



TOTEM TIMES



New Motto For 442 Squadron: "We Deliver!"

VOL. 17 - NO. 9

CFB COMOX TOTEM TIMES THURSDAY, MAY 1, 1975

Stowaway Found On C.F. Aircraft



THE AIRBORNE ambulance drivers. . .

Are we this desperate for recruits?

By VIC LEE

442 Squadron is proud to announce the birth of its newest member. Miss Lynn Germaine Gregoire was born 29 April 1975, 0940 hours local, at 2000 feet altitude above Campbell River, aboard Buffalo 458. In attendance: Mother (of course), father (no space to pace), medical staff consisting of Major Barnes; Capt. Helen Gerrard; and Cpl Eames. The rather worried flight crew consisted of Captains Stark, McGill, Lee and M. Cpl. Pokeda.

As usual, 442 Squadron was up bright and early in response to an airvac request from Port Hardy to Comox. As the rest of the base dozed or sipped their morning coffee, 458 and its crew and medical staff was winging their way North. After a quick turn around at Port Hardy, 458 with its expectant cargo started south for home. One half hour later, Dr. Barnes announced that we had just become proxy

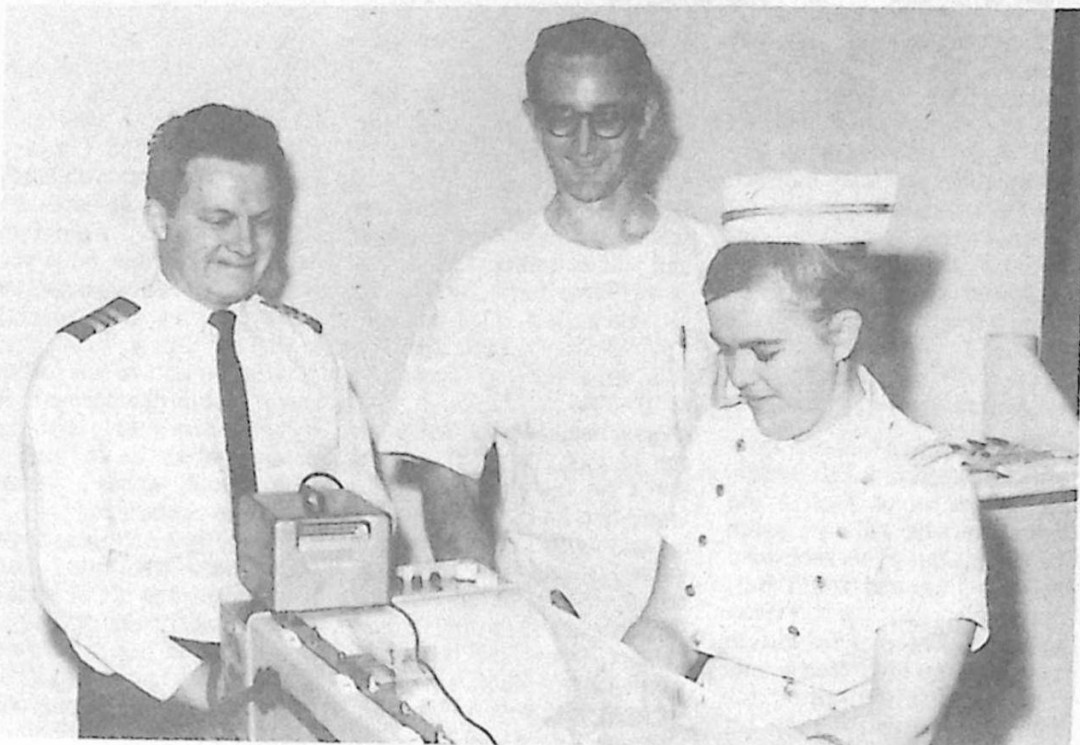
fathers to a new baby girl.

This rather unusual situation required some quick recalculations by the crew, as nothing in the Standard Operating Procedures or Aircraft Operating Instructions covered this emergency. (A.T.O.C. please note.) The flight engineer was busy recalculating the weight and balance and manifest. The aircraft commander and first officer were busy patting each other on the back and adjusting the trim. And the navigator, (an unfortunate witness) was busy being revived.

The aircraft arrived at Comox at 0950 hours to be met by the Base emergency services and the control tower staff, who we understand are taking credit for the whole thing.

All in all, it was just a normal operational trip for Comox' only really operational Squadron.

Photos courtesy Base Photo Section.



. . . and the delivery crew.



"HOW'S THIS COACH?" says Randy Howell as he catches the ball during Totems fastball tryouts. More news on page 10.

Manson Photo



BUT DAD took all pretty cool.

Chateau Cauchon

"Where There's A Will -- There's A Way." No! that's not the living room in the El Ritz Hotel in downtown Vancouver. Its not even the living room of a Senior Officers PMQ. Would you believe it? Its the basement of PMQ 34, or should I say what was the basement of PMQ 34 until Sgt. and Mrs. Cauchon decided that they were willing to do a little work and spend a few dollars to make their PMQ move "liveable".

It all started when they read an article in Routine orders, or was it the PMQ Information Sheet? --

about how they could build a Rec Room (as they did) or make other Self Help improvements to their PMQ. All they had to do was take their proposal to the Mayor (Maj. T. Nichols) then drop in on the Base Housing Officer, (Capt. V. Cretenay) and then get final approval from the BCEO, (Requirements Officer Capt. F.G. Mills).

Well, that's what had to be done, so they did it. Congratulations Sgt. and Mrs. Cauchon; you played by the rules, got on with the job and have a well constructed and comfortable Rec Room to show for it. And you other PMQ residents, if you are turning a little green with envy, or perhaps a Rec. Room is not your "Cup of Tea" you have some other type of PMQ improvement in mind? Then go talk to your mayor. He will tell you what rules you have to play by and how to get on with the job.

Base Photo

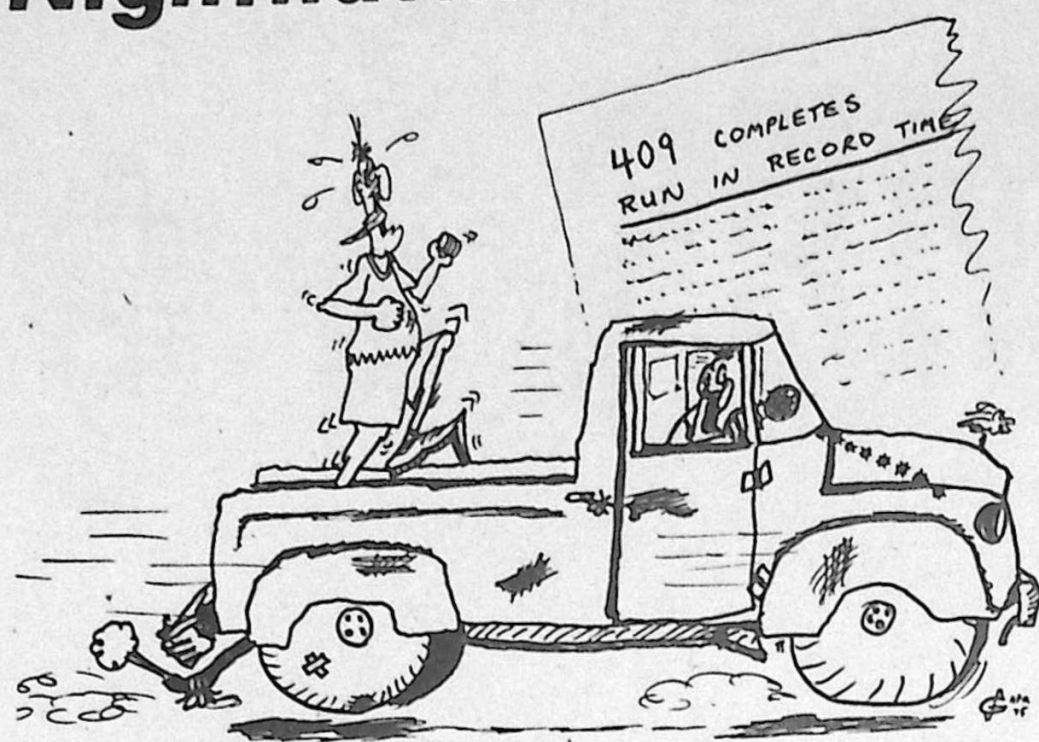
NEW STAFF MEMBERS NEEDED

Call the
EDITOR
at
461



HONG KONG - BABYLIFT - Master Corporal Fred Hebb, right, straps in one of sixty-two Vietnamese babies and 20 Canadian missionaries and orphanage workers evacuated here from Saigon recently by two Canadian Forces Hercules transports. The planes from 436 Transport Squadron, Trenton, were manned by crews from 426 Transport Training Squadron, also from Trenton. Photo taken by Cpl. C. W. "Wiff" Burns, CFB Edmonton, Loadmaster-trainee on the flight.

Nighthawk's Nest



Voodoo Nuts Bolts and Volts

In case anyone has not noticed, this column has been missing in your local gazette for the past few editions. So far we haven't received any complaints, probably our lone reader was on leave too.

Since the last time this column appeared on these hallowed pages, there have been a few new arrivals to the BAMEO's organization. We hope your stay will be an enjoyable one.

For the connoisseurs of the stinging banjo, Sgt. Bill Barber has informed us that in the near future he will once again be holding one of his renowned recitals. Date and time T.B.A. (probably on a Friday evening). Those lucky enough to receive an invitation should allow sufficient time for Maestro Barber to tune his instrument. He suggests you bring a box lunch and B.Y.O.B.

We understand our 450 pound yellow canary (he was 500 pounds but since he took up jogging he is wasting away) has taken a personal hand in the training of the of his privates. Regardless of what the BTSO says Frank, we all know you will continue

to keep things well in hand. AVIONICS

Cpl. Doug Poskitt of Nav-Com Labs will be leaving the service shortly and heading for the sunny south. He tells us that he will be taking up residence in the Victoria area and will be selling real estate down there. Best of luck Doug.

Congratulations go out to M-Cpl "Monty" Montgomery who, while visiting "The Land of the Round Dollar" (Las Vegas) won himself a pocket full of loot. Upon his return home he found that he also won a trip for two to Hawaii in a local draw. The Las Vegas winnings and the Hawaiian trip should go well together. If he has a ticket on the Western Canada Draw, the rest of us won't have a chance.

SERVICING SAYS.... WO Shmila and Sgt. Smart have been doing a Pre Tac Eval test of the "Q" defences and have found them adequate. MP's complained it takes 2 of them to search Chuck.

Our newest O.J.T. trainee Pte. MacDougall has been receiving tremendous instruction on our 101 lines, I'm not sure why but it just might

be the color of her eyes.

We are very happy to have "Snuffy" Smith back with us. He had a short holiday in the hospital. The "Old Cursouy" Point is a rough spot eh Snuff?

We wish to welcome Cpl Ken Garth to no. 2 servicing crew from Europe, hope your stay with us is a pleasant one.

WO Harvey was recently surprised by a first class decorating job of his office, much to his disapproval. He admits however, that his phone had to be a thing of beauty and wishes to thank everyone concerned.

At long last servicing crews have baseball hats. Sure would be nice if a certain outfit would supply an appropriate hat badge or crest.

There's a certain M-Cpl that NAR'D his car engine and after taking a weeks leave it seems the old steamer is once more operational.

It has been observed that there's a new supply of salt tablets available near the nerve centre. Once again the cry of "roached" will be heard from Coast to Coast as people find they have been uploaded by the Soup sucking Savages of 409.

And last but not least No. 2 crew have finally decided that the earth tremors felt daily around noon hour are being caused by their yellow canary doing his thing.

Are you still letting them kick sand in your face?



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DEMON DOIN'S



The weather in "Sunny" Comox is finally getting a wee bit warmer and 407 is getting a chance finally to head out to the Base Golf Course. When is the next Squadron Tournament? One more month and we'll be into parade practices for the Squadron Presentation of It's Colors. Navigators and Observers are anxiously waiting for the practices and the pilots will also be practicing - for the flying aspect of the parade. Think about it.

Last month Crew 4 and a large number of visitors headed off to "sunny" Hawaii. By the way this is the 1st (monthly) anniversary of that (in) famous trip. After over seventeen hours airborne, Paul Dubois and his sidekicks pulled 716 into the parking spot in front of VP22's hangar where the Crew were met by hosts bearing exotic gifts (Coors, Schlitz) presented on behalf of VP22.

After deciding that the Navy lifestyle was not for them, most of the NCO's headed out to Hickam. The Pilots, Naves and the ASO (Ron Irving) no sooner arrived at the BOQ's than about 200 sweet young things from the mainland walked in. I hope they liked Crew 4's show. Well, enough of that story and moving right along quickly.

The next day was spent drying-out, suntanning, P'xing and most of all trying to find cars to rent. Don Anderson managed to come up with a lime green Datsun which had quite a history to go with it. It seems that some R.A.N. persons rented it and while visiting Hotel Street some Samoans kicked in the left hand side of the vehicle, after they took offence to some remarks made by the renters of the Datsun. The parties of the second part ended up in hospital and the Datsun ended up without a window on the driver's side. Hmmm.

Of course with Hawaiian weather, windows are a luxury. Except in the two day monsoon season which hit after Crew 4 arrived - the windows absence was discovered on the second day and a bit of tape and plastic made future sightseeing possible without the need for oilskins.

The liquid sunshine changed to just beautiful weather on the last day and some of the Honolulu detachment (Don Little, "Raoul" Dubois, Harv May and Gord Greer) returned to Barbers Nas sporting good tans. Harv, on his first trip to Oahu perhaps over indulged and returned with parts of his anatomy brilliant red in color. The

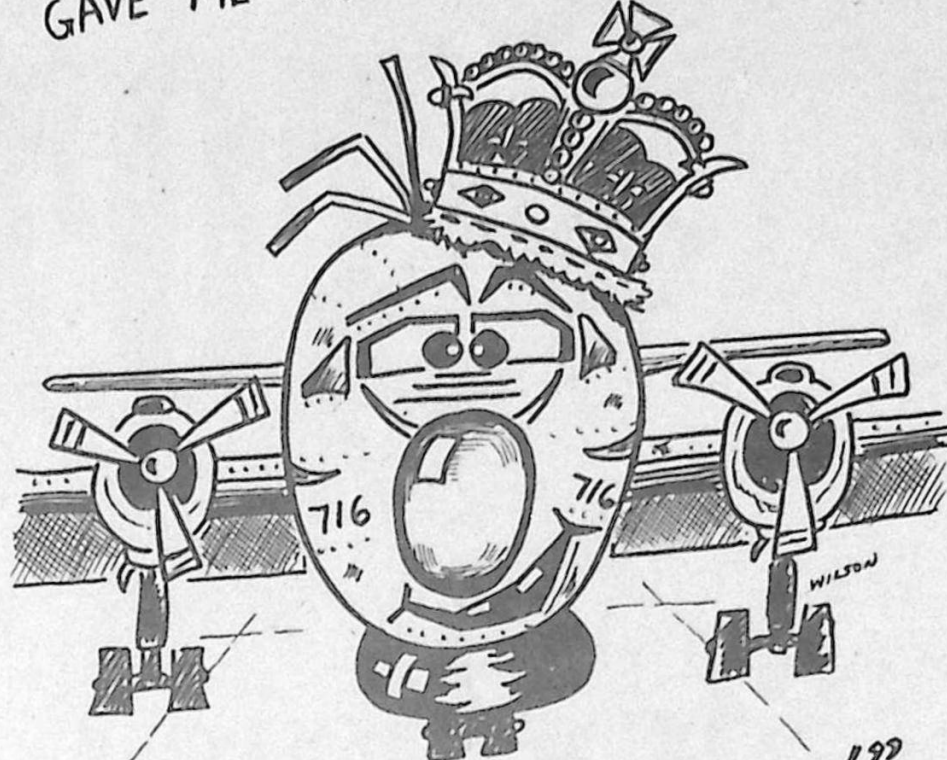
crew held a quick conference and decided that in the event of ditching Harv would be used as a signal buoy as he was somewhat brighter than any of the equipment in the aircraft.

The holder of the Crew 4 "sissy shirt," Dave Carter, proved himself worthy of the honor once again by paying \$5.00 to see THE show on Hotel Street and then slept through it.

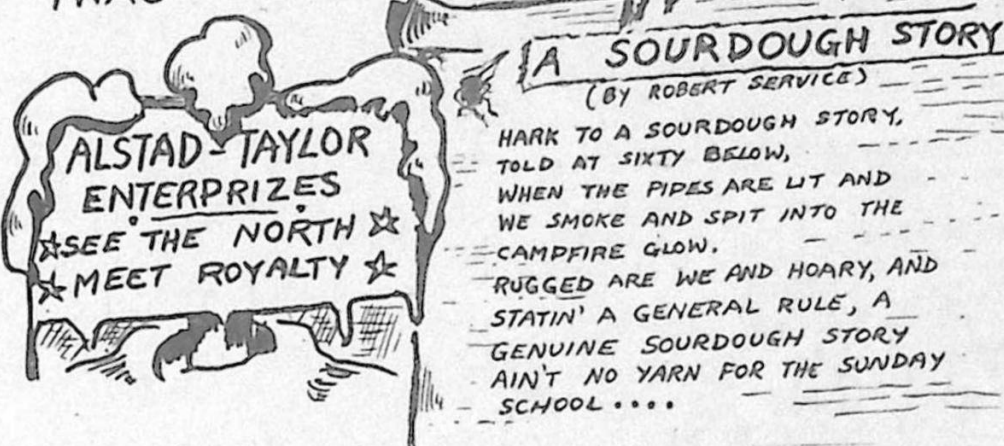
In keeping with tradition, the crew then departed at some ungodly hour to arrive in Moffett many, many, hours later. The trials of a hot and dusty day were soon forgotten as the guys coagulated for a lubrication of the tonsils with copious amounts of duty free substances. Sounds like a complicated way to drink beer.

A two day stopover near San Francisco gave the crew a chance to look at that beautiful city and it was not long before a wagon load of Naves and one pilot headed on in to peruse the sights of the Golden Gate City. Their favorite car rental girl was still at the Caravan Hotel and it was only with redoubled effort that a certain Lieutenant remembered why the car had been rented. Nevertheless, the troops did (Continued on page 11)

"IT WASN'T EATIN' IMPERIAL THAT GAVE ME THIS CROWN..."



TWAS BONNY PRINCE CHARLES!



A SOURDOUGH STORY (BY ROBERT SERVICE)

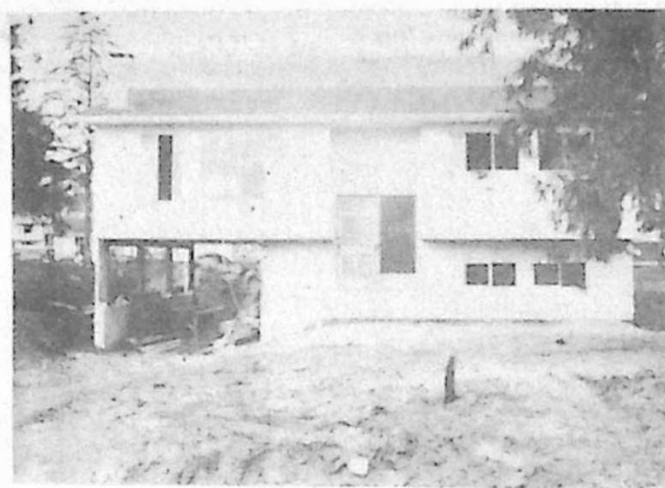
HARK TO A SOURDOUGH STORY, TOLD AT SIXTY BELOW, WHEN THE PIPES ARE LIT AND WE SMOKE AND SPIT INTO THE CAMPFIRE GLOW. RUGGED ARE WE AND HOARY, AND STATIN' A GENERAL RULE, A GENUINE SOURDOUGH STORY AIN'T NO YARN FOR THE SUNDAY SCHOOL....

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HEAT

WHY MOST TRANSMISSIONS FAIL



More than 90 per cent of all automatic transmissions fail because of overheating. When oil runs hot, (over 180 deg F.), it lives only half as long as every 20 deg. F. rise in operating temp. Trailer towing vehicles create oil temperatures as high as 300-450 deg. F. unless they have cooling protection. The larger the load the more heat is dumped into the transmission. When idling, there is extra heat dumped into the engine and transmission. Enquire about having a transmission cooler installed.

AT

DAVE'S AUTOMATIC TRANSMISSION REPAIR

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407 Tech Ramblings

REPAIR

The morning of Wednesday, 16 April was an historic occasion insofar as our beloved Argosie 722 is concerned — she had received the tender loving care treatment of the 407 Repair Section for the last time and, as though balking at the thought, almost didn't make it out of the hangar for her scheduled air test. As she was about to be towed to the ramp, the air was filled with the frantic cries of quote "Exercise, Exercise, Exercise" unquote and she was denied her rightful place in the sun until the smoke had cleared and the last Voodoo had been scrambled. Then she was accorded the attention she deserved and was soon winging her way into the wild blue yonder.

No, 722 isn't going into retirement — yet! It's all part of the plan to carry out all Argus second-line maintenance and, perhaps, better things, at Greenwood. Who knows?

Gazing out into the vastness of our hallowed halls, what should suddenly appear but a queer-looking runt of a foreign-made bird which, subsequent to innumerable queries, was finally identified as a Tracker. A tracker of what? Anyway, there it sat with head tucked under its neatly-folded wings patiently awaiting a share of that TLC that only we know how to dispense. Before someone decides to thump us on our collective knuckles, it might be well to mention that the marriage of VP 407 and VU33 technical organizations was solemnized on April 1st and this was to be our first joint Tracker periodic inspection. Welcome to the fold (no pun intended) chaps.

Fishing fever is once again beginning to evidence itself as the malady of the season as our master resident fisherman, Art Limber, busies himself tying flies and dispensing tips on how to catch the elusive salmon. Thanks, Art, for the prospects of a happier and more successful season. Sgt. Larry Bourgeois is off to Reno to try his luck and we only hope that it will be better than his previous luck.

Since this correspondent has moved to greater heights, four flights of stairs to be exact, this will be his last ramblings from Repair. So long, chaps, I have enjoyed working and associating with you.

SERVICING SNICKERS

This contribution of one crew emotional drivel will be the last for this particular scribe who, having missed several deadlines, now presents the ensuing developments for your consideration.

Firstly, we would like to welcome the former VU33 techs to the ranks of VP407. Now that we have had the opportunity to get acquainted with their aircraft, it has been concluded that a Tracker with its wings folded would almost fit into an Argus bomb bay and might come in handy on a long trip. Similar to the spare in a car trunk with the snag being that half way Hawaii is a Hell of a place to fix a flat!

A new issue of ring files is on order for the crew inventory to go along with the new crop of paperwork that some haemorrhoid specialist from points east has dreamed up. The name of the new system should give some hint as to the identity of its author.

Oh well, one can always say that the "DEVIL" made me do it.

A couple of the boys made it to "Vegas" recently for a one-night stand but we'll say no more for fear of reprisal from a little old lady's slot machine they "scooped".

The welcome mat is out for Bob Stephenson, Nick Cline, Sgt. Dennis Grimstead, Fred Putt and Dale Harty who have just joined us and farewell to Bob Sleight, Barry (the Buzz) Arniel, Ed Lafleur, Bob Lavoie and Dave McMaster who leave us for a variety of destinations.

In closing, we wish to express our sincere thanks to CWO Jim Brown for his excellent work on behalf of all forces personnel in his never-ending battle to effect improvements to our shoddy pension plan. Well done, Chief, and for the almighty's sake, and ours, don't stop now. T.T.F.N.

AVIONICS REPAIR

We wish to take this opportunity to welcome the VU33 crew to our section: we appreciate their money in the "scat" game.

It appears that personnel comings and goings are so frequent these days that the requirement for a new nominal roll is almost a daily occurrence. In the comings department, Jim Whelan has joined us from Servicing, Dave Sladen has returned to the fold and Jim Freeman is back for a much-needed rest after two weeks of leave. The goings repertoire includes John Gailey and Pat Boulanger who are off to the Land of Evangeline in quest of IE knowledge, Andy Fontaine and Mark Jacobs went to Servicing under escort by Norm Smith, Cliff Andre is now ensconced in the Nav Com Labs and our best wishes go with Bill Farquharson in his endeavours on "civvy" street. Now, after all that we missed John Martin who brings his IS expertise to us from Labs.

AVIONICS SERVICING

The big news in Avionics has to be the spring frolic on the 5th of May. All the specialists in Ohms and Volts will gather in the Totem Lounge to welcome the new members and celebrate the rites of spring with a very proper tea social. The first cup will be poured at 2000 by WO Jeffery, ably assisted by former sea element types Sgts. Saunders, Mercer and Beebe. Chief of Protocol, Hedley Le Drew, is in charge of all receiving lines and clean-up.

The newest addition to the Servicing family must be Mr. and Mrs. Reg Blois' new daughter. Mother and child are doing fine but Reg is suffering a bit.

A few interesting moves have taken place recently. Somebody found that Gene Prystay has been in Servicing for a long time (4 years) and moved him to the shop. He reported upstairs with a fresh haircut and shiny shoes — proximity to the boss' office? Sgt. Hanishewski is in the count down stage now. After many years in the RCAF and the CAF preceded by Army service, he has decided to retire to a few acres east of the big hills. Goodbye, Best Wishes and may you enjoy your retirement, Hank.

ASW LAB

As all you lucky people see, the weather has improved so much we're back into winter again. So far shifts and shuffles are not going too bad.

We have gained Keen Gene Prystay as a new member of the 407 summer sauna team. Brian Burke has been coerced into another stint in AMCRO before he steps down to Servicing. Serves him right for being qualified 522.ZZ (Comm Tech able to read and write). The success story of the week is the one Ken Kerstens told Ottawa. If only he would share it with us; but like the man said, "Where in Ottawa would you like to be posted next year?" Jim Gillespie is moving on to bigger and better things in Repair to help settle some of the heavy gen VP449 is laying on him. That deep sigh you heard on 25 April was our scholastic contingent from Francophone U resuming breathing after final exam. One multi-linguist exclaimed "Now I can order beer in three languages — English, French and Quebec (?) (?)". All are not done yet as our local Franco Fony still apportees a heavily-accented tape recorder.

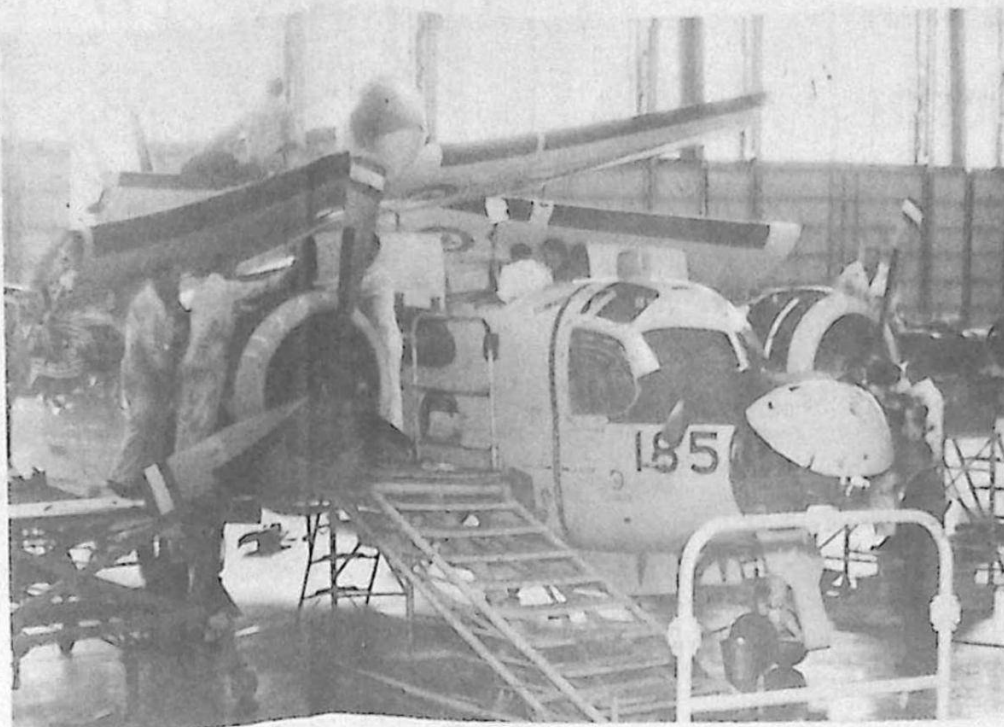
See you at the smoker.

Q: In my supermarket ice milk which is usually cheapest is sold as well as ice-cream. Is it worthwhile buying?

A: Unlike ice-cream which is made with cream having a 10 per cent fat content, ice-milk is made with whole milk and milk solids only. Although this combination actually increases the calories and decreases the Vitamin D content of ice-milk, the fat content is noticeably lower — a fact important to anyone wishing to decrease his fat intake. The protein and B and C Vitamin content is slightly increased and the calcium content is much greater than in ice-cream. Ice milk is a practical buy.

Q: How can I decrease the fat content of my family's meals without altering our eating habits or food budget too much?

A: Try these simple suggestions: Choose lean cuts of meat, trim away all visible fat and discard fat that cooks out of meat. Plan more meals around poultry, fish and veal which are all lower in fat. Remove skin from poultry because it contains most of the fat. Avoid deep fat frying; use cooking methods that help to remove fat — baking, broiling, roasting and stewing. Cook meat, poultry and fish without added fat, for example, by broiling.



THERE IS NO shortage of personnel as a combined team of Argus and Tracker technicians carry out a periodic inspection on a Tracker aircraft. This was the first inspection carried out under the amalgamated VU-33-VP407 maintenance posture.

Headquarters Admin.

April is almost over and the posting news is in. Cpl. Gord Kaardel, M Cpl. Shirley Lane and Sgt. Ken Seymour; all from R&D have been posted. Gord is going to CFS Holberg at the end of May. Shirley Lane and her husband will be leaving for Edmonton in July and Ken Seymour has been posted to CFS Dana in July, also. If you've never heard of Dana, it's situated in the noble plains of Saskatchewan. Jake Vandenburg will be the only familiar face left in Releases and Dispatch. Maybe next time Jake.

Lots of shuffles in the wind. M Cpl. Bill Phaneuf will be taking Sgt. Eddy's place in the BAMEO MOR and Sgt. Eddy will be sitting up trouble in R&D along with the new super private Cadieux. Cpl. Louise Hammel will be moving to BAMEO.

Pt. Jim MacDonald has now taken over Cpl. Sue Lawson's place in BARMPO while she is on a JLC course in Penhold. Sue will be back on May 7th. Cpl. Brian Copeland is due to return from his 6 month tour in Egypt on 22 May. Brian has been posted to NDHQ and will not be coming back here to work.

We had a call from one of our recent postees, Cal and Val Brown; apparently they are well settled and enjoy their posting.

Devils Brigade

Base Supply took a giant step forward on 1 May 75 and proceeded into the "Off-Line Mode". This means that all business transactions (except demands) are being punched on off-line cards. The cards will be sorted by transaction type and held over the transition period till approx. 19 May. At that time the computer will be accepting all backlogged transactions and CFB Comox will transcend to the DEVIL automated system after two long years of pre-conversion.

Brevity is the key for our fast changing supply world and I shall be brief. A pleasant time was enjoyed by all who attended the beer-call last week. Thanks to volunteers that helped organize and setup the party at short notice.

Welcome to Pte. Wynne Jackson. She joined our Supply staff two weeks ago and she seems to agree that the fresh air and scenic beauty isn't too hard to take.

Remember gang, retain your good mood for the off-mode!

Rescue Bits

Well sports fans, we completed the herring season with a terrible score. The salmon season opens today and I hope King Neptune doesn't win too many. Heard on the news the other day that the herring fishermen who survived should expect to pocket about \$2500 each for their three weeks' work. Wonder what price is placed on life.

Had some bad news today. The U.S. Coast Guard Air Station at Annette, Alaska, is going to be relocated further north at Sitka Alaska. Too bad, as having Uncle Sam's air fleet at Annette gave us three helos within 10 minutes' flying time of the Prince Rupert area. As far as Search and Rescue is concerned, it's like losing a good right arm. As I said before, the cooperation between Victoria Rescue and Juneau and or Seattle is fantastic! If we need it and they have it, we've got it. The slim thread grows ever fragile.

The silly season is fast approaching when the nautical nut takes to the water in his never ending pursuit of testing the Search and Rescue facilities. Had a case recently where a guy walked up to the Sandheads lightkeeper, five miles from shore, and said "Say, buddy, can you spare me some gas?" Seems his alcohol intake matched his gasoline outflow. Sad to say he does not walk alone; more

than the outboard motor gets gassed on the water. Boaters are also notorious for not telling people where they are going and the poor stay-at-homes are deluded into thinking that we can pick their poor Tom, Dick or Harry out of the 20,000 odd registered boat owners in B.C. and deliver them safe and sound at home within 3 minutes of the first phone call. We realize the anxiety, we try our best, but in a lot of cases, the old question and answer period with the teenager covers the situation — "Where are you going?" — "Out!"

Now for the next question in the aptitude tests, the qualifying exams for pilots and naval officers. Pick one answer. "The people who live in Canada's North country are called: (1) Easterners, (2) Westerners, (3) Northerners, (4) Southerners."

Per ardua ad Rescutatem!

Active:
it's the only way
to be.



Fitness. In your heart you know it's right



MAJ. D. K. MELDRUM Commanding Officer 1 AMU Namao presents M. Cpl. R. Dobler with his CD during a recent visit to Air Movements Comox.

What do you want to know about rent increases?

British Columbia's Landlord and Tenant Act spells out exactly when rents may be increased, and when they may not. The Act specifies rent increase amounts, and the exceptions to rent increase restrictions. The Act may be purchased for thirty-five cents from the Queen's Printer, Legislative Buildings, Victoria, British Columbia.

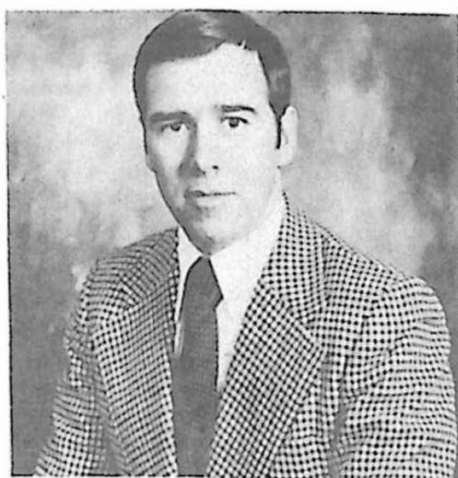
Or you may find the information you want in the free brochure: **The Rent Increase Limit and its Exceptions**. The Post Office has delivered copies of this to every known apartment. If you have not received a copy, pick one up at your nearest Government Agent Office, or request one from:

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EDITORIAL

Vox Clamantis In Deserto

In the past several issues, we have expressed in terms both subtle and not so subtle, a need for new editorial staff members. Sad to say, the call has fallen on deaf ears, or more appropriately, blind eyes. It seems that apathy has once again prevailed upon the populace, either that or everyone is so busy doing their proverbial thing they don't have time.

I somehow doubt that the latter is true for one and all, for personal experience has shown that those who do donate their time, talents or material to the Times are also involved in the other Base activities, so it is safe to assume that some people are "doers", while others are just sitters, who choose to perch on the fence and occasionally emit a squawk or two, with such phrases as "I'd like to help, but I can't write". As I recall, the Forces has certain literacy requirements, so that hackneyed saying gets about as much response as a "Why Not?" button.

Because Totem Times is an all volunteer military newspaper, it must try to maintain a fairly large staff in order to provide for postings, leave, temporary duty and the like. The position of Editor is up for grabs this summer, and to any prospective takers, I'll make no bones about it. It will take much of your free time and talent, and like any form of media, it has its critics. The reward is belonging to what others continue to say is the finest military newspaper in Canada, and such laurels should not be taken lightly. Rank, of course, is no barrier. The position is open to any Service person with the willingness to do the job.

I should hate to be the Editor who presides over the demise of our beloved fishwrapper, for I feel the people are there to keep Totem Times going. Or, as the Silver-Haired C.W.O. says, am I just a "Vox Clamantis In Deserto" -- a "Voice Crying In The Wilderness".

C.R.S.

Fuzz With Soul

A dynamic sound is what they say they've got... and dynamic sound is just what it is. The R.C.M.P. Band presented a concert on Wednesday evening of last week that put to bed forever, any stereotyped Hollywood ideas you might have about singing Mounties like Nelson Eddy and Howard Keel.

The program opened with Strauss' "Also Sprach Zarathustra", more recently known as "2001" then to a trumpet solo of "The Way We Were". Rock fans had a chance to tune their ears to "The Sound of Philadelphia", then for the Disneyland fans of all ages, a medley of movie themes from the Sunday evening T.V. series.

Just so you wouldn't forget that Mounties too bash the parade square, a march by Kenneth J. Alford was thrown in. (You remember Alford, he wrote the R.C.A.F. March past). Next came a couple of Gershwin tunes as the Men in Red swung into "Rhapsody in Blue", and something that seemed appropriate; "Someone To Watch Over Me".

Time now for something classical, so the Band struck the ominous chords of "A Night On Bald Mountain", which somehow managed to swing a la Stan Kenton with rock thrown in for good measure.

About now, other bands would be screaming for their union's mandatory ten minute break, but the Mounties were

just getting set to feature an original composition by talented staff arranger Blenis Pennell, entitled "Wanky and Lanky" then a popular Carpenters hit "Top of the World" in which some of the instrumentalists showed their vocal expertise.

Continuing through "Lollypops and Roses" and a "Down Home" medley with Cape Bretoner Pennell holding forth on the fiddle, the musicians explored South American favorites in "Latin Evergreen" then a lilting saxophone solo version of "Here's That Rainy Day." For comic relief the band did the Beatles proud with the hilarious "Maxwell's Silver Hammer", then country music braced up in "A Trip To Nashville" for a grand finale of T.V. themes that embraced Sanford and Son and Hawaii Five-O et al.

For their splendid efforts, the R.C.M.P. Band received a standing ovation, which they repaid with an original Moe Kaufman piece "Everything Goes" written for Ontario's Global Television Network.

The evening's concert was delightful and well appreciated, and the Royal Canadian Mounted Police Band can indeed be assured that they and the Force they represent deserve the admiration of all Canadians. The "Fuzz with Soul" are for everyone, young and old.

C.R.S.

Letters

Law Of Diminishing Returns

Dear Sir:
Having been associated with the Totem Times for several years, I still look forward to every issue since retirement.

(Retirement from the Service, that is, but hardly the true meaning of the word.) The word "retirement" immediately conjures up a vision of a life of leisure - free from the rigors of earning a living - free from the financial worries - free to enjoy all the pleasures of life that you never had time for during the productive years. Unfortunately, such is not the case with the retired Serviceman, unless he wins a big lottery or inherits a bundle from a distant relative. Very few fall into that category.

The first thing that comes into mind is finding a job, since there's no way that you are going to live on your pension or annuity. Since retirement, I've gone the route that most ex-Servicemen take, have taken, or expect to take, that is, to re-adjust their life style to that of civvy street. If you've done your homework, you may have a job waiting, but most of you will find that the talents you've been cultivating for twenty to thirty years are not readily marketable unless you move to a big city.

The obvious first step is to register with the local Canada Manpower Centre. It's a formality you are obligated to make in order to be eligible for any benefits. The people at Manpower try to help, but they have no jobs to hand out. They simply give you referrals to possible employers.

Let's suppose you have 20 or 30 years' experience as an aviation tech, or avionics tech, - any tech. for that matter. What do you suppose manpower will tell you? "We have nothing in your line, but we'll put you on the list as a cleaner at the air base if you like." Now if you are a cleaner you can compete for any other jobs that become available, or how would you like to start as a laborer (at the bottom of the list) with the C.E. Section? The system is both degrading and humiliating. At Man-

power you are a nobody, you're just another unemployed statistic, a second class citizen.

If you move to the other end of the line and apply for Unemployment Insurance benefits, you feel you are on the same level as a welfare recipient. The fact that you have contributed to the fund at the maximum rate has no bearing on the benefits you are entitled to receive. Your benefits are based on the last 20 weeks of contributions.

Suppose you take a part-time job that pays you \$75.00 a week, but you are entitled to the maximum benefit of \$113.00 a week. They'll pay you the difference of approximately \$38.00. If you make \$90.00 they'll pay you \$23.00. It's what they call topping up. Now suppose you make \$115.00 or more a week; they pay you nothing, but the ever watchful computer keeps counting. EVEN THOUGH YOU GET NOTHING, YOU ARE DEEMED TO HAVE RECEIVED BENEFITS. Before you know it, your benefits have run out, or are cut off, even though you have received only a fraction of your entitlement. Sure you can complain, but have you ever tried to argue with a computer or a bureaucrat? Save your breath!

The girls at the U.I.C. office are very friendly and helpful. They'll tell you to re-apply - you've been working, haven't you? Of course, your contribution was for the rate of \$75.00 a week average, so your benefits are now approximately \$45.00 a week instead of the \$113.00 you were cut off from. While you wait for three weeks for your benefits, you pick up \$40.00 doing odd jobs, which you must report. You'll be lucky if you get \$5.00. This is the law of diminishing returns from the U.I.C.

By now, you may be wondering "Is this for real?" - you'd better believe it! It's just scratching the surface. There are as many professional and artists trying to get U.I.C. benefits as there are professional bureaucrats trying to cut them off by any devious means. If you get caught in the middle of this dog-eat-dog hassle, it's just tough bananas.

If you wonder about the purpose of this letter, it's a reminder that life on the other side is not all peaches and

cream. I'm managing all right, but not because of any government agency helping me. No, I'm not bitter. I'm just telling it as it is.

If any of you are thinking of leaving the Service, it's something to think about. Just sign me

Out but not down.

They Need You, Chief

Dear Sir:
Needless to say we share CWO Jim Brown's enthusiasm for amendments to the CFSA which are now before the House (The Readers Write, Thursday, 6 March). It is our fervent hope that the major provisions contained in the omnibus Bill come through the legislative process in good time and without modification!

There is one point I would like to clear up concerning his remarks; while it would be flattering and gratifying for the Directorate of Conditions of Service to take overall credit for the changes contained in the omnibus Bill, it would be less than honest for us to do so. We don't deny that the "Conditions of Service troops" have been vociferous supporters of CFSA reform, however, the improvements contained in the Bill result from the combined efforts of a number of organizations and the principal force behind the Bill is the Directorate of Compensation Development. Should the Bill be passed, the Good Show award is rightfully theirs.

Chief Brown has played his part; he has been a constructive critic of the CFSA and positive supporter of those who seek to improve our conditions of service. His letters are always read with interest in this office. Should he carry out an earlier threat to lay down his pen, a valuable source of feedback will be lost. Keep the missiles flying Chief.

P. F. Heenan
Lieutenant-Colonel
Director Conditions of Service

**Next
Deadline
12 May**



NEWS ITEM: MEMBERS OF THE RCAF ASSOCIATION PRESENT BCOMD WITH FLYING ATTIRE.

Tutor Ten-Year Toot

Dear Editor:

On 23-24 May, CFB Moose Jaw and 2CFFTS are hosting the Tutor Ten Year Toot in celebration of the Tutor being in service for ten years. Invitations are being extended to all pilots who have flown the Tutor in the past ten years.

It would be appreciated if

you could insert the attached program of events in your next edition of your Paper on our behalf.

Any assistance in this regard would be appreciated.

Yours truly
M. Pomerleau
Major
Chairman, Ten
Year Tutor Toot

CFB Moose Jaw and 2CFFTS announce the 10th Anniversary of the Tutor in Training Command. All former Tutor pilots are cordially invited to attend the celebrations on the 23rd and 24th of May 75. Dress for the weekend is casual with the exception of the informal mess dinner on Saturday evening.

PROGRAM

FRIDAY 23 MAY
1300-1700 FLYBY - overfly Tower on ETA or preset arrival time. (IAW CFAO 55-11). Reception on Flight Line \$35 Registration. 16:30 TGIF - food, drinks, entertainment; presentation to arrival time winners.

SATURDAY 24 MAY
Breakfast
1130 Snowbird Practice.
1200-1300 BBQ - Refreshments provided.
1800 Rededication - Chateau Room (cocktails).
1900 Mess Dinner - Informal.
2200 CAF games.

To assist the organizing committees and enter the "ETA and FLYBY contest", RSVP - CFB Moose Jaw 2CFFTS, attention: Major Pomerleau, by 16 May 75.

Please advise of any transportation problems and we will provide assistance and coordination from this end.

Fire Safety Precautions For Boat Owners

In this area where boating and fishing is almost a year-round activity, it is very important that all boat owners understand and heed the basic rules of fire prevention as they apply to proper boat maintenance and operation.

The principal cause of motor boat fires is improper handling of engine and cooking fuel.

Listed below are six basic rules that if followed, could prevent a fire in your boat and maybe save your life.

1. Exercise utmost care during fuelling operations, absolutely "No Smoking" in the vicinity. Keep fuel away from sources of ignition and wipe engine clean of spilled fuel BEFORE starting.
2. Use gasoline as a fuel NEVER as a cleaner.
3. Keep bilge clean of oil or gasoline.
4. Do not let oily rags or other combustibles accumulate aboard your boat.
5. Fuel carried on board, other than a fixed fuel system, should be in an approved safety container or in a portable tank provided by manufacturer of outboard engines.
6. Promote the necessity for, and the value of, intelligent fire prevention by equipping your boat with approved fire extinguishers and inspect all fire and life safety equipment at regular intervals.

"THE LIFE YOU SAVE COULD BE YOUR OWN."

Child Safety Week

The Canada Safety Council sponsors Child Safety Week annually to focus attention on the need to protect the lives and health of Canada's greatest asset - our children.

Every year in Canada, nearly 2,000 children under the age of fifteen are killed and almost half a million more are injured by accidents - accidents that should never have happened because they could have been prevented. In fact, more children's lives are lost as the result of accidents than from the major childhood diseases combined.

In today's increasingly complex world, learning how to cope safely is an important part of a child's education. It is our responsibility as adults to teach children, within their physical and mental capabilities, how to deal with the hazards of modern society.

We can do this by setting a good example - by adopting an attitude towards safety in everything we do that can be instilled in youngsters at an early age. Such an attitude will remain with them and help protect them throughout their lives.

Here are a few things to be kept in mind, not only during Child Safety Week, but throughout the year. Remember, children depend on YOU as an adult to be teacher and guide in the ways of safety.

TRAFFIC

Traffic accidents are the major cause of death and injury to children. Teach youngsters to cross streets only at intersections, and to play games away from traffic. Don't let children ride bicycles on public roads until they know and understand the traffic regulations. When driving see that children always use seat belts or approved child restraints.

MACHINERY

Machinery of all types are hazardous to children. Keep them away from machines in use.

SUFFOCATION

Never use airtight plastic film or bags in crib or carriage. Keep small objects such as coins, buttons, pins, etc. well out of the reach of curious hands and mouths.

BURNS

Never leave children unattended. Fires start and spread very rapidly and can often make rescue impossible in a surprisingly short time. Keep matches and lighters out of reach of young children.

FALLS

Place gates across stairways. Keep a watchful eye on infants while dressing them and make sure that the crib sides are sturdy and high.

POISONING

Keep all household cleaners, cosmetics, insecticides and medicines out of reach and under lock and key if necessary. Children aren't deterred by taste and often ignore or don't understand warning labels.

FIREARMS

Always keep firearms unloaded when not in actual use. Firearms and ammunition should be stored separately under lock and key.

**Get up and run
on the spot
for 60 seconds. OK?
Now where do you stand
on fitness?**



TOTEM TIMES

Published every second Thursday with the kind permission of Col. R. L. Morlimer, Commanding Officer, CFB Comox.
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PMQ (Wallace Gardens) Baseball/Softball Schedule (UNTIL WEEK ENDING MAY 17th)

DIVISION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Boys Minor League Baseball (9 - 12 Yrs.) *Games at Tsolum School	MAY 5, 6:30 p.m. Expos vs Twins *Owls vs Pirates		MAY 7, 6:30 p.m. Cardinals vs Giants *Owls vs Expos		MAY 10, 10:00 a.m. Pirates vs Giants 2:00 p.m. Twins vs Owls *Owls vs Cardinals
	MAY 12, 6:30 p.m. Pirates vs Expos *Owls vs Twins		MAY 14, 6:30 p.m. Expos vs Cardinals *Owls vs Giants		MAY 17, 10:00 a.m. Twins vs Pirates 2:00 p.m. Giants vs Owls *Cardinals vs Owls
Girls Midget Softball (10 - 12 Yrs.)		MAY 6, 6:30 p.m. CFB 3 vs CFB 2 CFB 1 vs Comox 1 at Village Park		MAY 8, 6:30 p.m. CFB 3 vs CFB 1 CFB 2 vs Comox at at Courtenay Elem	
		MAY 13, 6:30 p.m. CFB 3 vs Comox 1 at Village Park CFB 1 vs Comox 2 at Courtenay Elem. CFB 2 vs CFB 1 at Home		MAY 15, 6:30 p.m. CFB 3 vs Comox 2 at Courtenay Elem CFB 1 vs CFB 1 at Courtenay Elem CFB 2 vs CFB 3	
Girls Bantam Softball (13 yrs. & up)	MAY 5, 6:30 p.m. CFB 1 vs Comox 2 CFB 2 vs CFB 1 at Lewis Park		MAY 7, 6:30 p.m. CFB 2 vs Comox 1 at Village Park CFB 1 vs CFB 1		
	MAY 12, 6:30 p.m. CFB 2 vs CFB 2 at Lewis Park Comox 1 vs CFB 1 at Village Park		MAY 14, 6:30 p.m. Cly 2 vs CFB 1 at Lewis Park Cly (Diamond 4)		

PMQ Preamble

SMOKE HOUSE

Some residents have approached the Council on the construction of a suitable facility for smoking fish and wild meat. Technically this is a feasible project. The Council decided that a smoke house should be available to all Base personnel, hence it would be located somewhere on the Base rather than in the PMQ area. There will have to be a minimum charge to provide funds for the maintenance and repair of the smoke house. To determine if a smoke house is a useful and worthwhile undertaking, people who are interested are requested to send a letter to councillor Hardy, BTfco. This letter should contain name, address, how many hours per year you would use it and what hourly or daily rate you would be willing to pay. Letters should be received by May 75.

PMQ IMPROVEMENTS

The flowers and shrubs have been delivered. Many thanks to CE for their fine service. Unfortunately some PMQ residents were not aware of the beautification program. No matter what methods are used to ensure everyone knows of the programs it seems a few are always missed. Programs will always be announced in this column and your council member will also contact their ward residents. This is the best the Council can do. The buy of flowers and shrubs is over for this year and all those that were purchased have been delivered.

The dining room chandeliers, another part of the improvement program, are being installed. CE has let a contract to improve the porch light on our PMQs. CE will be painting the DND bio fences in the block PMQ areas. CE is having a real problem with breakage of street lights. The lights are being broken by people throwing stones at them. It costs \$120.00 to replace a broken light. Every broken light is \$120.00 less that CE can spend on other PMQ projects. The big losers of course are PMQ residents. Please counsel your children on the senselessness of breaking street lights and how they as a member of the PMQ community are the

losers every time a \$120.00 street light is broken.

DOGS

In the last issue of the Totem Times there was a letter by dog's best friend which gave an excellent defence of dogs. The writer brought up other subjects dealing with cats and litter. The writer's points were certainly valid. Perhaps this is an opportune time to explain why subjects such as dogs, harassment of individuals and vandalism are expounded upon in this column. The reason is simply that complaints are lodged with council. These complaints are numerous, justified and your council must action. Dogs are a problem and harassment is a problem. The problems are easily identified but, the solutions are not so easily found and usually offend someone who is not creating the problem.

At the last Council meeting many councillors defended the dog owners, but it was still recognized that UN-SUPERVISED dogs were creating problems and steps had to be taken against those who let their dogs run loose.

BASEBALL-SOFTBALL
The baseball season began this week with the opening pitch of the Babe Ruth Prep game between our CFB Panthers (coached by Al Tuck) and the Courtenay Roadrunners. Tuesday evening at 6:30. On Monday evening (Apr 28th) our Junior Babe Ruth team (Abel's Movers) opened their season with an away game played in Cumberland. The Council wishes to thank all those who helped with field maintenance and bush clearing last Saturday, in order to get things in shape for the season openers.

The local house league baseball and softball seasons will be underway this coming week, despite the lack of support from most parents (the girls softball team especially). As mentioned in a previous issue, the Tsolum District will be joining our boys hardball league this year with two teams entered, the Grantham Owls and Otters. We hope that by having these teams join our league that we will encourage more parents to come out to the games and

support their boys as well as to inspire the boys with some outside competition.

We have five local teams in the league this year and they are: "The Expos" (head coach - Carey Mann), "The Cardinals" (head coach - Mike Smith), "The Pirates" (head coach - Wally Brown, "The Twins" (head coach - Ken Breffle), and "The Giants" (head coach - Bernie Poole). The season opener for this league will be at 6:30 p.m. on Monday May 5th on Diamond No. 2 next to PMQ school with the Expos facing off against the Twins. We hope to have some of our local dignitaries on hand to throw the opening pitch, as well as our own "Miss CFB Comox" Mary Jacobi in attendance (watch for pictures in our next issue). The Pirates will also be starting off the season Monday evening as they play the first away game against the Grantham Otters at Tsolum, game time also 6:30 p.m.

Play also gets underway in the girls leagues this Monday at 6:30 p.m. in the Girls Bantam Division (13-17 years) as the CFB Comets host the Comox team on Diamond No. 3 in the PMQ school grounds. Our other Bantam Team the "Comox Stars" will play their first game Monday evening against Courtenay in Lewis Park (Diamond No. 4). In the girls Midget league (10-12 years) we have three teams (as yet unnamed) and their first game will be Tuesday May 6th at 6:30 p.m. As Team No. 3 is home team to Team No. 2 on Diamond No. 3 in the school grounds. CFB Team No. 1 will be away at that time playing Comox at the Village Park School.

Due to the lack of Pee Wee girls (7-9 years) this year (we only had one team) (Comox and Courtenay didn't have any). The Pee Wee division will be a mixed league of boys and girls. They will be playing on Tuesdays and Thursdays on both the small diamond in

the Orchard (Diamond No. 4) and the small diamond behind the PMQ school (Diamond No. 1) play will begin at 4 p.m. on Tuesday May 6. For a more detailed listing of home games in the various leagues check the schedule found elsewhere in this issue of the Totem Times and watch for scores and team standings in future issues. We do hope that most parents will come out to support their teams and inspire their youngsters to play well, and we would like to remind parents that at some time or another coaches will be calling for transportation assistance with away games, so please think twice before saying "No. 1 Thank you."

RECREATION

Despite the fact that we still have not been able to come up with any furniture for her office, our Recreation Director, Mrs. Gladys Wilson, has already begun to make plans and bookings for our summer program. We will have a detailed outline of the summer activities in this column in the near future, but just to give you an idea of the type of program we will be having this year here are just a few of Mrs. Wilson's ideas. The summer program will be run along the lines of a mini-olympics with points awarded for each activity that a child enters (teams representing different countries will be formed if enough interested children sign up).

During the month of July a mini-olympic swim meet will be held one day at the Base Pool and in August a track and field day will be staged as a final wrap-up of events. With the top individuals and possibly teams winning awards for top points. We also plan to hold the Tiny Tots summer school three mornings a week beginning in July, as we have done in past years. Art classes will be offered for interested persons of any age on Wednesday afternoons at the Air Force Beach Pavilions. These

One Man Show

BY DORIS FARMER

If you are interested in art be sure to take in the special exhibition of the paintings and sculpture of the late Reginald Silvers beginning on May 22 and running until May 27. The show is sponsored by the Comox Valley Community Arts Society, of which Mr. Silvers was a member until his sudden passing in 1972.

Though Mr. Silvers made his living for much of his working life at commercial art, he was always interested in fine art and was fortunate in being able to devote full time to it for the final span of his life. Born in England, he took his commercial art course at the St. Martin's school of Art, London, and also took life classes, thereby discovering a liking and aptitude for sculpture. He began by practising on his children and one of the pieces displayed will be of his daughter's head at about the age of eleven. There are several other life-like heads and some very graceful statuettes. Mr. Silvers always worked from live models.

The Silvers family did not come to reside permanently in this district until the 1950s but his association went back much further. He arrived first, back in the 1920s when a young man of eighteen, working first on a farm and then for the local dentist. He had been trained in this line of work as his father was a dentist.

Interestingly, his art career really began in Red Deer, Alberta. After his sojourn in the Comox Valley, he went into a business partnership with his brother-in-law in Red Deer, and while there took a correspondence course in art for something to do in his spare time. Later when he returned to England, he became a very successful commercial artist.

He remained loyal to Canada in his heart and in 1948 the family decided to immigrate. Mr. Silvers worked in Vancouver for some time but they spent their holidays at Kye Bay. Finally he decided to remain in the area and bought a business in Courtenay. The family home was in Comox.

As time went by, he was able to spend more and more time at the fine art which he been more or less side-tracked by the commercial variety. It was during those latter years that he turned out most of the lovely pieces of sculpture and fine paintings which will be on display for your enjoyment.

At least two of his sculptured heads are in museums, one of Indian carver Chief Jimmie King of Kingcome Inlet, in the museum at Campbell River, and the other of Thomas Menzies, then president of the Courtenay and District Historical Society in the Courtenay museum.

Much of the exhibit which is being assembled by Mrs. Fran Johnson belongs to the Silvers family but Mrs. Johnson is borrowing from other owners as well which should make a very good show. The arranging is in the hands of Wynn Davies.

The show will be on view at the Arts Alliance Centre 907 McPhee Avenue, Courtenay.



-comfortable room temperature

Swedish boy: My grandfather is tougher than your father.
Canadian boy: Yeah, I know.



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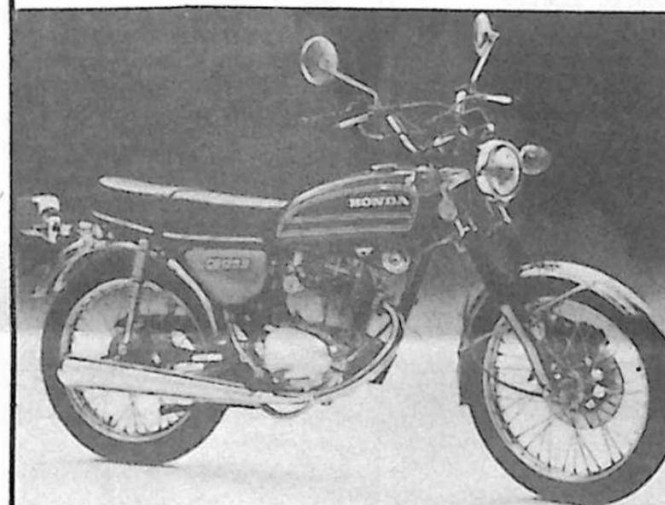
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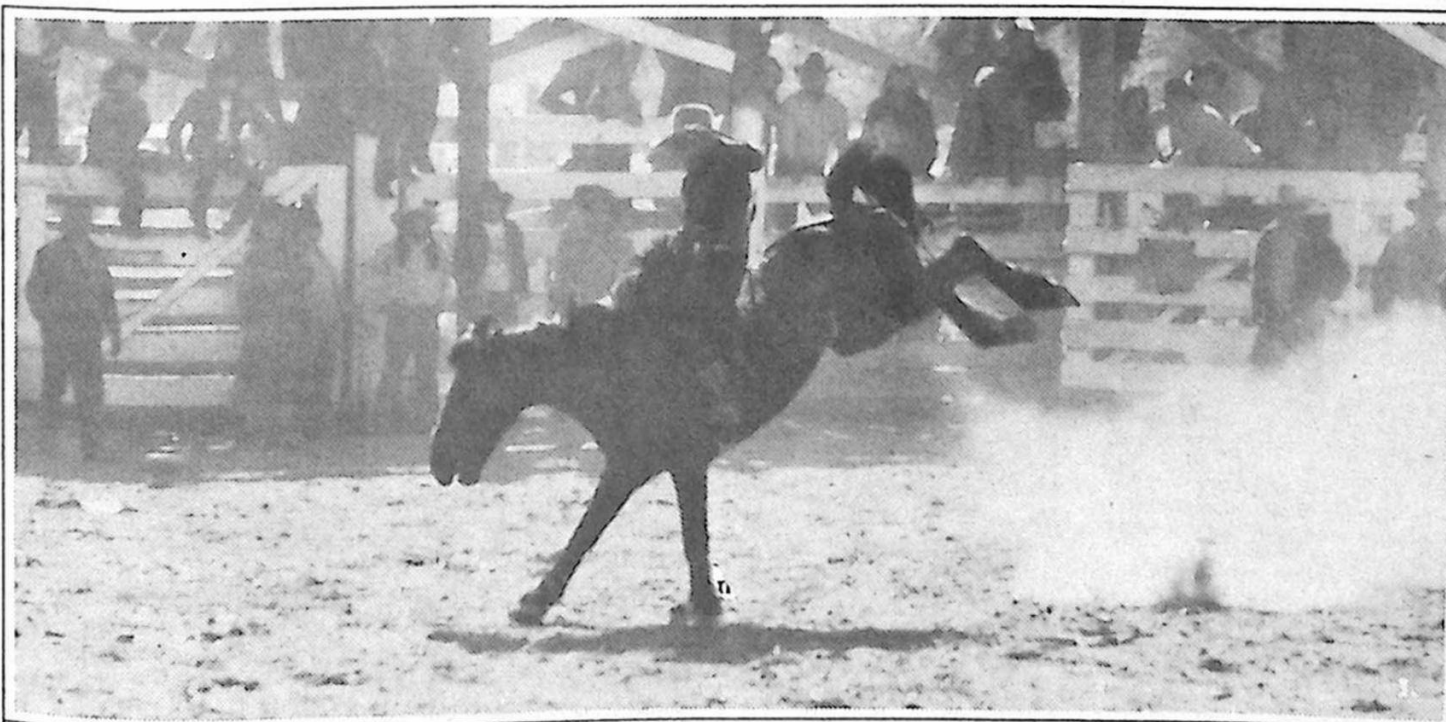
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He invites your calls at our office or his home.
334-3111 or 339-2627

Akela says

1st Lazo has another First! The other night the First Beaver Leaders were 'invested' during ceremonies conducted by Graham Wilson, Leader of the 1st Lazo Scouts. The Leaders were invested in two groups. First were Anne Lang, Joan Kaardal, Brenda Warren, and Dennis Bush. The second group consisted of Brenda Solobay, Mary Jacobi, and Morag Walmsley. The ceremony was witnessed by Rick Warren, a Leader who had previously invested. Scout Leader Graham Wilson told the boys and leaders a Scouting story after the in-

vestments were conducted. In an issue to be coming soon the entire Beaver Colony will be featured.

The Scouts of 1st Lazo went on an overnight camp-out April 19 and 20. It's reported all had fun and returned tired. This past Saturday, April 26, Blue Pack sponsored a "Bicycle Road-e-o". All Cubs were invited to participate in the event. Those passing all inspections, drills and an oral test given by Akela (Sonny Erickson) were then awarded the "Cyclist" Achievement Badge. Safe Pedalling!



NEW GROUP OF Beaver Leaders "Sharing, Sharing, Sharing" a Smile. L to R front: Anne Lang; Morag Walmsley; Brenda Warren. Second: Brenda Solobay; Mary Jacobi; Joan Kaardal; Dennis Bush.

1st LAZO CUBS CYCLE ROAD-E-O



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BIKE INSPECTION. Scott Thibodeau, Kevin Rainsforth (Baloo).

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WANTED

Do you have space available to accommodate a member of one of the minority groups?
If so, please contact VU 33 Squadron Operations, as we require, urgently, suitable space to set up the last vestiges of the West Coast Fleet Air Arm.

HELP WANTED: EXPANDING CANADIAN OIL COMPANY needs dependable person who can work without supervision. Earn \$14,000 in a year plus bonus. Contact customers in Courtenay-Comox area. Limited auto travel. We train. Air Mail O. M. Dick, Pres. Southwestern Petroleum Canada Ltd., 87 West Drive, Brampton, Ontario, L6T 2J6.

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Totem Little Theatre

The presentation of the Totem Little Theatre's second production has been set for 8:00 p.m. Monday and Tuesday, May 26 and 27 at the Base Theatre.

Tickets for this three act comedy about a family of professional crooks will be available both at the door and by advance sales at a cost of \$1.00 each.

This story of a master forger's attempt to "go straight" by taking honest employment in a bank promises to draw many laughs while the devious members of the family attempt to get the young forger back into the fold to resume his life of crime in the spirit of his ancestral heritage.

More information will be published in the next edition of the Totem Times. In the meantime, don't hesitate to call the Publicity Director, Maj. Norm Richardson at Local 260, or the club secretary, Cpl. J. McLaren at 451.



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THE OBSTACLE course. Bill Walmsley.



AFTER AN oral test, each Cub received his Cyclist Badge. Akela Sonny Erickson with Collin Blair.

Officers' Wives Club

The Officers' Wives Club of CFB Comox held a Spring Fashion Show in the Officers Mess on Wednesday April 16th. Approximately 100 members and guests were present.

Fashions from Lavers Department Store were modelled by: Elizabeth Glover, Surindra Gill, Maureen Hallstrom, Catherine Jones, Barbara McNab, Jan Poole, Nadine Powers and Brenda Taylor. Fashion Commentator for the show was Shirley Robb. Hair styles were by the Nu-Look Salon in Courtenay and shoes were from Searles. Flowers were from the Courtenay

Florist and two basket arrangements loaned by Comox United Church. Kings Pianos and Organs kindly loaned an organ which was

played by Betty Elliott and very much enjoyed by all present. Carpeting was supplied by Comox Paint and Floor Coverings Ltd.

During the intermission a display of South American alpaca ponchos, capes and jewelry was shown by Willa Rhodes.

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RC Chapel

Father Francis Swoboda - Base Chaplain (RC)
Telephone 339-2211 Loc. 274.
SUNDAY MASSES:
Saturday 7:00 p.m. (Sunday Vigil)
Sunday 9:30 a.m. and 11 a.m.

WEEKDAY MASSES: are said at convenient times in the Chapel and in private homes upon request.
SACRAMENT OF PENANCE: Before and after all Masses.
BAPTISM: By appointment.
MARRIAGES: Minimum of three months advance notice. Marriage counselling and Preparation Course are required prior to marriage.

Protestant Chapel

SUNDAYS:
Sunday School - 9:30 - 10:30 a.m. in the Chapel
Divine Service - 11:00 a.m.

MONDAY:
4:00 p.m. - Teen Group in Chapel Annex

THURSDAY:
6:00 p.m. - Junior Choir
8:00 p.m. - Senior Choir
Telephone: 339-2211 Local 273. D.L. Martin, Major (Base Chaplain (P))

Protestant Chapel Guild

On Friday 25 April, the ladies of the Protestant Chapel Guild visited the Comox Valley Cerebral Palsy and Neurological Centre in Cumberland.

A tour of the facilities and an explanation of the work involved there was given by Mrs. Diane Webster. The opportunity to meet with some

of the staff and the children at the centre was most interesting and enjoyable.

During the visit a cheque for \$100 was presented to Mrs. Webster, a donation from the Chapel Guild towards the purchase of some special chairs needed at the centre.

The next guild meeting will be held on Tuesday 20th May at 8 p.m. in the Chapel Annex.

Catholic Womens League

The monthly meeting of the C.W.L. Our Lady of the Airways Chapter, was held on Tues. April 15. Mass was celebrated by Father Swoboda, in the Parish Hall, prior to the meeting.

The President, Mrs. Barbara Arsenault, opened the meeting with 13 members present. Mrs. Arsenault welcomed Mrs. Cecile Begin, a new member.

An invitation was received from the C.W.L. of Canadian Martyr's Parish to attend a Day of Recollection on April 28 from 10 a.m. until 3 p.m.

Mrs. Arsenault thanked all the girls who helped with the First Communion Class and at the Communion breakfast. It was a beautiful service.

Election of Officers took place at this meeting. The new executive for the coming year are: Mrs. Barbara Arsenault, re-elected as President; Secretary, Mrs. Dawn Cope; Treasurer, Mrs. Maggie Korbutiak; Church Life Convener, Mrs. Cecile Begin; Community Life Convener, Mrs. Joyce Geneau; Publicity Convener, Mrs. Mary Goski; Mrs. Therese Gagnon has agreed to look after the food services. After the elections, the outgoing executive were each presented with a rose in appreciation of past work, and a rose was presented to each of the new executive.

The meeting was adjourned and lunch was served.

High Country Expert

From the Rockies to the Forbidden Plateau in vivid color was featured in the Base Theatre Monday night when the well known Ches Lyons described the rugged grandeur of the beautiful park areas of British Columbia's mountains. Approximately 70 adults and children turned out to view the 1 1/2 film and verbal presentation by this conservation minded outdoorsman.

Ches interrupted his busy schedule (he has just returned from a filming expedition in the wilderness of Ceylon) to fly into Comox to pass on his knowledge of this beautiful province to the enthusiastic members and friends of the

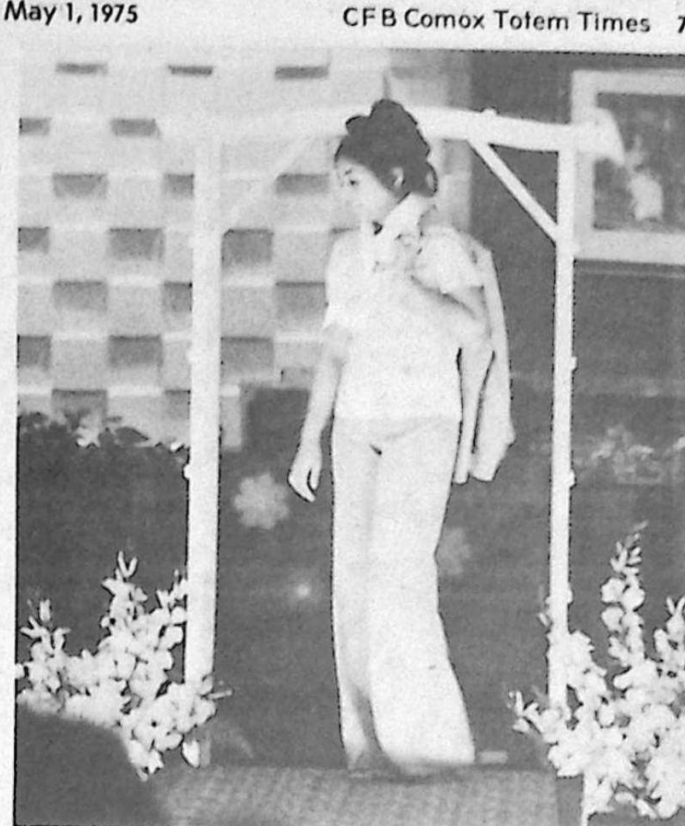
local Hiking Club. He was accompanied by Ruth Stirling an outdoors writer and photographer of renown.

Mr. Lyons, although born near Regina, considers himself a native of British Columbia. He has an enthusiastic and abiding regard for the province and its people. If this, coupled with the fact that when he was four years old when his family moved to Penticton, can be introduced in evidence, it would seem that he has a good deal of justification for his claim. Since 1940 he has made his home in Victoria. He graduated from the University of B.C. in Forest Engineering. After spending



THE FEMININE LOOK Shown here is Brenda Taylor modelling day wear for the members and guests of the Officers Wives' Club in the Officers' Mess recently.

Manson Photo



PANT SUITS ARE IN Surinda Gill was one of the many Officers' wives who volunteered their services as models during a recent fashion show in the Officers' Mess.

Manson Photo

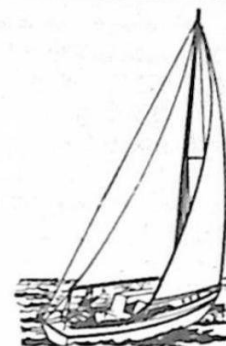
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CLEAN UP - DON'T BURN UP! SPRING CLEAN-UP WEEK

5 - 9 MAY

PMQ Pickup

Every Day - 1:30 p.m.



A MESSAGE FROM THE BASE FIRE DEPARTMENT

WHAT are you saving that would make a BIG FIRE...? Old furniture, paper, boxes, rubbish... Ask yourself, "Do you need that old chair, that pile of cardboard boxes or that stack of newspapers?" Now is the time to get rid of all those things and we will even come and pick them up and haul them away FOR FREE.

The Base Fire Department, in cooperation with the PMQ Council, has decided to hold SPRING CLEAN-UP WEEK from Monday 5 May 75, through Friday 9 May 75. Every afternoon at approximately 1:30 p.m. during this period, members of the Fire Department and PMQ Council will tour the PMQ Area and pick up any items that are left by the roadside. All usable items will be donated to a local charity.

ment and PMQ Council will tour the PMQ Area and pick up any items that are left by the roadside. All usable items will be donated to a local charity.

Now is the time to CLEAN UP... for fire safety!

Entertainment and Events

Junior Ranks Club

MOTHER'S DAY

11 MAY 75 - "TOTEM INN"

☆ Coq Au Vin For Supper
DANCE TO MULE TRAIN

Intermission - Diana Raye

TIME: Cocktails - 1830 to 1930. Supper - 1930 to 2100.

MEMBERS: \$3.00 Non-Members: \$4.00

TICKETS NOW AVAILABLE AT PMC'S OFFICE

TUESDAYS - Movies. MAY 6 - "LORDS OF FLATBUSH"
MAY 13 - "POSEIDON ADVENTURE"

WEDNESDAYS - Bingo.

FRIDAYS - T.G.I.F.

WEEKEND OF 2 MAY - "Brown Owl".

MAY 10 - Dart League BBQ.

COME OUT AND SUPPORT YOUR CLUB

ENTERTAINMENT INFORMATION

PHONE 339-5212

24 HOUR SERVICE

BASE THEATRE SCHEDULE

Fri 2 May **DIRTY LITTLE BILLY** Michael J. Pollard
Sat 3 May **True Story of Billy The Kid**
Sun 4 May

Showtime: 2000 hrs. to 2150 hrs.
Warning: Coarse language and violence

Thu 8 May **KID BLUE** Dennis Hopper
Fri 9 May **Peter Boyle**
Showtime: 2000 hrs. to 2200 hrs. Western

Sat 10 May **THE KLANSMAN** Lee Marvin
Sun 11 May **Richard Burton**
Showtime: 2000 hrs. to 2200 hrs. Drama

Warning: Brutal violence and rape
PLEASE NOTE: Increased admission this show

EW
Courtenay

Mon. to Thurs. - 8:15 p.m.
Two Shows Fri. & Sat. -
7 & 9 p.m.

Matinee Sat., May 8 at 2 p.m.

Showing One Week - Thurs., May 1 to Wed., May 7

FRI. & SAT. - 6:15 & 9:00 P.M.
Winner of 3 Academy Awards
Mature Entertainment
"Parents: May frighten some children" - B.C. Director

THE TOWERING INFERNO

Thurs., Fri., Sat. -
May 8, 9, 10

MATINEE SAT. - 2 P.M.
General Entertainment

WALT DISNEY PRODUCTIONS
THE STRONGEST MAN IN THE WORLD
Technicolor

Mon., Tues., Wed. - May 12, 13, 14
Joe Baker "WALKING TALL" Mature

Starts Thurs., May 15 - James Caan, Alan Arkin
"FREEBIE AND THE BEAN" Mature Entertainment
"Some violence, frequent coarse language" - B.C. Dir.

Stardust
Drive-In Theatre

Corner of Williams Beach Rd. & Is. Hwy.
Ph. 337-5033

Adults \$2.50; O.A.P. \$1.00;
Gates 8:15 - Show at Dusk

Thurs. to Sun. - May 1, 2, 3, 4
"THE LORDS OF FLATBUSH"
Plus Charles Bronson
"THE STONE KILLER" Mature
"Very violent, some coarse language"

Thurs. to Sun., May 8, 9, 10, 11
"THE LIFE & TIMES OF GRIZZLY
ADAMS" Plus "KING ELEPHANT"
General Entertainment

COMOX PRE SCHOOL GARAGE SALE

To be held on
SATURDAY, 10 MAY 1975
from 10 a.m. to 1 p.m.
at 1796 Dogwood Avenue, Comox.

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.

Thu 15 May **THE TAKING OF PELHAM 1 2 3** Walter Matthau
Fri 16 May **Suspense Action**
Showtime: 2000 hrs. to 2155 hrs.

SATURDAY MATINEES

Sat Mat. 3 May - ALL CARTOON SHOW
Showtime: 1400 hrs. to 1545 hrs.

Sat Mat. 10 May - JERICHO THE WONDER
CLOWN - Dean Martin, Jerry Lewis.
Showtime: 1400 hrs. to 1545 hrs.

OFFICERS' MESS

ENTERTAINMENT MAY

T.G.I.F.'s - Subsidized Drinks 1630 - 1730. Free
Food (as indicated) thru Snack Bar wicket at
1730 hours.
Mugging Out - as required - every 3rd Friday.

FAMILY BRUNCHES - Sunday, May 4th and 25th.
Lunch menu served - 1145 - 1300 hours.
Children (under 12) .75 - Adults \$1.25.
Tickets at Bar - Casual Dress - No reservations.

SUNDAY - MOVIE NITES - Show time 2000 hours.
May 11 - "Poseidon Adventure" - Gene Hackman.

SATURDAY, MAY 10 - "Beef and Burgundy Nite."
1930 hours - Prime Rib of Beef - Free Wine.
Informal Dress. Members \$7.50 a couple -
Guests \$15.00 a couple.
Reservations by 1600 hours, Thursday, May 8.
Dance to "Good Friday" - 2130 hours.

WO's & SGT's MESS ENTERTAINMENT

MAY

MAY 3 - Social Night.
MAY 4 - Wine & Cheese Party. Time: 1400 hrs.
Music: Alley Cats.
MAY 5 - Movie. Lords of Flatbush. Parry King.
MAY 10 - Social Night.
MAY 11 - MOTHERS DAY BBQ & COCKTAILS.
Time: 1400.
MAY 12 - Movie. Poseidon Adventure. Gene
Hackman.
MAY 17 - Social Night.

NOTE:
TGIF every Friday plus games.
Bingos will continue until the jackpot goes.

Legal Ramblings

OTTAWA (CFP) - I am sure everyone has read a book about ancient times where the hero, usually a baron or some such, got himself into trouble, was sentenced to death in absentia, and stripped of his properties. At the end of the book he gets all of his property back, usually gets promoted, ends up with a girl he wanted in the first place, and gets a pardon from the king.

In Canada, in 1975, pardons are not quite that fascinating and romantic. Pardons are granted under the Criminal Records Act, a federal statute passed in 1970.

A pardon applies to all federal offences, including military charges, a pardon can be applied for either two years or five years after a person was sentenced or finished serving his prison term, depending on whether the offence was triable on summary conviction or indictment.

The advantage of a pardon is pretty hard to grasp, and this seems to be its main weakness. In theory, when a

pardon is granted, pretty well all evidence of the existence of the original crime should be obliterated. Further, federal departments, when asking about previous offences, are supposed to ask in such a way that a person does not have to admit to a previous offence for which he has been pardoned.

Unfortunately, some government departments pay no attention to this, and few civilian employers take into account pardons when asking about previous offences. Additionally, most credit agencies and local police forces continue to keep records of convictions after a pardon has been granted.

Another problem is that most people do not want their convictions, such as service offences, impaired driving, or petty theft that occurred many, many years ago, when they were very young, to become public knowledge. However, once a pardon is requested, investigations are commenced into the "good

behaviour" of the applicant since the offences, with the obvious result that people whom the applicant hoped wouldn't learn of the offence, now learn of it.

The Solicitor General wants to amend the Criminal Records Act so that among other things, there is less investigation by the police and the decision on granting a pardon is based, not on good behaviour since conviction, but more on whether or not the applicant has committed other crimes since, or continues to associate with criminal elements.

About 4,000 pardons have been granted since 1970, and if you have a service or civilian offence on your record, you might also wish to apply for one. You should read CFAO 19-33, and then write to the National Parole Board, Ottawa, Ontario.

If you require any assistance in preparing your application, contact the legal officer in your area.

DEMON DOINS

(Continued from page 2)

make it in to do all the San Francisco things, including Chinatown, the Cable Cars, Telegraph Hill and that sort of thing.

Of course proper respect was paid to long established traditions, and the usual pilgrimages to the winery, and the St. James Infirmary were made by large numbers of Canadians. In addition some research was done into the Cost-of Drinking Index and a range of from 69c per drink to \$4.00 for a 6 oz. glass of draft beer (Location Classified) was found to exist.

A week after they left Comox, Crew 4 returned, not very well rested but content. 716 touched down, parked on the VIP Spot, and unloaded. Mission accomplished.

Crew 5 has had its fair share of new and old salts coming and going. Skipper (Navy talk) Jerry Watson is back from an ICP (Instrument Check Pilot) course in Winnipeg. Nav Al Scott is now on the crew replacing the slot left vacant when Jimmy Dodd went on to greener pastures. Wally Morand is now in Observer training with Vic Jordan expected to fill the position as lead observer. Wayne Lachapelle is replacing Wayne Robertson. Wayne is going to Ascac from whence Wayne came. The Waynes just keep coming and going.

Tony Thomas and Bob Delorme are now back on crew full time. Until the next French course. It looks like the rations Officer better ensure wine and cheese (green) are included in the crews next trip.

The crew has been quite busy the last while with flying. The Observers have decided to chip in for a game of monopoly in anticipation of the next Navex. (Beats knitting and X's and O's.)

Vic Jordan is quite the artist, next time you see Vic ask him to show you his artistic impression of two sailors. George Gilles has just bought a new boat and motor - better watch out, either the fish or George will be out to get you.

TACCO Newt Worden had a busy Sunday. It seems he just finished barbequing a delicious steak when the Courtenay fire alarm went off. True to the best esso fling tradition, he passed up the steak and galloped off to save the town. Later in the evening Newt decided to cool off in the

shower. You guessed it - off he went again. Sure beats sitting around and relaxing. Eh! Newt.

Crew 6 boasts to be the hardest working, most dedicated group of ASW Trained Killers in the business. Therefore from time to time they get together for a well deserved evening of R & R (Refreshments and Revelling). The Crew Party was held at Bruce Cumberland's villa by the sea (Kin Beach). Even though a nominal roll was not kept, they lost no one to the pounding surf which followed a 10 foot drop from the front lawn.

Good food (steaks, salad, wine, etc.) was had by all, followed by an ample supply of suitable refreshments. The specialty of the house Recipe: 1 1/2 - 2 ozs. Vodka, lots of ice, orange juice, splash of Galliano, 2 straws. This was so popular it was reported that some of the wives actually asked for 3rds and 4ths. Compliments to the bartender. Excellent music, and a small dance floor combined to provide spilled drinks, the occasional bruise and an enjoyable evening.

A few changes have taken place recently; Mike Naud has switched to Crew 2 and Sandy Fraser is now a member of Crew 6. Sandy has just completed 10 weeks in Toronto on Staff School.

Jeff Frusher, having just finished a Base French Language course, arrived back on crew for one day. He picked up his claim and is on his way to Borden on a First Aid Instructors Course.

As you read this Crew 6 is (supposedly) on the East Coast, Greenwood of course, putting an even sharper edge on their ever keen ASW sword. Cheers.

Well that's all from the crew and the Squadron. Thanks to the Crews for a detailed report of goings on.

The following is an example of a typical patrol and the age old story.....

A Long-Range Maritime Command Aircraft was conducting an uneventful surveillance flight off Canada's West Coast. Suddenly, the Navigator issued

terse instructions to the pilot for radical course. Alterations -60 degrees to Starboard, then 120 degrees to Port, then 60 degrees to Starboard again in rapid succession. Puzzled and curious as to the need for the unscheduled course changes, the pilot asked the reason.

"I just spilled coffee over my plotting chart," replied the Navigator, "And I'll be damned if we're going to fly through that mess."

Until next issue -



CFB Abel Movers Juniors

The CFB Abel Movers Juniors opened their season on Monday night in Cumberland downing the Cumberland team 11-9. They played only 3 innings. The game was called on the 8 p.m. curfew. Monty Bartlett was the big stick of the game batting 3 for 3, and blasting a triple with the bases loaded.

Wide awake play was the name of the game when catcher Gary Van Nest picked a possible steal off at third, Doug Baird making the play at third.

Next game is an Opener at home against the Brikos 1 May 6:30, Orchard Park, P.M.Q.'s. Come out and support your team.

FOR PEOPLE

Over half a million people in British Columbia take a special pride in the ownership of their own financial organization. A financial organization that has helped them start their own businesses, buy furnishings and appliances, and own their own cars and homes. One that involves them in its policies and enables them to share in its success.

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Ready to help you get things done.



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Consumer Facts

How do you buy meat? Take a minute to analyze your meat dollar. A good rule of thumb, choose meats by price per serving rather than price per pound. Take the example of Rib Pork Chops at \$1.45 per pound versus Boneless Pork Chops at \$1.49 per pound. It appears Rib Pork Chops is your better buy by 4 cents per pound. Now consider the number of servings. Rib Pork Chops provide 3 servings per pound at a cost of 48 cents per serving while boneless Pork Chops provide 4 servings per pound at a cost of 37 cents per serving. Therefore, although per pound Rib Pork Chops appear to be the better buy in actual fact, Boneless Pork Chops is the wisest buy at 11 cents less per serving. In the purchase of meat cost-per-serving is a wiser yardstick than price-per-pound.

Metrication in Canada...when will it actually happen? It is expected that by 1980 normal day-to-day transactions throughout this country will be carried out entirely in metric units. Weather reports are now being given in degrees Celsius

and highway signs are changing to kilometres. The best way to become familiar with metric units is to start thinking metric. The metric unit of length is the metre equal to 39.37 inches. The metric unit of mass or weight is the kilogram equal to 2.2 pounds. The metric unit of capacity is the litre equal to 1.76 pints. In the long run shopping will be simplified, but it may take awhile to get used to buying a litre of milk, a kilogram can of coffee, or a 500 gram loaf of bread. A metric conversion booklet will be of help. In choosing a conversion booklet make sure you choose one with the Canadian Metric Symbol on it so you know it has been approved the Canadian Specifications Board in Ottawa.

A major contributing factor to a supermarket's cost of operating is shoplifting...which like living costs, continues to increase. Shoplifting is increasing at an alarming rate and it is difficult to place a dollar figure on it. Whether it's a 10 cent candy bar, a 59 cent bottle of

nail polish, or a \$60.00 shopping cart that is not returned, the loss must be reflected in higher prices. According to a recent survey, it is quite realistic to set the average supermarket's loss through disappearing shopping carts as high as \$2000 per year. Think about it are you one of those minority cart-snappers causing the majority to pay for your actions?

Consumer Facts is a public service feature of The Times in co-operation with Super Valu Stores.

Run around with your wife again.

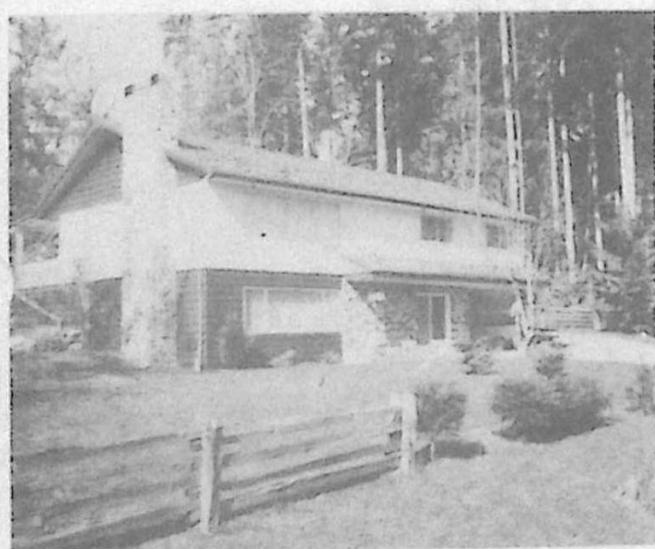


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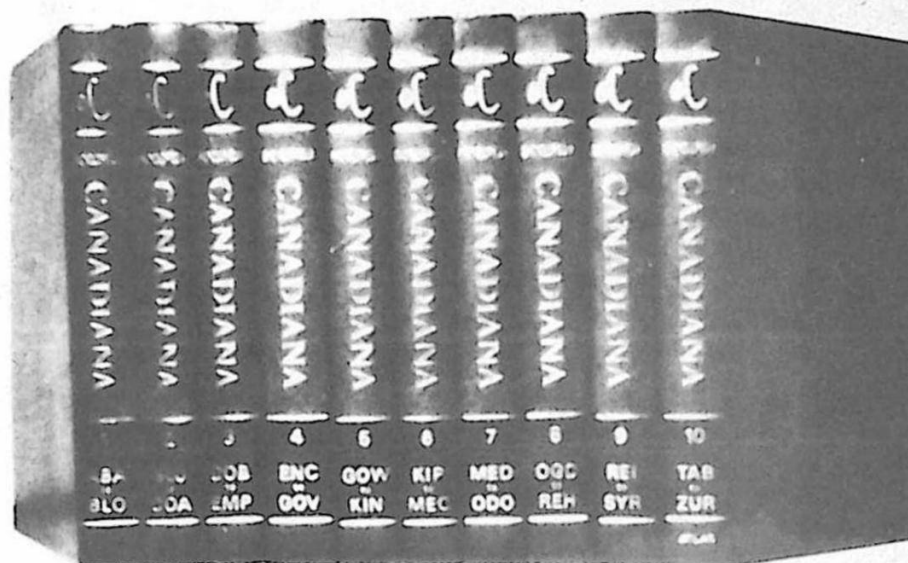


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EARLY BIRD Winners: L to R: Mona Ledgard; Club President Lorne Kingyens; Yvon Geneau; and Farley Boutet.

Begin Photo

Glacier Greens

BY GLEN CASLAKE

Glacier Greens hosted their Early Bird Tournament for Men-Ladies and Juniors, the tournament was held on Sunday the 20th of April 1975. We had an exceptionally good turnout for this event, in fact 94 people in all participated in the event.

Listing of winners in order of finish, Men - 1st Low Net was captured by Yvon Geneau with a net score of 67, 1st Low Gross went to Pete Burns with a gross score of 78, 2nd Low Net was won by Harry Fee with a net score of 68, 2nd Low Gross went to Larry Cote with a gross score of 81, 3rd Low Net was captured by Joe Kenkel with a score of 68, 3rd Low Gross was won by Bob Sleight with a score of 82, 4th Low Net was won by Jerry Marks with a net score of 68, 4th Low Gross was captured by Denny Hillier with a gross score of 82, 5th Low Net went to Lorne Kingyens with a net score of 70 and 5th Low Gross was won by Wally Berger with a gross score of 83.

Ladies - 1st Low Gross was captured by Mona Ledgard with a gross score of 103, 1st Low Net went to Peggy Hillier with a net score of 76, 2nd Low Gross was won by Barb Carter with a gross score of 106, 2nd Low Net went to Nettie Bonenfant with a net score of 80, 3rd Low Gross was won by Gen Beehler with a gross score of 106, 3rd Low Net went to Joyce Geneau with a net 81, 4th Low Gross was captured by Darlene Clark with a gross 118 and 4th Low Net was picked up by Terry Sleight with a net score of 93.

Juniors - 1st Low Gross went to Farley Boutet with a score of 88, 1st Low Net was captured by Mark Thibodeau

Ladies Golf News

Ladies Day at Glacier Greens continues to produce good attendance by the members. The golf lessons by Mr. Gary McWilliams are well underway and in future great style will be shown by the ladies - even when "taking a mulligan."

On Wednesday 16th April, 26 ladies were out for Ladies Day, 2 Ball. Winners for the day were: A Flight - Barbara Carter and Ann Cote, B Flight - Dorothy Branch and Trudy Berger, and C Flight - Betty Krayden and Jean Allen.

Cool weather and recently cut fairways on Wednesday 23rd April, saw 24 ladies out to enjoy some golf. Winners for the day were Ann Lang and Shiela Burns, Linda Fox and Pearl Kingyens, Mona Ledgard and Barbara Carter. Winners of the 1st qualifying round of the N.H.A. Tourney held that day were Mona Ledgard and Barbara Carter.

The Early Bird Tournament on Sunday 20th April saw 15 ladies out. Prize winners were

as follows:- Low Gross, Mona Ledgard. Low Net, Peggy Hillier. 2nd Low Gross, Barbara Carter. 2nd Low Net, Nettie Bonenfant. 3rd Low Gross, Gen Beehler. 3rd Low Net, Joyce Geneau. 4th Low Gross, Darlene Clarke. 4th Low Net, Terry Sleight. The longest drive by a lady was won by Barbara Carter. Congratulations ladies.

Wednesday 7th May is the Final Round of the N.H.A. Tourney. HDCP. 18 holes. Start at 9 a.m. The 14th May is the C.L.G.A. Pin Day. Start at 9 a.m. 18 holes.

Don't forget to be there by 8:45 a.m. so that play may get underway by 9 a.m. prompt. See you on the greens ladies -

A transient in Plainville, Kansas, being weary and low on funds asked police if he could sleep in a cell. They locked him in but the next morning forgot he was there and the day was almost gone before they let him out.

Slo-Pitch Anyone?

It is the intention of the Base Physical Education and Recreation Centre to institute a new form of softball called Slo-Pitch. This game of increasing popularity is very similar to softball with the following exceptions.

1. 10 players constitute a team.
2. The ball must be pitched with a minimum arc of three feet and a maximum of ten feet.

Advantages of this recreational activity are more activity for all members of the team; meaning everyone will be hitting the ball with more facility, and field play and base running will become that much more important.

It is felt that this activity would be excellent fun for inter-mess or insect play at agreed upon times. Any representatives from these groups or individuals interested in assisting with the groundwork are asked to meet at the Recreation Centre on Monday 5 May at 1330 hrs.

NOTES OF INTEREST

The long awaited sauna bath is in its final stages of construction. It will be open for use hopefully by the 10th of May.

The swimming pool is back in operation with the water at a lovely 26 degrees. C. It is presently open daily Mon. - Fri. 1200 - 1300 hrs. Keep your eyes open for advertisement, within the next two weeks it will go into operation weekends and two evenings during the week.

Tennis is the sport of the '70's, rackets available at the Rec. Centre. Inquire about lessons.

Swimming, boating, camping - summer is almost here "Please think safety."

Inter Section Fastball

Intersection fastball meeting was held 23 April. There are 6 teams in the league, Fire Hall (last year Champs), USAF, 442, 409, 407, and M.P., There are two games a week, Mondays and Wednesdays. Hope to see lots of new faces around the ball diamond playing.

So lets see you all out at our next event at Glacier Greens, which is our Mixed 4 Ball Tournament which is a 18 hole event on Sunday the 18th of May, Tee Off Time 1000 hrs. So Adios, for now.

Totems Fastball

PLAY BALL! That's what you'll hear around the base. The CFB Totem's are hard at work trying to get into shape working three times a week under the watchful eye of GARRY MURRY, the coach for the year. I know with MURRY, coaching he'll have the team in top condition for the season. The team is playing in the UPPER ISLAND FASTBALL LEAGUE with four other teams, three from Campbell River. They are PETE'S TOWING, WOODWORKER'S, TARTAN REALTY, and from Comox, ANCHORAGE GARAGE. They play eight home games and eight away. The TOTEMS have the likes of KEN KIBBLE WHITE, JOHN GAILEY AND OWEN COFFELL has their pitching staff with many more players. Their first home game is on

CFB Totem fastball team schedule.

AWAY GAMES

Pete's vs CFB - May 5
Woodworkers vs CFB - May 12
Tartan Realty vs CFB - May 21
Pete's vs CFB - May 26
Comox Anchor vs CFB - May 27
Comox Anchor vs CFB - June 10
Tartan Realty vs CFB - June 19
Woodworkers vs CFB - July 16

HOME GAMES

CFB vs Comox Anchor - May 8
CFB vs Woodworker - May 29
CFB vs Tartan Realty - June 5
CFB vs Pete's - June 12
CFB vs Pete's - June 24
CFB vs Comox Anchor - June 26
CFB vs Woodworker - July 3
CFB vs Tartan Realty - July 10



the 8th of MAY starting at 6:45 p.m. SO come out and see some good old fastball and support your team.



The Sub-Aqua club is renting a boat from the Comox Marina and going for a day dive, Saturday, 3 May. The trip will include boating to Powell River and then up the Strait to the Ragged Islands. Weather permitting a second dive will be made off Mittenhead Island. This is the type of afternoon the average Scuba diver cannot afford. All those interested in at-

Diving Club News

tending this dive contact Bob Hayes at Loc. 440.

How to Preserve Starfish and Sea Urchins
Starfish and sea urchins are best preserved by drying after "fixing" them in preserving fluid. First, place the specimens in a container of sea-water containing commercial formalin in a ratio of ten to one, and leave them to soak overnight, but

Golfers' Creed

It is a science - the study of a lifetime, in which you may exhaust yourself but never your subject.

It is a contest, a duel or a melee, calling for courage, skill, strategy and self-control.

It is a test of temper, a trial of honour, a revealer of character.

It affords a chance to play the man, and act the gentleman.

It means going into God's out-of-doors, getting close to nature, fresh air, exercise, a sweeping away of the mental cobwebs, genuine recreation of the tired tissues.

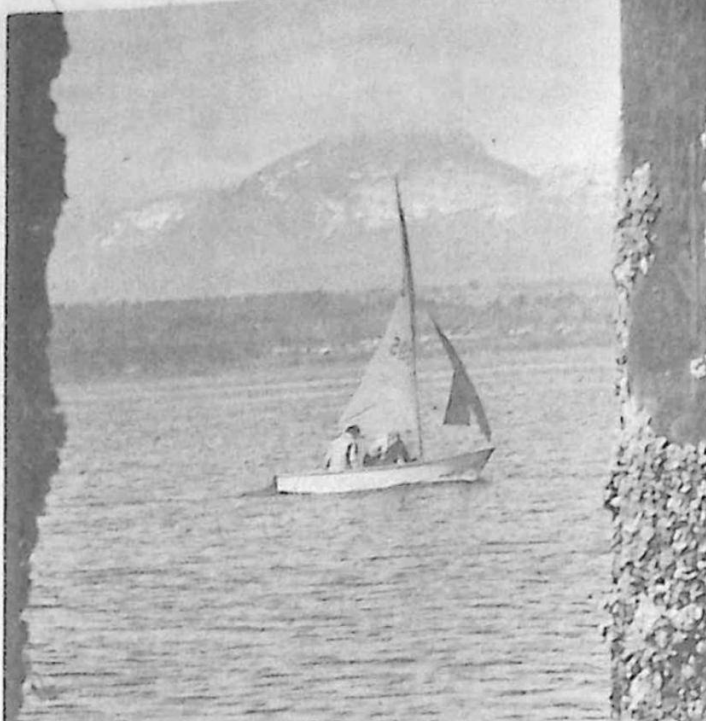
It is a cure for care - an antidote to worry.

It includes companionship with friends, social intercourse, opportunity for courtesy, kindness and generosity to an opponent.

It promotes not only physical health but moral force.

David R. Forgan.

A trapper, George Carmack, with his two Indian companions, Skookum Jim and Tegish Charlie, staked the claim that started the famous Klondike gold rush. The anniversary of the date on which they discovered gold, August 17, "Discovery Day" is celebrated as a holiday every year in the Yukon Territory.



LEE HO! Cries Bev Swallow as she tacks onto a Starboard reach during her first try at the helm with the Canadian Forces Sailing Association Beginners class.

OFFICERS WIVES CLUB DINNER

Wednesday, May 21st, 1975

Tickets will be available soon from committee members.

PRIVATE SALE

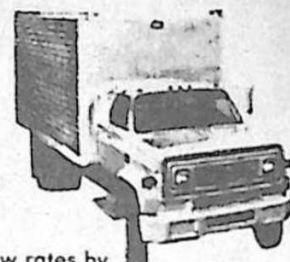
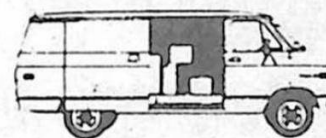
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Glacier Greens Calendar

Sunday 11 May	Ladies North Island Tournament Played at Comox Golf Course
Sunday 18 May	Mixed 4-ball Tournament - 18 holes Tee Off Time: 1000 Hrs.
Sunday 25 May	Ladies Qualifying Round Match Play - 10 holes. Tee Off Time: 1000 Hrs.
Wednesday 28 May	Inter-Club Match - 9 holes Campbell River to visit Glacier Greens Tee Off Time: 1830 Hrs.
Friday 30 May	Men's Invitational - Practice Round Tee Off Time: your choice
Saturday 31 May	Men's Invitational Tournament 1st 18 Holes played Tee Off Time: 0900 Hrs.
Sunday 1 June	Men's Invitational Tournament 2nd 18 Holes to be played Tee off time: 0900 hours

HOMES LOTTERY

Draw June 3, at U.B.C. Vancouver

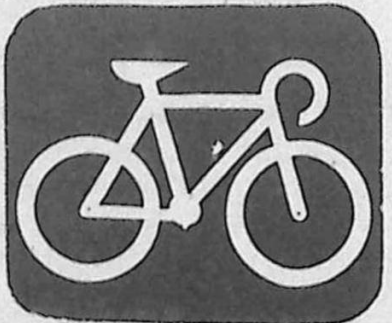
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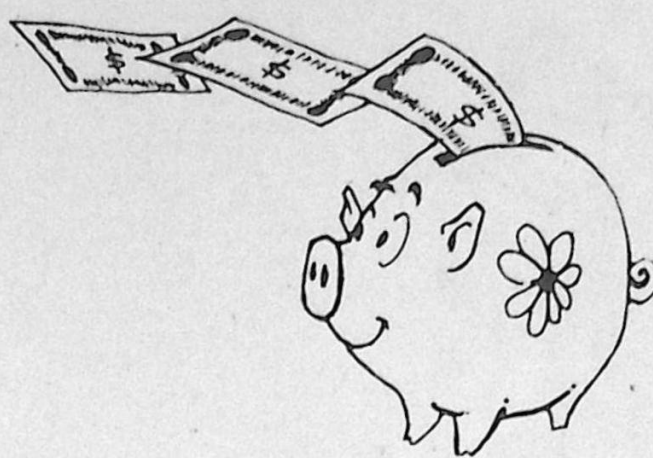
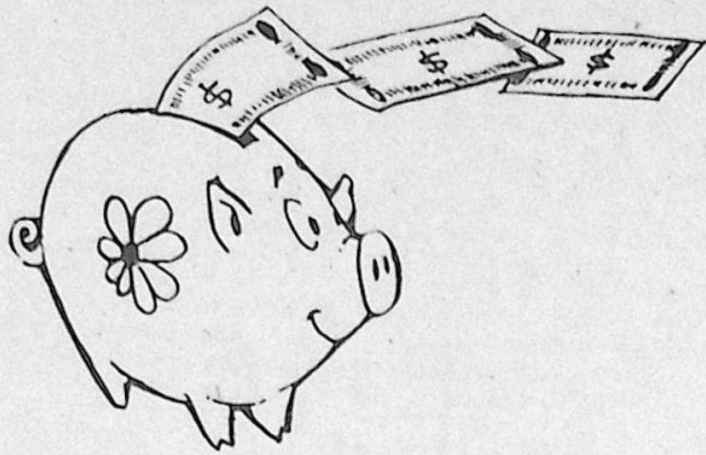
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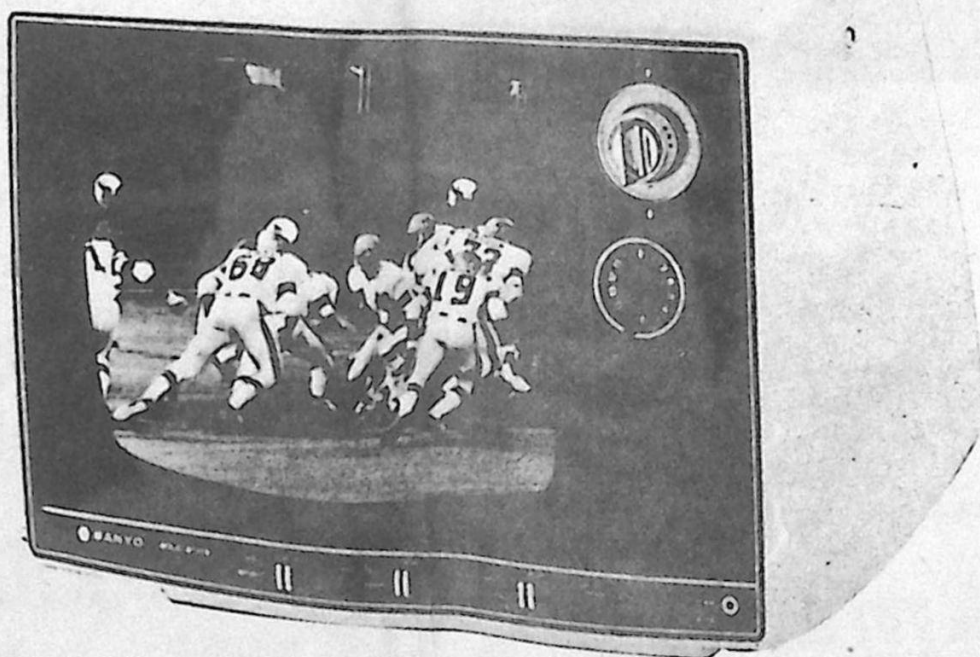
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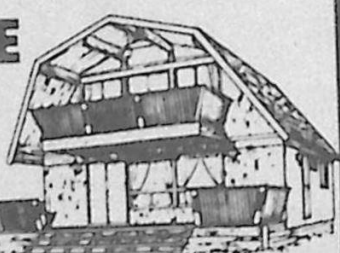
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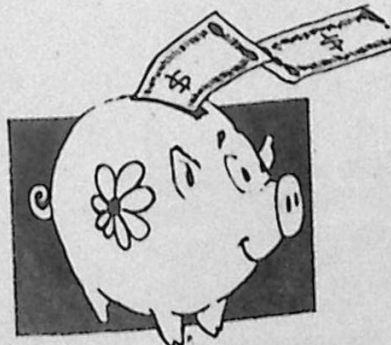
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THE CASE FOR WEARING YOUR SEAT BELT

By Carl Shiels
with Cathie Fornssler

Since April 1972, the Transportation Centre at the University of Saskatchewan has been investigating how people are injured or killed in car accidents. The Centre has studied 300 car accidents, from single-car rollovers to multiple-car pileups.

Much of the injury and death we have witnessed need not have happened. With the stronger, more crashworthy cars now being produced and with regular use of seatbelts, people on the road today could survive even the worst high-speed collisions.

This has been said before. Yet even now, fewer than 20 per cent of drivers and passengers wear seatbelts regularly. Do people adopt the "ostrich" approach and refuse to consider the possibility of an accident, believing death or injury to be inevitable? Our research has

shown that the use of seatbelts could prevent many serious and fatal injuries.

Do people believe that, at the time of an accident, they can take action to avoid injury? This is almost impossible. In the milli-seconds of an accident impact, there is no time to throw your hands up to protect your face, to turn your body to shield a child, even to grab onto something to prevent being thrown forward into the windshield or being thrown out the door. Precautions must be taken before the accident occurs - and those precautions can almost certainly save your life.

FOUR BASIC REASONS

We have found four reasons why people are injured or killed in car accidents. The uncontrollable factor in a car accident is the deceleration of a car, but previous research has shown that the human body can withstand enormous impact particularly for very short periods of time. The deceleration level at which injuries begin to occur is about 30 Gs. (Normal gravitational force is 1 G. Under 30 Gs of deceleration force, a 150-pound man would weigh 4,500 pounds, but this is only where injuries start to occur). In an accident, the G force rises as the car moves faster, but even a car moving 60 miles per hour which collides with a rigid barrier will not stop in less than five feet, so the deceleration levels are always below the level of

injury. Therefore, it is not the deceleration which causes death or injury in a car accident, rather it is usually at least one or more of the following.

(1) OCCUPANT HITS THE CAR. This happens when the occupant in the car is not wearing the seatbelt and so does not stop when the car does. For example, if a full-sized American car travelling at 15 miles per hour hits a brick wall or another car of the same weight travelling at the same speed, it will stop in about 15 inches, and the front end of the car will sustain about 15 inches of crush. The deceleration rate for the car averages about 6 Gs. Any occupant, whether driver or passengers, who are belted into the car will also experience about 6 Gs of deceleration - well below the injury threshold. In addition, the impact force is absorbed by the pelvic girdle, an area readily able to withstand extremely high forces. But anyone not belted in will continue forward, hitting the dashboard and windshield at 15 miles per hour. Even the new padded dashboards and shatterproof windshields can only deform a few inches, so the person will experience a deceleration rate as high as 45 Gs as the stopping distance of the person is much less than that of the car. This is far above the injury threshold. As well, the impact is absorbed by the head, chest and abdomen, all of which involve vital organs. We have seen accidents where a person was killed by hitting the sunvisor hinge or the edge of a non-breakaway rearview mirror.

(2) OCCUPANTS HIT EACH OTHER. In many accidents, even an unbelted person might survive if he was the only person in the car. But when passengers hit other passengers, death or serious injury often results for the person nearest the point of impact. One tragic case reported was that of a baby, being held "securely" in the grandmother's arms when the vehicle was involved in a relatively minor collision. The impact was sufficient to throw the grandmother forward, crushing the baby to death against the dash. Had the grandmother been wearing the lap and shoulder harness,

she would have been able to hold the baby quite securely in this case.

Parents who feel that their children are secure when they are being held in their arms have no comprehension of the forces involved in even moderately severe accidents.

People can also be killed or injured by loose objects in the car - boxes in the back seat, etc. A two-pound thermos sitting on the rear window parcel shelf could apply an impact force of 500 pounds to the head of a front seat occupant during a 50 mile per hour collision.

(3) OCCUPANT PARTIALLY OR COMPLETELY EJECTED THROUGH SIDE WINDOWS OR DOORS DURING A CRASH. This is most common in rollover accidents where the occupants are not wearing seatbelts. In a study of 181 people involved in rollover accidents carried out at the University of California at San Diego, HALF of the occupants who were partially or completely ejected from the car were killed.

Neck and back injuries, sometimes resulting in paraplegia or quadriplegia, are common with partial ejections. Even with the much publicized airbag restraint system, lap belts must be worn to eliminate problems of ejection and passenger interaction.

(4) PASSENGER COMPARTMENT PENETRATION. Even when all occupants in a car are belted in, death or injury can result when the passenger compartment is penetrated - for example by a light pole or by another vehicle. The extent to which passenger compartment penetration affects crash survivability was

dramatically demonstrated when a Volkswagen with five occupants went out of control in a snowdrift which had accumulated on a curve in a highway. Before the driver was able to regain control, the car collided with a large bus. As the bumper on the bus penetrated the side of the Volkswagen it passed through the seating space of the right rear and centre rear passengers, who were both fatally injured. However, the seating spaces of the left rear passenger and the two front seat occupants were not penetrated by the bus and as a result they sustained only minor injuries requiring no more than first aid.

VEHICLE DESIGN
Prior to United States federal safety standards in 1968, vehicle design did not attempt to deal with the problem of passenger compartment penetration. Even in minor frontal collisions, non-collapsible steering columns can be forced back far enough to cause massive internal injuries to the driver. Rollover accidents often cause complete collapse of the roof structure, particularly in hardtop and softtop convertibles. It is not uncommon to have the roof of a hardtop convertible compressed level with the top of the seats. Side impacts can also result in penetrations, particularly in hardtop convertibles, where the center door pillar is supported only at the base, frequently by a handful of rivets.

Since 1968, all vehicles for sale in Canada and the United States are required to be fitted with some form of collapsible steering column, giving the driver some margin of safety in frontal collisions. In July 1973, standards affecting side

strength and rollover protection came into effect. These standards have all but eliminated hardtop convertibles as we once knew them, a loss which is not mourned by traffic safety experts.

Even small cars are now safer in so far as they must comply with the same federal safety standards as large cars. During a collision with a large vehicle, small cars experience greater velocity

changes, increasing the likelihood of passenger compartment penetration. This is slightly offset by making small cars more hard-nosed, with about 3/4 inch of crush for each mile per hour in front collisions, compared to one inch of crush for each mile per hour in full-sized cars.

What does all this mean to the average automobile owner? Separate injury in car crashes are neither

mysterious nor inevitable. Vehicles manufactured today are more crashworthy than they have ever been before. The full benefit of developments in crash protection can only be fully realized if all persons wear the lap and shoulder harness restraint systems available in cars since 1968.

Consumer's Association of Canada and the Transportation Research Centre, University of Saskatchewan.

There are a few things you should know about the rent increase limit.

THE RULES:

- Effective January 1, 1975, residential rent increases are limited to 10.6% of the rent presently being charged. This rule applies to any dwelling containing two or more rented units, and will be administered by the Rent Review Commission. The rule also applies to single family dwellings.
- Tenants can legally refuse to pay any rent increase over the 10.6% limit, subject to the exceptions specified in the legislation. Tenants cannot be evicted for non payment of illegal rent increases.
- There must be at least a twelve month interval between one rent increase and the next, and tenants must be given at least three months' notice of any rent increase.
- Notice of Rent Increase forms, supplied to landlords by the Rent Review Commission, must be used. These are the only valid forms for notice of any residential rent increase.

Questions relating to landlord-tenant matters other than rent increases should be directed to the Office of the Rentalsman, 525 Seymour Street, Vancouver, B.C. V6B 3H7. Telephone: 689-0811. Out of town, call collect.

SOME EXCEPTIONS:

- Half a duplex, when the owner lives in the other half (or basement suite, when the owner lives in the remainder of the house) is exempt from the 10.6% limit.
- Certain major renovations may entitle an owner to increase rents over the 10.6% limit. These improvements must have been started since May 3, 1974, and do not include normal maintenance and repairs. Landlords may consult the Rent Review Commission for details, particularly if planning renovations which might justify rent increases.
- Residential premises, except mobile home pads, being rented for the first time on or after January 1, 1974, are exempt from the 10.6% rent increase limit for a period of five years.
- Premises renting for more than \$500 per month are exempt from the 10.6% increase limit.
- Mobile home pad rent increases may exceed 10.6%, but only if prior approval is received from the Rent Review Commission.

A brochure titled *The Rent Increase Limit and its Exceptions* is available upon request, from the Rent Review Commission office, or from your nearest Government Agent office.



If you have questions about residential rent increases, contact the Rent Review Commission P.O. Box 9600, Vancouver, B.C. V6B 4G4 Telephone: 689-9361 Out of town, call collect.

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