



TOTEM TIMES



Service Life Is Like Hallowe'en — Either Trick Or Treat

VOL. 17 — NO. 20

CFB COMOX TOTEM TIMES THURSDAY, OCT. 23, 1975

Here I Am!



CONFESSES MCPL. FULLBROOK as he is led manacled from the Pacific Western Flight that brought him back from his AWOL sojourn to the land of the free and the brave last week. Story and more photos next issue. Photo Begin

C.F. Short Of Ammo

Bang! You're Dead

OTTAWA (CP) — The financially-pressed armed forces have run short of some ammunition.

A defence department spokesman said Friday the shortage for the land element is serious but not yet critical.

"But if the problem persisted it would become critical and therefore we are doing something about it," he said.

He added that there is no question of Canada's not being able to fulfill its NATO or United Nations obligations because of shortages.

If there was a war, Canadian troops would be ready for it, the spokesman said.

There was no shortage in the Maritime or Air Commands.

But at present, training exercises involving some types of live ammunition had to be restricted. The spokesman said the situation is serious from the point of view of training.

He said ammunition stocks have been allowed to run behind "desirable levels" for several years for economy reasons.

Stocks were allowed to decline between 1970 and 1972 when the government froze defence spending at about \$1.9 billion a year.

Christmas Mailing? Ho-Ho-Ho!

Christmas mailing deadlines have been announced by the post office.

Surface parcels going to Asia, Haiti, the Netherlands, Antilles, Australia and New Zealand must be sent by today. Deadline for delivery to Argentina, Brazil and Paraguay is Monday. The rest of South America and Central America, the West Indies and Europe parcels must be sent by Oct. 24. Parcels to Great Britain, Northern Ireland and the Republic of Ireland should be in the mail by Nov. 10.

Cards sent third class to foreign destinations must be in unsealed envelopes.

Unsealed cards sent at surface rates must be mailed by today to Haiti and Netherlands Antilles, by Monday for Argentina, Brazil and Paraguay and by Nov. 7 to Africa, Australia and New Zealand.

Cards sent to Asia, the rest of Central and South America and the West Indies must be on their way by Nov. 10, to Europe by Nov. 14 and to Great Britain, Northern Ireland and the Republic of Ireland by Nov. 24.

Cards can be sent to foreign destinations at three different rates. Sealed cards must go first class at the rate of 15 cents up to one ounce. Unsealed cards can be sent at the rate of 12 cents up to one ounce and surface at eight cents up to one ounce.

Destinations in the United States call for six cents surface and 10 cents by air. Deadlines are Dec. 10 for surface and Dec. 15 for air-mail.

Deadlines for Canadian destinations are Dec. 13 for out-of-town and Dec. 17 for in-town addresses. Third class rate is six cents.

Wanna Be A
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Chief?

Stick Around
For 35 Years

JADEx In Far East

OTTAWA — The Chief of the Defence Staff, General J.A. Dextraze, left last Thursday on a two-week visit to Japan and Korea, returning to Ottawa Nov. 1. The governments of both countries had extended invitations to Gen. Dextraze some time ago.

During his visit to Japan and Korea, Gen. Dextraze will tour defence installations and meet with defence officials of both countries.

He flew to the far east on a regular Air Command global training flight, designed to prepare aircraft crews for any emergency by continually familiarizing them in international airways and procedures.

Gen. Dextraze will leave Japan Oct. 24 for South Korea.

There he will visit the Canadian Kapyong Memorial prior to its official opening Nov. 7.

The memorial is dedicated to Canadians who fought under the United Nations there in the early 1950s.

Kapyong was the site of the battle which resulted in a U.S. Presidential Citation being awarded to the 2nd Battalion, Princess Patricia's Canadian Light Infantry. The unit now is based in Winnipeg.

Gen. Dextraze commanded the 2nd Battalion, Royal 22e Regiment (Van Doos) in Korea. The battalion is returning to Quebec City between Nov. 7 - 11, after a six-month tour with the United Nations peacekeeping force in Cyprus.

Combat Duty Still Closed To Women

OTTAWA (CP) — Lt.-Col. Marion Gay, newly appointed director of women personnel for the Canadian Armed Forces, says society still is not ready to accept women going to war.

"Society is still not ready to send women off to the front lines and face the possibility of them returning missing an arm or a leg."

Opening combat trades to women was unacceptable to some people just as opening trades like aircraft and electronic engineering was unacceptable not so long ago, she said in an interview.

Lt.-Col. Gay said the women personnel branch tried to achieve equal job opportunities in the armed forces.

"And we started this long before International Women's Year came along."

Who Shot Poor Rudolf ?



A CANADIAN FORCES Chinook helicopter airlifts a 2½-ton truck in support of ground forces during Exercise Mobile Warrior at Canadian Forces Base Petawawa. Part of the exercise demonstrated mobility and firepower of Mobile Command's tactical group and air forces.

Canadian Forces Photo

More On Manitoba Sheepskins

WINNIPEG — Defence minister James Richardson announced Oct. 8 that the DND and University of Manitoba joint academic upgrading program, which began last year, has been a great success. More than 350 members of the Canadian Forces and their dependents

have taken advantage of this unique opportunity to work towards earning a university degree, he said.

The U of Man. is the first university in Canada to award academic credits for training courses conducted at Canadian Forces' schools and experience gained in the

service. Additionally, the three-year program facilitates the transfer of credits earned by students at other universities to the University of Manitoba's degree-granting programs.

Academic staff members at the university have analyzed (Continued on page 6)



22 NORAD Region Commander, Major General W. H. Vincent, greets the NORAD Commander in Chief U.S. General Daniel "Chappie" James on his first official visit to a Region HQ outside of Colorado Springs, since taking over the Command Aug. 29. General James was briefed by senior staff officers at North Bay during his tour of the SAGE underground complex before flying on to Ottawa, the final leg of his 24 hour familiarization visit to Canadian NORAD installations.

22 NORAD Region Photo

Ten Years For The "Mob"

MONTREAL — Mobile Command, the Canadian Forces organization responsible for all land operations, celebrated its 10th anniversary October 19. The command came into existence Oct. 19, 1965, at a ceremony at its first headquarters, a building at the old No. 4 Personnel Depot in Longueuil, at the foot of Montreal's Jacques-Cartier bridge. Governor-General Georges P. Vanier presided at the ceremony, turning over command to Lieutenant-General Jean V. Allard, who later became Chief of Defence Staff in Ottawa.

Although the command headquarters now is in St. Hubert, in buildings formerly occupied by the RCAF Air Defence Command, its troops are spread from British Columbia to Newfoundland. Tasked with providing combat-ready land forces to meet Canada's defence commitments, Mobile Command comprises combat groups in Calgary, Petawawa and Valcartier, and a combat training centre at Gagetown, N.B.

The command is also the supplier of trained troops to 4 Canadian Mechanized Brigade Group in West Germany and provides the bulk of the Canadian military commitment in Cyprus, the middle east and other

Canadian peacekeeping and observer missions around the world.

One of the three major commands of the Canadian Forces, it has a strength of approximately 16,000 regular force, nearly 18,000 militia and more than 5,000 civilians. The sixth and present commander of Mobile Command is Lieutenant-General Jacques Chouinard.

Drag Out The CF-5s - Again

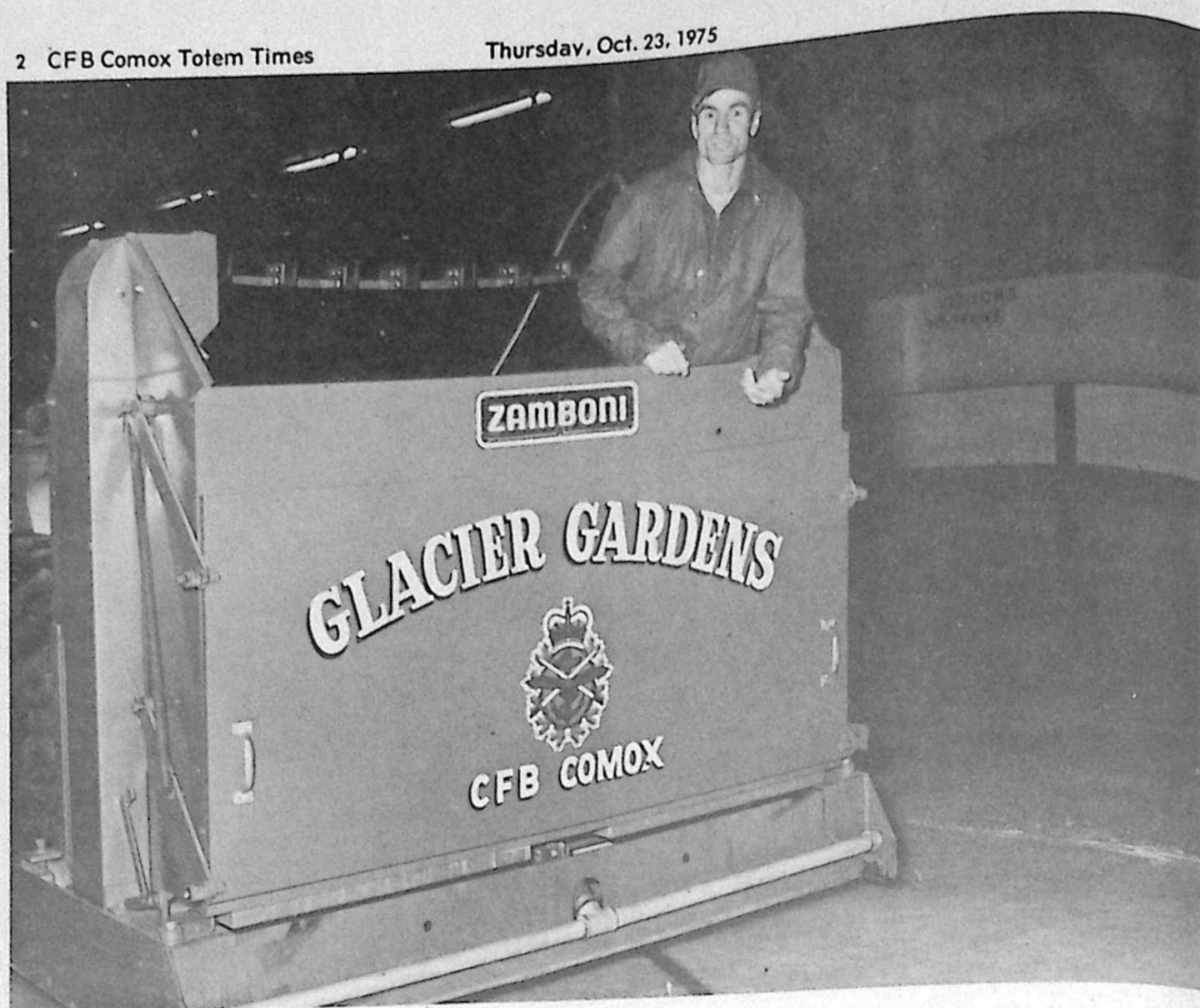
OTTAWA (CP) — Defence Minister James Richardson says he is considering a new plan which would allow him to both demonstrate Canada's good intentions toward NATO and Europe and delay purchase of \$1 billion to \$2 billion worth of new interceptor aircraft.

He said the proposal would involve the use of CF-5 fighter aircraft, now in storage, as ground support for the Canadian forces in Europe. It probably also would involve an increase in the 5,000-member NATO force.

Emphasizing that the proposal is only under study and no firm decisions have been made, the minister said in an interview that using the CF-5 in Europe would demonstrate an intent to improve the Canadian forces without massive expenditures.

Richardson was interviewed after he and other ministers held discussions with U.S. State Secretary Henry Kissinger. The defence minister had again given assurances that the level of Canadian NATO strength will not be reduced.

Next
Deadline
3rd Nov.
'75

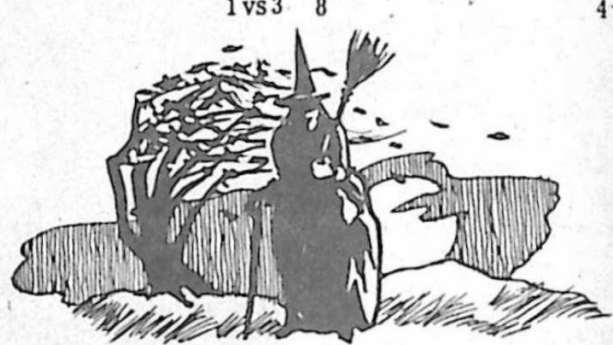


"DATSA SOME BIG ZAMBONI" says Cpl. Ray Herrington as he prepares the Glacier Greens ice Base Photo for another season.

C.F.B. Comox Intra-Section Broomball Schedule

Team 1 - Military Police	19	2 vs 4	30	1 vs 5	6	5 vs 4
Team 2 - 407 "A"	20	1 vs 5	January:	1 vs 3	7	5 vs 2
Team 3 - 407 "B"	24	1 vs 3	5	1 vs 3	8	4 vs 3
Team 4 - 442, 409, USAF	25	5 vs 4				
Team 5 - Firehall	26	5 vs 2				
Headquarters	27	4 vs 3				

October:	December:	
27	1 vs 4	1 vs 4
28	2 vs 3	2 vs 3
29	5 vs 3	5 vs 3
30	1 vs 2	1 vs 2
November:		
3	4 vs 2	4 vs 2
4	5 vs 1	5 vs 1
5	3 vs 1	3 vs 1
6	4 vs 5	4 vs 5
10	2 vs 5	2 vs 5
12	3 vs 4	3 vs 4
13	4 vs 1	4 vs 1
14	3 vs 2	3 vs 2
17	3 vs 5	3 vs 5
18	2 vs 1	2 vs 1



407 Armament Antics

For the next couple of weeks Lloyd Lohnes will be terrorizing the antlered populace of the Lake Nimpo country. He won't be wandering the woods alone though as he will be guided through the wilds by our ex-Cpl. Sandberg. Good luck, Olley.

407 Armament is apparently unlike any other section by virtue of an epidemic of "land fever" that has struck our troops. We can understand the purchase of property in

Comox, Courtenay and even Little River but Paraguay, S.A.? Start brushing up on your Spanish, Greg, you'll need it.

We have finally succeeded in getting a few of the hired help loaded on the Argus courses with the first departures for that other coast slated for next month. It's a mind-expanding, fulfilling and sometimes demanding experience. The course isn't bad either!

Thanksgiving Jump

The 6th Annual CFB Comox Thanksgiving Sport Parachute Meet was held on the base drop zone from 11 to 13 October. In spite of a rained-out Sunday, the meet was completed and over 400 individual parachute descents were made on the weekend.

CFB Comox Club members took first and second place in the Junior Accuracy event. The 90 competitors came from all over B.C. and Alberta and included members of the Canadian team that participated in the World Championship Meet in West Germany in September of this year.

The 1st Lazo Boy Scout Troop ran the snack bar and made \$250 profit on \$450 worth of sales. They did a fine job keeping hungry competitors well fed.

The CFB Comox Sport Parachute Club would like to express their appreciation to

the Base Commander for allowing the meet to take place on the base, to the BATCO's organization for the first class co-operation given and skilful control exhibited by the controllers throughout the meet, to the Base Food Services Officer and his staff for the outstanding support given to the Boy Scouts in running the concession, to the Base Telecom Officer and his staff for the loan of communications equipment, and, finally, to the Base Security Officer and the Military Police for the excellent co-operation given in directing the many civilian vehicles to the parking area adjacent to the drop zone with absolutely no delays at the main gate.

It would be impossible for the CFB Comox Sport Parachute club to host a meet of this magnitude without the whole-hearted support given by all of the Base sections.



MCPL D. G. BEYEA, of the R & D Section being presented his CD by LCOL L. G. Jenks, BAAdO, 8 Oct. 1975. Base Photo

LET'S TALK

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Extension Courses

CFB BORDEN, Ont. (CFP) - More than 100 Canadian Forces personnel here -- dependents and DND employees -- are taking advantage of university-credit extension courses being given here for the first time by Wilfred Laurier University, Waterloo, Ont.

Conducted two nights a week by four university professors are first-year courses in economics, sociology, business and introductory psychology.

Previously, service personnel wishing to upgrade their education had to take extension courses at the university's Simcoe campus in nearby Orillia. Wilfred Laurier University is the former Waterloo Lutheran University.

"It's interesting to note the number of husbands and wives who are taking courses together, and in some cases, taking classes on alternate nights to accommodate baby-sitting chores," Capt. Terry Christopher, base personnel selection officer, said.

"Particularly gratifying are the numbers of service-members preparing themselves for the future. Those approaching retirement are pursuing a course to enhance their civilian job-prospects, and younger service personnel are improving their military careers," he added. Also registered are housewives, school-teachers and secretaries.

He said he hoped the course-credits earned by successful participants could be transferred, if they wished, to a special joint DND-University of Manitoba program in Winnipeg which facilitates the transfer of the university credits to U of Man's degree-granting programs.

Rescue Bits

Well Sports Fans, it has been some time since this column has hit the fish wrapper. In that time our good friend Admiral Pickford has retired; may his sailing be always smooth, and another good friend, Admiral Collier, has taken over the helm. Welcome to Air Command West Sir, may your stay be fruitful and enjoyable.

The silly-season is over now and the nautical nut has taken to the books to devise new and ingenious ways to test the Search and Rescue system. For what it's worth the RCC did more business in June, July and August of 1975 than it did in the entire year of 1969. This is the lethal season, business is slower and anybody needing our services is usually cold, keeping a stiff upper lip, as it were. It is surprising how fast a sunny day makes one forget how cold the air is. Get out the boat and into the chuck, and accident, presto, into the water, survival time cut in half, someone is minus a breadwinner.

Had a very strange occurrence the other day. Got a call from two doctors simultaneously, one in Prince George and the other in

Penticton. Both had patients dying; one five years old and the other twenty-seven. At that particular time I had one aircraft and could not do both because of the time factor. Who do you let die? Wierd feeling. Now here is an even stranger part. It was terrible weather that night, thunderstorms, turbulence and the whole nine yards. The Buffalo was dispatched to Penticton for the little girl.

All of a sudden didn't I get word there was a big beautiful jet in Kamloops uncharted until near midnight and available. The Buffalo was directed to Prince George and the Jet brought the little girl out to Vancouver above the weather without a hitch. The Buffalo had engine trouble and had to go back to Comox.

Consultation with aircrew brought about the fact that the medical staff would have had to be strapped in and would have had to watch the other patient, strapped to her stretcher, be tossed about by the storm. Further consultation with her doctor revealed that the flight would probably have killed her and a decision was made to delay, even though she might expire, for a more favorable weather. She lasted the night and was brought out to Vancouver with no problem. As far as I know, they are both still alive. We may make the decision who dies but a far greater power than ours decides who lives! For my vote the head-shed money boys did an outstanding job on the October raise.



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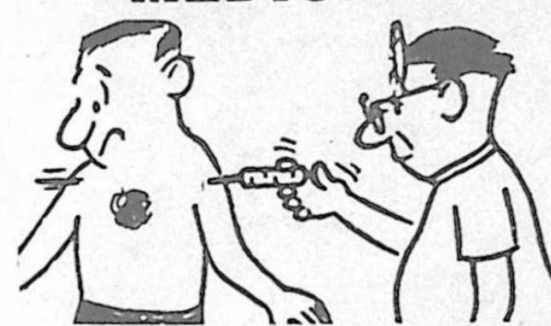
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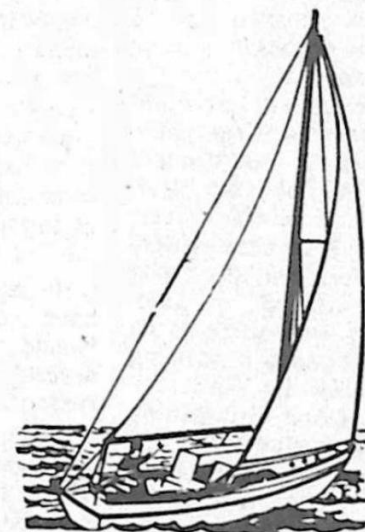
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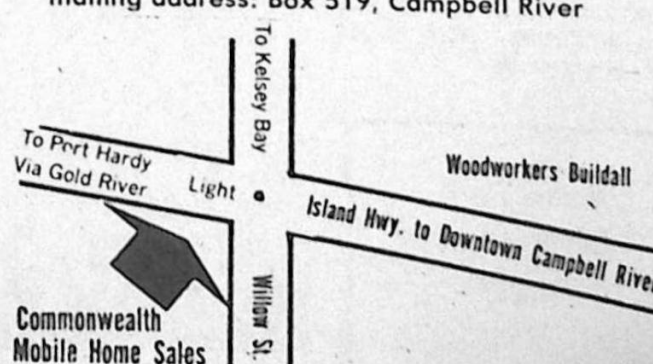
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SUNDAY MASSES:

Saturday - 7:00 p.m. (Sunday Vigil)
 Sunday - 9:30 a.m. and 11:00 a.m.
WEEKDAY MASSES: Are said at convenient times in the Chapel and in private homes on request.

SACRAMENT OF PENANCE: Before and after all Masses.
CATECHISM CLASSES: Catechism classes for Grades 1 to 8 are held regularly each Wednesday evening from 6:30 p.m. to 7:30 p.m. at the Airport School in PMQs.

CHOIR: Choir practices will be held each week on Thursday evenings at 7:00 p.m. in Our Lady of the Sacred Heart Chapel. New Choir members are welcome.

BAPTISM: By appointment.
MARRIAGES: Minimum of three months advance notice. Marriage counselling and preparation courses are required prior to marriage.

THE PROTESTANT CHAPEL

Telephone 339-2211 Loc 273
 D.L. Martin, Major (Base Chaplain (P))

CHAPEL SERVICES

The Protestant Chapel is located in Wallace Gardens (MP area) and Divine Service is held every Sunday at 11:00 hours. This is the Base Chapel and everyone is warmly invited to share in the Service.

Holy Communion - Holy Communion 12:00 hours last Sunday of each month.

Baptism - Services of Holy Baptism are held every month.

Women's Guild - All women are encouraged to support this group which is very active in missionary efforts. Meets in the Chapel Lounge at 2:00 hours on the third Tuesday of the month. **Chapel Choir - Our senior choir** extends a warm welcome to all new arrivals. New voices are always needed. Please speak to the Choir Director, Organist or Chaplain.

Senior Choir Practice - 2:00 hours, Thursday.

Junior Choir Practice - 1:00 hours, Thursday.

Sunday School - The Sunday School operates from September to June. Ages 6 - 15 meet in the Chapel at 9:30 hours each Sunday, and the ages 3 - 5 hold their sessions during the Church period at 11:00 hours. All children are invited to attend.

Office Hours - 0800 to 1630 hours. Phone 339-2211 local 273.
Hospital Visitation - The Chaplain would appreciate the co-operation of the members of the congregation and would request that they phone the Secretary's office (339-2211 local 273) to report the names of any members of the congregation who may be in the hospital.



REVIVAL OF AN OLD CUSTOM The RC Chapel altar was decorated with fresh fruits and vegetables at Thanksgiving. In the olden days, it was the custom, for the people to bring in a share of the crop on this occasion. (Now it's the custom to grab your share of the crop and anything else you can get your hands on.) Photo Begin



WE DON'T THINK this group is unionized! Who are they trying to kid with that music stand? Photo Begin

Are You A Waster?

"Shiver me timbers," - that's what your home is about to do any day now, and you might be a little cold too if our energy is not properly conserved.

Remember the tips we gave you last year? Put your storm windows on, close your

Trainees From Developing Nations

OTTAWA -- Defence minister James Richardson has announced that 13 military trainees from four developing nations will undergo training in Canada under sponsorship of the Military Assistance Committee.

Candidates from Cameroon, Ghana, Jamaica and Trinidad-Tobago will attend officer cadet infantry-classification training at Canadian Forces Base Chilliwack, B.C. from mid-October 1975 to the end of January 1976.

Following initial training, they will be attached to various Canadian Forces units for on-job training until mid-March 1976.

Established in 1964, the Military Assistance Committee is a federal inter-departmental group comprised of representatives from the departments of defence, external affairs, finance, industry, trade and commerce, and the treasury board.

Eighty military personnel trained in Canada under this program during 1974, and 60 to date this year.

We know an inexpensive way for you to look good. It's called getting active.



drapes, turn off those lights, etc. Are you going to be an energy waster?

We need people who put both their minds and hands to work. Remember the recent increase in rates for utilities in PMQs? If we keep wasting heat and light those rates will go up more rapidly than ever.

Let's get together! This conservation game is for everyone. Do your part and save the remaining energy on this planet for all to use.

Let's make this a winter of least wasted energy ever.

THANK YOU

Mr. and Mrs. A. Montgomery and family; Faye Montgomery and family and Mary Montgomery wish to thank all personnel of CFB Comox for their help and kindness during the recent bereavement of their beloved son, brother and husband Robert Montgomery. And in particular Padre Martin, the pallbearers, the Guard and the Escort Party.

PMQ Preamble

The following is a list of the PMQ Council members, as elected in Sept. 75. Mayor - Capt. Arsenault; Ward 1 - MCpl Gagnon, MCpl Wallace; Ward 2 - MCpl Grenon, MCpl English; Ward 3 - MWO Alstad, Cpl McNamee; Ward 4 - Sgt. Orr, MWO Muloin; Ward 5 - Lt. Godfrey, Capt. Phoenix; Ward 6 - Capt Greer, Lt. Delong; Ward 7 - Cpl. Lavigne, MCpl. Gray; Ward 8 - Cpl. Tuck, Cpl. Jones; Ward 9 - Cpl. Ouellett, Cpl. Uddenburg.

Council meetings are held in the Base Conference Room. The next meeting is scheduled

for Thursday, 30 October at 0830 hours. Council meetings are open to all residents of PMQ's 18 years of age and over.

PMQ RECREATION

Although it may not seem too active these days we do have a lot of sports and activities in progress for boys and girls of all ages. On Monday evenings there is indoor soccer and boxing conducted by Cpl. Ray Herrington.

Tuesday is "Teen Night" in the Base Rec Centre with volleyball from 7 to 8 p.m. and (Continued on page 8)



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Buy Shoes To Fit Your Feet

OTTAWA (CFP) - "Are you all thumbs when it comes to selecting a pair of shoes?" the consumer and corporate affairs department asks.

As the average person walks more than 250,000 miles in a lifetime, the department says in a news release, buying good shoes is quite important, and offers these suggestions:

Always have your feet measured before trying on shoes. Even if you think you know your size, you cannot be sure it is the right one, for sizes vary with different makes. A gain or loss of weight also can have an influence.

Your feet expand as you put weight on them, so stand up and walk a bit when trying on new shoes. Also remember that feet swell in hot weather.

Never buy a pair that does not quite fit, hoping to break them in.

To make sure that you have a good fit, remember the following:

- make sure the back of the shoe hugs the heel but does not rub or cut;

- make sure the arch is long enough and shaped to give support without pressure.

Quality

To make sure you are buying good shoes, take a good look at the workmanship. Examine all sides of shoes and check the following:

- make sure the shape of the uppers are identical;

- seams should be well-finished and there should not be rough edges or excess bulk;

- see that the stitching throughout the shoe is fine and smooth, without any broken or loose threads; back-seams should be centred and flat;

- in poor-quality shoes, enlarged needle-holes often show along the stitching-line; this can cause tears and split seams;

- note how the sole is joined to the body of the shoe (sewn, cemented or molded).

Many top quality shoes are lined, at least at the top opening, to prevent stretching and friction to absorb perspiration.

A sewn-construction with a welt (a thin strip of material around the sole's outside edge) is excellent for children's and men's shoes.

Many women's and children's shoes have cemented soles, giving a neat, light-weight shoe but avoid shoes with noticeable traces of gummy adhesive.

Whatever the joining method, examine the entire upper edge of the sole to ensure that the two are securely bonded.

Children's Shoes

"Saddle" and "ghillie" oxfords are good choices for school because of their broad toes and laces which allow adjustment.

Everyday shoes should be able to take plenty of abuse.

Some have scuff-tips for added resistance.

A child should be happy with the look of his shoes.

Many dress-shoes are not designed for everyday wear; they are for special events, not for the playground.

In the past, mothers often were told to buy boots for their young children, on the theory that it helps form the arch. This is not necessary. We now know that the foot and arch usually will develop normally in low-quarter shoes, if there is ample room and the shoe has a straight last.

Fitting

Since children's feet are in rapid growth, never forget to allow for half-to-three-quarters of an inch beyond the end of the toe.

New shoes are needed before the child's toes reach the end of the shoes. The same is true, of course, when they become badly-worn or stretched out of shape.

Quality of children's shoes

People say that the workmanship in children's shoes is

not what it used to be. But manufacturers argue if children's shoes do not last long, it is not because of inferior quality, but because children no longer play on grass or dirt-surfaces. The trend today in schools and playgrounds is to asphalt-paving, which can be very abrasive. Shoes naturally will wear out faster, and parents should bear this in mind.

As far as soles are concerned, plastic and neolite products outlast leather and also are fungus-proof. Selection of proper footwear, particularly during a child's growing years, will assure good foot-health now and in later life.

Keep humidity down: A lot of moisture in the air makes high indoor temperatures even more uncomfortable. Therefore, keep moisture generated in the kitchen and bathroom out of other areas by closing doors.



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MAVIS BONNELL

Mr. R. A. Arnett and Nanaimo Realty (Courtenay) Ltd. are pleased to announce the appointment of Mrs. Mavis Bonnell to the sales staff of the Comox office.

Mavis has made her home in the Comox Valley for the past six years and is familiar with the area. For the last two years, she has worked in the Rainbow Nursery School and Courtenay Elementary School, and from this association with children and meeting some of their parents Mavis feels she has an insight into your requirements for family accommodations.

Mavis welcomes all enquiries regarding real estate at 339-2228 office or at home 339-3968.



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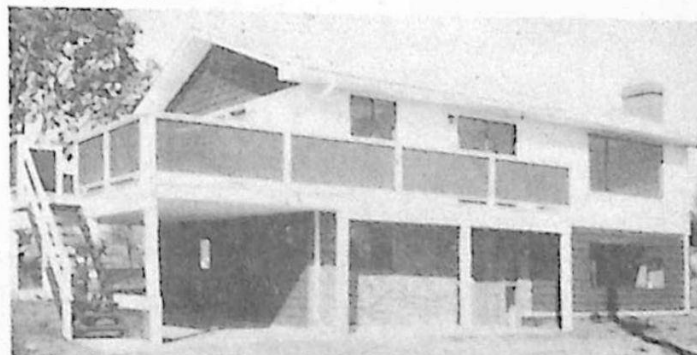
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 Office 339-2228



Mr. A. Arnett and Nanaimo Realty (Courtenay) Ltd. are pleased to announce the appointment of Mr. Danny Fremont to the sales staff of their Comox office.

Danny was born in Thunder Bay, Ontario, and has just recently retired from the Armed Forces, serving the last four years in the Comox Valley. Danny is actively involved in the Comox Golf Club and is presently serving on the board of directors.

Danny welcomes all enquiries regarding Real Estate investment at 339-2228 office or at home 339-2714.



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EDITORIAL

There's Help On The Horizon

A piece of information arrived on my desk recently. It came from a group calling themselves the Canadian Forces Long Service Pensioners Association (CFLSPA). This association was formed towards the latter part of 1974 by a small group of long service pensioners in London, Ontario and has grown to several thousand members.

Their objective is to better the lot of retired servicemen. At the moment the problems they are attacking are: the SRB magic 85 bit, widows meagre 50 per cent benefit, accreditation for military courses and a suitable replacement for the old VLA. All are commendable aims.

Funny how quick retirees come to the realization they are being outfoxed -- AFTER they are out. No way can it be gotten across while they are still in and can nag their MP, the Minister of Veterans Affairs or even the Defence Minister that now is the time to point out inequities. As mentioned many times before when you're out, you're out and when you are out you don't contribute

and when you don't contribute, your voice gets pretty weak.

It is granted that many things have been won by the various ex-servicemen's associations for veterans. You'll notice that none have been widows' CFSA pensions, the best six years or the magic 85. Nor in my opinion will they ever be. Only serving personnel can effect these changes. How to get them to put in their two bits worth is the \$64,000 question.

Perhaps these CFLSPA people have the answer. We can all join the association. As far as I can see it is not limited to retired personnel per se.

One has only to look to the south and see the comprehensive veterans programs the Americans provide for their retired personnel to realize how shoddily our ex-servicemen are treated in many benefit areas.

We have only our own silent selves to blame. So take a look at CFLSPA. The membership fee is modest. The rewards could be great.

From The Fur-Lined Foxhole

Maybe it sounds old-fashioned but I worry about the Armed Forces. Recent years have given one a lot to worry about.

When the topic of our participation in the '76 Olympics first arose, I heard a figure of 10,000 people mentioned. While this would truly be a major commitment for the Armed Forces it was, in my opinion, still within our capabilities. It was to be a "National" project, we were committed, and rightly so. Where else in the country could you find 10,000 or so well trained and disciplined people but in the CAF. Further, there would be no union problems. The commitment was large but within reason.

Recently however, I heard the statement that our commitment was really around 30,000 people. I couldn't believe the statement and questioned its accuracy. Apparently it was true.

Assuming that this figure is reasonably accurate I must confess to having a great fear about our ability to succeed in this endeavor and still function as an Armed Force. The problems created by such a commitment are immense. I fear that, in effect, we are just going to have to shut down the forces, for 2 or 3 months. Who knows how long it will take to get going again.

In any case, I hope that someone has the foresight to cancel, temporarily at least, all our other commitments, treaties, peacekeeping, etc. during the duration of the Olympics. During that time we will, in effect, become a National Guard. If anything happens anywhere except in Montreal we'll be in real trouble. Sure hope the PLO doesn't send a delegation. Well back to the old foxhole for awhile.

Guest Editorial Away From Unification

Winnipeg Free Press)

There were positive signs in the brief, subdued ceremony that took place on what is traditionally known as the airforce side of Winnipeg's international airport this week that Canada has finally turned its back on the expensive, morale-shattering experiment known as armed forces unification.

The official announcements said nothing about a reversal of the unification policy which has clung like a ball and chain to Canada's armed forces, and the taxpayer's pocket-books for nearly a decade. Everyone who was anyone in military circles deftly fielded questions about unification, its effect on morale, its costs and its lack of effectiveness. Defence Minister James Richardson delivered a textbook lecture, for the benefit of assembled newsmen, on the differences between integration (to which there never was much opposition) and unification.

But since the occasion was the establishment of a new Air Command, a command which

will give airmen in the service the same type of home care available to soldiers in Mobile Command and sailors in Maritime Command, it was evident that Mr. Richardson and the federal government had opted for integration, and had discarded once and for all the never proven benefits of unification.

Mr. Richardson even went so far as to admit that a return to distinctive uniforms for the three branches was under consideration -- a statement that sent shivers through all the officers present, since officers must buy their uniforms, and few have recovered from the monetary impact of unification green.

But the signs were present. The official program mentioned that the honor guard "squads" would be marched into place half an hour before the parade was to take place. "Flights" not platoons, were ordered "eyes right". And whatever doubt existed was dispelled when the guard began its march past before Canada's Chief of the Defence Staff, General

J.A. Dextraze. As the march began, the Air Command Band (until now called the Training Command Band) struck up the march past of the Royal Air Force, that distinctive tune adopted by the Royal Canadian Air Force as its marching music.

So, even seven and a half years on one uniform, one rank structure (which was breached earlier by the navy) and one, unified command, Canada has returned to the army, navy and air force contingents which have been proven the world over to be the most logical formation of defence forces.

Canada will continue integration of common trades. It makes sense that one set of doctors, one set of lawyers, one set of motor mechanics should serve all three branches of the armed forces. It makes equal sense that at the sharp end of the stick the fighting components should be distinctive.

(Editor's Note: How about calling one of them a new name -- perhaps RCAF?)

Totem Talk

Did you ever want to write a memo, but lack the know-how? Did you ever want to look something up in QR&O's or CFAO's but didn't know where to start? You don't have to be the Base Commander or a super Adm Clerk to acquire the skills; you can learn them, if you're eligible, on the Junior Leaders Course.

Brainwashed as this may sound, the J.L.C. is not some devious plot to turn airmen into foot soldiers, but a very positive step in giving the Forces what they need badly, and that's leadership in the rank and file at the lower level.

Long gone is the old service axiom that "if you live long enough, you'll get promoted." Let's face it, language requirements aside, if a young

man or woman in the Service today is on the ball, and they have the proper training they should get the promotions.

The content of the Junior Leaders Course does involve rifle drill and field exercises, but ask anyone that has had the course, and they'll tell you there's more, like administration, public speaking, instructional technique, and perhaps one that's most important, and that's getting along with your fellow human beings.

Rather than just another "Joe Job" I consider the Junior Leader Course, combined with the Warrant Officer's Academy, to be a professional development program for military men and women, a concept that has long been the domain of officers.

If you're a Corporal or a Master Corporal, and your name comes up for JLC training, by all means take the course, then form your own opinions. Granted, a "pongo-type" field exercise may not increase your ability to repair an aircraft, but it may teach you to study a situation and make a decision, a good thing to know in any walk of life.

And if you think you are too old or too smart to learn something, then brother, you've been wasting your time and the government's. I've had the course, and these are my own personal views on it. If you agree with me, right on. If you don't, write in!

CRS

Babes In The Woods

Gentlemen:

Thank you for your editorial quotes on our recent hiking trip overland to Butte Lake. There are a few points of safety and preparedness that I would like to emphasize to novice and expert hikers entering this or similar areas. First though, I should emphasize that the trip was fun; invigorating and rewarding in accomplishment beyond our expectations. The scenery, wild life and unspoiled wilderness combined with views from Mt. Waddington to beyond Nanaimo all coupled with perfect weather, only whetted the appetite for more of the same. Your readers should know, Mr. Editor, that the only reason we did not have a fourth on the trip was the requirement for you to remain behind and "roll the presses" on the 25 Sep issue of the Times.

My suggestions to hikers are as follows:

a. Stay together as a group. Do not split up unless help is required urgently. There are many unknown factors to overcome on mountains. Often a resolution not apparent to one will occur to another member of the party. Very often one member is carrying essential gear that others may require.

b. Do not rush. As an example, our party at approximately 1600 hours on 26 Sept. approached a point directly over the pick-up spot we were expected to be at. That is, we were 5,000 feet above that rendezvous. We observed that the marked trail up the hill was said to take 7½ hours to climb and we had about 3½ hours of daylight left. While one might surmise that we might go down twice as fast as we would climb, we decided that waiting for morning would be the wise move. Refreshed by a good night's sleep we soon discovered the trail markers but found that the climb down over the bluffs took longer and was more hazardous than expected. We most certainly could not have made this descent before dark and

would have missed both trail and blazes.

c. Carry safety equipment. Our party was equipped with red flares which we expected to use only in emergency. What all three "experienced" hikers missed was a "heliograph" signal mirror that can be used to magnify and direct the sun's rays at a rescue party. This little essential can be used by anyone and should be carried on the simplest Sunday hike.

d. Leave a map or description of your route with someone at home. In Comox, we have the finest Search & Rescue organization anywhere and we did leave a map of our route with 442 Operations. When we were reported overdue, that organization took charge, with the result that they arrived at our pick-up point with ground search teams ready to go. Since they are right in our own front yard it seems much more sensible to inform 442 of your plans than to have them search over a large area. May I suggest that when we were overdue, we rested much easier knowing that Search & Rescue knew where to look.

And that, Mr. Editor, should put "finis" to the 1975 hiking season. Please, however, let me take this last bit of space to say thank you to 442 Squadron for their concern. While we were all well and not lost at any time, I cannot express how reassuring it was to each of us to see that "chopper" come over. How much easier for us to enjoy the outdoors in safety when we know that they are concerned and ready to respond.

Major Dave Stroud

RCAFA

Editor, Totem Times:
Your editorial of September 25th poses a serious problem; however, this Association is doing all it can to help reverse downward trends in both recognition of the Battle of Britain and in getting new air equipment.

We have recognized that the Battle of Britain has narrow appeal. The answer: we sponsored National Aviation Week for the first time this year terminating on Battle of

Britain Sunday where recognition was given to both civil and military airmen and, in particular, those who served in the Battle of Britain. A broadened base, hopefully better recognition in the future.

At our annual Convention in Edmonton October 8-11, 1975 we had a new resolution on the LRP, one on fostering improved public support for increased military spending, another to attempt to achieve identity on cap badges for sailors, soldiers and airmen in the support trades. We adopted an RCAF Tartan cummerbund and tie as our formal dress and encouraged the Forces to do the same for the Air Operations Branch. General Carr made his first formal presentation as Commander Air Command at our annual dinner and we honored 10 of Canada's Bush Pilots - Air Pioneers.

We are an all-ranks organization of airmen, regardless of background, dedicated to improving the situation in both military and civil aviation. To do this adequately we need more members from all walks of life including the military community.

After forming Wings at Baden and Trenton we want more wings at or near military bases. Master Corporal Pete Pate of the CFB Comox Transportation Section, an absentee member of 4 (Group Captain Buck McNair) Wing has a Wing

Organization kit and will accept help from any of your readers in forming a Wing in the Courtenay-Comox area. There can be no doubt that Air Command needs help to preserve an air force identity

and effectiveness in an appropriate manner. We are prepared to unite airmen for that purpose. We trust that your readers will assist us in our efforts.

Ron Butcher DFC, CD, PMgr

Correction

The October 9th issue of the Totem Times referred to the 25th Norad Region-Air Divisions Region Commander as Brigadier General Young. We are pleased to correct the error. It is Major General

Young. He received this promotion mentioned in the article. We might also add that the "\$6,000,000.00 Man" article brought the General and Totem Times a wealth of compliments. Ed.

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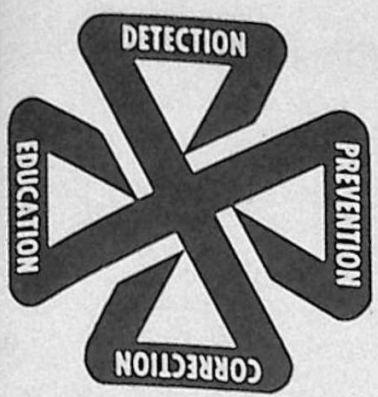
TOTEM TIMES

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YOU WERE GONE SO LONG-WE WENT AHEAD AND PUT IT TOGETHER BY OURSELVES



Safety 75

By Safety Sam

Carrying On - Safely

Courtesy - Family Safety

Hydroplaning

The accident victim, badly shaken, said, "The steering wheel became loose in my hands."

Another victim said: "My front wheels just didn't respond when I turned them."

Still another said: "All of a sudden there was nothing to get hold of."

Many other drivers have made similar statements after accidents caused by a mysterious - and terrifying - loss of control on wet roads. They weren't talking about ordinary skidding in rainy weather, which is bad enough.

They were talking about something far more frightening: a complete loss of steering and traction - as if their cars actually began to float on the water-covered pavement.

Those eerie reports are no longer attributed to emotional shock, alcohol, drugs, deceptive alibis or defective steering mechanisms. Today, thanks to a lot of scientific sleuthing, we know the survivors are telling the truth. Their cars did float - on less than an inch of water.

Safety engineers call it "hydroplaning."

Oddly enough, hydroplaning was discovered by the National Aeronautics and Space Administration. NASA scientists were investigating a rash of military aircraft accidents on wet runways, when a tire-tread mill experiment finally provided the clue.

Watching a tire spinning on a wet belt one day, they suddenly saw it come to a full stop - for no apparent reason - while the belt continued to travel at 60 mph.

That clue broke the case wide open. NASA quickly proved that, as a tire displaces stationary water on

a highway, hydrodynamic pressures build up in a wave-like wedge of water right in front of the tire's point of contact with the road. The size of the wedge, as you probably guessed, increases as the speed increases.

Water, like all liquids, refuses to compress and eventually the tire can no longer penetrate the wedge. When that happens, say your prayers, for the tire then climbs up on the water and rides on it like a water ski. All traction, all steering, all control are lost.

No statistics are available yet for automobile hydroplaning, but the latest National Safety Council figures reveal that in 1972 almost 500,000 people were killed or injured on wet roads. Safety experts strongly suspect that hydroplaning was guilty in many of those cases.

Hydroplaning certainly comes off as a crime - a crime committed against the unwary. And, as such, it represents a conspiracy involving water, speed, tires, over-all weight and weight distribution.

Water - It doesn't take much. Although hydroplaning is more likely to occur on roads covered with half an inch or more of water, it can happen with less.

Speed - Below 30 m.p.h., a tire should disperse water under and around it, and maintain contact with the road. Above 30 m.p.h., partial hydroplaning can occur. Above 55 m.p.h., the tire may lose contact with the road, causing total hydroplaning. This can occur at much lower speeds under slush conditions.

Tires - Worn or under-inflated tires invite hydroplaning, and will do so on less water and at lower speeds. Good treads channel

the water through the grooves without lifting the wheel.

Weight - The lighter the car, the more chance of hydroplaning.

Weight distribution - If too much weight is concentrated in the rear of a car (back seat or trunk or trailer), hydroplaning is also likely, for the front tires will tend to tilt up much like the bow of a speedboat.

So far we've discussed "dynamic" hydroplaning. "Viscous" hydroplaning is more common and every bit as dangerous.

Viscous hydroplaning often happens when those first few drops of rain mix with oil, dust and dirt on the road. Even fog or dew will do the trick - a dirty trick indeed.

Here's how to protect yourself and that family of yours against both kinds of hydroplaning:

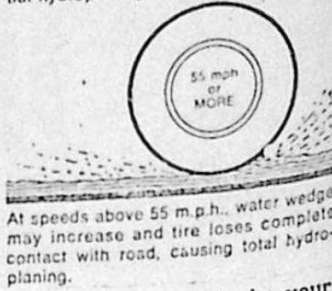
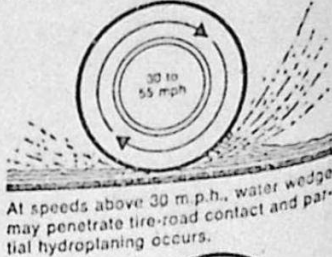
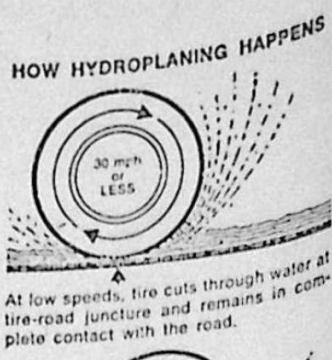
Be alert for hydroplaning conditions. As we just mentioned, viscous hydroplaning can occur with minimum moisture: dew, fog or the first few raindrops.

Dynamic hydroplaning is produced by standing water. Look for it, especially on curves. Warning clues: you see clear reflections of other cars and poles; or you notice raindrop "dimples" appearing on the road; or you hear your tires splashing or sizzling on what seems to be only a thin film of water.

Slow down. Slow away down on curves. Even on a straightaway, partial hydroplaning can happen at 30 m.p.h.

Driving smoothly is as important as driving slowly. Corner carefully and don't make abrupt movements with the steering wheel, brakes or accelerator.

Become sensitive to what's going on between your tires and the road. To feel the



"vibes," sit snugly in your seat and maintain a secure but relaxed grip on the steering wheel. If you develop a feel for the road, you're more likely to ease up on the gas before your tires start acting like water skis.

Follow those simple safety tips and you'll keep hydroplaning where it belongs - in water sports!

Glacier Greens News

The last scheduled event for the year was held at Glacier Greens on Sunday 19th October 75. After all the rain the weatherman turned on the sun making it a perfect day for the 28 participants to enjoy the closing Mixed 3-4-5 Ball Tournament.

Winning the event was the team of Darlene and Brian Clark, Bob Bird and Anne and Larry Cote. 2nd place winners were Caroline and Graham Walker, Wendy Walker and Gilles Bonenfant. 3rd place went to Barbara and Ron Carter and Rose and Alex McCleish. The most honest golfer prize went to the team of Lynn and Harry Ellis, Reg Blois and George Mealing.

After the presentation of prizes, thanks were extended to Club Captain Ron Carter and the committee for all their hard work and effort which contributed so much towards making this a most successful and enjoyable year of golf at Glacier Greens. See you at the Golf Club - next year!



The Home Front

By MAUREEN ARTHUR
(Paid Advertisement)

paring square footage location and prices. From here you can choose five to ten homes to view with your Realtor, at your convenience, from any member firm.

As a vendor (seller) a binding contract is made, in writing, when you list your home with a Realtor. The commission is usually payable by the vendor if and when the property is sold. The commission on M.L.S. varies across Canada, but the contract must be of 60 days or more duration, and any other firm belonging to the M.L.S. system may sell that property; with you paying only the agreed commission to the listing firm.

An exclusive listing gives one Realtor and all his service representatives, the opportunity to find a buyer within a specific period of time, normally 30 days or more. The commission is payable by the vendor if and when the property is sold with the commission fee usually a percentage lower than the M.L.S. fee.

Ask your Realtor what method, M.L.S. or Exclusive,

is best for your home. The contract will specify the price, the specified period time and the terms you agree to with that Realty Firm.

For a contract to be valid concerning an interest in land, it must be in writing to be enforceable. As a purchaser or vendor in real estate, never do anything verbally; it will be unenforceable in accordance with the Statute of Fraud. So please get in writing, that goes for anything from the drapes included in purchase price to the cows in the back forty.

We at Nanaimo Realty (Courtney) Ltd., have 26 sales representatives between our Courtney and Comox offices, so do try us, we will do our best for you.

My foot-note today is: "The easiest way to acquire a bigger house, is to marry off a few kids."

At your service, a votre service.

Maureen
Nanaimo Realty (Courtney) Ltd.

Comox Office 339-2228
Courtney Office 339-3124

Akela says

The 1st LAZO Beavers, Cubs, and Scouts are alive and well!! Yes, THANKS to the response of the PARENTS. All the Cub Packs have really gotten on the ball now and it's due to the parents giving their full support to the BOYS.

The latest report from the Beavers is they have their program going strong with good support and 42 Kits.

Gray Pack has full support with 17 boys while Red Pack has 19 boys and parents in support of their unit. Blue Pack is our largest Cub Pack with 24 boys and good sound leaders now. Blue Pack has also had their Fire Prevention training this past week.

The Scouts are really off and running with 25 boys and qualified leadership to carry them through the year.

The Scouts made out well on the concession stand they ran at the Sky Diving Meet on 11-13 Oct 75. Many THANKS to the diving club who invited the scouts to turn into business men and run their own fund raising project. The BOYS say thanks for all the support given them during the week-end.

Scout-APPLE DAY will come to LAZO on 23 Oct 75, Thur and will run through the week-end. Support your community Scouting program and buy an apple from a

Coming in the future is the L.A. Christmas Bazaar 15 Nov 75, PMQ School; Christmas Party, ??; Father & Son Banquet 26 Feb 76. (Pictures weren't returned yet from the printers).

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Entertainment and Events

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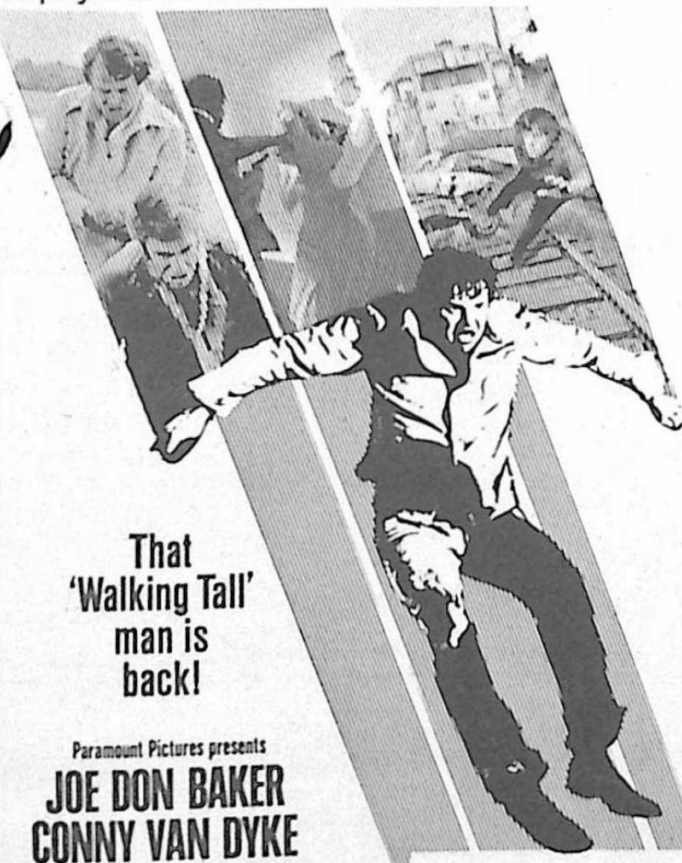
BASE THEATRE

SCHEDULE

Wed. 22 Oct. 3 MUSKETEERS Oliver Reed
Thurs. 23 Oct. Racquel Welch
Fri. 24 Oct. Showtime: 2000 hrs. to 2150 hrs.

Sat. 25 FRAMED Joe Don Baker
Sun. 26 Oct. RESTRICTED - Action
WARNING - Frequent violence and action
Showtime: 2000 hrs to 2150 hrs.

HE WAS TAKEN BY EVERYONE, FOR EVERYTHING HE HAD. All he had left was one obsession. To get even. To pay them back two for one.



That 'Walking Tall' man is back!

Paramount Pictures presents
JOE DON BAKER CONNY VAN DYKE
Starring GABRIEL DELL JOHN MARLEY BROCK PETERS
WARREN KEMMERLING From the novel by Art Powers and Mike Misenheimer
Screenplay by Mort Briskin Produced by Mort and Joel Briskin
Directed by Phil Karlson Music Scored by Pat Williams in Color A

RESTRICTED

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.

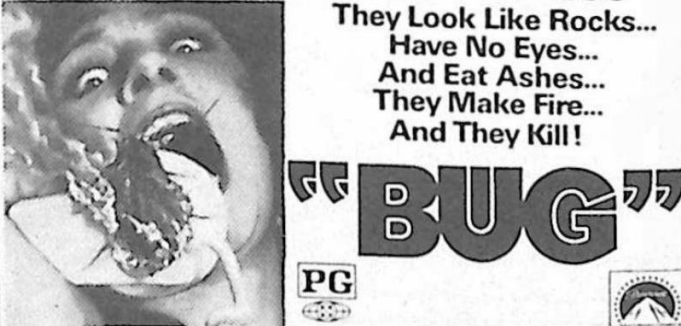
ADULT SHOWS: 16 years of age and above - Under 16 years must be accompanied by a person over 16.

Wed. 29 Oct. 99 44/100% DEAD Chuck Connors
Thurs. 30 Oct. Richard Harris
Fri. 31 Oct. Action Comedy
Showtime: 2000 hrs. to 2150 hrs.

99 44/100% DEAD!



Sat. 1 Nov. BUG
Sun. 2 Nov. They Look Like Rocks...
Have No Eyes...
And Eat Ashes...
They Make Fire...
And They Kill!



Wed. 5 Nov. HOT PANTS HOLIDAY
Thurs. 6 Nov. FROM FRUSTRATION TO TABOO TORRID LOVE!



starring TUDI WIGGINS CHRISTOPHER ST. JOHN GREER ST. JOHN SABRA WELLES
Original Screen Story by ROBIN MOORE - Screenplay by EDWARD MANN - Produced by ROBERT D. WEINACH
Directed by EDWARD MANN - Executive Producer LARRY APPLEBAUM
A ROBIN MOORE ROBERT D. WEINACH Production - IN COLOR - AN AVCO EMBASSY RELEASE

JUNIOR RANKS CLUB

Support Your Club

NOV. ENTERTAINMENT

- 1 Nov. - Mixed Bonspiel. Time TBA
- 1 & 2 Nov. - Dance Band is Thrush
- 4 Nov. - Movie. 2000 hrs. Sugar Express
- 5 Nov. - Bingo at 2000 hrs
- 7 Nov. - TGIF & Sports (EUCHRE) Lounge closed
- 8 Nov. - Dance Band is Contraband
- 9 Nov. - Wine & Cheese. Dance Band is Contraband. Wine and cheese at 1900 hrs. Dance 2100 hrs.
- 10 Nov. - Movie TBA 2000 hrs.
- 11 Nov. - Remembrance Day Lounge & WO's & Sgts. Mess
- 12 Nov. - Bingo at 2000 hrs.
- 14 Nov. - TGIF & Sports (DARTS) Lounge Closed
- 15-16 Nov. - Dance Band is Messinger
- 18 Nov. - Movie TBA 2000 hrs.
- 19 Nov. - Bingo 2000 hrs.
- 21 Nov. - TGIF & Sports (CRIB)
- 21-22-23 Nov. - Dance & Show with "Canadian Band Stand Show." Members \$1.00 each. Non Members \$2.00 each

KEEP CANADA GROWING PLANT TREES

CFB Comox Protestant Chapel Guild
BAZAAR

Saturday, 1st November - 2:00 P.M.
Airport School Gym

Bake Table Door Prizes Handicrafts White Elephant Tea Room

Donations for the Handicraft and White Elephant tables would be greatly appreciated and may be left at PMQ's F2, 115A, 98 and 86 by Wednesday, 29th October if possible. Baking donations may be left at the same PMQ's on Friday, 31st October.

PLEASE HELP US TO HELP OTHERS

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Mon. to Thurs. - 8:15 p.m.
2 Shows Fri. & Sat. - 7 & 9 p.m.
Matinee Sat. 2:00 p.m.
No Sat. Matinee Nov. 1st

THURS. TO WED., OCTOBER 23, 24, 25, 27, 28, 29
MATINEE SATURDAY - 2:00 P.M.

The Walt Disney Productions
APPLE DUMPLING GANG
General Entertainment

THURS., TO WED., OCTOBER 30, 31, NOV. 1, 3, 4, 5
Bo Svenson
Buford Pusser's own true story
"WALKING TALL, PART II" Mature
"Some violence and coarse language." - B.C. Director

Starts Thurs., Nov. 6 "MAN ABOUT THE HOUSE" General

Stardust
Drive-In Theatre

Williams Beach Rd. & Island Hwy.
Admission \$2.50 - OAP \$1.00
Gates 7:30 Show 8:00 p.m.

Fri., Sat., Sun., Oct. 24, 25, 26
MAN OF IRON Plus
Neville Brand "THIS IS A HIJACK" Mature
Fri., Sat., Oct. 31, Nov. 1 & 2
Michael Caine - Anthony Quinn
"THE DESTROYERS" Plus
"DIRTY O'NEIL"



CLUB PRESIDENT Lorne Kingyens presents the Block Bros. Realty Ltd. trophy to Red Schneider, winner of the Men's Match Play at Glacier Greens for 1975.

Glacier Gardens Arena

1975-76 Schedule
Sundays Family Skating 1400 - 1530
Tuesday Public Skating 1830-2000
Wednesday Adult Skating 2015 - 2315
(18 and over)

Tuesday Moms & Tots 1000 - 1100
Wednesday PMQ Broomball 1000 - 1100

Monday Intersection Hockey 1900 - 2400
Wednesday Intersection Hockey 1830 & 2145
Friday Intersection Hockey 1415 - 1545
Plus figure skating, minor hockey, commercial hockey and school skating.
Prices for skating: 12 and under 25 cents; students 35 cents; Adults 50 cents; Family (max.) \$1.00; Moms & Tots 50 cents.



LILA AND DOUG TUCKER receive the low net prize from the BXO.

Midget Rep Hockey

Games played Saturday and Sunday, October 18th and 19th in Powell River.

The Comox Credit Union Checkers travelled to Powell River last weekend and came home with four more points with impressive 8-2 and 6-2 scores.

Greg Kyle with four goals on Saturday was all Comox needed. Paul Tames, Alex Kelly, Rob Adams and Stu Winchester added one goal apiece to round out the scoring. On Sunday Paul Tames got two goals to lead

the scoring, Garry Mann, Stu Robertson, Alex Kelly and Terry Robinson got one goal apiece to round out the game. There were 26 penalties on Saturday - 16 to Comox, 10 to Powell River. On Sunday 20 penalties - 8 to Comox and 12 to Powell River.

Blue-line Report: Centre Greg Kyle, Alex Kelly and Paul Tames were the three star selection on Saturday. On Sunday Paul Tames, Stu Winchester and Pete Allan were selected stars.



CAPTAIN HANK HOFFERT, BXO, presents the Mr. and Mrs. Tournament trophy to winners Anne and Larry Cote. This annual event, sponsored by the Base Exchange was held at Glacier Greens on Sunday October 15th.

Ellis Photo

Indoor Soccer

The 20th of October saw the Wolves and Falcons play to a 1 to 1 tie. George Bulawka scored for the Falcons in the first half, but Percy Miller got it back about 5 minutes later. In the other game the Bears finally got on track by beating the Lions 2 to 1. Scoring for the Bears was Kim Jocksch, and Todd Simms with David Uddenberg assisting. For the Lions it was Glen Peters doing the scoring.

	P	W	L	T	Pts
Wolves	3	1	1	1	3
Falcons	3	1	0	2	4
Bears	3	1	2	0	2
Lions	3	1	1	1	3

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Manitoba's Sheep Skins

(Continued from page 1)
and compared Canadian Forces' courses and training with some of their own academic courses of study and have determined that some forces' courses will be recommended for university credit.

How does this credit-system benefit the serviceman? The basic air navigator course, for example, is worth nine-hours' credit (six hours equal one full course); the staff air navigator course, three hours; and aerospace systems course, 15 hours.

For other ranks, three-hours' credit is given to graduates of trade-levels four and six courses at the Canadian Forces Meteorology School, Westwin, Man. (The trade-level four course is a training program for privates who have been enrolled at least 30 months, and it approximates intermediate apprentice training on "civvie street"). Trade-level six course is a supervisor's training program required for master-corporals to be promoted sergeant, and approximates journeymen's qualifications).

Credits may be granted to graduates in Military Studies I (a study at university level of military history and application of military principles in warfare), social psychology and Canadian geography, offered by the Canadian Forces Staff School's graduate assistance program.

Graduates of Canadian Forces' computer-training courses will be awarded credits by the university's computer science department on an individual basis,

according to experience and performance.

Fifteen full courses, 90 credit-hours, are required for a baccalaureate or bachelor of sciences (general) degree from the university.

At last May's convocation, four servicemen, taking advantages of the joint DND-U of Man. program, received degrees. Because Canadian universities are selective in accepting transfers of credits from other universities, service people, in some instances, have accumulated more credits than are actually required for a degree. Within this program, however, a serviceman can, once he establishes a satisfactory record of studies of U of Man, complete his degree elsewhere, if he is transferred, with the University of Manitoba granting the degree.

Correspondence courses may be taken from the U of Man to obtain the necessary credit in two courses to qualify for their degree. Additionally, the student may be awarded a U of Man degree without having fulfilled the one-year requirement for attendance on campus.

The university will rebate tuition fees to students if interruption or discontinuation of studies occur because of sudden postings or for other duty-related reasons.

A program brochure and application forms are available from headquarters' administrative units, base-unit training officers or The Program Co-ordinator U of Man-DND Academic Upgrading.

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WATCH OUT MUHAMMED ALI! L to R Back Peter Morro, age 17, weight 130 lbs. has good hands and can move. Kevin Kotowich is 17 years old, weighs 145 lbs. and can punch with the best. Jeff Malcolmson weighs in at 85 lbs. and this 12 year old has lots of good moves. The young champ in the front is as yet unidentified. Ellis Photo

Boxing Club

The boys are at work trying to get ready for the big fight card coming up on the 29th November. There will be a ten bout card with all local boys in action. There are some really good boys putting on the show for all the people in the Comox area.

Wanted:

Broomball Officials

If you are interested in officiating in the upcoming Intersection Broomball League call Bob Carter Local 315. Games are played during noon hours and two officials will be used every game. Pay will be four dollars a game (each official), the league starts on October 27th. If you are interested, the sooner you call, the more games you can do.

Archery Club

MEETING: 16 Nov. at 1500-1700 - Rec. Center
All interested military personnel and dependants are asked to attend.



HERE IS Otto Hartman showing the kids how to throw a right hand to the body. Ellis Photo

Curling Capers

By BEV MUSKETT
The Comox Valley Curling Club was very active this past week with all leagues commencing regular league play.

I believe there are some openings still available in the Seniors' League (Contact Gerry Garoz at 339-2886) and the Sunday Morning Hangover League (Contact Eric Chayko at 334-4240).

Ken Aitken has informed me that Skips, Thirds or Full Rinks are needed for the Sunday Night Mixed, Monday Night Mixed and the Wednesday Night Mixed. Phone Ken at 334-4712 if you would like to curl in any of these leagues.

The Get Acquainted Social held Saturday October 18th was a great success. There was a good turnout and everyone had a great time.

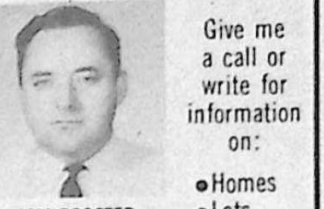
If any Ladies are considering entering playdowns they should start thinking about putting a rink together. The deadline for entries is December 1st.

Also Ladies don't forget to

get your entries in for the Club Spiel to be held November 7, 8 and 9. An entry form is being placed on the Notice Board at the rink.

There will be a Junior Boys and Junior Girls Bonspiel at the Comox Valley Curling Club December 5th, 6th and 7th. Get your entries in to Rob Peterson at 339-2359. Doris Squire and Bill Thompson will be working with Rob again this year to make this spiel the success it was last year.

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Babe Ruth Baseball

After trying twice to have the Annual Meeting of Babe Ruth baseball, I am compelled to pen a few words of annoyance and concern. At our first meeting we had nine people, at our second meeting we had eight. I realize some people were busy and were unable to attend, but I also realize there were at least 100 parents who were not busy those nights and just didn't bother to show up. I think it's about time that parents started thinking about their kids instead of themselves and assume some responsibility toward programs that their children enjoy participating in. It takes many people to run a baseball program successfully and if we have the volunteers, then nobody is overloaded. Yet, every meeting you see the same 8 or 9 dedicated people show up. These same people are probably busier than 90 per cent of the people that don't show up.

I believe last year there were something like 29 teams playing in the fun softball league. That's about 300 athletically minded adults enjoying themselves while the kids suffered because of lack of coaches and officials. If just 10 per cent of these people would donate some of their time and energy into helping the kids, we would have more people involved than we have ever had. Think about it parents!

We are going to try once more to hold an Annual meeting. The date is October 29, 1975. The place is the Senior Citizens' Lounge. The time is 7:30 p.m. Coffee will be supplied to make for a more relaxed atmosphere. Eight or ten people cannot run this Baseball Program. So, if we do not get a good turnout of people for this meeting, we will be forced to cancel Babe Ruth Baseball. This is a very severe and painful decision to have to make because only the

kids are losers, but we cannot continue under the present situation.

In closing I would like to quote a prominent B.C. Baseball Instructor: "Baseball is good for teenagers. It's good exercise and keeps them occupied and off the streets." Police statistics show that it takes 40 minutes for a B & E. The average baseball team of 15 players spends 6 hours a week practicing or playing baseball. That's 90 hours or 120 potential B & E's. I say, hats-off to baseball! Think about this parents, and come out and support your kids!

See you on the 29th.
Gerry Richardson,
President
Comox Valley Babe Ruth Baseball Assoc.

Canada Savings Bonds may be cashed at any time at full face value plus earned interest.

Jock Talk

Well our illustrious new Sports Editor, Harvey Gates, has been on the job only two issues and already he is down in the Esquimalt hospital having his stomach checked - pressures of meeting that deadline, I guess. We all wish you well Harv.

And speaking of sports, the Intersection Flag Football winds up this week with the winner of Tuesday's game between 442 and Firehall-ATC meeting 407 Sqn on Thursday for the championship. Then during the next week the gridiron boys will be preparing to defend their crown in the Pacific region play-off being held here 31 Oct - 2 Nov. Our Totems will face Chilliwack at 1000 hrs 31st Oct play the Pacific Fleet at 1330 hrs 1st Nov and go against last year's finishers Esquimalt at 1330 hrs 2nd Nov. All the action will take place at the Base Sports Field.

The basketball season is underway. The team has been working out for two weeks and has one exhibition game under their belts, a 63 - 61 defeat to the Courtney Beavers. If this game was any indication we should be in store for some fine action this season. A proposed five team league (two Cumberland, two Courtney and the Base Team) is scheduled to get underway in the next couple of weeks.

Our hockey Totems are the team everyone is wondering about, their counterparts, the

Courtney Elks, have already shown their stuff, but no word from the Totems camp as yet. Remember a season ticket will get you in to at least twenty games and they are available at this office.

The inter-section volleyball league which plays each Thursday afternoon met with a small crisis last week - a one hour blackout. The only team that didn't complain about the darkness was the Admin-Comptroller club who were doing battle with the service women's team at the time. The 442 Sqn - Firehall till did get completed. Firehall upset the defending champs three straight and could be the team to beat this year. Participation is the name of the game, so if you're interested in playing for a team, come and join in Thursday afternoons.

Women's fitness classes are being attended quite well on Monday and Thursday mornings, but there is still room for more ladies who desire some exercise, games and a little fun. The sauna bath always feels good after these sessions as well. And while we're on the topic, the gymnasium and sauna are available for use by the ladies any day of the week, except at noon hour and during specifically scheduled events.

Notes of Interest
1. Badminton Club Wednesdays and Sundays 1930 hrs. Interested personnel and dependants invited.

Sailing The Tally-Ho

Up and down, and up and down and up....

For the next hour and a half, with not a breath of wind, the TALLY-HO bobbed like a cork beside the Comox Bar cone buoy. So this was sailboat cruising. Only 6 1/2 days left.

We had left the Comox Marina around 10 that morning determined to sail across the Strait of Georgia to Lund, and here we were at noon and we had not even crossed the Comox Bar.

I remembered the first time we had sailed the TALLY-HO across the Bar only a month and a half ago. It was our first family solo trip on the TALLY-HO. The day was dull and dirty and the wind felt like an enemy inside the breakwater at the Comox Marina. I had a fleeting thought that things were happening too fast and there was still time for a gracious withdrawal. It was a quantum leap from the 11 foot Mirror sailing dinghy on which we had been sailing before, to the 26 foot keelboat sloop, the TALLY-HO.

Our family had joined the Comox Squadron of the Canadian Forces Sailing Association 2 years ago. Except for a sail to Tree Island (at the north end of Denman Island) in a Mirror for a picnic, we hadn't made full use of our \$25 family membership.

This spring however, we got the sailing "fever". Barbara, my wife, and Mark, thirteen had passed the Canadian Yachting Association test and were qualified skippers on the Mirrors. The Mirror is a 10 foot 10 inch square bow dinghy, 4 feet 7 inches wide, weighing 135 pounds with 49 square feet of red sail. This is the Sailing Club's fleet boat.

Then one summer day, in a fit of, to this date incomprehensible, bravado, I wrote out a check for \$200 and became a part owner of the Club's 26 foot, 7 1/2 foot wide TALLY-HO, displacing 4,850 pounds, with 330 square feet of white sail and a 4 foot draft.

Our training boat was John Fox's 24 foot "Buccaneer" and our teacher was his son Alex. Our first few trips were crammed with sheets, ropes, lines, halyards, terminology and apprehension. But Alex was a very calm, efficient and forgiving instructor and gradually we realized that there were more similarities than differences between the centre board Mirror and the keelboat TALLY-HO. The same wind had the same effect, but the consequences of error were greater. The halyard for hoisting the mainsail was cleated on the starboard (right) side of the mast on both boats. We sorted out all the ropes and learned

their uses - the topping lift, forward spring, out-haul, down-haul, the cunningham. We sailed on all points of sailing, practised changing sails, docking under sail, docking under power, man overboard drills, dropping anchor and heaving-to. At night the bed would gybe and I would yell out orders to the crew.

After 6 trips with Alex, we went on the TALLY-HO for our first trip with Geoff Frusher as skipper. Our first impression was that the TALLY-HO was slower to respond to the tiller, and once she got going, took a long time slowing down. But other than that she handled the same. Already I was an "expert."

On 24 July we would sail solo on the TALLY-HO. (To be continued next issue).



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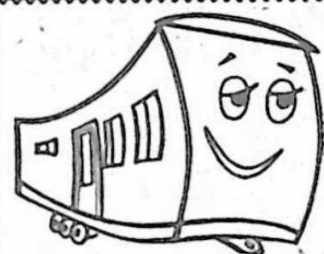
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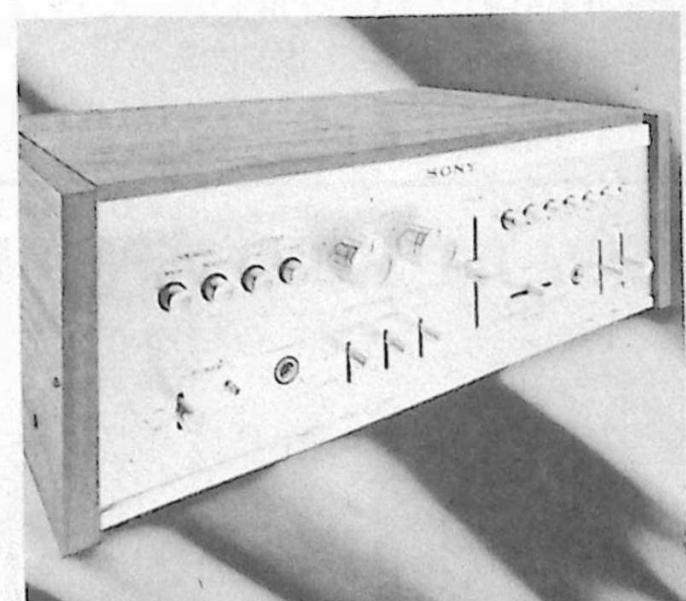


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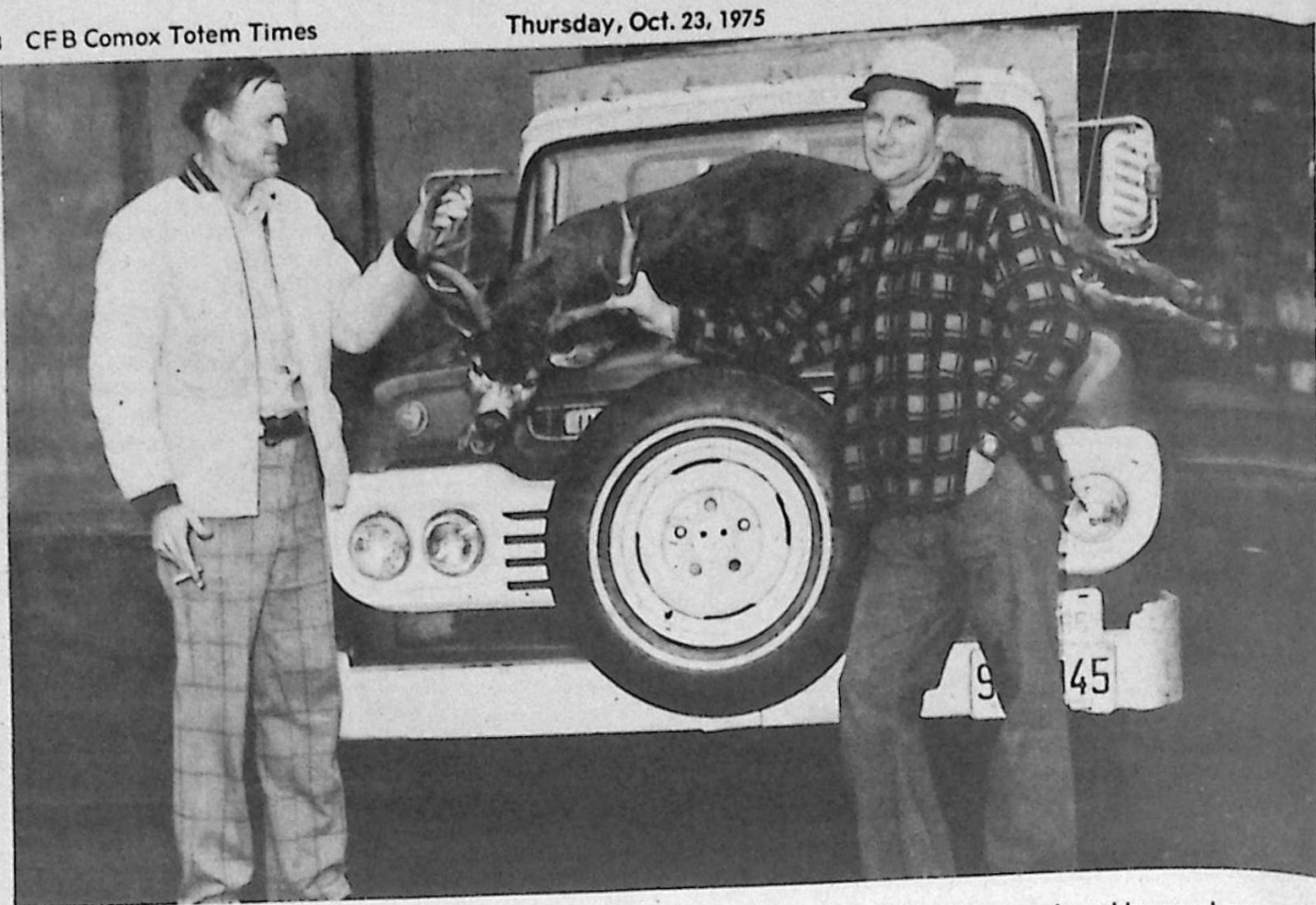
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WE SHOT HIM - BIG GAME HUNTERS Glen Gillis and Ray Robert's buck weighed in at 161 lbs. The difference between the 175-200 guessed weight cost

Glen a case of bubbly and was enjoyed by you know who.

Base Photo

"Ode To A Deer"

Shining brown eyes, soft as down,
Jet black nose and coat of brown.
White raised tail, long twitching ears,
Timid meander, full of fears.

Soft wet tongue so shiny pink,
Gentle mouth to make you think.
Of muzzled fawns on mossy banks.
For nature's gift of deer, give thanks.

Mincing gait on dainty hooves,
See, how stealthily she moves.
Scent of danger, ears raised high
Fleet of foot, some leaps. Good-bye.

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PMQ Preamble

(Continued from page 3)
basketball from 8 to 9 p.m. So boys and girls, if you're looking for fun come on out and join us.

We are still interested in forming a Women's broom-ball league for play one morning per week, so if any PMQ wives are interested in

How authors can earn \$125 hour

The Canada Council is offering a fee of \$125 an hour to authors who give public readings of their work as part of publisher-organized promotion tours.

The offer is part of a new Canada Council program to encourage Canadian publishers to organize new promotion efforts for their books. The council will pay travel expenses for tours by authors.

Nothing great was achieved without enthusiasm. (Ralph Waldo Emerson).

fun and recreation please give our Recreation Director, Mrs. Gladys Wilson a call after 4 p.m. at 339-2486 before Oct. 29th.

Re-elect...

**Alderman
RON WEBBER**
City of Courtenay
on
Nov. 15, 1975

- Owner of Ron's Grocery
- Born and raised in the valley
- Married to Lorraine, two daughters
- Served in the Canadian Scottish and Black Watch
- Past Zone-Chairman, Zone 1-5 Lions Clubs
- Chairman of Traffic Advisory Committee, Protection Services Committee and Chairman of July 1st celebrations
- Interested and energetic

I have enjoyed serving the citizens of Courtenay during the past term and feel with the knowledge and experience gained, that if elected for the next two-year term, I will be able to contribute even more as Alderman for the people of Courtenay.

WEBBER, Ronald V.

If you need a ride to the poll, please phone 338-5907

Cancer Facts

What causes cancer?

In experimental animals, cancer can be produced by many agents, including certain chemicals, hormones, viruses and radiation. Some of these agents have also been shown to cause cancer in humans, but in most cases of human cancer the cause is not known.

There is a direct relationship between the smoking of cigarettes and lung cancer and, in industry, a number of cancer-causing chemicals have been identified and steps subsequently have been taken to protect workmen against these hazards.

Can cancer be caused by germs?

A number of malignant tumors in animals and birds have been shown to be caused by viruses - the smallest of the disease-producing germs. No viruses have been positively identified with human cancers, although some authorities believe that viruses play an important role in this regard.

Metrication

If the weatherman tells you to expect 3 centimetres of snow overnight, don't worry - your broom will handle the load the next morning. But if he says expect 30 centimetres of snow, better get the shovel ready and be prepared to leave a little earlier for work.

Swedish boy: My grandfather is tougher than your father.

Canadian boy:

Yeah, I know.



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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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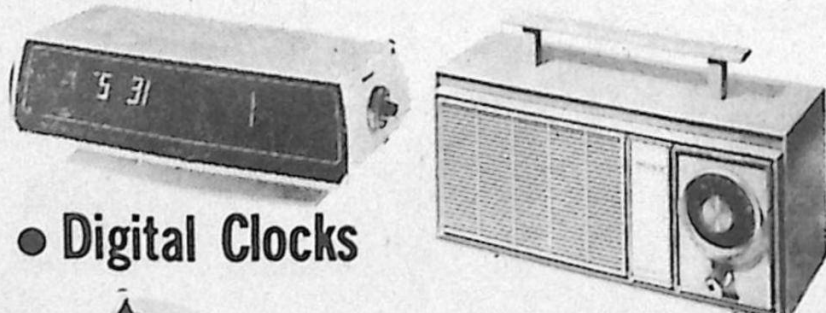


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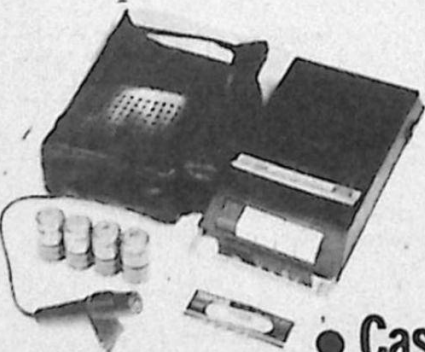
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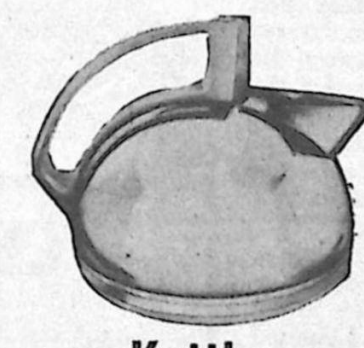


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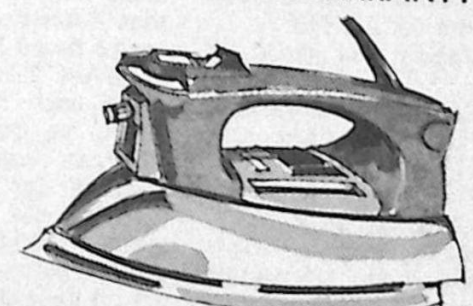


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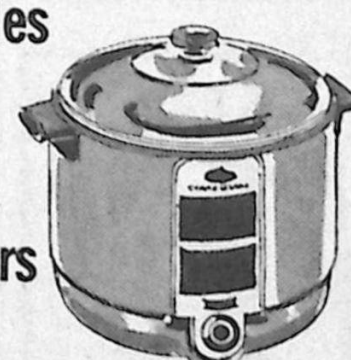
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