glacier Club Captain presents the Club Championship Trophy, donated by Tyee Cartage and Storage Ltd., to Pete Burns of 442 Squadron. Manson photo

William Tell '74 teams competing

TYNDALL AFB, Fla. - Nine North American Air Defence (NORAD) command fighter interceptor teams are competing in the 1974 "William Tell" aerial weapons meet at Tyndall AFB, Florida, Oct. 19, through Nov. 2, according to an announcement by General L. D. Clay, Jr., NORAD's commander-in-chief.

The competing teams in the aerial sharpshooting contest have been chosen from some 28 squadrons in NORAD's component forces. They are the USAF Aerospace Defence Command, Canadian Forces Air Defence Command and the U.S. Air National Guard. 416 Squadron from CFB Chatham is representing Canada, supported by groundcrews from that base and weapons controllers from the control centre at St. Margaret's N.B.

Fighter interceptor pilots in NORAD squadrons are based at scattered locations around the periphery of the United States and Canada to guard the air sovereignty of North America. These pilots must be highly skilled in the tactics and techniques of aerial combat to assure no hostile intruder gets a free ride within our boundaries.

The William Tell competition will sift out the best aerial marksman in three different classes of jet fighter interceptors; the F-101 and

CF-101 "Voodoo", F-12 "Delta Dagger" and F-106 "Delta Dart." Three teams are competing in each category. Besides bying for first place in each category, teams will be looking for the "Top Gun" award which will go to the single air crew, regardless of aircraft type, that produces the most points during the two-week competition.

The top nine teams from the Canadian and United States air defence squadrons were selected for William Tell competition this summer.

Besides intercept skill, judging is based on the maintenance effort to get scheduled missions airborne, and weapons loading proficiency. Weapons controllers for each team will be chosen from the NORAD region direction centers. Each team will consist of about 40 officers and airmen.

The meet is named for the Swiss patriot and renowned archer, William Tell, who according to legend, refused to salute the cap of an oppressive Austrian governor. For his offense, he was sentenced to shoot an apple from atop the head of his son...which, history records he did successfully.

The William Tell aerial weapons meet evolved from a "U.S. A.F. fighter gunnery

meet" that began in Arizona in 1954. In 1956, the competition moved to Tyndall AFB near Panama City, Florida, and became a USAF world-wide fighter interceptor weapons meet. The bi-annual affair was discontinued after the 1965 meet because of the southeast Asia conflict but was reinstated in 1970.

Teams arrived at Tyndall for this year's competition on Oct. 19. After shakedown flights on the 19th and 20th, competition began Monday, Oct. 21 and lasts through Nov. 1 with time out Oct. 26-27 for open house activities. The awards presentation and banquet are set for Nov. 1.



Here we are, The maritimes were reporting blistering snowstorms but at this end of the country the ladies golf activities were still going strong. The warm weather that has prevailed during the last while has enabled us to keep our regular activities.

For the month of September, the winners on ladies day were as follows: Mona Ledgard, Millie Legg and Pearl Kingyens.

LAST SOCIAL EVENT

To wind up a successful season, the Glacier Greens will be holding an all member party at their club house on November the second. The setting will commence with a cocktail hour at 8 o'clock p.m. Trophies will be presented,

a hot meal will be served and the party will swing to records.

Those wishing to attend may obtain their tickets from any member on the committee. The cost will be \$3.00 per couple for members and \$5.00 for non-members. As this is the last event of the year, we hope this function will be well attended.

Now that the golfing season is rapidly approaching the end, may I express my appreciation to all the lady members who have shown a keen enthusiasm during this last season. Further, I would also like to thank all those who have helped our committee in any way, shape or form which contributed to the success we have had. Our committee has

Ward and councillor list

(Continued from page 7)

Ward 1: Apts A & B, PMQs 1 to 11, 101 and 101A, 119 to 122; MWO E.L. Fox, Sgt. D.J. Walmsley
Ward 2: Apts C, D, E & F; MCpl L.H. Kuhn, MCpl G.P. Wilson
Ward 3: PMQs 12 to 25A, 34 to 48; Sgt. W.A. Hannam, Sgt. J.F. Lynch
Ward 4: PMQs 26 to 33, 49 to 65A; MWO D. Gardiner, Sgt. H.F. Cofield
Ward 5: PMQs 66 to 83; Maj. R.C. Vinnege, Lt. D.E. Godfrey
Ward 6: PMQs 84 to 100A; Capt. A.B. Elieff, Capt. L.B. Kingyens
Ward 7: Apts. 102, 103, 105, 106, 107, 108; Sgt. D.R. Smart, Cpl. W. Korbutiak
Ward 8: Apts. 104, 109, 113, 115, 117, 118; MCpl. G.A. Gillis, Cpl. R.G. Sinclair
Ward 9: Apts. 110, 111, 112, 114, 116; MCpl. F.H. Dupuis, Cpl. G. Murray

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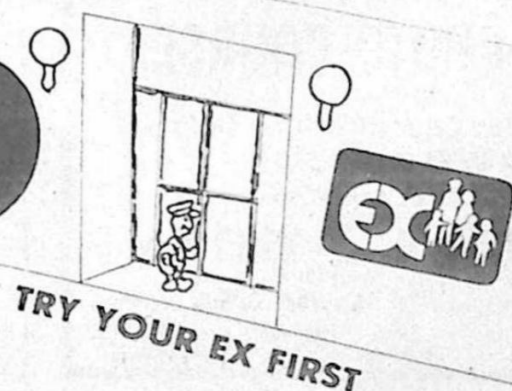


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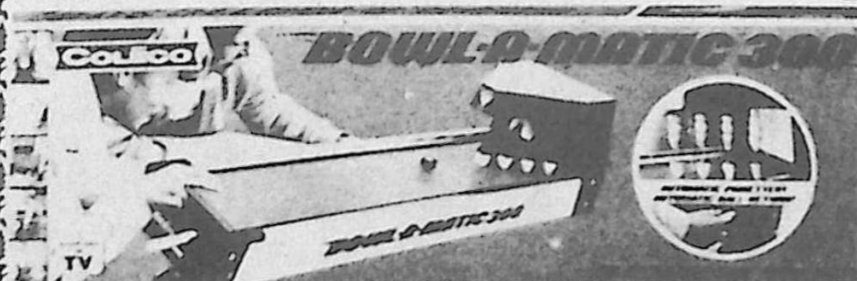
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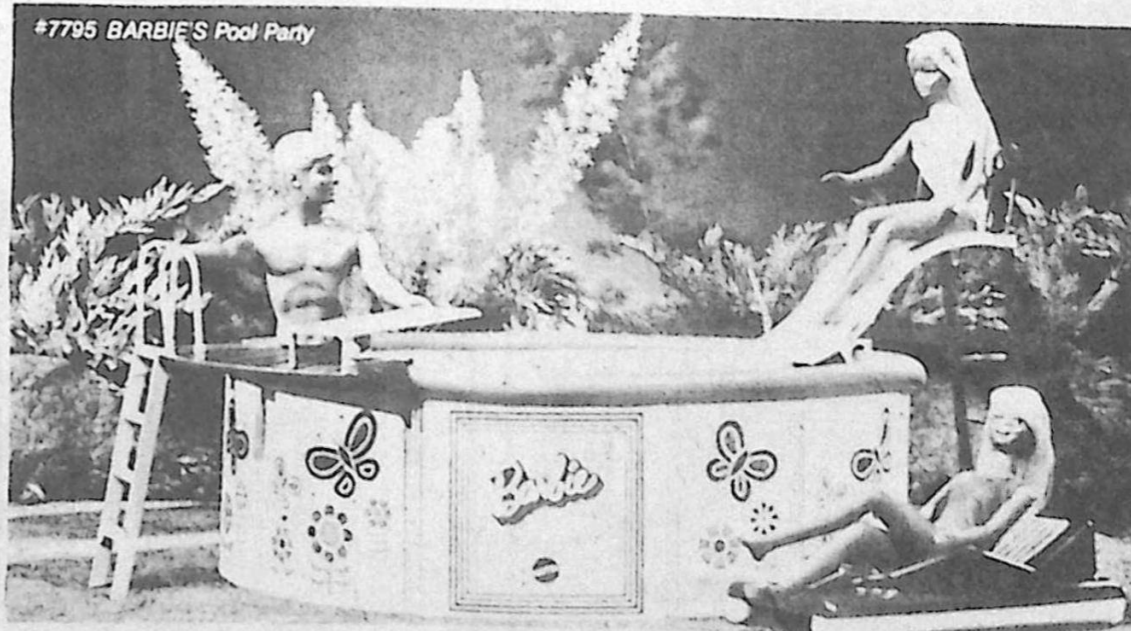
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Akela says

It was about 6:15 p.m. 7 Oct. 1974. There were people gathered at Air Force Beach, CFB Comox, in groups of four to six and the groups resembled families. Well this would make a person wonder just what the gathering was about. It certainly would have to be important as the kiddies being out late on the nite before school. Hey, lets go closer and see what's up!

Well there was milling and talk like, "See ya made it"; "Where is the fire?"; "Who's gonna run this?"; "Have you ever seen this before?"; "I think the older boys are missing"; what could all this be leading up to?

"Hi, Vern, what's going on here?" He's a friend of mine, and should know what it's all about.

"This is Campfire Nite for 1st Lazo Cubs and Scouts 1974-75." I figured that's good, real good. I immediately consulted my memory and came up with the fact that Campfire Nite is the opening of the current year for Cub and Scouts.

As things progressed, Grey Pack started the fire and had

Grand Howl with Surinda Gill, as the Akela. Then the Scout Troop appeared on the horizon from the CFB Fire Hall where they were instructed on fire hazards and fire prevention.

Mike Barnes, Eric Bouchier, David Cranidge, Gordon Erickson, Kenneth Fullbrook, David Hislop, Jeff Jenkins, Glen Peters, Robert Phillip, Ronnie Shaw, Sammy Treat were accepted into scouts around the campfire. Scout Master Graham Wilson presented the Mayor of PMQs, Tony Nichols. The Mayor presented Danny Bryson, Rory Wilson, Bruce Sinclair, with Silver Citizenship Badges. The boys must really be on their toes to earn this award of great importance.

The next event was skits by the troop and various packs, which entertained the parents and visitors as did the Sing Along at the closing.

The L.A. served all in attendance with coffee and hot chocolate. Thanks to all the ladies.

Coming events for the 1st Lazo Cubs and Scouts are seen

as on 26 Oct. Apple Day. The boys will be selling apples in the PMQs and Canex-Post Office area. This is one of the largest fund raising projects the boys have to maintain

their self-supporting unit. Look for AKELA SAYS every issue when next time he will report on the Scouts' APPLE DAY.



MAYOR OF PMQ's Tony Nichols presents Rory Wilson the Silver Citizenship Badge. Lindbeck Photo



AL HAMPSHIRE explains the workings of the teletype machine to an interested group of boys. Lift Photo



VIC BERNDL, immediate past president of the Comox Valley Wireless Club, talks to an operator in California, while Cubs and leaders watch attentively. Lift Photo

1974 Jamboree - on - the - air

The Comox Valley Wireless Club VE7CVW welcomes the Cubs, Scouts and Leaders.

Today is the 17th Jamboree which is held each year at this time and is sponsored by the World Scout Bureau, Geneva, Switzerland. The purpose of the Jamboree is to introduce the boys of our country to the world of electronics through the hobby of amateur radio.

Today amateur radio operators around the world have set up stations such as this and under good conditions it is possible to talk to Scouts across this land and in many others countries as well.

The members of the Comox Valley Wireless club hope that you have enjoyed your visit with us today.

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SCOUT MASTER, Graham Wilson conducting the "Coming Up" Ceremonies of Cubs into Scouts, with Assistant Scoutmaster Roger Taillon in attendance

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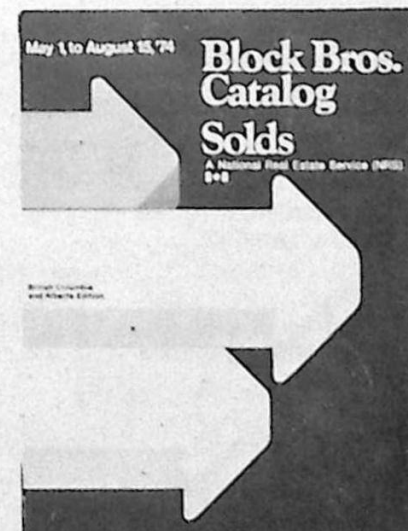
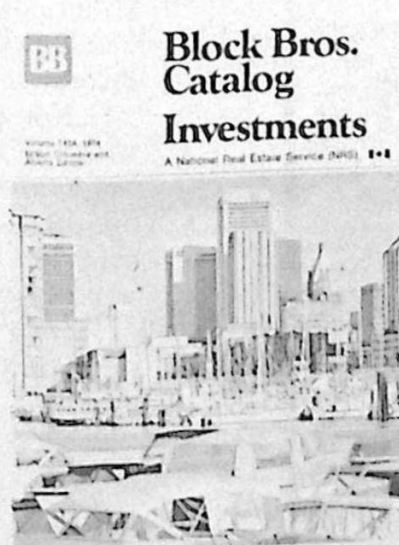
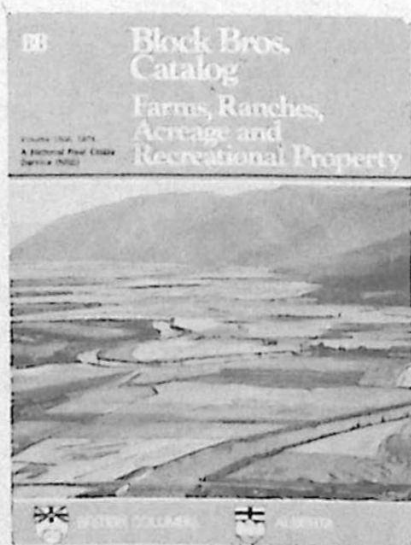
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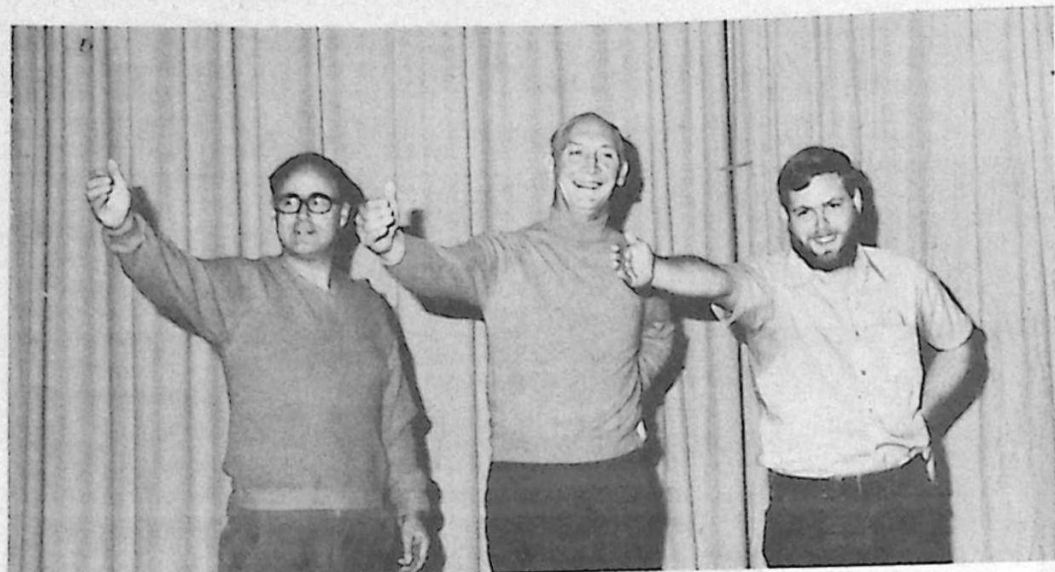
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THE DIRECTOR, Les Routledge, shows Jock McLaren, Joe Demora and Al Haan how he wants "Three Blind Mice" put across.



THE PRODUCER, Sara Drummond discusses stage layout with Al Haan and Joe Demora.

Totem Little Theatre commence rehearsals

The newly formed Totem Little Theatre group have commenced rehearsals for their first production which will hopefully be presented on 25th and 26th of November in the station theatre. Little Theatre groups seem to traditionally stick with three act plays which have been tried and tested, the Comox group have deviated from the norm, however, and are presenting a satirical revue with a four male cast.

The show, "Beyond the Fringe" was written by Allan Bennett, Jonathan Miller, Peter Cook and Dudley

Moore, who also starred in the production when it first opened in London, England on May 10th, 1961, and was later presented in New York on 27th, October, 1962. Although this show is distinctly British satirical humour it was well received in its New York run. Some scenes have been deleted from the original script, some have been added and others amended to fit the time and place (we hope the authors will forgive us).

The whole show humourously hits at officialdom; government, royalty, clergy, law en-

forcement, television and the armed forces are all targets of the satirical skits.

The group sincerely hope that their first efforts will be well appreciated and supported by CFB Comox personnel, by all residents of Comox, Courtenay and surrounding area, who are cordially invited to attend the performance. Incidentally, there is still lots of work to be done, if there are any more interested people out there who would care to join our group, you are more than welcome.

We are also in need of some

props, if anyone would care to donate or loan any of the following items, please phone WO Les Routledge at local 488 or 339-4473 to arrange for pick-up, they will be very much appreciated: Old style of-ficers uniforms - all elements;

Old style other ranks uniforms - army; Old style other ranks caps - navy; Old style steel helmets; Old bowler or fedora hats; Old wigs - any type; Any old furniture, especially chairs and tables.

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SUNDAY 27 OCT.**

REHEARSING "BOLLARD", one of the many skits that comprise "Beyond the Fringe"

Canadian Soldier

In a new book entitled Viet Journal, James Jones, author of From Here to Eternity, describes his impressions of Canadian soldiers who were members of the International Commission of Control and Supervision (ICCS).

The description is a particularly flattering one, and we reprint it here for our readers:

"Stuck on the islands in the South Pacific back during WWII we used to have a saying about the Navy SeaBees. We would say,

"If I had a beer, a SeaBee could have half of it". That was the way you felt about Canadians in Vietnam.

They knew the score and they expected nothing better from anybody than what generally happened.

They were infallibly correct, infallibly polite, infallibly professional.

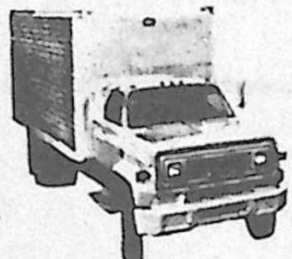
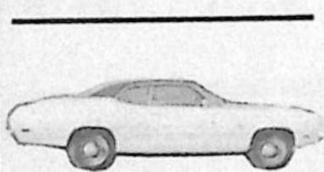
There was a quiet confidence about them.

Perhaps this was because their country had not reached the state yet where their military had to be apologetic about being soldiers. Also they were tough as nails.

from The Roundup

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These savings will be distributed in the form of Territorial Equalization Discounts as the first step towards the creation of a uniform Autoplan premium rating system throughout the province.

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Specific information on the discount for the vehicle you own will be shown on the Autoplan renewal form which will be mailed to you at the end of the year.

Meanwhile, if you have any questions, just phone the Autoplan information centre. Dial your Operator to call collect to Vancouver 665-2800.

And remember: Autoplan is lowering your car insurance costs but it's up to you to keep them down through safe driving.

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You ... and the law

By LCOL ARTHUR K. SWAINSON
Assistant Judge Advocate General
Headquarters - Air Defence Command
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 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 he 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, TV man, plumber, etc., but in this 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 replaces parts that work properly.

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Ski Conditioning

(Continued from page 2)

to bring about a rapid increase in strength and endurance in five to six weeks; also with skiing being a specialized sport it demands special exercises.

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may develop yourself, so come out to the rec centre for the pre-season ski fitness classes. It's free here on the base, the same course in Vancouver costs \$12 if you can get it.

Don't forget if you get in condition you'll ski better, longer and avoid injury that might be caused from fatigue, you'll even be in good shape to enjoy apres-ski.

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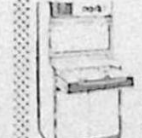
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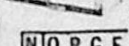
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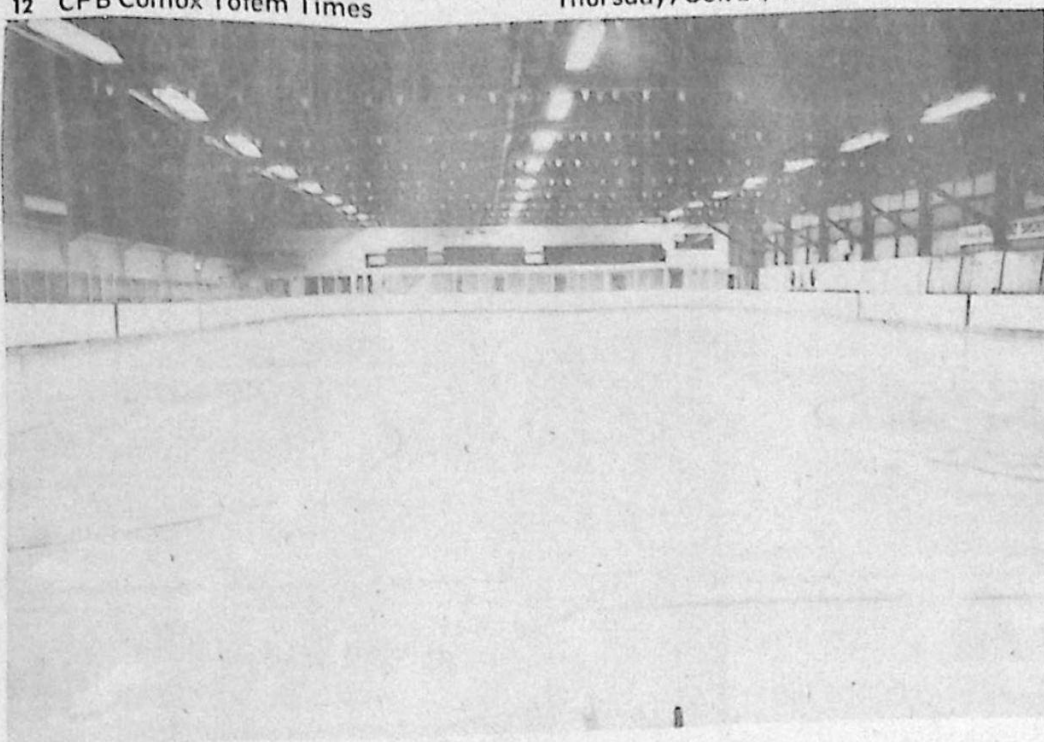
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A LAST "REFLECTIVE" look at the Glacier Gardens before the onslaught of the hockey season.

Ellis photo

A simple turn of the wrist

OTTAWA (CFP) — Most Canadians are aware of fire hazards in their home or place of work. However, most do not realize until it is too late, that there are potentially lethal fire hazards in their automobiles as well.

The following story, submitted by a concerned officer, illustrates the type of hazard we live with every day.

"One night, a few years ago, one of my soldiers was returning to camp and fell asleep at the wheel of his European sports car. The convertible smashed into the wall of a culvert.

"Witnesses to the accident tried to extract the victim, whose legs were jammed inside the body of the smashed auto. The sports car soon burst into flames. The victim screamed for help but nothing could be done and the soldier perished while being sprayed with fuel from the broken fuel line.

"Though the would-be rescuers worked heroically to extract the trapped occupant, while at the same time trying to extinguish the fire, all was in vain.

"The death of the trooper probably could have been prevented, because many foreign cars have electric fuel

pumps. In this case, the mechanism continued to operate after the accident.

"If someone had only thought to turn off the key..." The point is not that the car, or even the type of car, is any more hazardous than any other vehicle. The point is that any car is a potential fire hazard as long as there is a "hot" wire capable of igniting spilled fuel.

A simple turn of the wrist on the key would have broken the connection and stopped the flow of the fuel. More important, a simple turn of the wrist could have knocked one of the cables off the battery and killed ALL of the car's electrical system.

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Soccer clinics set

NANAIMO — Here's your chance to learn everything you've always wanted to know about soccer but were afraid to ask...

The B.C. Sports Federation and the B.C. Federation of School Athletic Associations have recently received a grant from the O'Keefe Sports Foundation to sponsor a series of coaching clinics throughout the province in soccer.

The first clinic will be staged in Nanaimo, November 1, 2 and 3. The clinic is open to all interested Vancouver Island coaches, men and women, 19 years of age and over.

The clinic, which opens Friday evening, will be conducted by a host of outstanding soccer personalities. They include: Bill McAllister, Technical Director of the B.C. Soccer Commission; Les Wilson, Vancouver Whitecaps player and former English

international; Jim Easton, Whitecaps coach and a former Scottish international player; Dan Kulai, F.I.F.A. official and a former international referee; Wes Byznell, well-known Victoria athletic trainer. Special guest clinician will be Bill Thomson of Ottawa, national technical director for the Canadian Soccer Association.

Bill McAllister is attending the clinic through the sanction of the British Columbia Physical Fitness and Amateur Sports Fund.

The clinic will be staged at Wellington Junior Secondary School. The Friday evening introduction session will take place at Malaspina College's Wakesiah Campus Cafeteria.

There is no cost to register for the clinic, but those attending will be responsible for their own food, and if from out of town, their own accommodation. There is a host

of good motels and hotels in the general area of the clinic site.

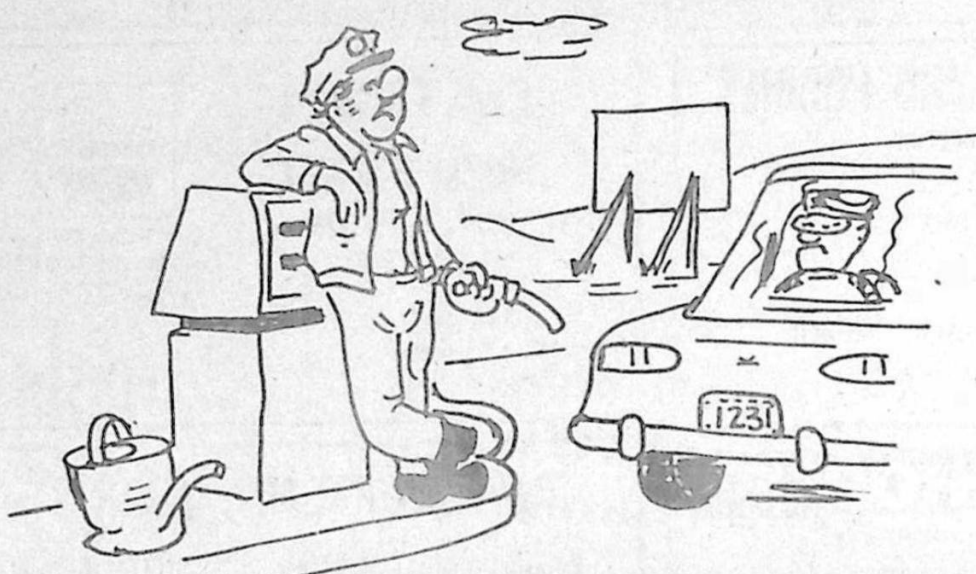
Registration for the clinic is limited so you are urged to notify the Island Clinic Co-ordinator immediately. Send your name, address and phone number to: Mr. Bob De Buyscher, Co-ordinator of Physical Education, Malaspina College, 375 Kennedy Street, Nanaimo. His phone number is 753-3245, local 227.

Deadline for registration is Friday, October 25. You will be notified prior to the clinic about specific details.

The B.C.S.F. and the B.C. F.S.A.A., also in co-operation with the O'Keefe Foundation, will be holding provincial clinics in basketball and gymnastics during the coming year. Dates will be announced later, but clinics in both will also be held in Nanaimo.

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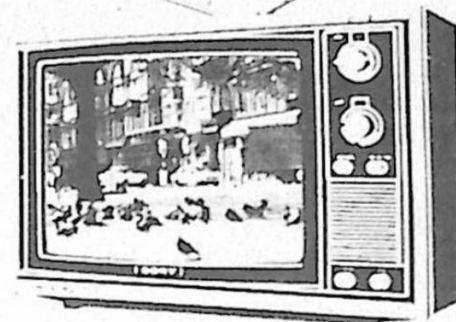


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by Jam

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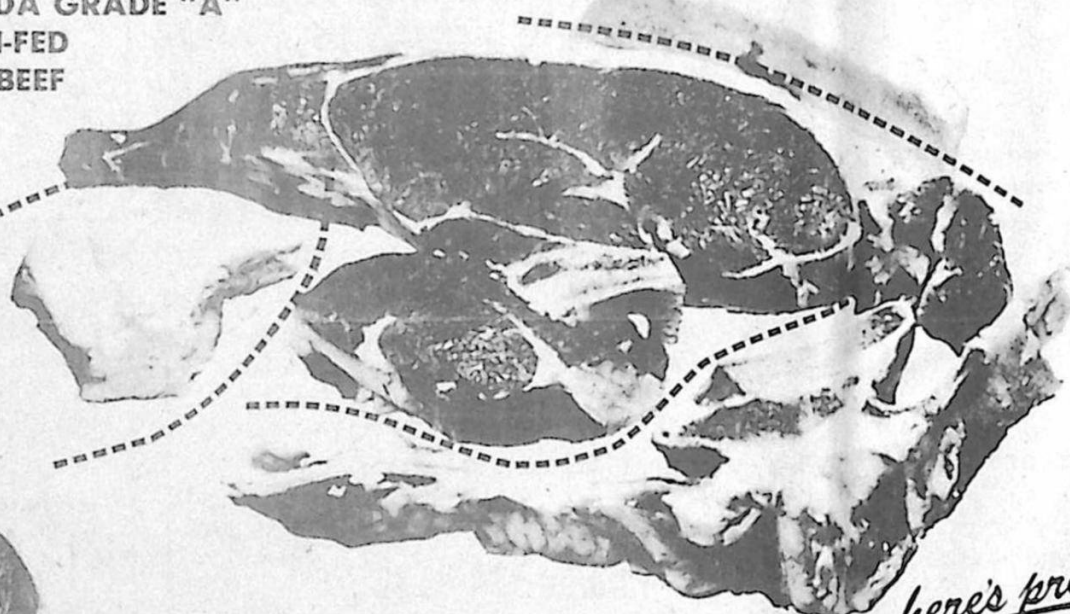
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For Braising

89^c

CENTRE CUT
BEEF
SHANK

lb.

89^c

CHUCK
ROAST

Full Cut Blade or Round Bone

89^c

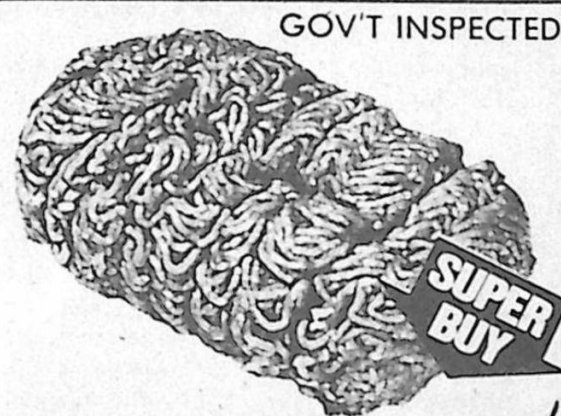
lb.

ONE MORE REASON WHY MORE THAN THE VALUE IS SUPER

FREE! SUPER-VALU MEAT BOOKLET

A COLORFUL ILLUSTRATED 48-PAGE GUIDE TO THE BUYING, PREPARATION, FREEZING AND SERVING OF MEAT.

ASK FOR IT AT YOUR SUPER-VALU MEAT DEPARTMENT.



here's proof!

GROUND
BEEF

lb.

89^c

REGULAR or
SMOKEY MAPLE
Sliced-Side
BACON

lb. pkg.

145

ROYAL PRIME
RIB ROAST

lb.

165

T-BONE
STEAK

lb.

239



SUPER-VALU

More than the value is super and we're proving it every day

ALL PRICES EFFECTIVE: WED., THURS., FRI., and SAT., OCT. 23rd, 24th, 25th and 26th at all SUPER-VALU Stores Courtenay and Comox
WE RESERVE THE RIGHT TO LIMIT QUANTITIES