



TOTEM TIMES

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VOL. 17 - NO. 10

CFB COMOX TOTEM TIMES

THURSDAY, MAY 15, 1975



THE BIG SWAT - Robbie Wilson, first baseman for the "EXPOS" shows his stuff during an opening game against the "TWINS" May 5th.

Ellis Photo

"Moosejuice" To Get A Facelift

OTTAWA -- Defence Minister James Richardson has announced a \$4.5 million expansion program for construction and improvements this year at Canadian Forces Base Moose Jaw, Sask. This will be followed by an additional \$285,000 program next year.

A requirement to train more pilots is the reason for the expansion program.

Pilot training now calls for graduating 166 pilots a year, an increase of 80 over the previous year. The Canadian Forces also train 30 Netherlands student pilots each year at Moose Jaw under the terms of a bilateral training agreement.

Mr. Richardson said that repaving of runways and taxi aprons will include expenditures of \$2.9 million. Renovation and expansion of five buildings will require \$1.5 million, and improvements to sewage treatment facilities another \$385,000.

In addition to a flying training school, CFB Moose Jaw houses the

Force's flying instructor school, conducts training for base rescue helicopter pilots, and is the home of the famous Canadian aerobatic display team - The Snowbirds. There are 96 jet trainer aircraft and three helicopters at the base.

There are about 900 military personnel and 300 civilians at CFB Moose Jaw. Approximately 400 members of the Forces live in the city of Moose Jaw.

Mr. Richardson said that the total strength of CFB Moose Jaw has increased by more than 100 personnel during the past year and that there will be additional increases in numbers of personnel at the base as the pilot training program continues to expand.

In addition to the expansion program at the base, Mr. Richardson also announced that the Moose Jaw Armouries would be renovated at a cost of \$37,500 as part of the current policy of strengthening the reserve forces.



"YOU MISSED THE CORNER!" says the batter as Miss CFB Comox, Mary Jacobi, tosses the opening pitch to start off the season. Col. Mortimer confirms the youngster's call.

Southbound Travellers Take Note CF Personnel Eligible For Discounts

OTTAWA -- Someone has finally done something about the high cost of travelling.

In 1969, a group of U.S. service wives stationed in Washington, D.C. started a publication, Military Travel Guide (MTG), to aid service personnel and their families when travelling.

The 200-page guide covers the essential details for travellers by listing all major U.S. military installations in the U.S. Included are directions, temporary lodging facilities, emergency data, space available flights, recreation camps and equipment and 15 key telephone numbers for each military establishment.

Another section lists civilian hotels motels which currently offer servicemen and their families accommodations at "military rates." Discounts vary from 10 to 50 per cent.

The MTG editors say that all services, including temporary lodging at military establishments and discounts offered at civilian hotels motels, are available to Canadian military personnel and their dependents.

Copies of the eighth edition of the guide may be obtained from Military Travel Guide, P.O. Box 9654, Washington, D.C. 20016. Cost is \$1.75 (U.S.) for third-class mail, and \$2.50 (U.S.) for air mail.

To Head ADC

OTTAWA -- Defence minister James Richardson recently announced the promotion of Brigadier-general W.H. Vincent, 53, of Vancouver, to the rank of major-general and his appointment as commander of 22nd NORAD Region and Air Defence Command, with headquarters at North Bay, Ont.

The promotion and new appointment are effective June 27. General Vincent succeeds Major-general Garton who is retiring after 35 years' service.

General Vincent enlisted in the Royal Canadian Air Force in 1941 and served in Europe as a night fighter-pilot during the Second World War.

From 1945-1951 he was assigned to various instructional, administrative and flying duties. For the next 20 years he held various appointments in the field of air defence, flying and ground



operations, at air defence installations in Canada and the U.S.

In May 1971 he was appointed senior liaison officer, air, at Canadian Defence Liaison Staff,

London, England. On Aug. 15, 1972, he was promoted to brigadier-general and named to his present position as Chief of Staff, Air Defence Command, North Bay.

Downeast Spacetracker

OTTAWA -- Canada will start operating a Baker-Nunn camera at the Canadian Forces Station St. Margarets, near Chatham, N.B., this winter.

A similar camera also used for the detection, identification and the tracking of objects in space is located at Primrose Lake, near Canadian Forces Base Cold Lake, Alberta.

The three-ton, electrically-controlled camera will be used to help maintain a record of hundreds of objects in space. Reports will be provided to the NORAD

space detection and tracking system (SPADATS) at Colorado Springs, Colo.

The \$120,000 camera will be provided by the Smithsonian Astrophysical Observatory at Bedford, Mass., and will be housed on an elevated platform in a building containing a processing laboratory and plotting room. Construction facilities to house the camera will cost approximately \$600,000 and will mean the employment of an additional 28 military technicians at St. Margarets to operate the facility.

The Baker-Nunn camera

is capable of recording the reflection of objects the size of a basketball more than 25,000 miles away.

Five other Baker-Nunn cameras are operated in various other parts of the world.

Next
Deadline
Monday,
May 26

Attention Bowlers

We regret that because of technical difficulties with film processing, we are unable to feature photos of the recent league awards banquet.

Editor

STORK FLIGHT - Maternity ward on wings gets take off assist from feathered friend. Jealous Argus drivers suggest that opposition SAMO roll back erroneous mileage prominently displayed on the vertical stabilizer of the 442 Squadron aircraft.

Ellis Photo



"SPRING TEMPERATURES bring the beast out in me," states local member of the Armoured Corps.

Summer Music

Vancouver Community College, in cooperation with the Courtenay Youth Music Society, will be offering a series of non-credit and credit courses at the 1975 Courtenay Youth Music Camp, in Courtenay, British Columbia. The courses will be of five weeks duration; July 14-August 15.

Any student who is eligible for College credit (i.e. with secondary school graduation, or a mature student as defined by the College, or not deficient in more than two secondary school graduation courses) may register for these courses.

Students not registered at the CYMC will pay only the College fee of \$20.00 per course. Students registered at the CYMC will not have to pay additional fees for these courses.

In order to receive credit for these courses, students must be registered for the full five weeks of each course they enroll in. No student may take more than two courses.

For pre-registration forms for these courses, please call the music department at special programs division, 731-4614, or come in to 2750 Oak St., Vancouver.

NEW STAFF MEMBERS NEEDED

Call the EDITOR at 461

Rescue Bits

Spring had sprung, the grass had ruz. I wondered where my transfer wuz. The boys back east said shut your face. Or we'll transfer you to a navy base.

Well, sports fans, since our last little episode into the unreal world of save a life, two or three things of significance have happened. We had an occasion to airlift a suspected appendectomy off one of HMC Boats 75 miles from shore. This was done early one a.m. by a helo from Comox and the patient was taken to Esquimalt. All in all, the seaman said it was a cutting experience that left him in stitches. Second go for crew from one of the tin boats was when we completed the third leg of a mercy flight that started in Japan. Just to ensure that we got the guy and his escort we sent a plane down to McChord Air Force Base twice. Was there a little foul-up in naval intelligence? Last but not least was a full scale air search up in the hinterlands of Canada. We received word that a helo was overdue on a trip from Fort Nelson to Watson Lake.

Naturally it was at night and only an ELT search could be carried out. Our own Buffalo was at Fort Nelson the next morning when word was received from the missing pilot that he was OK but short of fuel and lost. The Buffalo homed in on the ELT signal and subsequently led the pilot to the Alcan Hiway where gas was trucked out to him and he went safely on his way. Once again the ELT proved its worth. 442 Sqn Buffalo Flight had a first the other day, as they were in process of airlifting a pregnant woman from Port Hardy a baby was born in flight. The baby figured as it would probably be the first and last Buffalo flight she had better step out and have a look. Mother and daughter are both well and the baby will have a unique birth certificate. Birthplace - abeam Campbell River, B.C.

Now on to the aptitude test for pilots and naval officers. This next one is a repeat because someone in Esquimalt missed it.

a. Where is the basement located in a three story building?
Per ardua ad rescatum.



HOW IS YOUR GENERAL SAFETY PROGRAM?

Thinking about your family vacation? Remember to include safety in your plans and in your activities. We would like to offer you our 1975 safety primer for two popular parts of the summer vacation scene.

DIVE AND SURVIVE
Mariners, ancient and modern, have always respected the danger of shallow water.

But, according to safety experts, a healthy respect for shallow water is sadly lacking in too many of today's divers.

Pools, beaches, lakes and rivers are therefore taking a very unhealthy toll in head, neck and spinal injuries - many of them resulting in paralysis, some in death.

According to Dr. E. Shannon Stauffer, chief of the spinal injuries service of the Rancho Los Amigos Hospital in Downey, California, sports are second only to automobile accidents as the cause of cervical spine injuries resulting in quadriplegia (paralysis of all four limbs). And, he says, water sports in general and diving in particular are the "overwhelming cause."

After conducting a nine-year study of 150 athletic spine injuries, Dr. Stauffer reported that diving caused 100 cases of quadriplegia, two-thirds of the total and that is indeed overwhelming.

Twenty-eight per cent of those diving injuries happened in swimming pools, the victim striking either the bottom or sides of the pool.

Two patients went down swimming pool slides head-first: one hit the side of the pool; the other struck bottom

in four feet of water. The rest of the diving victims were paralyzed in unspecified waters outside swimming pools.

One of Dr. Stauffer's patients dived into a swimmer. Another tried to dive through an inner tube but hit the tube instead of the water.

Still another was relaxing on a houseboat in tidal water when he saw his fishing boat drifting away. To retrieve it, he dived off the houseboat - into two feet of muddy water! Only a few hours before, with the tide in, the water was six feet deep when he swam in it.

LACK OF (DEPTH) PERCEPTION

It's hard to understand, of course, why any person would knowingly plunge head-first into water of unknown depth. But they do - in the often murky waters of oceans, lakes, rivers, ponds and quarries.

It's even harder to understand why people are killed or paralyzed by diving into swimming pools. But they are killed and paralyzed - in relatively clear water with, presumably, clear and accurately marked depths.

In recent years, pools have proliferated in hotels, motels, resorts, country clubs and city parks, and adding rapidly to their number is the boom in backyard above-ground models.

POOL HAZARDS TAKE THEIR TOLL

Some swimming pools present hazards of their own, according to John Fleming, head of the National Safety Council's Public Safety Department.

"We're now in a third generation of diving boards," Fleming explains. "The first boards were wood, next came fiber glass, and now we have aluminum. The aluminum boards are too flexible for many pools, and propel a diver too high or too far out. As a result, our hospitals are

full of human vegetables suffering from irreversible damage - most of them teenagers."

Poor maintenance also presents hazards for the diver. Boards, for example, should be parallel to the water surface. If they're tilted up, the diver may strike them on his way down. If they're tilted down, the diver may be thrown out too far, beyond the pool's deep diving area or "hopper".

To protect yourself and your family against diving injuries, you'll need some safety standards of your own. Here they are, and they come from Ben Harris of NSCs Public Safety Department, who is also a veteran swimming coach and swimming-and-diving meet official:

DIVING DO'S AND DON'TS

Never dive unless you know the water is deep enough. At a pool, check the depth markings and make sure the water level reaches up to the gutters.

If you can't see the bottom of a pool or any other water, it's safer not to dive. But if you do, test it by going in feet-first from as low a level as possible, such as the side of the pool.

A diver is responsible for the people in the water below

him. Don't dive until you're certain the area is clear of swimmers as well as floating or submerged objects. (Even a soft inner tube paralyzed one of Dr. Stauffer's patients.)

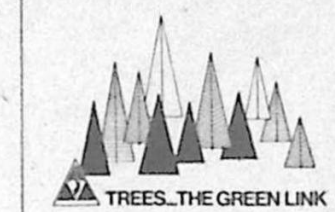
Avoid horseplay regardless of where you're diving. Always dive straight ahead, not to the side of the board, and keep your eyes open until you hit the water.

Don't try dives that are beyond your ability. If you're that keen, get some qualified instruction.

If a board is worn and slippery, or if it's tilted up or down and not parallel to the water surface, be extra cautious.

Never go down a slide head-

FORESTS PART OF ALL OUR LIVES!



first. Never go down one at all if you're an adult and the slide is designed for children at the edge of shallow water.

Finally, make sure small children are supervised at all times in all water activities, especially diving.

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HOME AT LAST! John Marshall, Western Regional Director of the RCAF Association from Victoria, presents Capt. Lorne Kingyngs, Deputy Mayor Wallace Gardens, with the two replica Mynarski Trophies won by CFB Comox in 1962-63 and 1963-64.

Mynarski trophy

A belated but very significant presentation recently took place in the Base Commander's office, CFB Comox.

Mr. John Marshall, the Western Regional Director of the RCAF Association, presented the Mynarski Trophy replicas won by the base in 1962 - 63 and 63 - 64. These trophies are on display in the trophy case at Base Headquarters.

The original trophy was presented 16 Jun 1965 at a banquet in the Sr. NCO's Mess by A V M Lister, the then Air Officer Commanding, Air Defence Command.

The Mynarski Trophy is presented annually to the base

or station which, through its married quarters community council, makes the most effective use of its resources in developing a recreation program suited to the needs of the community's children and youth.

The trophy was presented by former members of the Polish Air Force, who are now members of the RCAF Association, to honour the memory of Pilot Officer Andrew C. Mynarski, V.C.

It is hoped that this presentation was timely enough to awake enough interest in our community to once again be honoured as recipients of this fine award.

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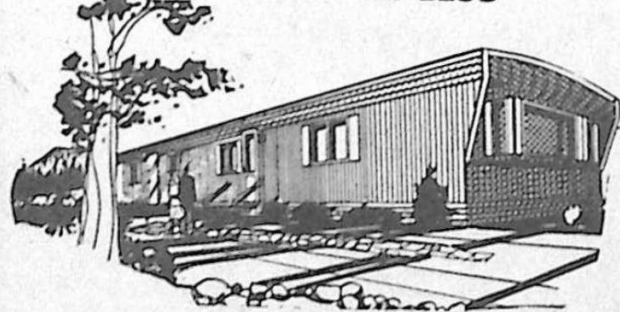
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VANCOUVER ISLAND

First Week/May 15-21

CUMBERLAND

Empire Day Celebrations May 15-19

Thursday May 15 Baseball Championships - Village Little League Annual May Day semi finals and finals 6:30 pm Village Little League Park.

Friday May 16 Baseball Championships continue.

Saturday May 17 Baseball Championships continue. **Sunday May 18** Oldtimers Annual Soccer Game 1 pm Village Park.

Monday May 19 Empire Day Highland Dancing 10:30 am Village Park or if rained out C.R.L. Hall. Empire Day Sports 11am Village Park. *Bill Moncriel 336-2111.

NANAIMO

Empire Day

Friday May 16 Crowning of May Queen - 7:30 pm Nanaimo Civic Arena. This has been a continuous event for well over 100 years. The crowning, a 2 1/2 hour programme, is followed by the traditional torch light parade.

Saturday May 17 Cedar Valley Riding Club Pancake Breakfast 9 am in front of Eatons. Loggers Sports Fish and Game Club Grounds 10 am. Official Opening 1 pm Childrens sports and tug of war. Fireworks Display at dusk in front of Georgia Park.

Sunday May 18 Cedar Valley Riding Club Rodeo 12 noon. Band Concert Georgia Park 7 pm. Teen Age Dance Civic Arena. Fireworks Display at dusk in front of Georgia Park.

Monday May 19 Empire Day Parade 11 am through downtown Nanaimo. Fish and Game Seafood Barbecue 1 pm. Midway opens May 14 and runs to May 19 Daily. *P. Littlewood 753-4388.

VICTORIA

Victoria Day Celebrations May 16-25

Friday May 16 Archery: Canadian Trials, Lambrick Park. **Saturday May 17** Archery: Canadian Trials, Lambrick Park. Armed Forces Day: CFB Esquimalt, Dockyard, 1 pm to 5 pm. Kinsmen Parade: Menzies, Government and Douglas Streets, 10 am.

Band Concert: Cameron Bandshell, Beacon Hill Park, 7 pm. Glass Bottle Collectors Show: George Peakes Arena, Sail Past: Power and Sail, Inner Harbour, 6 pm. Air Rally: Victoria International Airport.

Aerobatics: Snowbird Team, Beacon Hill Park, 11:00-11:30 am. Parachutes: Skyhawk Team, Beacon Hill Park, 10:30-11:00 am. Fibres Show: 500 Fort Street, 10:00 am - 5:30 pm.

Sunday May 18 Archery: Canadian Trials, Lambrick Park. Glass Bottle Collectors Show: George Peakes Arena. Fibres Show: 500 Fort Street, 10:00 am - 5:30 pm. Fun Frolic: Douglas and Yates Streets and Centennial Square, 2 pm - 8 pm.

Band Concert: Naden Band, Centennial Square, 2 pm - 3 pm. Costume Parade: Centennial Square, 3:30 pm. Sunset Ceremony: Centennial Square, 8:30 pm - 9 pm. Torchlight Parade: City Hall to Empress Hotel, 9:30 pm - 10 pm.

May Queen Procession: Empress Hotel to Parliament Buildings, 10:00 pm - 10:15 pm. Crowning of May Queen: Parliament Buildings, steps, 10:15 - 10:30 pm.

Fireworks: Victoria Inner Harbour. Band Concert: Cameron Bandshell, Beacon Hill Park, 3 pm. **Monday May 19** Archery: Canadian Trials, Lambrick Park. Fibres Show: 500 Fort Street, 10:00 am - 5:30 pm.

Band Concert: Cameron Bandshell, Beacon Hill Park, 3 pm. Victoria Day Parade: Mayfair Centre to Superior Street, 10:00 am - 12:30 pm. Gorge Regatta: Gorge Park, 1 pm - 5 pm.

International Village: Centennial Square, 10 am to dusk.

Tuesday May 20 International Village: Centennial Square, 10 am to dusk.

Rocking Chair Marathon, Hillside Shopping Centre.

Wednesday May 21 International Village: Centennial Square, 10 am to dusk. Labatt's Great Penny Farthing Race, Victoria Area.

CEDAR

SOFTBALL Empire Day Weekend Ladies Softball Tournament May 17, 18, 19 - 10 am til dusk Cedar Jr. Sec. School Gould Rd. Cedar Supper and dance, beer fest, concession stand: *C. Thompson Nanaimo 753-1605.

DUNCAN

TRACK & FIELD G. R. Pearkes Track & Field Meet May 17, 18 - 11 am Gyro Track Cowichan Senior Sec. School James Street Washington. *Len Mayea 746-5951.

NANAIMO

HORSE SHOE PITCHING British Columbia International May 18, 19 - 10 am Exhibition Park 2210 Bowen Road. May 18 - Mens A,B,C,D,E - May 19 - Seniors (60+), Juniors 16 and under. *James Archibald 754-5061.

LACROSSE Sr. A Lacrosse Coquitlam Adanacs vs Nanaimo Timbermen May 17 - 7:30 pm Nanaimo Civic Arena. *Frank Cooper 753-8040.

LOGGERS SPORTS Nanaimo Empire Day Loggers Sports May 17 - Registration 8 am; Preliminaries 10 am; Finals 1 pm Nanaimo Fish & Game Club Harewood Rd. Member of Canlog Canadian Logger Sports Assoc. *Ed Skeeles 390-4048.

RODEO Little Britches Rodeo May 18 - 1 pm Exhibition Park Bowen Rd. Open to all children 16 years of age and under. *Tom Hewitt 753-3674.

SKIING B.C. Festival Ski Races May 18 - 12 noon Green Mountain Ski Area 36 miles West of Nanaimo. *Manfred Mayer 754-2831.

PORT HARDY

MOTORSPORT Missing Link Car Rally May 17 10 am from Parliament Buildings Victoria ending in Port Hardy on May 18. *Kent Dagenais 949-6655.

VICTORIA

CULTURAL Carling Foundation International Village May 19 - May 25 10 am til dawn daily Centennial Square. International foods, arts and handicrafts daily with international entertainment on the stage each evening and Saturday and Sunday afternoon. *Mrs. Jozeph Herist Sidney 656-6078.

DARTS Provincial Darts Championship May 17, 18 - 11 am Canadian Legion Hall 622 Admirals. *K. Fowler 478-1975. **MOTORCYCLE RACING** Greater Victoria Victoria Day Celebrations May 19 - 1 pm. Washington. *G. Lohrmann 388-1773.

MOTORSPORT Victoria Day Championship May 19 - 1 pm to 7 pm Western Speedway 650 Horden, Claimers and Super Stocks. *J. Begg 388-5711.

RUGBY Bedford vs Oak Bay Wanderers 6:30 pm May 16. *K. Banks P.O. Box 2168 Vancouver.

RUGBY New Brighton vs Castaways Rugby Club 6:30 pm May 21 New Brighton football club from the North of England coming here to celebrate their Centenary. *K. Banks Box 2168 Vancouver.

A programme of the Community Recreation Branch

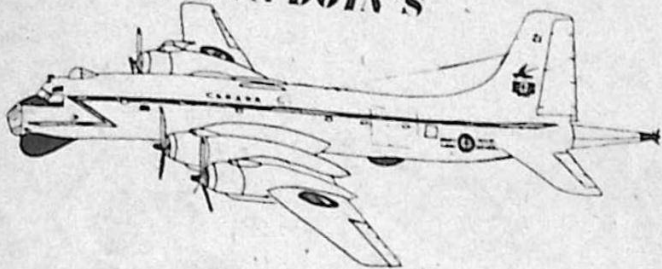
British Columbia Government
Department of Travel Industry

Hon. Ernest Hall, Minister - R. L. Colby, Deputy Minister

Pick up your free "Schedule of Events" booklet at any B.C. Branch of the Canadian Imperial Bank of Commerce, Recreation office or B.C. Automobile Association office.



DEMON DOIN'S



It seems that some persons have commented that I always start this column with a statement on the weather. So I won't.

Crew 2 spent the end of April photographing the area around Yellowknife and points North. As was noted in a previous issue, Prince Charles had an impromptu tour of 716. Dave Niel, who went along to supplement the Banana Muncher's Section, arranged a tour of the giant YR Mine. A very interesting, but "unprofitable" experience.

No sooner did the Northern travellers return to Comox than they were scheduled for a dunk in the chuck, under the heading of Sea Survival. After a day of films and lectures, the fearless bunch took to the seas. John Stevens spent more time in the water than in the dinghy (oddly enough by choice). Ziggy Wiedner gave his raft-mates a start when he snagged the bottom of the raft with his fishing lure. The result was all survived.

The Squadron held an all unks Smoker recently in the otem Inn. The Officers Beer Drinking team comprising of L. Col. Montgomery, Capt. Ed Goski, Capt. Art Arsenault, Capt. Jim Dodd, Capt. Gary Anderson and Capt. Ivan Hawley certainly showed their capabilities at the Smoker by defeating their closest rivals by a full three seconds. There would have been an even larger time spread except for a "Biased Referee" who insisted one of the team members had "Overspilt" and therefore had to drink an additional glass. The Bike Race Team unfortunately didn't fare too well due mainly to navigation problems and the inability to whistle with a mouthful of crackers or could it have been that they didn't know the first two bars of "O Canada". The Smoker was a huge success, enjoyed by all who attended. A large number of Officers were noticeable by their absence. Tough, fellas, you missed a good bash.

Postings out this summer are starting to come in. John Bennett is going to Winnipeg on the Aerospace System course and "Tap" Fawcett is posted to Halifax as C.O. of ADAC. It's about time they posted Tap out, he's been in Comox too long. Paul Dubois is going to Moose Jaw as an Instructor at 2 CFFTS and Dick Strobl to MARPAC OPS in Victoria. Russ Crum's

Glacier Greens Calendar

Glacier Greens are running a raffle on a 20 inch color Electrohome T.V. The draw is to take place on Sunday the 14th of September after the completion of the Final Round of the Men's Championship play. StPrice of the tickets are \$1.00 each. TV may be seen at Glacier Greens Club house. Ernie Strobel is in charge of ticket sales, tickets may be purchased from any Committee Member and at the Golf Club Bar.

So come and spend a buck or two on a worthy cause and who knows you may be the proud winner of a new Color T.V.

tentative release is in the mill as Russ intends to pursue a career in the field of law. Tom Loosbrock is returning to his "home country - Corpus Cristie, Texas".

Unsolved incident: It seems that the wife of a Lieutenant (works in ASCAC) was riding her bike on the Comox Wharf the other day and met with an unfortunate accident. The Rider and the Bike somehow ended up in the Comox Harbor. The young lady, being a non-swimmer was quickly rescued. Any information on the mystery rider?

Crew 3 has successfully completed another "closed loop" their second of the year. A "closed loop" is a trip that is an away trip that doesn't go away. After a long flight in a loop over the Pacific, you return to Comox but simulate landing at an exotic spot. After 2 days of surf and sun at the Goose Spit and lunch at the Mexicana, you fly another loop trip and guess what? You're back in Comox.

Speaking of the Spit, Crew 3 has recently completed the Sea Survival Course. First the good news. We only had to abandon ship twice. Now the bad news. Crew 5 dropped us the dinghies, but because they were afraid of staying past their Prudent Limit of Endurance, they were in a great hurry to get back to Comox and they dropped the dinghies right where Crew 3 wasn't. That set the tone for the next half hour of fun, games and frivolity.

We managed to swim to the first dinghy. Guess what? It wouldn't inflate. Minor problem. We started to haul in the line to get the other dinghy. Guess what? One of our own "friendly Government" boats sailed right through and caught the line in their propeller and broke it. Minor Problem. The Staff managed to fix the first dinghy. The hiss of air as the dinghy inflated was music to our ears. Guess what? The music got louder as the air rushed out. Minor problem. We were issued with 4 plugs to plug up the holes. Guess what? There were 5 holes. Our simulated "casualty" was "Wiener" Lavigne who weighs 300 pounds soaking wet, which he was, and he had to be manhandled into the dinghy. Half the people in the

Officers' Wives Club

Wednesday 21st May 1975 at 7:30 p.m. in the Officers Mess. 5 course meal - table service - wine - entertainment. Members \$5

Non-Members and guests - \$6. Limited number of tickets available until noon Friday 16th May. Tickets can be obtained from: Diana Jenks, 1678 Noel, Comox 339-3780; Francine Frey, 428 Sable Place, Comox 339-4759; Shirley Robb, 2081 Murphy, Comox 339-3307; Barbara Arsenault PMQ 69 339-4701; Moira Montgomery PMQ 94 339-3495; "Scotty" Wilson 1180 17th St., Courtenay 338-6139 or 338-8143 (Nu-Look); Irene Taylor 1790 Kilpatrick, Courtenay 338-5667.

dinghy bailed with their helmets while the other half stuck fingers in the holes. Soon the hissing stopped but the water level inside the dinghy rose higher. Not only the floor leaked in the dinghy, but the warranty had expired. We decided on a tactical withdrawal of all fingers, we fired the distress flare, and abandoned ship. Fortunately the Staff provided us with a serviceable dinghy in which we spent an enjoyable afternoon distilling water, fishing, swapping sea yarns and trying Nelson's Blood.

Posting rumors for Crew 3. TACCO Paul Parent - one year posting to the French Language Course at the Comox Rec Centre. Lead F E Gene Savoy - to the Italian Air Force (Woppa, Woppa, Woppa). Gord Kent - out. John Fox - in. Steve Milan upgraded himself right off the crew and into Operations.

Sailing Club News

The Sailing Club's keelboat is now moored at Finger D 36 at the Comox Marina awaiting official acquisition with the help of a Central Fund loan.

The I.F. (International Folkboat) is a Swedish designed, 26 foot sloop, a good boat for the family, for cruising and for racing. At the present time the boat is ready for sailing (mainsail, jib and genoa) but not yet for cruising. Geoff Frusher has volunteered as keelboat bosun.

For approximately \$175, you will get the year round use of the keelboat shared amongst a syndicate of 10 to 12 members, thus providing sailing for up to 50 of our members. Maintenance of the boat would be done on a self-help basis by the members. Each person in command of the keelboat will have to be qualified to Canadian Yachting Association Cruising Standards, and each member of the keelboat syndicate would be guaranteed a one week peak season cruise.

The testing for the CYA White Sail Beginners Course will start 17 May. If you were not one of the 30 students who took part in these courses, fear not. The demand for summer sailing courses is being met in three ways: (1) Service dinghy courses will be available through HMCS Quadra facilities for Service personnel, (2) the Comox Recreation Council and the CFSA will provide summer courses from the Spit Lagoon area in Sabot Dinghies at a nominal cost and (3) it is proposed that instruction will be available to Club members (utilizing summer employed students as instructors) up to Silver Sail level in Mirrors and Fireballs, and Cruise 1 level in keelboats, again at nominal cost. Summer courses will be on a first come, first served basis so get your name on the list early by phoning our Secretary, Sheila Wilkinson, 339-5025.

The winners of last year's B.C. Mirror Dinghy Championship, Alex Fox and Leslie Wilkinson, have been invited to represent B.C. in the Canadian Nationals to be held at Thetford Mines, P.Q. in July.

(Continued on page 6)



MAJ. JONES, Base Supply Officer, CFB Comox, and MWO Graham with Inventory Control staff taken in the computer room of Document Control Section. L to R Sgt. Stagg, Mr. Grant, Cpl. Brown, Pte. Joly, Pte. Bernatchez, Pte. Francoeur, Pte. Perron, Pte. Pearson, Pte. Ehry, Mrs. Clark, Pte. Lemieux, Pte. Rye, Mrs. Major, Mr. Hodgkinson, Cpl. Whaley, Pte. Murphy, Sgt. Orr, MCpl. Fredette, Pte. Cauthier. Seated L to R Cpl. Dubuc and MCpl. Brown.



MAJ. JONES (BSUpO) and MWO Graham (ICO) seen congratulating Sgt. Stagg and MCpl. Fredette on completion of three months as instructors on the new automated system. An excellent job gentlemen!

Kindergarten Registration

Registration for Kindergarten children for 1975-76 will take place at the school on Wednesday May 23rd between 9 a.m. and 12 a.m.

Registration age is five years old by December 31, 1975. Birth certificates must be produced before children can be accepted for registration.

Morning or afternoon attendance at the Kindergarten cannot be guaranteed. An attempt to accommodate parents will be made but there is no doubt that there will be

Heart and blood vessel diseases kill more Canadians than all other causes combined. The B.C. Heart Foundation is fighting these killers. Your dollars are needed. Support this community's heart fund drive.

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AT

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Devils Brigade

Base Supply went to "DEVIL" on 12th May 75, after two long years of preparation. What a relief! Sgt. Orr, Cpl. Brown and Cpl. Whaley escorted the old stock record cards to CFB Camp Borden last Friday. They were scheduled to supervise the pick-up of all stock balances to ensure computer records reflect the correct information for input at Data Centre Ottawa. We are all depending on you guys for a smooth error free conversion.

Meanwhile, back at base, it is business as usual as the off-line mode continues until Friday, 16th May. Tuesday, 20th May 75 - Base Supply becomes a fully automated base when we switch to the on-line operation.

The co-operation of all personnel over the difficult months is greatly appreciated.

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EDITORIAL

Which Way Do We Go?

In an attempt to progress with the times, it sometimes seems that the Forces could be likened to a person furiously running forward on a treadmill which is slowly rolling backwards down a hill.

To illustrate what I mean, consider this: last winter, a senior officer at an eastern base was court martialled for disobeying a command from higher authority. He had refused to process the release of a junior officer, who had previously been convicted and sentenced on a drug charge. The senior officer felt that this amounted to double punishment, and he questioned the chain of command. The outcome of the whole matter seems to illustrate that authority in the military remains absolute, and so it should, within the bounds of compassion and peacetime circumstances. By comparison, a young person entering the service today signs a contract for five years, and should be expected to honour that agreement. Yet if, after a year or so, they find they don't like service life, they may simply request their release on six month's notice, and go their merry way. All training costs, uniforms, and other maintenance costs are wasted. The contract with the Forces is broken. Where lies the authority and discipline now?

Furthermore, I recall one of the original aims of unification was to effect savings that could be better used in purchasing more modern equipment. Unification has been a fait accompli since 1968, and still the Argus replacement matter drags on. Time is

running out for proposals by the two competing contractors, and now the government is considering another idea; that of refurbishing the old Argus to bring it up to scratch and flying it on and on. Though I'm not an expert on anti-submarine warfare, it seems to me that such a move would have been more suitable during the last decade, when the Argus airframe was younger, and other nations were improving the state of the art.

One more point to make, with regard to people and policy. Several years back a directive was issued which stated that such special articles of dress as maroon berets for the Airborne Regiment, or red berets for Para Rescue Specialists could only be worn with environmental clothing, not with the dress uniform. The purpose for this was to prevent elitism from creeping into the Forces. However, with the recent policy of rapid promotion and higher rates of pay in certain trades, such an elite status just may be created, with further emphasis brought on in the form of branch badges, command badges and the like. Identity is an important factor in the military, and if elite professions are desirable, let it so be stated.

The purpose of this editorial is this, plain and simple: if we are going to adopt a policy of being a military force, let's do it and work hard to be a military force. On the other hand, if we're going to be known as the Department of Agonizing Reappraisals, then let's do that. One way or other, let's pick a road and follow it.

C.R.S.

An Open Letter To All Parents

Dear Moms and Dads,

As controller of Recreation for the P.M.Q. Council, I am appalled by the disinterest of the average parents with their own children. The lack of interest and support has really come to light in the past few weeks (as it does every year) when we tried to organize the baseball softball programme for YOUR children. Approximately 175 boys and girls signed up for ball this year and, taking an average of 1 1/2 players per family, that means we had at least 200 parents that should have shown some interest in helping us. WE DIDN'T! We had approximately 20 people (counting some single personnel from the base and some older teenagers) interested in coaching or umpiring.

The boys' baseball league (9-12 yrs.) had the majority of interest, and therefore was organized with little difficulty. The girls' softball on the other hand has less than the minimum required help, and we have been struggling to keep it going for at least one more year (this year.) We barely have enough coaches for each team and we have few umpires. The coaches this year will be given an umpire counter and will have to pick an umpire from the spectators' stands (which incidentally are seldom overcrowded!) Failing this, the games will have to be cancelled or forfeited due to the lack of support.

How can we solve this dilemma? Well, we have asked repeatedly for more help from parents and other interested adults; we have a section on the registration form for parents to indicate their willingness to assist in the various capacities as coach, umpire, assistant coach, scorekeeper or transportation etc. Unfortunately the majority of parents make a token gesture by offering to scorekeep or provide transportation. Although we appreciate some assistance in these areas, 16 scorekeepers for one team won't make up for the lack of coaching staff.

"I don't know how to coach a team or umpire a game," you say. Well, let's face it, world famous coaches like Casey Stengel, Alvin Dark, Frank Robinson, and major league umpires weren't born overnight. They had to learn, and so can you. Each year we have coaches clinics and umpires clinics to teach interested parents how to help with their children's teams.

It seems all too easy for most parents to push their children out the door with the required registration fee in their hands and leave it up to someone else to teach their kids sportsmanship, teamwork, and the skills of organized sports. Most parents don't even have enough interest to attend the games to

cheer their boys and girls on, and a few of those that do show up start to give the coaches a hard time about the way they play their kids or for yelling at them when they aren't paying attention to the game. Some parents even try to do the coaches' job from the spectators stand, and certainly don't make the team coach's job any easier. Where are these people though when you want them to assist as officials? Usually too busy golfing, fishing, etc., or over at the club enjoying themselves.

I recently noticed, as some of you may have, a sign hanging on the wall of the BX lobby. It says simply - "DO YOUR CHILDREN KNOW WHERE YOU ARE?" Although this may seem an absurd question to most people, you would be surprised at just how true it is. I recently had occasion to call several different homes in regard to the recreation program and amazingly enough the young boys or girls (9-10 yrs.) that answered didn't know where their parents were, what they were doing, or when they would be back! Now doesn't it seem disgusting that some parents would have such little regard for their own children's welfare.

Some of you reading this letter may fit the shoe, I'm certain, and if you want to call me about it or write an answer in retaliation, go right ahead, but be sure to leave your number because I've got a job all lined up for you in the summer programme.

One solution to this continual problem is to drop the recreation programme all together next year (and don't think we haven't thought about it) or do as some communities in the United States have done recently, and sign at least one parent per family up for a job in the coaching or umpiring capacity or else the child is not registered. Either way the children come out the losers and both possible solutions are drastic measures that I would hate to have to take, but let's face it, a hand-full of volunteer help can't organize or control a sports programme for 150-200 children.

In closing I would just like to thank those few concerned people that are doing such a good job for us, and to warn those parents to whom this letter is addressed, that unless we, the Council, get more support in the future, your children will have less to do in their spare time and YOU will suffer in the long run. So think about it, and remember it's never too late to start helping, so give us a call. Thank you.

yours truly
Dave Godfrey
Controller of Recreation
PMQ Council

To RRSP Or Not To RRSP

That Is The (Important) Question

BY COL. J. J. CAMERON
Directorate of
Budget Administration
NDHQ

OTTAWA (CFP) - Once again the feverish call to join a retirement savings plan has come and gone for this year. To be sure, RRSPs are available throughout the year, but the income tax-preparation season is most lucrative from the advertising-return point of view of the plan-issuers, thus the annual bombardment.

The Servicemen's Registered Retirement Savings Plan is available all year round also - but the great "get-on-the-band wagon" burst came just last month. The advertisements of all the issuers of the plans stress the "save-on-tax-now"

aspect. As servicemen, our main objective should be to supplement our pension income in the future, or to save up a heavily-taxable lump sum, before we consider the "save-on-tax-now" aspect. This is because the plan must eventually be cashed in and the proceeds paid to the individual in the form of a pension payable for life, as a lump-sum cash refund, or as a death benefit. All of these are taxed.

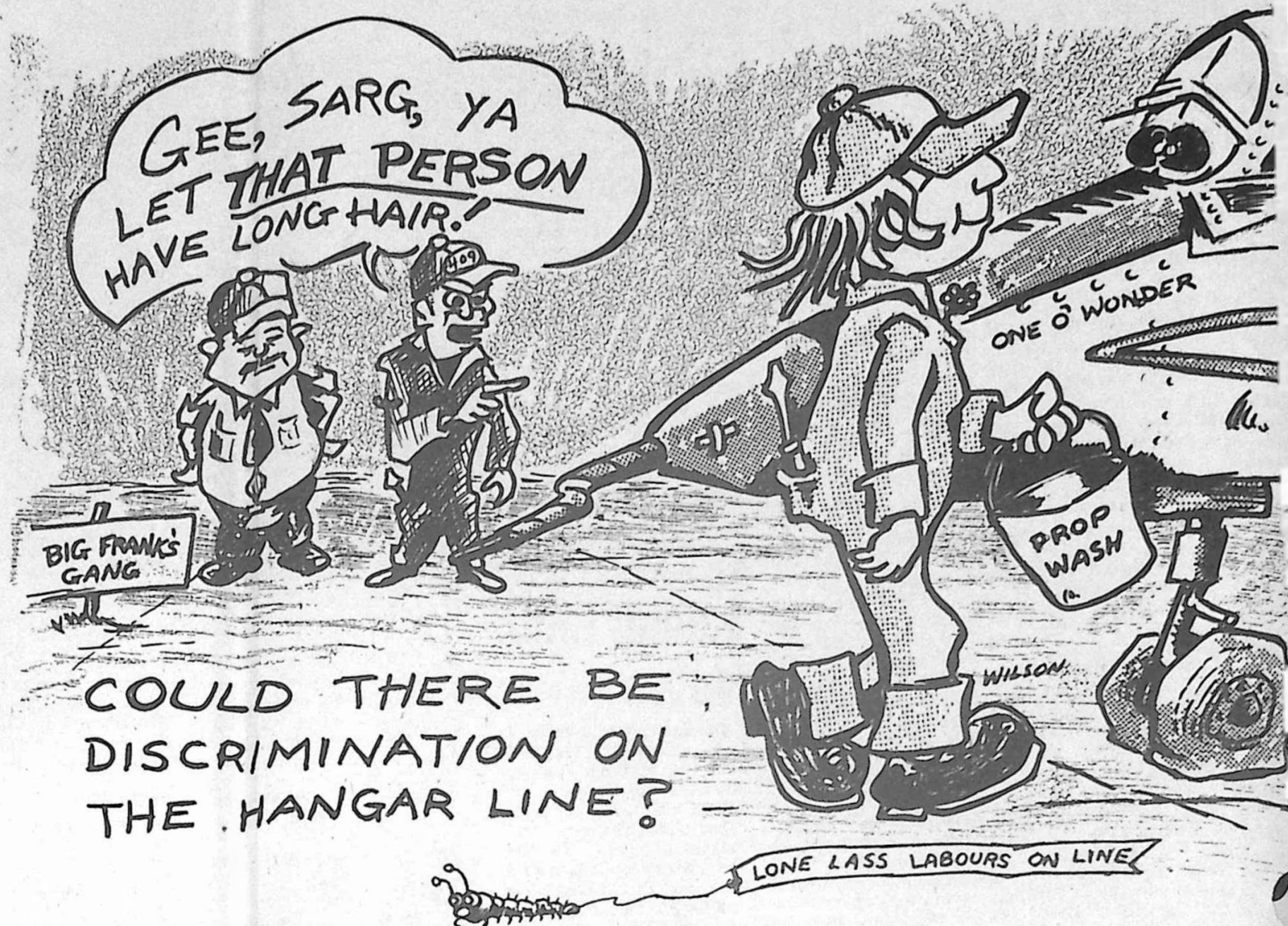
Consider a pension payable for life (i.e. not for five, 10, or 15 years, but for life). The money saved in an RRSP will not buy very much per month for life at age 50 or 55. It will buy more per month for life at age 70 - but is that what you are saving for?

Let us assume that our

objective is to tuck away \$500 per year to provide a life annuity, starting at age 60. We can do this two ways; with or without an RRSP. If we do with an RRSP, all of the gains of the fund are eventually taxed as income. If we do it without, the capital gains in our fund are taxed at only half the rate of ordinary income; and dividends received qualify for tax credits.

But what if our objective changes? With the RRSP, cashing in and taking anything other than a life annuity (or another RRSP) will mean all the proceeds will be added to the income of the year of cash-in, and taxed as an ordinary income in that year, with no income-

(Continued on page 10)



Royal Canadian Legion Golden Anniversary

1. To celebrate its 50th Anniversary, the Royal Canadian Legion has planned a number of events to occur between November 1975 and November 1976. Among these is a banquet in Ottawa on 10 November, 1975, to which will be invited the Governor General, members of the Cabinet and holders of the Victoria Cross and of the George Cross. On that day a special postage stamp will be issued to commemorate the occasion.

2. The Legion is examining also the possibility of providing, as a gift to the nation, new lighting for the National War Memorial, and making a second gift, for the youth of Canada. In addition, following the anniversary theme "Old Torch-New Flame" it is intended that runners will carry torches from the east and west coasts and meet in Winnipeg on 13 June 1976 to light the torch at the Golden Anniversary Convention.

3. To defray the costs of the

activities, the Legion has arranged with Dutch bulb growers to create a new golden yellow tulip to be registered under the name "Royal Canadian Legion Tulip" and sold by Legion branches across Canada. This tulip will become a symbol of the anniversary, and will emphasize the special relationship of the Legion with the Netherlands, where so many Canadians gave their lives during the Second World War. It will be a high quality tulip (the bulbs will have a circumference of more than 12 cm) and it will grow to a height of 20-26 inches. The cost of \$16.00 per hundred bulbs (delivery included) is a competitive price for quality stock.

4. You are requested to encourage units and personnel in your command to avail themselves of this special offer by placing orders with adjacent Legion branches prior to 30 June 1975 when the sales campaign concludes.

Clinton Centennial

This year the Town of Clinton Ontario is celebrating its Centennial. Your readers may be aware that Clinton is the "Home of Radar in Canada" having been the site of the Radar & Communications School from 1941 to 1971 when CFB Clinton closed.

In conjunction with the Town celebrations there will be a R.C.A.F. Re-Union on the weekend of July 25 to 28 inclusive.

All personnel, serving and ex-service, including those of Allied Forces who may have trained here are cordially invited to attend.

Further information may be obtained by writing:

Mr. Joe Murphy,
Chairman,
R.C.A.F. Centennial
Committee,
Clinton, Ontario.
NOM 1L0



Help!

The picture at left represents a typical reader of the Totem Times. He can see -- but he cannot speak. He has no visible arms and therefore he cannot write. With his ears covered up, he obviously cannot hear our pleas for assistance.

The Totem Times needs WORKERS. If you enjoy reading and want the Totem Times to continue in operation - call the editor IMMEDIATELY at local 461. Without your support the Totem Times will not survive!

BARBECUE RECIPE

Be sure you barbecue in an open area, not in your house or basement.

After lighting barbecue, do not add more starter fluid.

Remain in the area, never leave your barbecue unattended.

Be sure coals are completely extinguished before being disposed of.

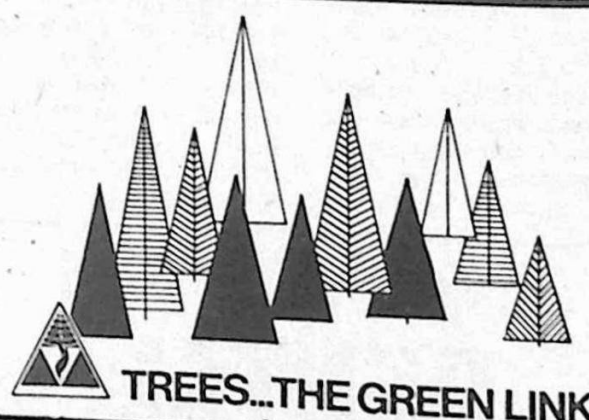
Exercise common sense at all times.

Combustibles should be kept at a safe distance.

Use only proper starting fluid, do not use other combustible liquids such as gasoline.

Enjoy yourselves.

"DON'T GIVE FIRE
A PLACE TO START"



TOTEM TIMES

Published every second Thursday with the kind permission of Col. R. L. Mortimer, Commanding Officer, CFB Comox.
Editor: Bob Shawcross (461)
Editorial Assistants: Gloria McLaren, Brenda Solobay, Maig Pette, Chris Hosford, Dave Wrenn and Norma Simms.

Photographers: Ed Ellis, Jack Begin, Dan Manson
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Girl Friday: Karen Rusnak
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Advertising: Ron Irving, Michel Naud, Marc Legault, Marlene Hart and Bernie Boutaught.
Cartoons: Al Wilson

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Inter-Section Fastball Schedule

May 20	1700	USAF vs MP's
	1700	407 vs 409
	1900	Firehall vs 442
May 21	1700	409 vs MP's
	1700	USAF vs Firehall
	1900	407 vs 442
May 26	1700	409 vs Firehall
	1700	407 vs USAF
	1900	MP's vs 442
May 28	1700	442 vs Firehall
	1700	MP's vs USAF
	1900	409 vs 407
June 2	1700	USAF vs 409
	1700	442 vs MP's
	1900	Firehall vs 407
June 4	1700	USAF vs 409
	1700	407 vs MP's
	1900	Firehall vs 442
June 9	1700	407 vs MP's
	1700	USAF vs Firehall
	1900	409 vs 442
June 11	1700	409 vs 442
	1700	MP's vs Firehall
	1900	407 vs USAF
June 16	1700	MP's vs Firehall
	1700	409 vs 407
	1900	USAF vs 442
June 18	1700	Firehall vs 407
	1700	MP's vs 409
	1900	442 vs USAF
June 23	1700	Firehall vs 409
	1700	USAF vs 442
	1900	407 vs MP's

Monday the 12th of May, Intersection Softball got under way. Last years Champs, the Firehall, had to come from behind to tie USAF 11 all. The Firehall scored 4 runs in the last half of the 7th inning to tie the game.

In the second game, 407 downed 442 by a score of 4 to 5. Pitching for 407 was Flemming, who got the win.

The MP's squeezed by 409 11 to 10 on 4 runs in the bottom of the 7th. The winning pitcher was Galloway.

Ladies Golf News

The ladies of Glacier Greens have been out in full force the past two Wednesdays, showing great form - and the golf scores have not been too bad either!

Winner of the CLGA Pin Day on Wednesday 30th April was Irene Harker, the low putting winner for 9 holes was Pearl Kingens, and for 18 holes, Linda Fox and Dorothy Branch. Other prize winners for the day were Jackie Finnie, Lee Harris and Maizie Walsh.

Wednesday 7th May was the final round of the NHA Tourney. Mary Shaw won first place honors with Mona Ledgard second and Nettie Bonenfant as the alternate player. Good luck to Mary and Mona who will be playing in the quarter round final of this tourney on Thursday at Comox.

Representing Glacier Greens at the Ladies North and Golf Tournament, at the Comox Golf Club on Sunday May 11th were Barbara Carter, Mona Ledgard, Millie Legg and Nettie Bonenfant. The lovely weather and the wonderful hospitality combined to make it a most enjoyable day for our four participants.

The golf lessons by Mr. Gary McWilliams have been completed. Now with lots of practise, perseverance and patience the ladies will endeavor to utilize what they learned to help lower their scores.

Improvements to the Club house are underway. Larry

Harker is building an impressive stone bar-be-que with the help of a few loyal volunteers. The curtains for the lounge have been made by Joan Stevens and hopefully will be hung by the weekend. A public address system has been installed and will be a great asset for future tournaments.

Speaking of tournaments, don't forget the Mixed 4 Ball this Sunday, 18th May starting at 10 a.m. 18 holes. Wednesday 21st is ladies day HDCCP, Start 9 a.m., 18 holes. Sunday 25th May will be the Ladies Qualifying Round Match Play starting at 10 a.m. More information on this can be obtained from Barbara Carter, the Club Captain. Glacier Greens ladies will visit Sunnydale Golf Club on Wednesday 28th May, and hopefully we will have a good turn out of participants for this occasion. This is a fun day and not a competition, so regardless of handicap come out and enjoy this Inter Club visit.

The ladies committee held a meeting last week and made plans for catering and assisting at the Mens Invitational to be held on Saturday 31st May and Sunday 1st June. Any volunteers willing to help at this event will be most welcome.

See you in the club house on Wednesday mornings. Come early and enjoy a cup of coffee before heading out for a prompt 9 a.m. tee off.



MEET THE TOTEMS: Back Row L-R: Ernie Strocel; Ken Kibblewhite; Jim Brown; Dave Boxall; Doug Tucker; John Inglis; Randy Howell; Jerry Murray (Coach). Front Row L-R: Owen Coffel; Denis Rochon; Hugh Knockwood; Ron Onieli; Rick Hamel; Norm Keyes.



Totems Fastball

BY RAY HERRINGTON

The base fastball team played its first game of the season in Campbell River against Pete's Towing which saw the local boys come away with a 3 to 0 victory. Pitching for the base was Ken Kibblewhite who only gave up 2 hits and struck out 10 for the win. Jack Kraplin and Ron Niel each had 2 hits for the offence. The losing pitcher

was Anchor who gave up 7 hits.

R H E
CFB 00300003 7 0
Pete's 00000000 2 0

On May 8th the Base Commander, Col. Molimer, threw out the first ball to officially commence the season at home. The opposing team from the Anchor Garage, Comox came up with a 9-4 victory over the local boys. The team from Comox came to play and that's what they did. They out hit and out hustled the base team. Owen Coffel gave up 10 hits, but the rest of the team let him down with lots of throwing errors. Ray Massey pitched for Anchor Garage and gave up only 5 hits. The base team came to life in the bottom of the seventh to score runs, but Massey put out the fire by striking out the last 3 batters to gain the victory. The big gun for Comox was Tony White with 3 for 3.

Jerry Murray, coach of the base team, will have to improve the team's throwing (or else). They have 14 games left in the schedule before they get into the Pacific Region Playoff and then on to the Canadian Forces Championship in that order. Murray has already asked for SA bookings to the Forces Championship for the team.

Anchor 0105201 9 11 0
CFB 0000004 4 5 10
The base team again travelled to Campbell River to take on the Woodworkers. The base came away with an 8-0 score on 7 hits.



VANCOUVER ISLAND

Second Week/May 22-28

VICTORIA

Victoria Day Celebrations May 22-25

Thursday May 22 International Village: Centennial Square, 10 am to dusk.
Mustache Contest: Centennial Square, 8 pm.
Boy's Club Demonstrations.
Ginormous Garage Sale and Auction, Victoria Curling Club, 6 pm - 10 pm.
B.C. Wrist-Wrestling Championship, Bastion Square 1 pm - 9 pm.
Friday May 23 International Village: Centennial Square, 10 a.m. to dusk.
Ginormous Garage Sale and Auction, Victoria Curling Club, 6 pm - 10 pm.
B.C. Wrist-Wrestling Championship, Bastion Square, 1 pm - 9 pm.
Tea & Crumpet 5-pin Handicap Tournament, Town and Country Lanes, 7 pm.
Penny Farthing Inn: English-type Pub Atmosphere, Memorial Arena, 7 pm - 1 am.
Saturday May 24 International Village: Centennial Square, 10 am to dusk.
B.C. Wrist-Wrestling Championship, Bastion Square, 1 pm - 9 pm.
Tea & Crumpet 5-pin Handicap Tournament, Town and Country Lanes, 7 pm.
Penny Farthing Inn: English-type Pub Atmosphere, Memorial Arena, 7 pm - 1 am.
Swiftsure Yacht Race and Juan de Fuca Races, start/end Victoria Inner Harbour, 9:30 am.
Highland Games, 38th Annual Scottish Gathering, Beacon Hill Park, 9:30 am.
Military Ball: Bay Street Armouries, 9 pm.
Malahat Marauders: Holland Point, 9 am - 8:30 pm.
Sunday May 25 International Village: Centennial Square, 10 am to dusk.
Tea & Crumpet 5-pin Handicap Tournament, Town and Country Lanes, 7 pm.
Malahat Marauders: Holland Point, 9 am - 8:30 pm.
Jaycee Soap Box Derby: Cloverdale Hill, 10 am.
*Victorian Day Society 383-7191.

CAMPBELL RIVER

ARTS & CRAFTS SHOWCASE May 21 "set up" day; 22 to 24 - 9 am to 10 pm Community Hall 401 11th Avenue. Displays by individuals and groups. *Nancy Rombough 287-8232.
BOWLING Doubles B.C. Womens Tenpin Bowling Assoc. 6th Annual Championships May 24, 25, 31, June 1 9 am to midnight Campbell River Bowl-a-drome 1302 Island Highway Campbell River. *Mrs. Hazel McLeary Victoria 478-9632.
BOWLING B.C. Womens Tenpin Assoc. 6th Annual Championships Single events May 24, 25, 31, June 1 9 am to midnight Campbell River Bowl-a-drome 1302 Island Highway. *Mrs. Hazel McLeary Victoria 478-9632.

CHERRY CREEK

ARTS AND CRAFTS Cherry Creek Arts and Crafts Festival May 25 - 10 am to 5 pm with pancake breakfast beginning at 9:30 am Cherry Creek Community Centre, R.R. 2 Cherry Creek and Moore Roads. Sculpture, weaving, spinning, macrame, quilt making, pottery etc. *Jim Berta 724-1660.

COURTENAY

BOWLING Team Event - B.C. Womens Tenpin Bowling Assoc. 6th Annual Championships May 24, 25, 31, June 1 9 am to midnight Courtenay Bowling Lanes 307 6th Street Courtenay. *Mrs. Hazel McLeary Victoria 478-9632.

DUNCAN

EQUESTRIAN Pacific Northwest Dressage May 24, 25 Cowichan Exhibition Grounds *Mrs. G. B. Barnes 246-3047.

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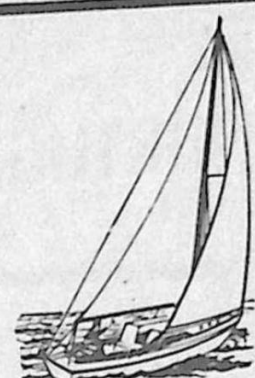
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NANAIMO

ARTS & CRAFTS SHOW Bowen Seniors Arts & Crafts Show May 23 - 1 to 5 pm; May 25 - 11 am to 5 pm Bowen Park 500 Bowen Road. Display of various clubs within the Bowen Park Senior programs. Quilting, art, ceramics, basket weaving, sewing. *Anne Graves 754-5577.
BAND CONCERTS May 25, June 1, June 8, June 15 daily at 7:30 pm Bowen Park 500 Bowen Rd. *Vina Robinson 754-5577.
BOWLING 3 Player Tournament May 24, 25 - 1 pm Fiesta Lanes 99 Chapel Street. *Bill Horman 753-2451.
FLOOR HOCKEY Vancouver Island Teen Floor Hockey Tourney May 24 - 9 am Civic Arena, Arena Street. *John Moore 753-1811.
LACROSSE Victoria Shamrocks vs Nanaimo Timbermen May 24 7:30 pm Nanaimo Civic Arena. *Frank Cooper 753-8040.
MARBLE CONTEST 1st Annual Childrens Marble Contest May 24 10 am Comox Park. *Michael Dumler 754-5577.
SOCCER Nanaimo Native Womens Invitational Soccer Tournament May 24 and 25 Caledonia Park. *Penny Seward 753-3481.
TENNIS Nanaimo Spring Festival Tennis Tournament May 24 to June 1 - 9 am on Sat and Sun; Mon to Fri - 6 pm Bowen Park Tennis Courts. *Ron Mitchell 753-4250.

SAANICH

LACROSSE Division 7 Invitational Lacrosse Tournament May 23, 24, 25 games start at 6 pm George R. Pearkes Arena 3100 Tillicum Road Saanich. *Mr. Owen Richman 658-8570.

VICTORIA

ARCHERY May 25 - 9:30 am Seaview Archers Range (corner of the Trans Canada Highway and Admirals Road). Many of Canada's top archers will be competing. *Ken Rundle 479-4637.
CRICKET Australian Test Team vs BCCA XI May 25 Beacon Hill Park. *K. J. Yule Vancouver 266-4563.
CULTURAL Carling Foundation International Village May 22 - May 25 10 am til dawn daily Centennial Square. International foods, arts and handicrafts daily with international entertainment on the stage each evening and Saturday and Sunday afternoon. *Mrs. Jozeph Herist Sidney 656-6078.
MOTORSPORT Castrol Island Grand Prix May 24 - 9 am; May 25 - 12 noon Western Speedway 650 Horneden Rd. Langford, Washington, Oregon, California. Sports cars, sedans, modified sports cars and single seat racing cars. *J. Seto 382-8531.
ROWING Pacific Northwest Sculling Regatta May 25 - 11 am Elk Lake, Saanich. 2000 metre rowing course and finish near the boat launching ramp. Sculling boats. *L. Gottfredsen 652-3730.
RUGBY New Brighton vs University of Victoria 2:30 pm May 24 Victoria. New Brighton football club from the North of England coming here to celebrate their Centenary. *K. Banks P.O. Box 2168 Vancouver.

A programme of the Community Recreation Branch

**British Columbia
Government**
Department of Travel Industry
Hon. Ernest Hall, Minister - R. L. Colby, Deputy Minister

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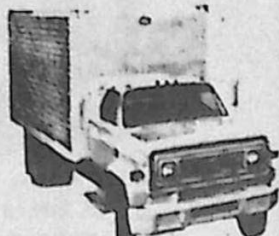
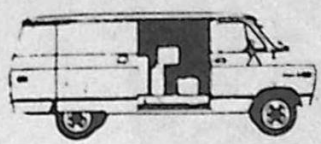
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PMQ Baseball

Bantam Girls Softball

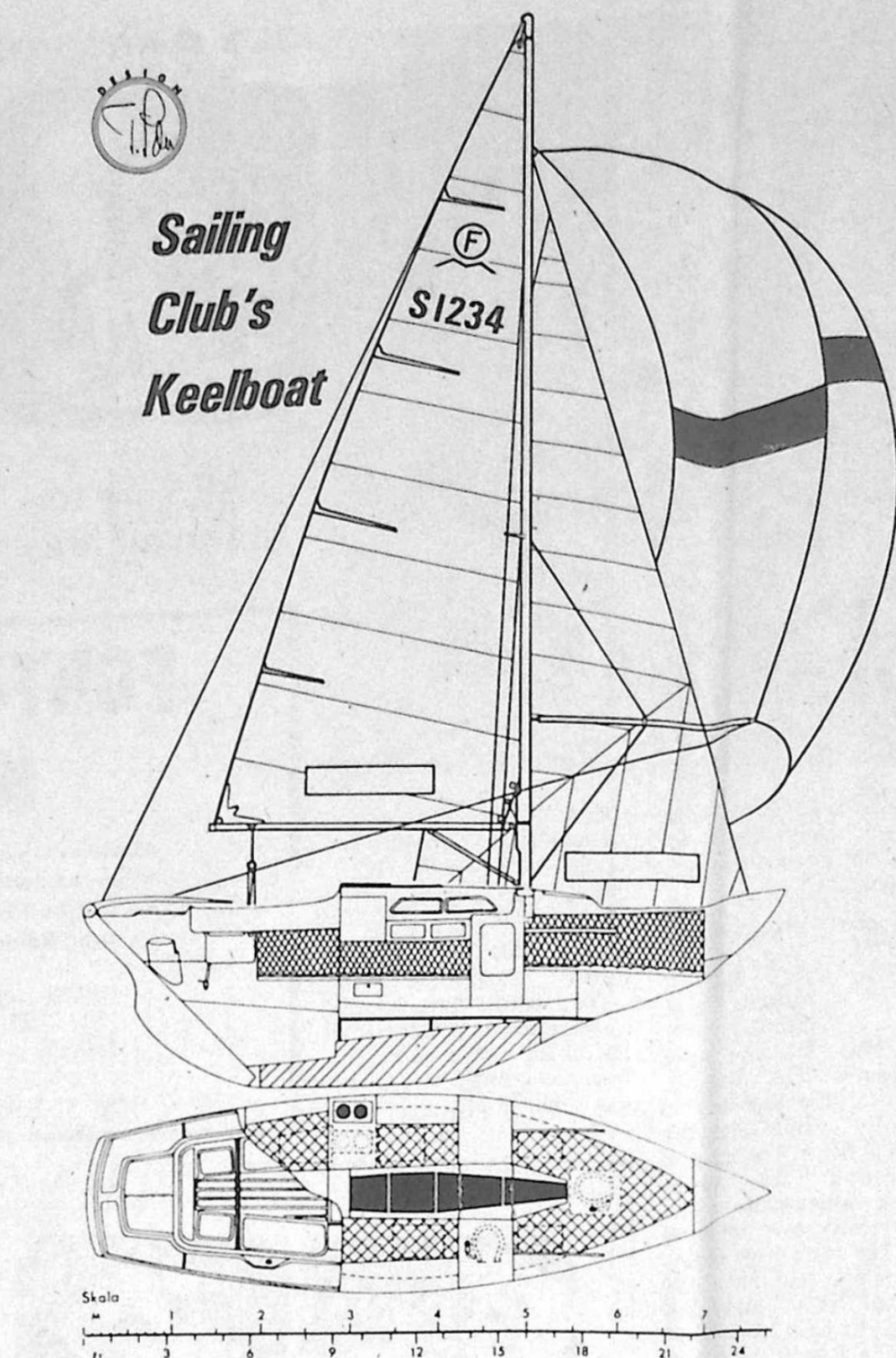
May 5th was the season opener for the girls in the Bantam Division. The opening pitch was thrown by Col. Mortimer to start things off for the League, but unfortunately the CFB Comets suffered from opening game jitters and lost the match with Comox No. 2 (4-5). On the same evening however, the CFB Stars played their first game against Courtenay No. 1 and came home the winners 25-10. Then again on Wednesday May 7th the Stars hit their lucky No. 25 by defeating Comox No. 1, 25-18. By Thursday May 8th the CFB Comets had settled down to some serious play but unfortunately were beaten 17-14 in an exciting game against the city No. 1 team. The standings in the girls Bantam division after one week of play are as follows:

	GP	W	L	T	Pts
1. CFB Stars	2	2	0	0	4
2. Comox No. 2	2	2	0	0	4
3. Courtenay No. 1	2	1	1	0	2
4. Courtenay No. 2	1	1	0	0	2
5. CFB Comets	2	0	2	0	0
6. Comox No. 1	2	0	2	0	0
7. Royston	1	0	1	0	0

Midget Girls Softball

The Midget Girls Softball League got underway at 6:30 p.m. on Tuesday May 6th. With the CFB Sluggers defeating the CFB Red Barons 12-3 in the first home game. At the same time our other team, the CFB Jets, devoured Comox No. 1 team 20-1. The Jets weren't quite so fortunate though when they met the Sluggers at home on Thursday night. The Jets led the scoring 3-0 until the last inning, when a combination of errors saw the Sluggers come from behind to defeat the Jets 4-3. A terrific game for those few that managed to see it. The Red Barons also saw action Thursday night in Comox, but unfortunately lost to the Comox No. 2 team 20-11.

A last minute three run homer by Stephanie King increased the excitement of the game but it came too late to pull from behind. Best of luck in your future games girls. The standings in the Girls Midget League after the first week of play are as follows:



**Sailing
Club's
Keelboat**

	GP	W	L	T	Pts
1. CFB Sluggers	2	2	0	0	4
2. Courtenay No. 1	2	2	0	0	4
3. Comox No. 2	2	1	0	1	3
4. CFB Jets	2	1	1	0	2
5. Courtenay No. 3	2	1	1	0	2
6. Courtenay No. 2	2	0	1	1	1
7. CFB Red Barons	2	0	2	0	0
8. Comox No. 1	2	0	2	0	0

Boys and Girls Pee Wee Softball

May 6th was the opening day for the Pee Wee Softball Division as the Demons squeaked by the Tigers with a score of 10-9. The Road Runners were also victorious as they defeated the Cougars 14-11. The Tigers are hanging right in there as they were beaten by only one run again on Thursday as the score for the Cougars 19-18 in an action packed game. The Demons soundly defeated the Road Runners on the same day by a score of 11-6. The standings after one week of play are as follows: Demons 4 points; Road Runners 2 pts; Cougars 2 pts; Tigers 0 pts.

Minor League Base Ball Report

Monday, May 5th: "Twins top Expos in Season Opener; Pirates spoil Otters' opener at Tsolum."

Col. Mortimer, Base Commander and Mary Jacobi, Miss CFB Comox, were on hand to help get the 1975 season underway. Mary threw out the first pitch and awed the fans with a dazzling display of pitching proficiency as the Totem Times photographer had her "do it just one more time" (to ensure a perfect pitcher-picture?). With the opening ceremonies completed the teams took to the field for the first game of 1975.

Twins pitchers Kevin Tucker and Grant Gosselin combined for 14 strike outs as they held the Expos to just 3 runs over the last five innings. The outcome remained in doubt until the first

(Continued on page 10)

Sailing Club

(Continued from page 3)

A Spring General Meeting will be held at our Quadra clubhouse on Thursday, 15 May at 8 p.m. Bring a Sailor.

Club events coming up:

17 May - White Sail testing

18 May - Algerine Passage Race - Comox to Powell River

1 June - Team race, Lady Skippers only

7 June - Straits of Georgia single-handed race, RNSEA

15 June - Beachcomber Picnic and Wiener Roast.

Sail with a friend. For sailing Club information contact Capt. Ron Irving, Local 390 or John Fox 339-4216.

Library Report

Here is a list of some books in our Library. Not all are important, few are well written - all are too expensive. But each one was bought in the belief that it would mean something to a person somewhere in our community. Thousands more are listed in a complete and proper and humourless but reliable filing cabinet in our Library:

Decorative Cacti by R. Subik, Last Great Journey on Earth by B. Branson, Great Courtroom Battles by R. E. Rubenstein, The Human Animal by H. Hass, Thirty Years a Queen by G. Wakeford, Art of Mme. Jehane Benoit by J. Benoit, The Alcoholic in Your Life by J. Coudert, Wildlife in Canada by R. D. Lawrence, The Flower Cook-book by A. Crowhurst, Beyond Earth: Man's Contact with UFOs by R. & J. Blum, Sesame Street Books, The Waltz Kings by H. Fantel, The Small Outsider by J. M. Hundley, How to Stay Married by J. Cooper and The Day the Red Baron Died by D. M. Titler.

5 ways to beat the gas price increase.



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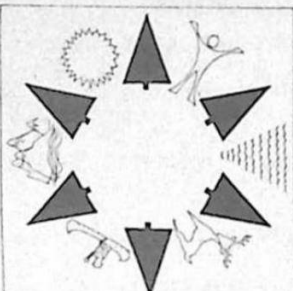
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 TUES., MAY 20 - "Cahill". John Wayne.
 WED., MAY 21 - Bingo.
 THURS., MAY 22 - Open for Wets.
 FRI., SAT., SUN., MAY 23, 24, 25 - "Bridge River Transport".
 MON., MAY 26 - Open for Wets.
 TUES., MAY 27 - "Carry On Abroad." Sydney James.
 WED., MAY 28 - Bingo.
 THURS., MAY 29 - Open for Wets.
 FRI., SAT., SUN., MAY 30, 31, JUNE 1 - Great Band - "Bradford".

TOTEM ANNEX
 MAY 25 Mixed Darts.
POOL TOURNAMENT - See Bulletin Board in the Annex.
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 Two Shows Fri. & Sat. - 7 & 9 p.m.
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Thurs. to Wed. - May 15, 16, 17, 19, 20, 21
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THURS. TO WED. - MAY 22, 23, 24, 26, 27, 28

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 Sun 18 May Cindy Eilbacker
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PMQ Preamble

RECREATION
Those lazy days of summer are fast approaching again, and we have organized some activities which will be held each Tuesday and Thursday afternoon, from 2 - 4 p.m. for the 8 to 12 yr. olds. Registration will be during the month of June at the Rec. Office during office hours. We will make up teams and each fun day will play a different sport eg: softball, swimming, soccer, and bowling, plus others. If you don't know how, don't let that stop you joining, because now is your chance to learn, and it will all be for fun. We've even got games for non-swimmers too.

The Recreation Directors Office is now open Tues. to Fridays incl. from 1 to 3 p.m. (339-5322), so all you adults, teens, and younger ones come in and give us your suggestions. We would also like to have some volunteers to help with summer fun too. Remember - it's your children and your summer program so let's give a hand and help make it a success! Those of you who have talents or energy and would like to share them please give us a call at 339-5322 during office hours. By the way the hours will be increasing during the next months, so be sure to keep an eye on this column in future to get the new times and days.

As servicemen we should take pride in our ability to handle adverse and undesirable situations that may occur in our community. We have the advantage of our selection, training and closer knit working and social conditions that should surpass the situations in most civilian communities. We should therefore be better prepared to react and lend assistance

when necessary in the case of local disturbance.

Imagine a confrontation between obnoxious, abusive and intoxicated young people and the Military Police in a PMQ community during which no assistance was forthcoming from resident servicemen. Assistance that was surely needed in controlling a situation described as "out of hand, uncontrollable" and the youths as "uncooperative and belligerent".

Could it happen in a PMQ community? Yes it could, and has. This is almost reminiscent of ugly situations in civilian communities where apathetic bystanders don't want to become "involved" and are content to let the harassed police "do their job" even if it is almost impossible.

As has been mentioned before in this column, residents must be willing to step forward and give help where needed, especially in the form of identification of suspects. It is very difficult to

follow up such incidents with formal charges if specific identification of offenders and recording of incidents cannot be made. We cannot afford to

bury our heads in the sand and ignore such actions if we wish to keep our community the kind of place we are proud to live in and raise our children.

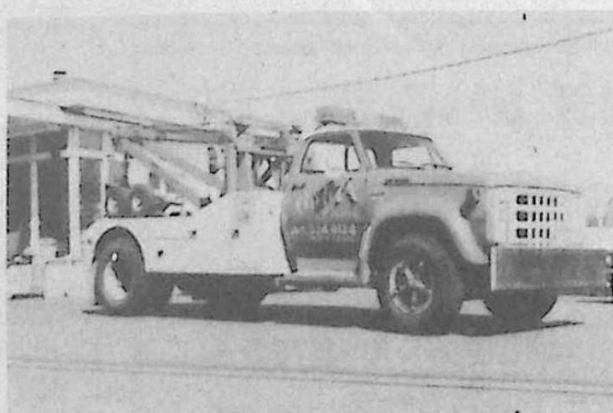
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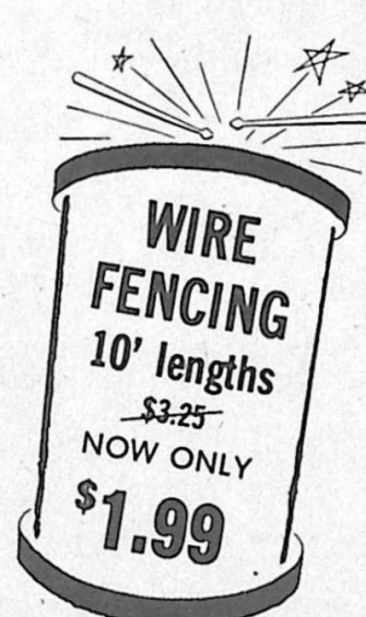
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PMQ BASEBALL

(Continued from page 6)

inning when the Twins came up with 7 runs to put the game out of the reach of the Expos.

In Monday's other game the Pirates journeyed to Tsolum to play the Grantham Otters. With the game tied 5-5 after 3 innings, Blair Campbell took over the pitcher's mound for the Pirates and blanked the Otters for the remainder of the game. In a flawless relief performance, Campbell struck out 6 and didn't allow a base-runner, as the Pirates coasted to victory.

Wednesday, May 7th. "Giants edge Cardinals in Cliff-hanger"; Owls best Expos in Tsolum".

Kevin Sleigh drove in 2 runs with 3 hits, including a triple, and Paul Parent added a 2 run triple as the Giants came from behind to defeat the Cardinals. The well-played, evenly-matched contest was the first of the season for both teams. Daryl Dicks, Cardinal 2nd baseman, blasted a 3 run homer in the losing effort.

The luckless Expos travelled to Tsolum and found the Grantham Owls too much for them as they lost their second straight game. The hard-hitting Owls, rated "the team to beat" in this league, collected a home run, a triple, and three doubles as they outslugged the Expos, despite the fine relief pitching of Jeff Jenkins. Greg Polliott, a 9 year old rookie with the Expos, continued to hit for average with 3 singles in the game.

Saturday, May 10th "Pirates blank Giants; Owls Crush Cardinals; Twins and Otters Rained Out".

Pirates pitchers Kevin Brown and Blair Campbell turned in



CONFIRMATION SERVICE - The Protestant Chapel. Front Row: Miss Sharon Mortimer, Kathy Cummings, Ruth Denton, Linda Denton, and Susan Beaton. Back Row: Major D. L. Martin, Base Chaplain (P), Lt. R. R. DeLong, MWO H. H. Alstad, Mrs. Pearl Kingyens, WO N. Dikur, MCpl. Merrill Denton, Capt. F. B. Jenkins, Chaplain (P) Royal Roads Military College, Victoria, B.C. (Absent - Barbara Denton).

another outstanding performance, allowing just 3 hits and striking out 9, as the Pirates whitewashed the Cardinals. Mike Staples had 4 hits and Mike Brown 2 hits including a homer for the winners.

The powerful Grantham Owls continued their domination of CFB teams as they collected 15 hits, including 4 doubles in a steamroller victory over the Cardinals. D. Gunter with 4 hits and M. Klein with 3 led the Owls attack. The Cardinals obviously missed their slugging 2nd baseman Daryl Dicks who has moved up to Babe Ruth Prep League.

Saturday's other scheduled game between the twins and Grantham Otters was rained out and has been rescheduled for Tuesday, May 13th at 6:30 p.m.

Standings as of Sat. 10 May

	W	L	Pts
Owls	2	0	4	
Pirates	2	0	4	
Twins	1	0	2	
Giants	1	1	2	
Otters	0	1	0	
Expos	0	2	0	
Cardinals	0	2	0	

(Note: Top TWO CFB Teams will be entered in "Tsolum Tournament" scheduled for May 24th and 25th. Teams will be chosen by standings as of Thursday May 22nd. Best of luck, boys!)



THE GOLDEN VOICES of Blue Pack sing Happy Birthday to Donald Miner.



KEVIN RAINSFORTH (Baloo) explaining the rules of the game. . .

Akela says

This feature is the last of the Cub Pack series.

BLUE PACK is last, but not least for sure. They are composed of 21 boys and four leaders. The pack is led by Sonny Erickson, (The Akela). Sonny has been in the scouting movement now for four years. He started in Baden-Baden, Germany, then the rest of his service has been with the 1st Lazo Group.

The rumour mentioned in the April 3 issue of the Times is now fact and I shall now introduce the second pair of leaders belonging to the 1st Lazo Group, a very nice young married couple, Kevin and Christine Rainsforth. Kevin is known to Blue Back as Baloo, and is second in command of the pack. Christine, known as Kaa is a very effective leader and has on occasion been left with 21 Cubs and all the leadership to herself. A JOB WELL DONE! These leaders have two years in scouting all with the 1st Lazo Group.

Next, there is a new face in scouting, Jim Lowden and he's doing a fine job.

Blue Pack opened the scout year with the traditional "Campfire" on Air Force Beach. Then came October and it was a real fun packed full month of activities. First off was the participation in the "1974 Jamboree-on-the-Air." This was also known as "International H.A.M. Week." It was the 17th annual event sponsored by the World Scout Bureau, Geneva, Switzerland. A week later we were up to our ears in apples for "Canada's Scout Apple Day". This fund raising project is very important to the packs and the boys certainly enjoyed selling apples.

December saw Blue Pack engaged in cutting and dragging Christmas Trees for the districts "Tree Sale". Also at this time of the year we found them enjoying themselves at a Christmas Party where they put on several sketches about the season

with a definite Danish flavor. Very good Blue Pack!

Then in January they were caught up in the name changing and flag swapping ceremonies. More ceremony following in February with the Father-Son Banquet with Tommie Tomkins as guest.

The boys had their day in March at the 2nd Annual Hobby Show. There were many fine hobbies displayed by Blue Pack.

The pack has made a few trips out including an orientation tour of the CFB Control Tower and Fire Hall during fire prevention week. The boys were given tips on how to respond in case of such an emergency. They have

three cubs going to Nanaimo this month to complete in the Kub Kart race district competition.

If you noticed the last issue, this was the Pack that sponsored the "Bicycle Road-E-O" for the entire group. Another job well done, Blue Pack! Akela Sonny informed me that even though they made candles (sand and milk carton types) their main scouting program this year has been centered on the Cub Book. Star Work is Blue Pack's goal for 74 & 75. The 21 boys have earned a total of 32 Stars for themselves this year so far.

Boys keep up the good work and look ahead for Cuboree and Cub Camp in June 75.

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HELP: Part time librarian required for Base Library. To start approximately 1 June 75 till end of August. If interested contact Capt. Val Cretney 339-2211 Loc 212.

WANTED: Teenage (male & female) paid, part-time help for summer playground duties. Experience with young children and an interest in sports an asset. Call 339-5322 or 339-2486.



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