



TOTEM TIMES



Will Economic Guidelines Freeze Your Assets?

VOL. 17 - NO. 21

CFB COMOX TOTEM TIMES THURSDAY, NOV. 6, 1975

Totems Win Football Crown Again



THE 1975 PACIFIC REGION CHAMPS. Front Row L-R: John Power; Tim Murphy; Barry Van Dusen; Ron Western; Marc Legault; Dave Dixon; Ed Lefleur; Bob Carter; Kent Smerdon. Rear Row L-

R: Mark Simpson; Leo Spear; Jerry Moray; Gary Anderson; Marcus Decurtins; Barry Hunter; Vic Lee; Bobby Orr; Lorne Lake; Joe Matheson and Gil Lavalliere. Missing: Larry Gmyz.

Hosford Photo

Second Win For Comox

The CFB Comox Totems Flag Football team were victorious for the second consecutive year in Pacific Region Competition. This is the second year that this sport has been played at the region level, and the Totems defence has yet to yield a touchdown to their opposition.

This year's tournament was made up of only three teams, CFB Chilliwack, CFB

Esquimalt, and our Totems. A round robin competition was put into effect with Comox hosting Chilliwack on Friday in the first encounter. The conditions were by no means ideal, with winds and rain gusting up to 60 mph. It was a hard hitting affair with Chilliwack opening the scoring early in a field goal, but quarterback and coach Vic Lee, engineered his troops for two retaliating scores to

cinch the victory 13 - 3. The next day under better conditions saw Chilliwack and Esquimalt lock horns. It was a see-saw battle that could have wound up in anyone's lap, but Esquimalt managed to hold on to their 12 - 6 lead and set the stage for Sunday's finale.

The unrelenting defensive corps led by Bob Orr and Barry Hunter, and the striking power of the Totems'

offence left the final to be somewhat of an anticlimax. The more experienced Comox team won it handily 34 - 0. Two touchdowns each by Ron Western and John Power and one to Kent Smerdon provided for most of the scoring with P.A.T. going to Power, Gerry Moray, and Mark Simpson.

It was an enjoyable weekend for all particularly the Totems - congratulations.

Puzzle Palace Complete Soon

OTTAWA - National Defence headquarters here is about to say good-bye to its old A-B-C "temporary" buildings on Cartier Square, a site the Armed Forces have occupied since early in the Second World War.

Last element of the defence department still in the old building, the personnel group, is scheduled to move to a new downtown highrise - L'Esplanade, bounded by Laurier, O'Connor, Bank and Gloucester, about three blocks west of the old site - early in the New Year.

Super Snoopers

It hasn't taken the new Air Command long to swing into action. The Aircraft Maintenance Inspection Team, under the guiding hand of Team Leader LCOL F.V.L. DAVIES descended on 409 and 442 Squadrons this week for their annual maintenance audit.

With their check lists and magnifying glasses, no detail is too small to miss their experienced eyes. In every nook and cranny they can be seen, noting our faux pas, goofs and even some of our good points.

Many of the team personnel are well known to us and lifetime friends. Some just left Comox and are now back to look over their old sections from a different angle. We are most pleased to welcome both old and new friends of Air Command to the base and trust their visit will produce nothing but good words and an abundance of spare parts.

The Team consisted of Maj A.V. Milani, CWO C.A. Bernhardt, WO T.W. Whar-ton, Capt. J.C. Webster, MWO

(Continued on page 8)

Sonny's
Southern
Sojourn

(See Page 3)



CAPTAIN JANET DUNSMORE, formerly of Windsor, N.S., points to the floor in a new downtown Ottawa office building which the National Defence Headquarters directorate in which she works will occupy early next year. Most of the defence department's 900-member Personnel Group is expected to move about Jan. 2 from "B" Building, a Second World War "temporary" structure on Lisgar Street, to L'Esplanade Laurier, a new, 23-storey, twin-tower office building about four blocks west.

CF Photo

Pats For NATO Duties

OTTAWA - The 1st Battalion, Princess Patricia's Canadian Light Infantry, Calgary, will be Canada's contribution to NATO's Allied Command Europe's mobile land force, beginning Nov. 1, Defence Minister James Richardson announced.

In assuming the role, formerly handled by the 3rd Battalion, The Royal Canadian Regiment, CFB Petawawa, Ont., the Patricia's are earmarked for possible service on NATO's northern European flank.

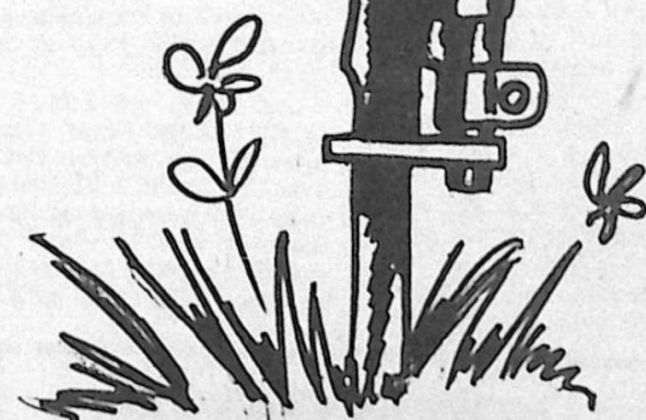
Allied Commander Europe (ACE) mobile land force, formed in 1961, is a multinational organization designed to react quickly to threats to NATO's northern and southern flanks. Canada contributes to the force destined for service in the north only.

The battalion group, commanded by the Commanding Officer of 1 PPCLI, Lieutenant Colonel K.R. Foster, 36, Calgary, is augmented by elements of the 3rd Regiment, Royal Canadian Horse Artillery, CFB Winnipeg; 3 Field Engineer Squadron, Chilliwack, B.C.; 1 Signals Squadron, 1 Service Battalion and 2 Field Ambulance, all of Calgary; and 427 Tactical Helicopter Squadron, CFB Petawawa.



HE whom this scroll commemorates was numbered among those who, at the call of King and Country, left all that was dear to them, endured hardness, faced danger, and finally passed out of the sight of men by the path of duty and self-sacrifice, giving up their own lives that others might live in freedom. Let those who come after see to it that his name be not forgotten.

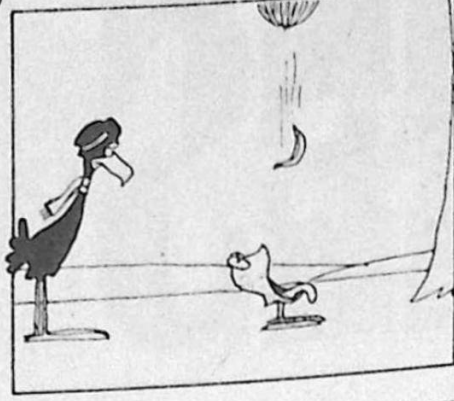
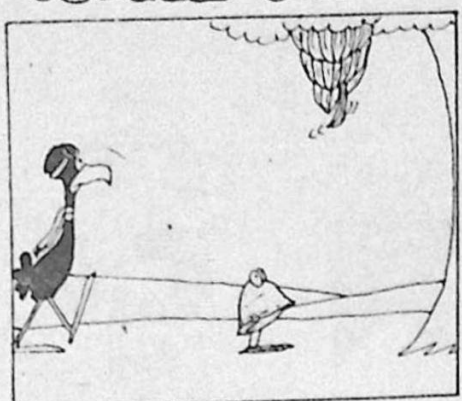
Pte. Horace William Notley Gallagher
Canadian Infantry Bn.



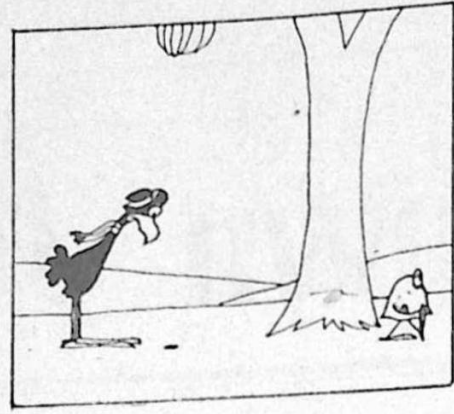
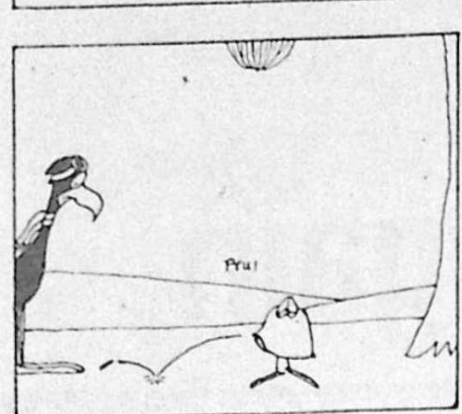
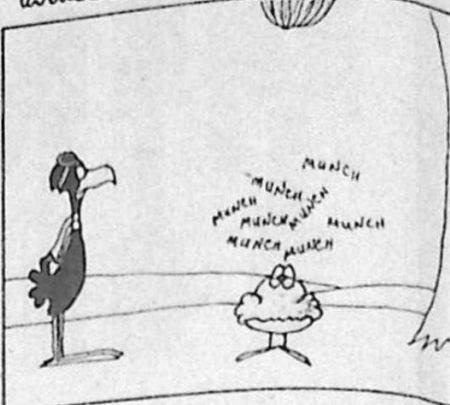
Remembrance Day '75

GUDGEL STEW

by RICK ST. GERMAIN



INTERVIEWS: BEERS



ASW LABS

For a change almost everyone in the ASW labs is occupying his appointed niche with the only missing members being Sgt. Ken MacLean who is absorbing higher learning in Drapeau and Lt. Bodnarek who is currently enrolled at Greenwood's local academy. Also rumored to be applying his talents to the field of learning is Pierre Forget whose interest is a Hunter Training Course: just wait until he finds out that the subject matter is wildlife and not girls! Brent Hart, however, may well know the difference between the various species since he is reputed to be chasing Bambis somewhere on this fair Isle.

Here in the Green Cavern, Keen Gene Prystay has a special on PI 214's, for sale cheap, he says. Sam Dunn is bemoaning the lack of true Edmonschuk keilbasa here in the salmon capital of the

world and the RTT Lab welcome mat is out for a new face that belongs to Fred Neild. Fred is a former Demon gun plumber who remastered and now comes to us by way of the 740 Comm. Detachment.

Mixing it up at the plumbers' nightmare we find Jim (The Not So Bad) Hagar slowly adapting to life in the shops. He no longer asks when the evening shift starts and the scratches, left on the floor when he was first dragged in, are now barely visible.

As proof of the damage to one's sanity caused by conditions around the APS 20, i.e., noise, X-rays, ozone and high RF fields, "J.P." has volunteered for sea duty. His friends have all tried to dissuade him, but to no avail, so, let's all get together and be nice to him as we recall a passage from Hamlet: "Oh, what a noble mind here is overthrown!"

Living proof of the fun arising from concurrent periods of leave and temporary duty continues unabated as evidenced by the longest running game of musical offices. AVSO's, Deputy AVSO's, Acting Deputy AVSO's and even Interim Acting Deputy AVSO's, have made almost daily changes in the office routine. And, speaking of the office, we are reminded that our lack of a clerk has caused many a soul to disavow any knowledge of typing. However, "volunteers" from

our ill-assorted midst have, on occasions, two-fingered their way to glory.

As our budget for libel is now all but spent, we leave you with this cheery food for thought, "Is the Career Manager's visit before Christmas Ottawa's idea of a present?"

ARMAMENT ANTICS

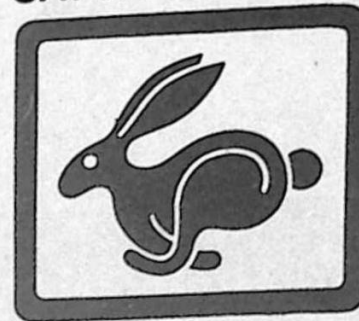
It seems that our prospective South American land baron, Kirk Gregoire, has squashed all previous plans for purchasing an equity in said real estate. It seems that a recently arrived brochure from the vendors states that there are a few extras that go along with the land; namely, crocodators, annacondas and giant toads which have no qualms about attacking the unsuspecting owner and or his livestock. Additional bonuses include drought, pestilence and uprisings.

Gloria Gallant, one of our

new additions and forerunner of the female era in the WTechA trade, has had her first trip in an Argus and we are reserving space in the next issue for a rundown, in her own words, of the experience.

Should you happen to drop into the 407 Armament Section during the next few weeks and encounter a couple of guys wandering around like lost sheep, please talk to them, they're lonely. It appears that almost everyone else will be on trips, TD or leave.

CATCH A RABBIT



Nighthawk's Nest

Well for those of you who wondered where the last Nighthawk's Nest column disappeared to, it seems that the drafts were lost somewhere between the squadron and the Totem Times office. Either that or Jack Anderson is running out of material. All is not lost however, since I have at my disposal informers who have been keeping reliable notes. So this week's extravaganza will be a double feature. For the inside information, and the real reason behind all the rumors, read on.

Well winter has come upon us once again. With a blast of pent-up fury those big lows are once again mercilessly starting the long trek across the Pacific to unleash floods and the occasional snowfall upon our poor pink unprotected bodies. Now is the time for all good men to do the venerable bullet-proof poopy suit to face the onslaught of bone-chilling water and insidious cold lurking in wait below us. All those who ignore Nature's warning -- beware.

It seems that for a period of about two weeks early this month, the QRA was the focal point of interest for the squadron. My silver-haired sleuth reports that Gorge Hulka is quite concerned about his living conditions there. It seems that he is quite convinced that his frequent headaches are caused by the fluorescent lights installed there. Once it was explained to me how these lights insidiously suck the Vitamin A out of one's forehead, and Gorge especially so since he lacks a protective covering, it became quite understandable to see Gorge watching TV with a magazine covering his head. Gorge confided in me that he has a CE work order in to get a helmet visor modified with lead shielding which will strap onto his forehead. Good luck there Gorge.

Friday, October 3 was a day of great excitement. Clark Kent overcame his natural adversity for the Q and joined Jungle Jim to form QRA Balloon Flight. The Kernel started the day off by flying bird detail and showing us how, with a subtle touch of afterburner, ducks can be plucked, deboned, cooked and fricasseed all in one split-second. Clark Kent showed us that a 101 can be put back on the ground even though it is so overweight that the barrier becomes a necessity. This incident was particularly interesting in that, when the problem was Px'ed to the squadron, the resultant stampered by our 2 1/2'ers to the CAC left a cloud of dust which lingered for quite some time. Rumour has it, that in the confusion, Met Section put out a special forecast of partially obscured ceiling, 10 feet in blowing dust, with extensive thermal activity in the local area.

Fast Eddy and Chuckles Whirlywizer just returned from Chatham where they were 409 Sqn's stalwart representatives at the ADC Tactics Conference. One item of special interest was revealed to us at this conference.

There will be a Callshot competition next spring followed by one more final William Tell competition to be held in Florida late next year. Apparently, there will be 19 squadrons participating in the USAF competition so it should be quite a good competition. I think that the amount of work accomplished at Chatham was directly proportional to the weight of lobster brought back. Rumour has it that Chuckles seat was in jeopardy for quite some time when Fast Eddy heard about the "special deal" on lobster.

I had a chance to rap with Ed Campbell awhile ago and we drifted into an interesting conversation in the back bar. It seems that upon mulling over the chances for career progression, Ed suddenly realized that things were not really as bad as they seemed. He confided in me that if someone like the Zee can become a major with ears that protrude like his do, then there is hope for him and his also. Ott-not broke Ed's bubble by telling him that his eyes were not nearly as sexy as Major Zee's. Tough luck Ed.

I think all of you know and recognize the fact that Pete Wittich is a very cool individual. But there is something I don't quite understand. My reliable snitch, who wishes to remain anonymous, revealed to me the other day that when Pete retires for the night, he stores his underwear in the freezer. Now this is what I call keeping your cool. Now to promote reader participation in this column, I would greatly appreciate it if all of you could let me know the reason for this action. The best answers will be published in the next Totem Times.

This last week, the scramble horn went off for both Raleigh Emry and Mike McKay. I am happy to report that both missions were successful and a MA was recorded by both of these happy fathers. Raleigh now has a little boy and Mike McKay a little girl to form, as Ron Breeden puts it, two more millionaire families.

I would also like to officially welcome to our squadron another comrade -- Roy "the preacher" Smith. I wish to mention that he is not a complete stranger in our midst as his reputation preceded him by quite a few months. A dedicated student of Garner Ted Armstrong, he has shown us that he is willing, at the drop of a hat, to enlighten us on some of the more pressing problems of our times through a few consoling words and the touch of a cold glass on our palms. His dedication in this field has particularly impressed Jungle Jim who has become a disciple of Roy and who shows great potential. Keep up the good work, Jim.

Last week, 409 held it's monthly Cudgel Caper. Once again, B Flight was victorious over the hopeful A Flyers. Once again, man and machine marched hand in hand in complete rapport, functioning in complete harmony as kill

after kill was recorded for posterity. It was a close competition and scrutinizing judges assessed each trip completely impartially. It was not until the last mission that again a victory could be accredited to B Flight. Congratulations to all you B Flyers.

RUMOUR OF THE WEEK
Orv Maxitongue's little darling is a natural biological progression from the amount of time he talks in the air.

409 CLUB WINNERS
1. V.D. CRETNEY B HOUSEO 29 AUG.
2. PETE MORROW TOWER 5 SEPT.
3. R.F. HERBERT MCHORD 12 SEPT.
4. BOB ARCHAMBAULT COLD LAKE 19 SEPT.
5. J. CAMPBELL 409 REPAIR 26 SEPT.
6. E. MAJDEN 409 SNAGS 3 OCT.
7. COLLEEN ANDERSON COMOX 10 OCT.
8. AL JAZEY BASE PHOTO 17 OCT.
9. DONNA STERCHAM COMOX 24 OCT.
10. CLAUDE SAUBERT 409 ARM 31 OCT.

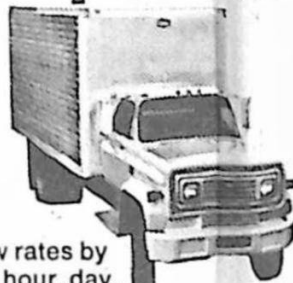
Winter Time Statistics

Temperatures - November (1945 - 1974).
Max. Temp. on record 18.0 C (4th 1944).
Min. Temp. on record -10.0 C (14th 1955)
Mean temp. for month .53 C
Mean max. temp. for month .83 C
Mean min. temp. for month .22 C
Rainfall
Average monthly total 192.0 MM
Greatest monthly total 349.8 MM (25 days 1953)
Lowest monthly total 55.6 MM (15 days 1957)
Heaviest rainfall in one day .65.8 MM (18th 1948)
Average number of days with rain (.2 MM or more) 18.3 days
Snowfall
Average monthly total 7.1 CM
Greatest monthly total 50.8 CM (7 days 1970)
Lowest monthly total .0.0 CM
Heaviest snowfall in one day .22.4 CM (17th 1955)
Average number of days with snow (.2 CM or more) 1.0 days
Thunderstorms
Reported 5 times in 5 of the past 30 years.



LONG DISTANCE?...I'LL SAY IT IS! Pte. Simone Cadieux of Base R & D section left for Montreal on Oct. 31, where she will spend 4 days before boarding a Boeing 707 in Ottawa for her flight to Lahr and Ismailia. From Cardiff, Ontario, she enrolled in the CAF in Sept. 73. She's the first service woman to depart for the Middle East from base Comox and will serve a tour of duty until May 76. Base Photo

MOVING?
Busy season?
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YOUR
RIGHTS



The Human Rights Code of British Columbia was created to guarantee basic human rights to all people in the Province. Do you know what these rights are? Do you know what to do if your rights are violated? A small booklet, titled YOUR RIGHTS, has recently been published by the Human Rights Branch of the Department of Labour. It will give you the information you need about your rights under the Human Rights Code. It is available, free of charge, at all Department of Labour offices, and at Manpower Centres, doctor's offices, community centres, and similar locations throughout the Province. Or, write to the Human Rights Branch, Department of Labour, 880 Douglas Street, Victoria, B.C. V8W 2B7



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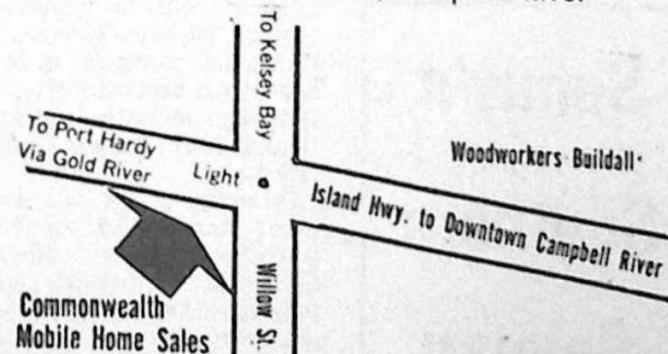
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REASONS WHY

DR. GEORGE PIERCY

Should be

ALDERMAN for
Town of Comox



1. Born and educated in Comox. Age 51. Has maintained active interest through family ties in Comox Valley. Proud of a family heritage of 100 years in the area.
2. Active in community affairs. Executive experience in Kinsmen Club. Past president Babe Ruth organization. Recognition for his work with youth recreation.
3. 25 years as active Family Physician. Understands problems of young people and our retired and senior citizens.
4. Returned to Comox in 1973. Limited medical practice. Has time and energy for municipal affairs.
5. Has lived and worked in lower Fraser Valley and knows the social and traffic problems that a growing community must guard against.
6. Trusts that after careful review of issues, his decisions will be in the interest of maintaining a healthy and beautiful Comox Peninsula.

VOTE NOV. 15

PIERCY, George

X

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The Saga of Sonny

WEATHER: Western County-Fair, Highs 95 to 105; Desert - Continued warm, Highs above 100.

This was the weather forecast that appeared in a Riverside, California newspaper for the 3 October 1975.

Under normal circumstances this would be a useless bit of information. But for me, standing in the back of a 303rd Aerospace Rescue and Recovery Sqn. Hercules, wearing nothing but large goose bumps and watching my clothes being dispatched out the ramp along the flight

reverse" was done with such cunning that I had no idea what was about to happen. All I know was that I was going to pay for the pink jeep.

I heard rumors, however, that my name would be burned into the BWO's lawn. Or on their departure, a low pass would be made over the base, dispensing gallons of pink paint for me to clean up.

But now, standing there in my altogether, staring at all those grinning, (no, leering) faces, a million thoughts ran through my mind. They are going to throw me out on a parachute to

eat your heart out!) After the bus had made a few stops I felt it was safe to stick my head up and peer around and see if I could get my bearings. Nothing looked familiar so I walked up to the front of the bus and said, "Hello, where will this bus take me?" The driver almost suffered whip lashing his head to look at me. "Where the h— did you come from?" You see, no one had got on the bus since he left the terminal so he had no idea where I came from. I explained where I got on and that maybe he just didn't notice me. He mumbled

blame him, I was in need of a little confirmation myself that this was really happening. He disappeared into another office and I sat there thinking I had it made. I heard him talking to Col. Lang, and because I wished to talk to him too, I knocked on the door and walked in. By this time the Adj. was doing a lot of listening so I waited patiently for my turn on the phone. (Little did I know that Col. Lang was in on the kidnapping and was explaining the situation to the Adj.) Standing there waiting for the phone, I noticed that this was no ordinary office.

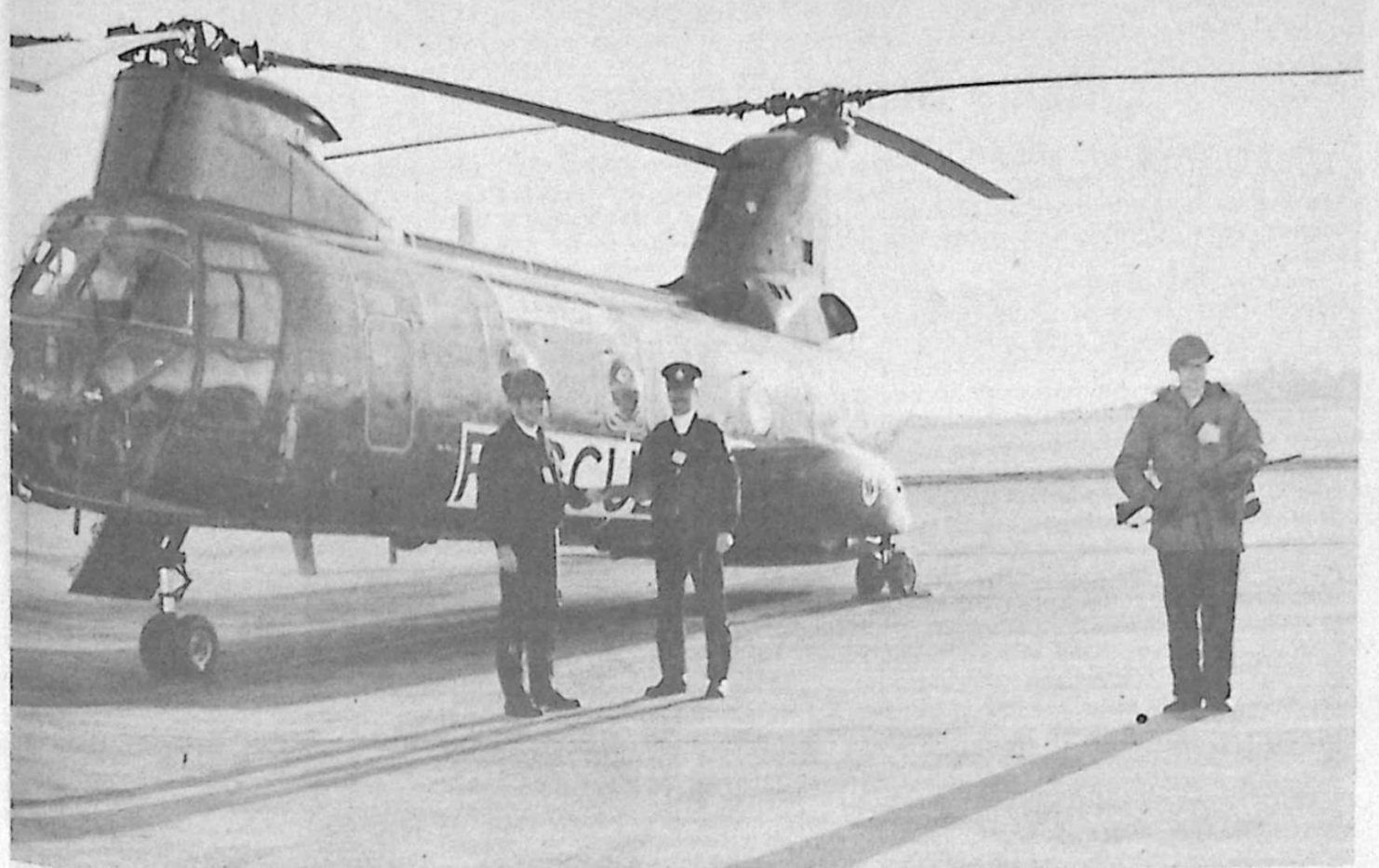
There was a plush carpet on the floor, a huge mahogany desk, a coat rack with a General's tunic hanging on it and standing in the doorway I had just entered, a General. Some days it just doesn't pay to get out of bed. He had a startled look on his face and rightfully so, most Generals have a little advance warning as to who will be visiting their office and my "dress of the day" didn't give him much of a clue as to my identity. He smiled, offered his hand and asked who I might be. I shook his hand, introduced myself and started to tell him my story. The Adj. interrupted to tell me everything was cleared up, and I was to return to my captors. He also assured the General he would explain everything on his return. The Adj. was going to drive me back to the terminal but he didn't have to. When we got to the gate the whole 303rd crew was there waiting. They had tracked me down in less than an hour.

So we departed McChord AFB leaving behind one very confused Canadian General and many American MP's looking for an alien Canadian wandering around their Base. **SOUTHBOUND**

Feeling a little better now, knowing that the Squadron was in the picture of what was happening, I settled back to enjoy the flight to Phoenix where we were to drop off three of the PJ's (Para Jumpers) who lived there. On the way we flew over Reno and Lake Tahoe. Looking down you could almost hear the money changing hands.

Landing at Phoenix, I said good-bye to the three PJ's and the Fishing Derby Trophy. You don't know about the Fishing Derby Trophy? Well, a great little guy by the name of Raleigh D. Curtis (old Rough and Dangerous) won the Fishing Derby by catching the only "Fresh Water Cod" in the Glacier Greens duck pond. The trophy for this was a mud shark spiked to a board and presented frozen. Just so this trophy would not be discarded, it was made a perpetual trophy and must be available for presentation at the next competition. Perhaps you can see the reason for smiles as we left Phoenix, waving good-bye to R.D. standing on the tarmac in the 110 degree heat with an arm full of rapidly thawing dogfish. (I have since been told that the trophy is resting in the bottom of a deep freeze until next year.)

After a forty minute flight we arrived at March AFB,



"ARNOLD'S ALL MINE!" says Major Mike Anglesley, as he grabs the chopper's log book from Captain Erv Hamilton, R.A.F. (Regular Air Force).

Meanwhile, ace security guard Cpl. Fred Perry wonders whether the whole situation warrants a letter to the 'Green Sheet'. Base Photo



"I DIDN'T DO NUTHIN' OFFICER" pleads Sonny desperately (at this time not knowing his trip in the paddy wagon was all in jest) while puffing on his best Mickey Rooney act. Begin Photo

line, this information suddenly became important. This was to be my final destination, and apparently in the nude.

It all started at the Seventh Annual Rescue Specialist Competition being hosted this year by 442 Squadron Comox. Seven teams participated in the competition. Canadian teams from 413 Squadron Summerside, 424 Squadron Trenton, 440 Squadron Edmonton, 442 Squadron Comox, Survival Training School Edmonton and two American teams. One team from the 1550th Eglan Air Force Base Florida, a Regular Forces team known throughout the competition as the "A.D.P.'s". The other American team was the 303rd A.R.R.S. Air Force Reserve from March AFB California. This team was known as the "R.A.M.'s".

Competition was keen and as usual, little pranks were continually being pulled on one another. Things like scoring a direct hit on the judges tent with a free fall bundle, or dropping check streamers with quaint little words of wisdom written on them for the other teams to read.

But let's get back to why I was standing in the back of the Hercules with no pockets for my hands. The "R.A.M.'s" had brought a Jeep and trailer with them and it seems that someone borrowed it for a couple of hours and had it painted pink. Having heard that it was missing, I naturally kept an eye out for it. Sure enough, I found it in all its beauty, in a parking lot, and being the good Samaritan that I am, I returned it to the hangar only to be accused of instigating this dastardly deed. No amount of explaining or denial on my part would convince the RAM's of my innocence. Thus, a move was afoot to kidnap me to explain to their superiors the effect Comox weather has on kahki jeeps and, if necessary, to do a little masking and sanding, should its natural color need to be restored.

All the plotting and planning for this "sky jacking in

streak the base - they are going to throw me out WITHOUT a parachute to streak the base. I thought to myself, I had better get a head set on and listen to try and find out what the game plan is. The first thing I heard was Comox tower requesting the estimated time of arrival at Victoria. Oh no! They're going to throw me out at Victoria International Airport.

ESCAPE AND EVASION

With a sigh of relief, Victoria slipped by as we started a descent into McChord AFB to clear customs. Customs! Now here is an opportunity to escape. Surely a customs officer would be curious about a guy wearing nothing but a feeble smile and singing "O Canada". As we taxied up to the terminal my shoes, socks, shorts, wallet and a flying suit (Canadian) appeared for me to wear. The Customs Officer arrived and checked over the declaration forms and crew manifests and didn't even care that I was an alien. He said, "Enjoy your stay in the USA." So there went my first chance at escape.

While the aircraft captain went to file a flight plan, the rest of us went to the Cafeteria for lunch. I noticed they were keeping a very close eye on me. After lunch we returned to the terminal to wait for the rest of the crew and lo and behold, there in front of the terminal was a bus that does a tour of the base. If they just blinked once I would be on it. (They blinked and I was on it hiding behind the very back seat.) Seconds later the driver got on, closed the door and we were off. Perfect, couldn't have done it better if it had been planned. (James Bond,

something I couldn't quite hear and then told me all the places the bus stopped. The last place was the 25th NORAD building. Great! There is a Canadian Detachment there. If I could just smooth talk my way into there they would never find me. Several stops and many frayed nerve endings later we arrived at the gate. I went up to the M.P. and tried to explain my problem. Standing there in a Canadian flying suit, American name tag and Squadron crests, a Canadian ID card with photo that is a poor likeness, and telling a story of being kidnapped, seemed totally ridiculous. No one in their right mind, especially an American MP, would believe this story.

He shook his head, totally confused, but agreed to phone the Canadian Orderly Room. The Orderly Room agreed to send someone down to the gate and shortly a Corporal arrived to listen to my story. I emphasized the need to get inside the fence before the 303rd found out where I was. The Corporal decided this was too big for him to make a decision on and signed me in to see the Adjutant. I was in.

Upstairs, I sat in the Adj's office and told the story in more detail but it still didn't sound any better than it did the first time. The Adj. decided the best thing was to phone L.Col. Lang at Comox to confirm my story. I didn't

California, where we were met by Major "Bud" Widman and his VW bus full of cold Coors. I was met by a U.S. Immigration Officer with deportation papers. He gave me the third degree before he finally told me he was just a navigator on the Squadron. They thought of everything. We unloaded the aircraft and everyone including the Sqn. Commander commented on the professional paint job on the jeep. The color also got some comments.

I left the Sqn. with M.Sgt. "Willie" Williamson and his wife Gail as I was to be their guest. It was on arrival at their home in Riverside that I found out my wife was also in on the plot. For when I was shown to my room, there, on the bed was my suitcase. My wife had packed clothes for me, and Willie had kept them hidden all that time.

That evening we went to a Mexican Restaurant for supper and then to the home of Major Pete Pomonis where I met the wives of the kidnapping crew. We talked of the many happenings during the competition which made for lots of laughs and a

wonderful way to end a very long day.

Saturday and Sunday were full days with golf at two beautiful golf courses, a tour of the local winery and a tour of an old Mission Inn that depicts some of the history of southern California. The evenings were spent in the company of friends where good food and good fun went hand in hand.

Monday and Tuesday were spent at the Squadron meeting the rest of the staff and comparing notes on equipment and procedures. Oh yes, the Squadron Commander agreed that the Pink Jeep did have a place on the Squadron and it would stay pink as long as possible. (At the time of this writing it is still pink.) **HOME AGAIN**

How was I getting home? This had been in the back of my mind for the past four days. Now I was to find out. Wednesday morning I was booked home commercial air. Who paid for the tickets? It seems there was a collection taken during the competition that no one knew the reason for. Now they do, it was for the tickets. And so, Wednesday

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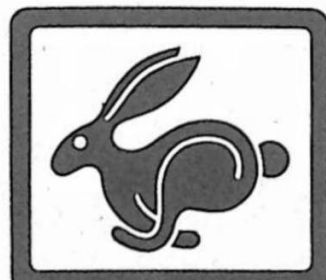
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EDITORIAL

Some Sanity Prevails

Hurrah for Ontario and for Bobby Hull! It's about time that some positive steps are taken to eliminate the physical violence from Canada's number one game.

Hockey has always been a body contact sport; however, it is doubtful that the rule makers ever intended to have players go out on the ice to maim the opposition. The big names in hockey management strongly place the blame for the "blood-thirsty" brand of game on the wishes of the fans. They indicate that the spectators would no longer watch the action unless it contained the violence that is apparent in all other forms of our modern day entertainment. It takes a large amount of money to pay the super stars, the coaches, management, investors and the costs associated with the operation of the arenas. The admission paying public and television advertisers pay the bill. There does not appear to be any team currently going bankrupt so maybe they are right.

Have you been out to watch Junior's team competing? The hue and cry from the over exuberant mothers and fathers would appear to substantiate hockey management's comments. "Get him!"

"Bash him into the boards!" are some of the common terms screamed by the enthusiastic parents. Some of the tongue lashings received by the youngsters when they didn't follow parental instructions, are enough to turn one's stomach.

I have no sons that I am pushing to get on the financial gravy train of the NHL or WHA so maybe I'm prejudiced. I will say, however, that I have ceased to watch hockey games. The Canada-watch hockey series was the last time I paid Russian series was the last time I paid much attention to the game. Maybe other fans have taken the same action. I understand that Hockey Night in Canada is no longer number one in the TV ratings. Could it be that some of the fans now wish to see a game of skill vice one of violence?

Hockey is a sport where physical fitness and skill should be of paramount importance. There is no place for deliberate violence. Ask your General Safety Officer. He will gladly tell you that there are too many injuries caused accidentally in this fast moving game without having others as a result of deliberate acts of violence.

From The Fur-Lined Foxhole

Current Generation Challenged

Soon it will be Remembrance Day. Most of us will just take the day off and be glad to get it; some will give a passing thought as to the meaning of the day; fewer still will actually walk to their local cenotaph to take part in remembrance services; a relative handful will actually parade, and only a few will weep; for the time for tears has passed.

Each year the contingent of those who actually observe Remembrance Day becomes smaller. Soon memory will not be able to recall the events of the First Great War. Gone from common conversation will be names like The Somme and Vimy Ridge. Our children will look back in that time in much the same manner as we recall the Napoleonic Wars; simply as history. Soon names like Dieppe, Dunkirk and Normandy will also fade from our collective memory. The process is normal and, it appears, inevitable. It is entirely possible that Remembrance Day will soon lose its meaning entirely, and take upon itself other meanings quite unassociated with war and sacrifice.

There is none-the-less a great sadness to observe aged and aging men quietly and with dignity celebrating their victories and defeats, unacknowledged by the vast majority of their fellow citizens. The source of the sadness however does not lie with the veterans but with the majority who fail to observe the day in any manner whatsoever. They, the majority, have quickly forgotten that their present leisure, security and freedoms were ensured by the sacrifices of men such as they pass by on Remembrance Day. The freedom which now allows the majority to ignore these aged and aging men is not inviolable. It must forever be cherished and guarded. These veterans know that, for whatever reason, they did as duty bade and helped preserve freedom for another generation. The vast majority of us are untested. Sacrifice as a virtue is now almost entirely lost in our affluent and permissive society. Will our generation be able to withstand any challenge as well as these aging men? I doubt it.

Guest Editorial

Something is Better Than Nothing

The government's wage and price guidelines have been welcomed as at least a sign that somebody is doing something. There are arguments for and against, but the least that can be said is that guidelines are likely to help. If only for the short term. The mood of the people is clear, any help is better than none.

The Prime Minister made no bones about the fact that Ottawa needs help; help to make the program work. Although first impressions seemed to indicate that the program was voluntary, by the time he had finished his message, it was clear that was only an impression. It is mandatory, and that's good too. For nobody is going to take less than his neighbor gets if he can avoid it.

Human nature being what it is, it is inevitable that someone will have his wrist slapped by the new special administrator of the Anti-Inflation Review Board. Certainly, nothing will happen to public attitudes if, at this early stage, these stringent measures are not strictly enforced.

Whether the new guidelines work or whether they do not will, as in the end all government programs do, depend on the acquiescence of Canadians. To obtain it, the ultimate end results of inflation must be made abundantly clear in a continuing program. It must begin in the schools and be preached at every opportunity. We are in a war without bullets and bombs, but a war never-the-less.

Arguments can always be made for specific segments of the public --

government, unions, businesses, professionals and so on. The important point is that everyone, without exception, must be enlisted to join battle. This war is as much psychological as fiscal and only the most vital exceptions can be made.

By and large, the provincial premiers have agreed to help. Without their help, the entire idea would have collapsed like a deflated balloon. By that very fact they could not have withheld assistance without facing some strong public opinion at home.

Some have claimed the program cannot work; that it has been tried unsuccessfully elsewhere. Perhaps they are right, however no serious suggestions to replace controls have been offered.

As it stands now, Canadians have a 7.3 per cent unemployment rate. Exports were down seven per cent last year and, in the first six months of this year, 3 million workdays were lost to work stoppages. U.S. wage rates were up only half the Canadian rate, but production had increased. Canadian production has dropped.

In the world of international competition, where Canada must be active or die, such a situation places this nation in an untenable position.

Something had to be done. It was done. Now we must live with it and try to make it work.

If we don't, we shall be in deep trouble indeed.

(Vancouver Board of Trade)

Totem Talk

Last week's snow storm and subsequent all-day power failure seemed to boost business for at least one local fast food outlet, plus some probably finger-licking good overtime pay for B.C. Hydro employees. Newcomers to the West Coast should be warned that these inconveniences in both weather and utilities occur several times during the season. In between that, it just rains.

YOU NEVER HAD IT SO GOOD DEP'T
Last month's pay raise seems to have been well enough received, if general lack of comment is any guide. It is this writer's opinion that some trades in the Forces continue to be wrongly classified, and somehow, the word hasn't gotten through to the gnomes of the Rideau.

Just last week, I overheard two

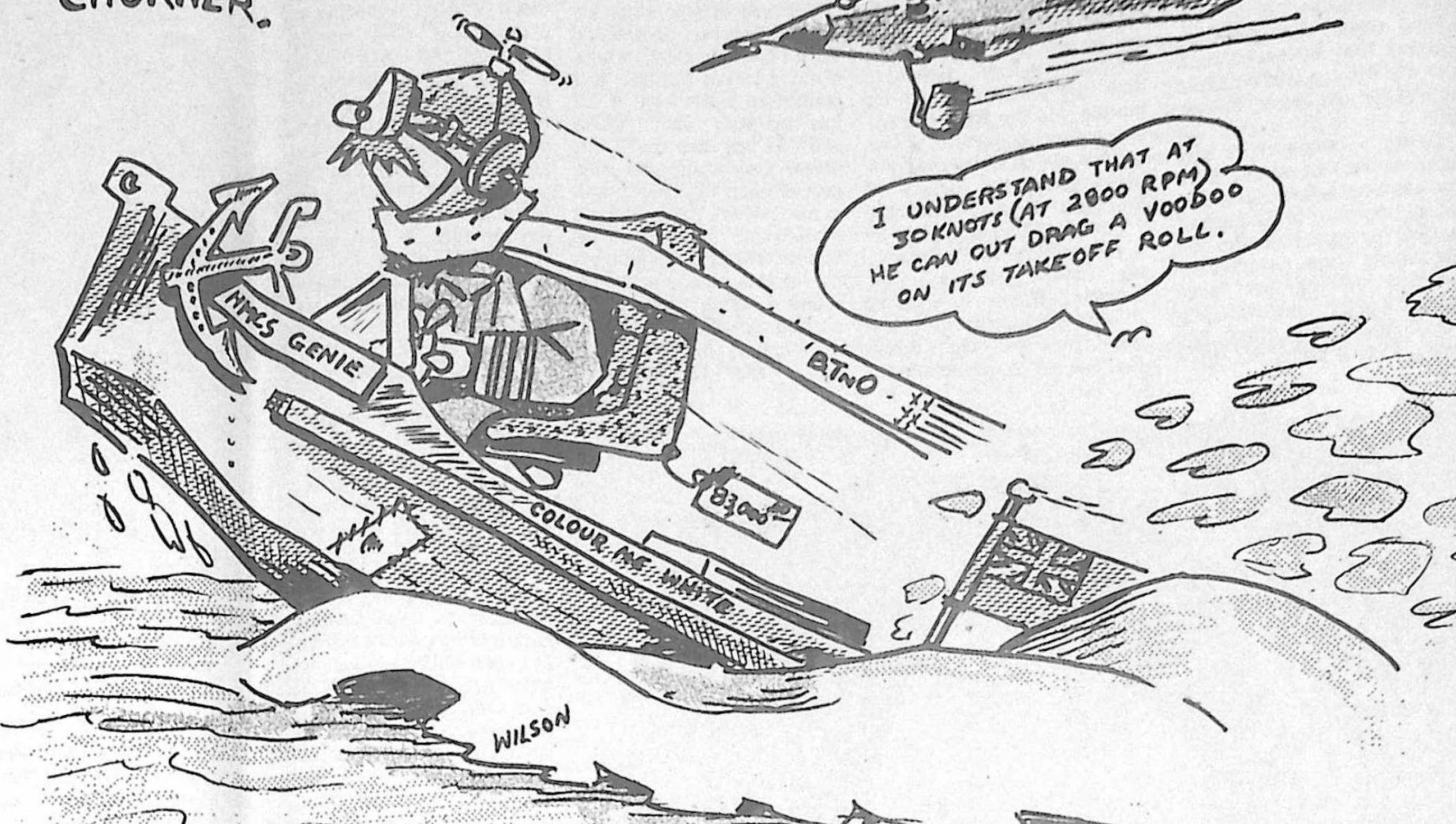
"specialists" complaining that they still weren't getting enough bucks, but whatever their predicament, it can't be as drastic as that of the Italian military forces.

An article carried in a Seattle paper last month told of members of Italian forces openly demonstrating for better pay and living conditions. They even went so far as to march in the streets with left-wing political groups, dressed in full uniform with red scarves over their faces.

Apparently these demonstrations included not only low-ranking conscripts, but career N.C.O.'s. Who knows, maybe the Italian government will have their own version of the Hellyer Corporal.

C.R.S.

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"Royal Comox Navy" (RCN) Gets New Crash Boat

Indebtedness Causes Distress

By DAN HODGERT
Director of Social
Development Services

OTTAWA (CFP) — While philosophizing the other day with some of my counselling colleagues, we concluded that one of the occupational hazards in our line of endeavour is the demoralizing effect of dealing with distress day after day. Many of our cases are tragic — terminal

illness — a child seriously maimed — a family burned out — a widow left with several children to support. These are the real bad ones, but strange as it may seem, the ones that discourage us the most are the service members with the self-inflicted debt problems or who are the authors of their own misfortune.

Yes, the ones who have committed themselves for monthly payments beyond all

reason in a reckless endeavour to acquire as large a share of the worldly goods as the creditors will allow. Paradoxically, a substantial percentage of these indebted families cannot afford credit at all and appear to be using it as a means of supplementing their inadequate incomes.

There is much personal tragedy for those who become hopelessly in debt. Each case usually involves a person who

has failed, a person who has been defeated. This failure not only affects the debtor, but also his wife, family and even friends and acquaintances.

As I sit across the desk from some of these unfortunate people they appear to be a pathetic looking lot. They usually sit there, hands shaking, chain smoking, mumbling inarticulately, with fear written on their faces. Afraid of what I am going to ask, as they haven't learned to trust me as yet, and I suppose afraid of the vast threatening officialdom that they have to face.

Sometimes, I ask myself, who is really to blame for putting people into this type of situation. Is it the poor unfortunate soul across from me, the casualty of a "Buy now - Pay later" credit-debt society or is it society itself. Now I know that the weak-willed, the impulse buyer, and the "keeping up with the Jones" can so easily get into debt. I also know that in society we have our share of "deadbeats" and con artists that make a mockery of buying on time. But what about the so called average people who often find themselves on the "treadmill" with their future continually mortgaged for things they want now.

Once again I must emphasize that it boils down to consumer education. I mean education for all, not only the consumer but also the credit grantors who are in a position to influence credit policies and practices and who must live up to their responsibilities. After all, bad debts and losses are born by the remaining members of society by higher costs for all goods or services.

Let us take a look at an actual case selected from our files. The names and addresses are eliminated to protect the innocent, this is a young married service member whose wife is now unemployed and expecting her first child. When she was able to work they were just getting by as they were living

on two incomes. The loss of the wife's income has resulted in considerable financial difficulties. Now the gross income is \$799.00 monthly and total living expenses are \$771.23. However, he contracted to pay \$584.75 monthly on the following debts:

1. Department Store	\$555.83
2. Another Department Store	718.96
3. Yet another Department Store	204.44
4. Still another Department Store	555.41
5. 1st Oil Company	204.90
6. 2nd Oil Company	336.55
7. 3rd Oil Company	281.20
8. 1st Acceptance Corporation	1195.00
9. 2nd Acceptance Corporation	1658.41
10. 1st Finance Company	3886.00
11. 2nd Finance Company	3283.10
TOTAL	\$12,879.80

You can readily see that this is quite a debt load even for two incomes. On the one remaining income it was impossible for the service member to meet his obligations. To his credit he did not try to hide his debts and after contacting his superior he was referred for financial counselling.

I am pleased to state that in this case the counselling was beneficial and with the assistance of the appropriate fund a solution was found. The wife will return to work after the birth of the child and if they follow the plan devised for them they should be able to pay off their remaining debts. This means no more credit for some time as they are going to have a tough row to hoe, but at least, there is light at the end of the tunnel.

Hopefully, this couple will have learned a lesson from their great institution "The Stacks of Hard Knocks" and when they are back on the straight and narrow they will not be committed to a reversion plan that can be initiated when a second income is lost.

Arnold Finds a Home

By Vic Lee

The things you have to do to keep the land element happy! First it was army ranks, then junior leaders courses, and now brownish-green airplanes.

In case you haven't noticed, (due to inclement weather or multiple Argus starts), 412 Sqn. has a new helicopter. Due to major overhaul work being done on one of our hard working Labradors, a

replacement was required. And we got Arnold.

"Who is Arnold?" you ask. To be exact, he is a former Canadian Army Voyager helicopter of questionable background. As for the name "Arnold", remember the old T.V. series "Green Acres"? It must be noted that the overall morale of a certain major in 442's infamous F-Troop has increased one hundred per cent. Major Mike Anglesey has thrown himself

arduously into the task of making Arnold feel at home. However, several problems have arisen. Safety Systems is finding it difficult to fit ear-phones into tin helmets, and the para-rescue people say there's no way they are going to sleep in tents just to keep Arnold happy. One consolation is that Arnold has a camouflaged Buffalo to keep him company in the hangar on those long winter nights.

However, when you are the only really operational Squadron on the Base, you have to expect the bad with the good. Welcome to the Fungus Farm, Arnold, and may all your hydraulic leaks be little ones.

Firing Away

examples of the many young lives that are snuffed out each year because they were left alone.

We as parents have a responsibility to our children and to the community. It is criminal offence to leave children under twelve years old unattended. Just stop and think for a minute! Imagine that while you were having coffee next door, your unattended four or five year old set the house on fire and as a result lost his or her life. Can you imagine having to live with that on your conscience. So any time you are tempted to leave your small child alone, even for "just a minute" stop and think how tragic the results could be.

Requirement Eases

Dear Editor:

Routine smallpox vaccination will no longer be recommended to any age groups by health units in this province. There have been no cases of smallpox in B.C. for 25 years and under these circumstances it is felt that there can now be a relaxation of this program.

However, it is emphasized that because smallpox is still endemic in one part of Asia and in an area of Africa, vaccination is still advisable for those individuals at particular risk to the importation of the disease such as airport and immigration personnel, hospital staffs and international travellers. Since several countries still require certificates of vaccination from travellers, the health

unit will continue to hold clinics for this purpose as before.

Voters Note

To the Editor:
Chief electoral officer, Ken Morton, advised provincial voters that in order to vote in the forthcoming provincial election they must be registered on or before Wednesday, Nov. 12, 1975. Eligible voters are urged by Mr. Morton to register without delay at any of the provincial registration centres in their electoral district or to contact the nearest registrar of voters.

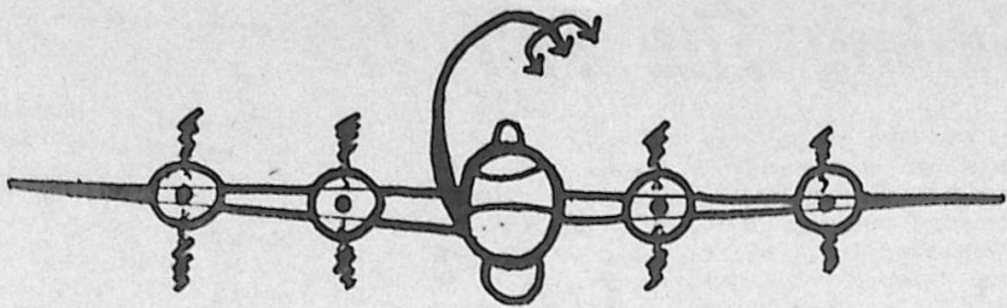
Gordon Roundtree
Roundtree & Brazer Ltd.
Vancouver

TOTEM TIMES

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Printed in Courtenay, B.C.



Demon Doins

We give to you a crew of many talents: VPCC, Maj. Fred Weir; 1st Officer, Capt. Gale Winterburn; Second Officer, Capt. Dave Kerry; Lead FE, WO John Wood; FE, Sgt. Joe Jocksch; TACCO, Capt. Bruce Cumberland; Nav., Capt. Gary Hare; Nav. Capt. Bernie Poole; Nav. Capt. Murray Field; Lead Obs, MWO Joe McCaffrey; Obs, Sgt. Bob Turnbull; Obs, Sgt. Geoff Frusher; Obs, MCpl Lee Rogers; Obs, MCpl Bob Gray; Obs, MCpl Tom Banyard; Obs, Cpl. Brian Chipman.

Having completed an extended tour of exotic places giving static demonstrations during air shows; we finally found ourselves tasked with an operational mission. We're not complaining about our air show role, as we all agree, it was different and interesting. Our last air show was in California at NAS Lemoore, 40 miles SE of Fresno. As we were one of the 2 aircraft larger than an A4 on display, the ancient Argus proved to be very popular with the crowd. As always with these events many questions are asked and answered, concerning our purpose and role. People lined up for 20-30 minutes to go through the aircraft. While controlling the inflow of personnel at the bottom of the ramp, I was asked about our role and explained. During a lull in the ensuing conversation a question was asked by a 5 year old girl, which I found most interesting: "Why don't you like submarines?" An answer did not come quickly however I assured her we looked for them, but seldom did them any harm.

If anyone wants to know what NAS Lemoore and surrounding area looks like, think Saskatchewan with some desert hills thrown in. A few weeks ago a crew party was held at Bernie Poole's PMQ and a grant time

was had by all. It was agreed that a re-run should be held as the host missed part of it. The following items were however checked off on Bernie's OJT Record: Stair Warming; Chili making; Preparing & Distributing Tulip Bulb Bouquets; Punch making; Tricycle riding (short distances only). As the party was held during the beer strike we could muster only 6 beer. It was decided to raffle them off, tickets were sold and drawn at intervals during the party. One such draw was won by Nettie Bonenfant, she doesn't drink beer, so of course Gilles assumed he would be the lucky recipient. Not so, it happened that Gary Hare appeared to be thirstier and was given the coveted bottle of booze. As we came to the draw for the last bottle, it was noted that Bruce (he provided the beer) had not won. Seeing as how he looked thirsty, dejected, growly and was the TACCO; the draw was fixed and he won.

Geoff provided us with musical accompaniment and all joined in. The lyrics were both interesting and educational. Oh! I almost forgot; a short and "harmonious" presentation of "Swing Low" was given by a group that wishes to go unnamed. Their leaders initials were Gary Hare. After the bowls of Chili were passed out, the party ended.

On a more serious note we would like to describe for our readers events during a recent mission.

We were tasked to brief at 0830 hrs T O 1030 for an 8 hr. crew trainer-Nav check. At 0800, "scramble" phone calls made and orders to prepare and T-O ASAP for SAR duties in the Queen Charlotte Islands area. After a normal speedy response we were A-B at 0958, full fuel and on our way.

Information received was SMALL SHIP "MAYDAY"

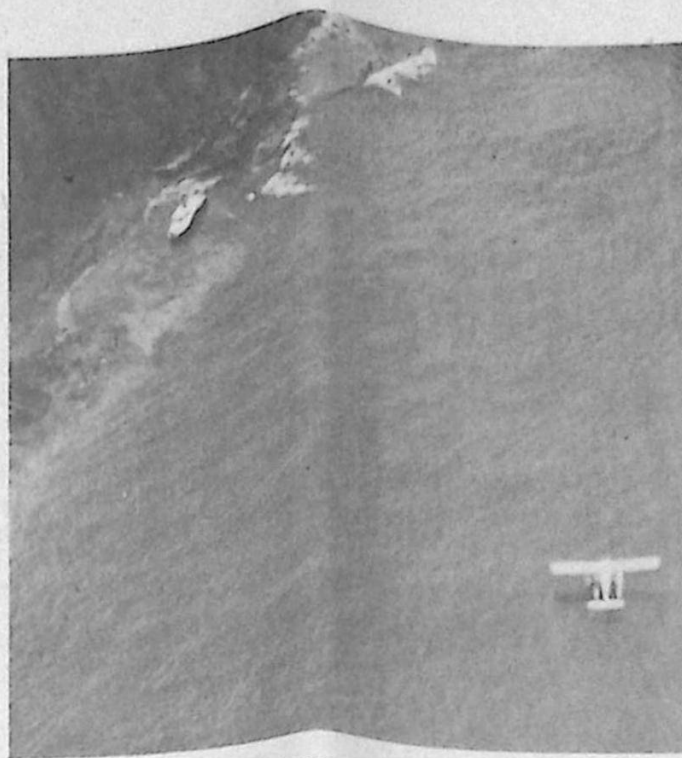
AND POSITION on west coast of Queen Charlotte's. More information was received after A-B. "Dept of Fisheries Vessel", Name, Color of boat, size and type. At approximately 1140 hrs. we were in the area; weather - high seas; low ceiling and visibility. We were flying along the coast at 700 ft. and searching the coves and inlets. After approximately 4 or 5 sweeps inland we saw them. "SUCCESS". The boat was on shore and 2 survivors were in good shape. One was waving a yellow cloth. We remained in the vicinity until the arrival of a float equipped Beaver A-C from Sandspit. The Beaver arrived and landed on the water close to the beached vessel, within minutes the 2 survivors were on board and A-B on their way to safety. The Buffalo a-c from 442 SAR Comox was informed and as he was not required he returned home.

Argus 712 and Crew 6 thus completed a successful SAR mission, and now on to mission No. 2. This was to be, if we should decide to accept it (which we did), a fisheries patrol from the south tip of Queen Charlotte Islands to the northern tip of Vancouver Island.

After sweeping this area and establishing a Surface Plot we then proceeded to carry out Mission No. 3.

No. 3 was a R-Nav proficiency check on our TACCO (Bruce) by standards personnel. This proved to be the most arduous and nerve wracking mission of the day. Watch out for flying pencils, logs and dividers and censor the Intercom.

Mission No. 4 was to find out where we really were. Gary Hare carried out his R-Nav check ride seaward to Tofino. Airways - Home and the end of a normal Crew 6 VP407 Multi-mission flight.



SAR PICKUP "QUEEN CHARLOTTE ISLANDS"
Beaver Aircraft shown after landing and during pick up of survivors. Note dinghy next to port float. Beached vessel on shore in Soulsby Cove. Picture taken by Argus Crew at 600 feet. 407 photo

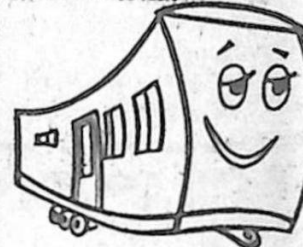
Soccer

CFB Esquimalt won the annual Canadian Forces National Soccer Championship in Victoria on Oct. 18.

Teams from Esquimalt, Cold Lake, Trenton, Valcartier, and Gagetown competed in the Round-Robin tournament for the Pearkes Trophy, emblematic of Forces Soccer supremacy.

REWARD

A reward of \$25.00 will be paid by the PMQ Council for information leading to the apprehension of the person(s) who slashed seats in the Base Theatre Halloween night. Contact any councillor or the military police.



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Gas At CFB Suffield

OTTAWA — Defence Minister James Richardson has announced that an agreement has been signed between the federal and Alberta governments, granting permission for the province to develop a natural gas field in the 1,000 square-mile training area at CFB Suffield, near Medicine Hat.

Mr. Richardson signed on behalf of Canada, and Alberta's signatories were federal and inter-governmental affairs minister Lou Hyndman and energy and natural resources minister Don R. Getty.

Progressive development of the resources would be carried out by the Alberta Energy Co. Ltd., Mr. Getty said.

Mr. Richardson said that the federal government is satisfied that development of the natural gas at Suffield is compatible with continued use of the base for military purposes, particularly by British tanks, artillery and infantry weapons. An arrangement for such training was made between Canada and the United Kingdom in 1971.

Mr. Richardson added that should oil be found in productive quantities, a separate agreement would be negotiated between the two

governments. He said that the province holds the mineral rights, and the federal government the surface rights on the base.

Safety of base personnel buildings and equipment, as well as those of the natural gas production agencies, was of prime concern in drawing up the agreement.

The defence minister said that portions of the base still

are off limits because of their previous use as firing ranges and test areas for hazardous material. Special protective devices will be built to permit tanks to operate on the base without damaging well heads.

A special environmental protection committee is to be formed to protect designated areas of flora and fauna, as well as geological features unique to the Suffield area.

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.

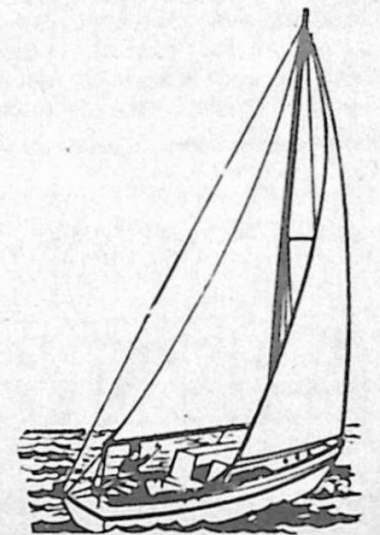
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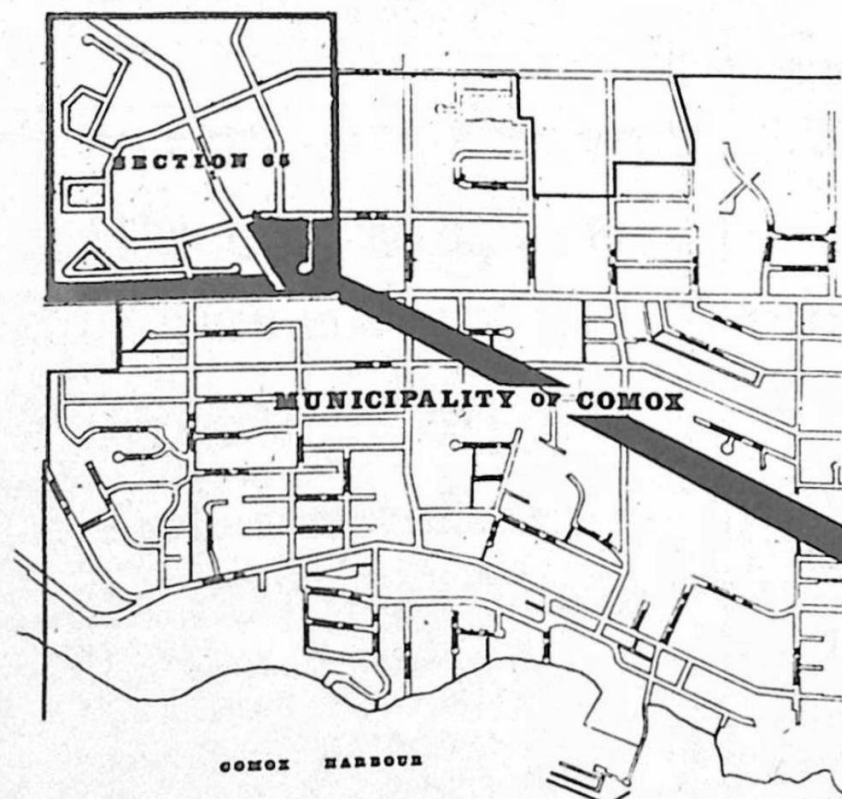
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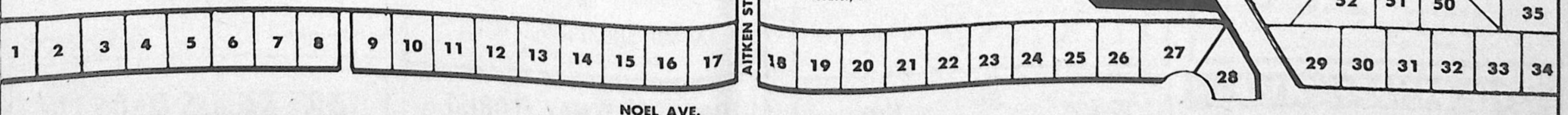
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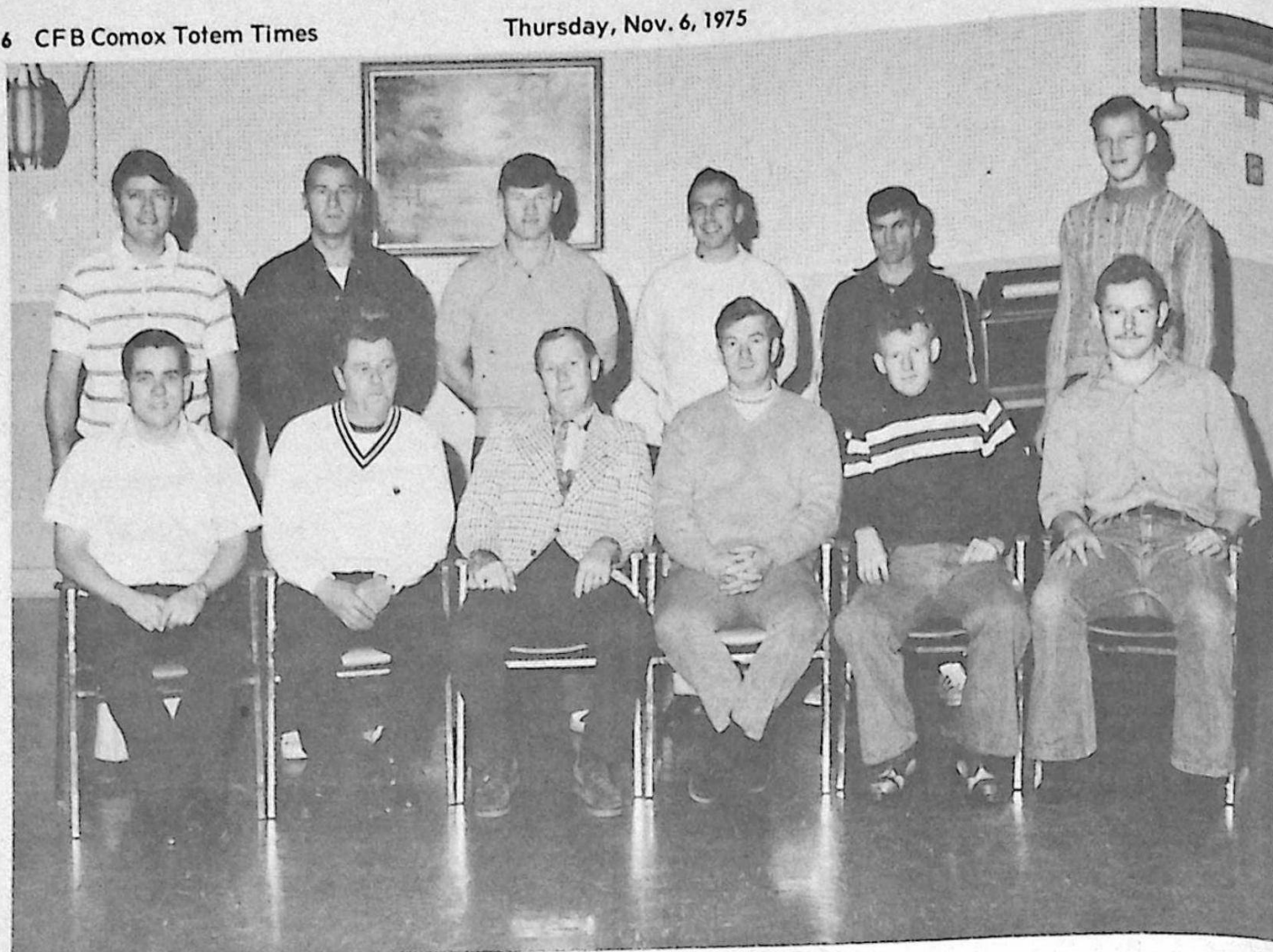
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HOCKEY OFFICIALS? CFB Comox Personnel who attended a recent course held here for interested service personnel.

Servicemen's Hockey

TOTEMS

Saturday night was the opening game of the season played at the Courtenay Sports Centre between the CFB Totems and the Courtenay Elks. With the Totems missing four men in the starting lineup they gave the boys from town an excellent game for two periods. The first period ended in a

scoreless tie and at the end of the second period the Elks led the locals by a score of 2-1. In the third period you could say the roof fell in but in reality the superior conditioning of the Elks finally overcame and the game ended 8-1 for the Elks. Jack McGarry was picked as one of the stars, the goalie Rod Stewart should have been a star as well.

On Sunday the day after, the Totems beaten and sore from the night before travelled to Parksville where they again gave it their best, ran out of steam and were beaten by a good fast skating hockey club.

Home Opener Sat. 8 Nov. 75. Parksville Cohos vs CFB Totems, Glacier Gardens, Support your hockey team!

INTERSECTION

The Intersection Hockey League got underway on 27 Oct. when MPs and 409 battled to a 2-2 tie in a fast, exciting game. Eleven penalties were called against MPs and 10 penalties to 409. Goal getters for MPs were Dave Galloway and Theberge, assisted by White.

(Continued on page 10)

Sailing The Tally-Ho

BY SAMILAN

We were set to cast off the lines on our first solo sail on the TALLY-HO. My First Mate, Barbara, and Mark, thirteen, both qualified dinghy skippers, Joanna, twelve, who is into horses and just tolerates sailing, Peter, seven, who besides being a keen sailor can stand up inside the boat, and my mother-in-law. I must explain the presence of my mother-in-law because although we get along quite well, both she and I were sailing that day under false impressions. She assumed that we had had a lot of sailing experience, and I assumed she knew that we hadn't.

Getting under way is one of the facets of seamanship which can wipe off my suntan in 2 seconds. The TALLY-HO has a small outboard motor (Seagull) which works like a wall switch - it is either "off" or "on". There is no NEUTRAL and no REVERSE. It was that Seagull which hastened my transition from a land lubber to a pure sailor.

"Cast off aft, cast off for'ard," I shouted in my best nautical voice, hoping that the loudness of my voice would mask the apprehension, "Stand by to fend off."

I slowly pushed the boat back along the finger wharf, swung the bow, watched the crew ready to fend off at bow and stern, hopped on board, made my way aft to the motor, pulled on the starting rope and - nothing. With the Seagull engine, there is always a 50-50 chance of it not starting.

The engine caught on the third try, I clutched the tiller

and we were on our way. There was more shaking of my arm than there was vibration from the motor.

We rounded the breakwater, headed into the wind, raised the main and jib, cut off the fuel to the motor, sheeted in the sails, and felt the boat feel the wind in her sails and when the motor stopped, the TALLY-HO foamed through the waves on the port tack. The wind was from the east at 15 knots.

The whole rhythm of sailing depends on the wind. The direction and strength of the wind determines the direction that you travel in, your speed, the size and number of sails and the whole language of sailing.

A sailboat can be sailed only to within 45 degrees of the direction of the wind - this point of sailing is called "beating." If you try to sail any closer than 45 degrees into the wind, the sails will "luff" and start shaking and the boat will stop sailing forward. In order to sail to a place which lies up-wind, you execute a series of 90 degree turns making a zig-zag course to your destination. If the wind is at right angles to your direction of travel, you are sailing on a "reach" and this is the fastest point of sailing. The theoretical maximum hull speed of the TALLY-HO is about 6 knots (Nautical miles per hour). The other point of sailing is "running", when the wind is behind you. It is not as fast as reaching and at times can be dangerous.

In all these points of sailing you control the sail with a rope called a sheet so that the sail has the proper

aerodynamic curve for maximum efficiency. The mains'l is attached to the mast and a boom. The boom is either on one side of the centerline of the boat or the other. Its position is controlled by the mainsheet. There is a wire called the "forestay" which goes from the bow (the pointy end) to seven-eighths of the way up the mast. The forward sail is hoisted on the forestay and is controlled by jib sheets going aft to the cockpit.

The wind was healthy and the boat was heeling just far enough for a pleasant sensation yet not far enough to start screaming and shifting human ballast to the windward side. There was a swell that day and the bow would rise with the wave and shudder slightly as it came down in a white splash.

We rounded Goose Spit and headed towards the red cone buoy which marks the safest (Continued on page 8)



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BEST DRESS AWARD? No! LCol. Jenks presents Pac-Reg. Flagfootball trophy to members of the victorious CFB Comox Totems.

C. R. Hosford Photo

PMQ Sports

INDOOR SOCCER

On 27 Oct. the Lions and the Wolves played to a 0-0 tie in a hard fought game which saw some good goaltending at both ends. In the other game little Lee Jepsen scored in the second half for the Falcons over the Bears. The Bears came close in the last few minutes by hitting the crossbar and goal post.

On 3 Nov. the Wolves beat the Bears by a score of 2-1. Goal scorers were Percy Miller from Lisa Graham, and Greg Hill. The other goal was by Linda Graham from Greg Hill. For the Bears it was David Uddenberg from David Cranidge. The Falcons got by

the Lions 1-0 on a goal by Brook Jepsen.

Next games are Mon. night at 6:00. Come out and watch some of the heroes.

CREDIT UNION CHECKERS

The Comox Credit Union Checkers travelled north to Port Alice for two weekend hockey games, winning both by scores of 9-4 on Saturday and 8-3 Sunday. Stu Winchester's 3-goal hat trick, his second in as many games, led the way Saturday with help from his team mates, Carry Mann, Bruce Tuck, Stu Robertson, Frank Law, Terry Robinson, and Alex Kelly, each with one goal apiece with 43 penalties in the game, 25 to

Comox. Sunday's game cooled down to some good hockey with only 19 penalties being called. Rookie Paul Tames proved that skating, headsup hockey, and potting two goals is the way it should be done.

Carry Mann, Stu Robertson, Greg Kyle, Alex Kelly, Rod Adams, and Gary Knight rounded out the scoring in Sunday's game.

STAR SELECTION: On Saturday - first star, Stu Winchester, second, Alex Kelly, third, goaltender Keven Smith. Sunday's stars were: first, Paul Tames, second, Bruce Tuck, and third, defenceman Gary Knight.

BY BEV MUSKETT
CURLING HALL OF FAME: Winnipeg is to have a curling hall of fame. The idea began in 1971-72 when the city's N.R. Buxton and his working committee presented a brief to the City and to the annual meeting of the Canadian Curling Association that year in St. John. The brief was received with great enthusiasm and plans are now well established for the future of the hall. The site has been given to curlers by the City of Winnipeg.

Winnipeg considers itself an ideal choice for the hall's location as it boasts more world champions than any other city and was the scene of both the first Canadian School Boys and the first Brier competitions.

The Hall will be located in the Pan-Am swimming pool area, built by the City of Winnipeg as a centennial project in 1967. Plans for the content include memorabilia, trophies, a theatre which among other things will screen instructional films, a library, a board room for meetings, a shrine where all the "greats" will be honored, and displays of the evolution of curling rocks, brooms and clothing.

Among those curlers to be honored will be the founders of the Curling Hall of Fame and Museum of Canada Inc., the presidents of the Provincial Associations who helped to found the Canadian Curling Association (then known as the Dominion Curling Association) and Ken and Grant Watson. Outstanding curlers are chosen by a committee appointed by the C.C.A. for inclusion in the hall of fame. At this time about 70 people have been chosen. From then on eight curlers will be recommended every year from across the country.

December and January Bouspiel Calendar:

December 4 - 7 - Mens -

Curling Capers

Playland Curling Club; December 4-7 - Mens - Golden Ears Curling Club; December 5-7 - Mens - Powell River Curling Club; December 5-8 - Mixed - Thistle Curling Club; December 8-14 - Mens - Arbutus Curling Club; December 5-7 - Mixed - Mission Curling Club; December 27 - 30 - Mixed - Esquimalt Curling Club; December 27 - 30 - Mixed - Thistle Curling Club; January 2 - 10 - Mens - Royal City Curling Club; January 8-11 - Mens - Duncan Curling Club; January 9-11 - Mens - Howe Sound Curling Club; January 15 - 18 - Mens - Qualicum Curling Club; January 20-25 - Mens - Cheam Curling Club; January 23-25 - Mens - Hope Curling Club; January 26 - Feb. 1 - Mens - Esquimalt Curling Club; January 26 - Feb. 1 - Mens - Campbell River Curling Club; January 29 - Feb. 1 - Mens - Port Alice Curling Club; January 30 - Feb. 1 - Mixed - Nanaimo Curling Club; January 30 - Feb. 1 - Mixed - Comox Valley Curling Club; January 30 - Feb. 1 - Mixed - Langley Curling Club.

The 1975-76 P.C.C.A. Playdowns have been set as follows:

Juniors: Nanaimo Dec. 20-21 (Island); Nanaimo Dec. 27-28 (P.C.C.A.); Victoria area Feb. 14-15 (B.C.); Kapuskasing Mar. 14-19 (National); Aviemore, Scotland, Feb. 23-28 (World). Consols: Port Alberni Jan. 16-18 (North Island); Nanaimo Jan. 23-25 (Island); Victoria Feb. 13-15 (P.C.C.A.); Victoria Feb. 16-17 (B.C.); Regina Mar. 7-13 (National); Duluth (Mar. 22-28) (World). Seagram Mixed: Campbell River Jan. 2-4 (North Island); Duncan Feb. 6-8 (Island); Kelowna Feb. 27-29 (B.C.); Lethbridge Mar. 21-26 (National). Seniors: Comox Dec. 19-21 (North Island); Cowichan Jan. 9-11 (Island); Vancouver

Jan. 30 Feb. 1 (P.C.C.A.); Vancouver Feb. 2-3 (B.C.); Ottawa Feb. 22-27 (National). B.C. and Yukon Ladies' Curling Association MacDonald Lassie; District 8 - Island - Nanaimo - January 16, 17, 18. B.C. Provincial - Quesnel - Feb. 7 - 11, 1976. National - Winnipeg, Man. Feb. 29 - March 4, 1976.

Senior Ladies: District 8 - Island - Racquet Club, Victoria - Feb. 1, 2, 3. Provincial - Nanaimo - Feb. 11-15. National - Charlottetown, P.E.I. - March 21-25.

School Girls: District 8 - Nanaimo - January 16, 17, 18. Provincial - Kimberley - Feb. 6-8. National - Thunder Bay, Ontario - March 14-18.

If you are interested in entering any of these bonspiels I would suggest that you get your entries in. Also if planning on playdowns it would be a good idea to get your rink together and get in some practice games.

Whether it's the National Championships or a pick-up game, the fun of curling is in the participation.

Sailing Club

The new Committee members of the Sailing Club are: Commodore, Steve Milan (339-4226); Vice-Commodore, Maurice Dick; Rear-Commodore, Geoff Frusher; Secretary, Nan Fox, (339-4216); Treasurer, Brian Arbie.

We are making plans for: winter classroom training in seamanship, navigation, cruising and so on; day sailing on the TALLY-HO; Mirror construction, and Social events.

Our first social of the Fall will be on Saturday, November 15 at 7:00 p.m. at the d'Estre Club House (across from the Municipal Offices) in Comox. Admission will be \$1.00 per family. There will be films, presentation of prizes and certificates, a raffle, refreshments and a do-it-yourself buffet. Bring your family, a dollar, some food (check with our Secretary) and a friend who wants to join the Club.

If you have looked outside in the last few weeks you will surely know why the Fall Mirror Racing has been cancelled and the boats have been taken out of the water. However, the TALLY-HO is still in the water so if you want to try keelboat sailing on for

size, give a committee member a call. There is no shortage of wind. SA Milan 288



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5:03
5:02
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5:00

GEORGE SEGAL THE TERMINAL MAN

Starring **JOAN HACKETT** Co-starring **RICHARD A. DYSLANT**
NORMANN BURTON - JILL CLAYBURN Screenplay by MIKE ROOPES
Based upon a novel by MICHAEL CRICHTON. Produced and directed by MIKE ROOPES
From Warner Bros. and Warner Communications Company

Fri. 7 Nov. **TERMINAL MAN** George Segal
Sat. 8 Nov. Showtime: 2000 hrs. to 2150 hrs.
Sun. 9 Nov.



20th CENTURY-FOX PRESENTS
THE LAST AMERICAN HERO

Wed. 12 Nov. **LAST AMERICAN HERO** Jeff Bridges
Thu. 13 Nov. Car Racing
Fri. 14 Nov. Showtime: 2000 hrs. to 2150 hrs.

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.

Paramount Pictures presents
A Howard W. Koch Production
"Jacqueline Susann's Once Is Not Enough"

Kirk Douglas Alexis Smith David Janssen
George Hamilton Melina Mercouri Brenda Vaccaro
Deborah Raffin January
Music Score by Henry Mancini - Executive Producer Irving Mansfield
Based on the Novel by Jacqueline Susann - Screenplay by Julius J. Epstein
Produced by Howard W. Koch - Directed by Guy Green In Color Prints by Moviola - Paramount
A Paramount Picture

Sat. 15 Nov. **ONCE IS NOT ENOUGH** Kirk Douglas
Sun. 16 Nov. David Janssen
Drama Showtime: 2000 hrs. to 2200 hrs.
From a novel by Jacqueline Susan



A girl with a great following:
Every cop in the state was after her.
Everybody else was behind her.

A J. LUNDQUIST / BROWN Production
GOLDIE HAWN THE SUGARLAND EXPRESS

Sat. 19 Nov. **SUGARLAND EXPRESS** Goldie Hawn
Thu. 20 Nov. Ben Johnson
Fri. 21 Nov. Showtime: 2000 hrs. to 2150 hrs.

OFFICERS' WIVES CLUB

The Officers' Wives Club Christmas meeting will be held

Wednesday, Nov. 19 - 7:30 p.m.

Chinese Buffet and Wine
Mini Fashion Show
Courtesy of All Seasons Boutique
Organ Music

Members \$5.00 Non Members and Guests \$6.00

Tickets available from the executive until Noon Friday, 14th of November.

Bring something For The Christmas Hamper

SERGEANT'S MESS

Additional entertainment for the sgt's. Mess for the month of November. There will be a dance held on the 29th of November with the "Harvest Band" in attendance. Admission is free and there will be a charge of \$2.50 a plate of food.

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Mon. to Thurs. - 8:15 p.m.
Two Shows Fri. & Sat. - 7:00 & 9:00 p.m.
No Matinee the next two Saturdays

Adults \$2.25 O.A.P. \$1.00; Child. \$1.00

Now Showing - Thurs., Fri., Sat. - Nov. 6, 7, 8

"MAN ABOUT THE HOUSE" Comedy General
Mon., Tues., Wed., Nov. 10, 11, 12 Double Bill
Burt Reynolds **"DELIVERANCE"** Plus
"Perverted sex & coarse language" **"CLOCKWORK ORANGE"**
Malcolm McDowell "Brutality, rape, some nudity & sex." - B.C. Director

(6 DAYS) Thurs. to Tues. - Nov. 13, 14, 15, 17, 18
"IT SEEMED LIKE A GOOD IDEA AT THE TIME" Mature Entertainment
Anthony Newley

SPECIAL PRESENTATION - Wed. to Thur. - Nov. 19 & 20
Two shows each evening at 7:00 & 9:00 p.m.
"THE ADVENTURES OF FRONTIER FREMONT" General

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Drive-In Theatre

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

Fri., Sat., Sun., Nov. 7, 8, 9
— TRIPLE BILL —
"AND NOW THE SCREAMING STARTS"
"FRANKENSTEIN'S CASTLE OF FREAKS"
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"MEAT IS MEAT"

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NOV. ENTERTAINMENT

7-8-9 Nov. - Hal Willis Show and Dance. Come out and enjoy this top notch show. Member \$1.00 Non-member \$2.00

10 Nov. - Movie - Three Musketeers 2000 hrs.

11 Nov. - Remembrance Day (All Ranks) Lounge open approx. 1400 hrs. Dress S3 with medals.

12 Nov. - Bingo. 2000 hrs.

14-15-16 Nov. - Dance to the Messingers.

18 Nov. - Movie - Sleuth - 2000 hrs.

19 Nov. - Bingo. 2000 hrs.

21-22-23 Nov. - Canadian Band Stand Show. Members \$1.00 Non Members \$2.00.

25 Nov. - Movie - Zardoz. 2000 hrs.

26 Nov. - Bingo - 2000 hrs.

29-30 Nov. - Dance to the Bandets.

30 Nov. - Bob Mach (Hypnotist)

TGIF Every Friday with Food.

50 Years of Dedicated Service



OTTAWA -- Boer War and First World War veteran Harry Lloyd, 97, recruits help from Cadet Cpl. Donna McDonald of the Cameron Highlanders and The Royal Canadian Legion's Assistant Dominion Secretary, Rod Johnston to plant the first of 4 1/4 million tulips to commemorate the Legion's 50th year which begins November 10. The first 7,000 bulbs were planted at the National War Memorial, and the rest will bloom next May in public parks, private gardens and around monuments and municipal buildings in 1,500 Canadian communities, providing a living symbol of the Legion's Golden anniversary.

Command Chief Comments

Until recent years awards to Canadian servicemen have been uncommon in peacetime. Originally, Canadians, both civilian and military were eligible for British awards but this practice was discontinued some years ago. Only in recent years was a system of distinctly Canadian awards established. Following is a brief outline covering each of the awards available. Complete details of these, other decorations and medals and the procedure for recommendation for awards in peacetime are contained in CFAOs (CFAO 18-3 to 18-17). It should be noted that recommendations for awards can be initiated at any rank level.

1. Order of Canada

The Order was conceived to fill the need for a distinctly Canadian system of honours and awards to recognize outstanding merit or distinguished service in all walks of life.

a. Eligibility -- Only Canadian citizens are eligible to be appointed as Companions, Officers or Members. Provision is made for honorary appointments to citizens of other countries.

b. Degrees (1) Companion of the Order of Canada (CC) - made for outstanding achievement and merit of the highest degree, especially service to Canada or humanity at large. A maximum of 15 persons may be appointed in any year. Total membership as Companions is limited to 150.

(2) Officer of the Order of Canada (OC) - made for achievement and merit of a high degree, especially service to Canada or humanity at large. A maximum of 40 persons in any year may be appointed Officers.

(3) Member of the Order of Canada (CM) - made for distinguished service in or to a particular locality, group or field of activity. A maximum of 80 persons in any year may be appointed Members.

Although appointments to this Order have generally in the past been made in the civilian sector there appears to be nothing to preclude service personnel being recommended for appointments. Particular areas appropriate for such recommendations may be outstanding service to the civilian community and as stated, achievement and merit of a high degree, especially service to Canada.

2. Order of Military Merit
The Order has been established to provide a worthy means of recognizing conspicuous merit and exceptional service by members

of the Canadian Forces, both Regular and Reserve.

a. Eligibility - Only members of the Canadian Forces are eligible to be appointed Commanders, Officers or Members. Provision is made for honorary appointments to members of the Armed Forces of other countries.

b. Degrees - (1) Commander of the Order of Military Merit (CMM) - appointments are made for outstandingly meritorious service in duties of great responsibility.

(2) Officer of the Order of Military Merit (OMM) - appointments are made for outstandingly meritorious service in duties of responsibility.

(3) Member of the Order of Military Merit (MMM) - appointments are made for exceptional service or performance of duty.

c. The number of personnel that may be appointed to the Order in any year is one-tenth of one per cent of the average number of persons who were members of the Canadian Forces during the immediately preceding year. The distribution of appointments between the degrees of the Order is as follows:

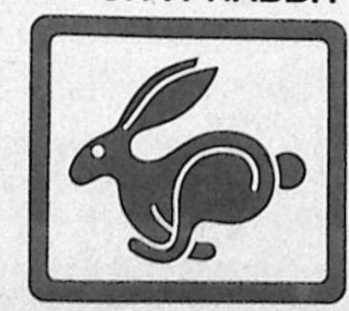
(1) Commander - 5 per cent
(2) Officer - 20 per cent
(3) Member - 75 per cent.

There is no over-all membership in any degree. 2. Chief of Defence Staff Commendation - The CDS Commendation has been established to be awarded to any member of the Canadian Forces who, beyond the demands of his normal duty, has performed a deed or activity that is considered appropriate for a commendation. The Commendation is a framed, gold-embossed scroll that is inscribed with the individual's name and an appropriate narrative and is signed by CDS.

4. Canadian Bravery Decorations - These have been established to accord recognition to Canadian citizens and other persons who perform acts of courage.

a. Eligibility - all Canadian citizens, both civilians and members of the Canadian Forces are eligible for the award of any of these decorations. Provision is made for awards to citizens of other countries.

CATCH A RABBIT



b. Decorations - (1) Cross of Valour (CV) - is awarded only for acts of the most conspicuous courage in circumstances of extreme peril.

(2) Star of Courage (SC) - is awarded only for acts of conspicuous courage in circumstances of great peril.

(3) Medal of Bravery (MB) - is awarded only for acts of bravery in hazardous circumstances.

5. The Most Venerable Order of St. John of Jerusalem - The Order of Military Merit.

a. Eligibility - an officer or man must:

1. be a British subject or a citizen or national of Canada;
2. profess the Christian faith, although a non-Christian may be admitted as an associate member; and
3. perform good service for the Order.

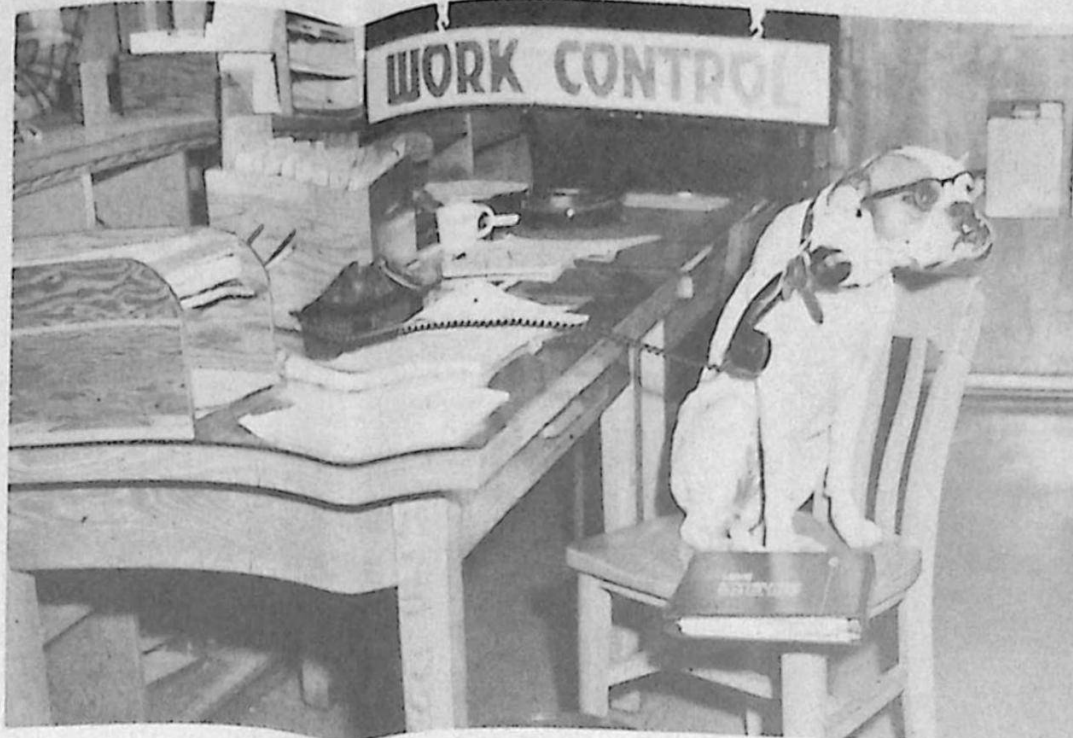
b. Degrees - Serving Brother, Officer Brother, Commander Brother, and Knight of Grace.

c. Basis for recommendations - Nominees are recommended only for their good service which contributes to the aims of the Order. This service must be performed entirely outside the sphere of the Canadian Forces training programs and normally during after duty hours. Examples of good service contributing to the aims of the Order are, briefly:

(1) the instruction of persons in rendering first aid.
(2) the instruction of persons in the elementary principles of nursing, hygiene and allied subjects;
(3) the promotion and carrying out of humanitarian and charitable works for the relief of persons in sickness, distress and suffering regardless of race, colour or creed.

(4) the active encouragement of young people to learn and practise first aid, home nursing and allied subjects conducive to the education of good citizens.

Courtesy Argosy



Price Controls Hit CE

Call Capt. Fred Mills For Details

New Stamp Issued

Royal Canadian Legion

OTTAWA -- Postmaster General Bryce Mackasey today announced the issue of an eight-cent stamp commemorating the Royal Canadian Legion.

The stamp was designed by Rudy Kovach of Vancouver, and features a light gray background resembling stone, upon which is engraved in Roman lettering, The Royal Canadian Legion, in both of Canada's official languages. There is a brass-coloured bugle on the right side and the Legion crest in red and gold on the left. Across the top in black letters is the word Canada.

A total of 24 million stamps, printed by the British American Bank Note Company, Ottawa, will be issued November 10.

"We are proud to honour the Royal Canadian Legion," said Mr. Mackasey. "It is an

organization which has dedicated itself to the welfare of veterans and their dependents, to community service, and to the remembrance of wartime sacrifices."

The eight-cent stamp commemorating the Royal Canadian Legion was designed by Rudy Kovach of Vancouver and measures 40 mm by 24 mm in a horizontal format.

A total of 24 million stamps will be printed in three-colour gravure plus steel engraving by the British American Bank Note Company, Ottawa.

Marginal inscriptions, including the designer's name, appear on the four corners of each pane of 50 stamps.

The total of these stamps will bear the general tagging

"HEY THERE!"

PMQ residents are reminded that there is space available in the expanded MP compound for boats, trailers, etc. that will not be used again until after the MONSOONS are over. Why not take advantage of this secure storage and improve the appearance around our homes?

notice

WANTED
The Comox Valley Cerebral Palsy and Neurological Centre has an urgent requirement for qualified speech therapist.

Interested persons should contact Sgt. Ross at local 419 or 339-4480.

Sonny's Sojourn

(Continued from page 3)

the prejudice of good order and discipline read: "In that he on the 3 Oct 75, with malice aforethought, did allow himself to be kidnapped, and removed from the country by members of an alien force." The second, section 88, Absent Without Authority read: "In that the above mentioned serviceman did leave his unit, without a proper leave pass, in a most undignified manner, causing great hardship and mental suffering upon those he left behind."

After much complaining and rattling of the bars with a tin cup, Col. Lang was summoned. After explaining to him that I was not AWOL but setting up the first detachment of 442 Sqn. at March AFB and that this was no way to treat the first Detachment Commander, he arranged for me to be released on the

Buying Broilers
When buying a counter-top rotisserie-broiler, choose one that's easy to clean. Make sure that all parts come apart for cleaning and that the rack and pan are immersible in sudsy water.

condition that the "Saga of Sonny" be known to all.

RAF Vet Retires

The last Battle of Britain pilot in the Royal Air Force retired Sept. 10, 1975. He was Flight-Lieutenant Douglas Hone, 57. Hone shot down one Nazi bomber, shared another and was credited with three probables during the Battle of Britain. He was also shot down three times in later action in Europe.

Sailing

(Continued from page 6)
passage across the Comox Bar.

The wind was getting a bit stronger and the whitecaps were more numerous.

At the cone buoy we looked astern to line up the range lights and headed by the spar buoy to the bell buoy. The Comox Bar is only 8 feet at the shallowest part and not more than 20 feet at the deepest part.

The wind was veering to the south-east.

The combination of wind speed, wind direction, tide, depth of water, angle of heel and my ardent desire to find another Bar helped formulate my next decision.

"I think we'd better turn back!" The last part of my plea was drowned out by the clanging of the bell buoy.

(To be continued)
SA Milan

Super Snoopers

(Continued from page 1)

T.D. Evans, Maj. T.E. Irvin, Capt. K.S. Skunberg, MW, J.C. Roy, WO L.F. Burt, Ma. R.A. Irvine, Capt. J.V. Young, WO D.R. Cross, Maj. J.W. Laforge, Capt. S.R. Gidley, CWO O.H. Gibb, Capt. T.H. Johnson, MWO K.E. Day. Maintenance Audits come and go but Teams go on forever.

Folk Mass

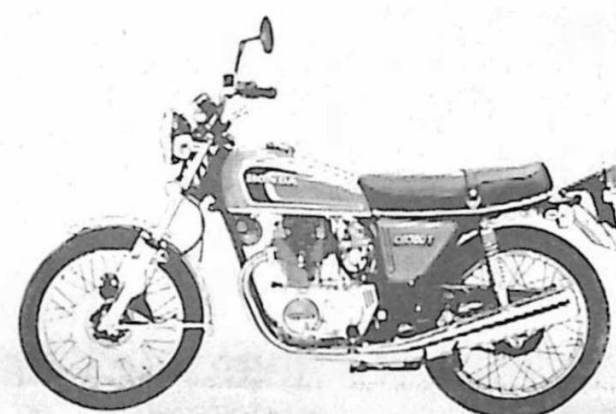
A Special FOLK MASS will be celebrated in Our Lady of the Sacred Heart Chapel on the Base on

Saturday Evening
November 15th
at 7:00 p.m.

EVERYONE WELCOME
Bring Your Guitar

COMOX OUTDOORSMAN
OPEN 9 a.m. to 9 p.m.
MON - FRI.
9 a.m. - 6 p.m. - SAT.

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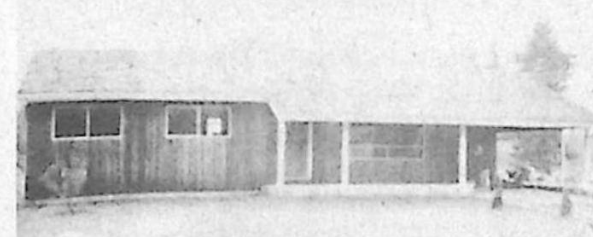
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Rabbit Transit

We are pleased to announce the arrival of the amazing 1976 Volkswagen Rabbit. Drop in soon and catch a Rabbit.

NORTHGATE MOTORS
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INVESTITURE OF CUBS, Brian Barker, Robert Fullbrook with leader Deb Hartley on October 29th, 1975.

Akela Says



DAVE PHOENIX, GREYPACK AKELA, receives Cub promise from David Vinnedge.



SIXER INSPECTS HIS GROUP John Short, Russell Kern, Brian Nichols, Jamie Banyard.



LADIES OF THE AUXILIARY, Simone Robinson and Sarita Treat serve hot chocolate to Darren Lavigne. A good time was had by all!

**"Sorry, Safety Sam,
See You Next Issue!"**



OWEN SMITH receives Cub Kerchief from Akela.

Chapel Chimes



THE PROTESTANT CHAPEL

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

CHAPEL SERVICES

The Protestant Chapel is located in Wallace Gardens (PMQ area) and Divine Service is held every Sunday at 1100 hours. This is the Base Chapel and everyone is warmly invited to share the Service.

LY COMMUNION - Holy Communion 1200 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 2000 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 - 2000 hours, Thursday; Junior Choir Practice - 1800 hours, Thursday.

SUNDAY SCHOOL - The Sunday School operates from September to June. Ages 6-15 meet in the Chapel at 0930 hours each Sunday, and the ages 3-5 hold their sessions during the Church period at 1100 hours. All children are invited to attend.

OFFICE HOURS - 0800 - 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.

RC CHAPEL

Father Francis Swoboda - Base Chaplain (RC) Telephone 339-2211 Local 274

DAY MASSES: Saturday 7:00 p.m. (Sunday Vigil); Sunday 8 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.

Protestant Guild

The CFB Comox Protestant Chapel Guild held their Fall Bazaar in the Airport school gym on Saturday, Nov. 1.

The following were the winners of the door prizes. Gail Strouzel won a cake donated by Nony Bell, Joan Royer the pillowcases donated by Jean Flowers and Pat Morand the Christmas wreath donated by Norma Mortimer. Mrs. H. Pearce was the winner of the two miniature paintings painted by Ivy Morand.

Sincere thanks go to all those who donated in any way towards helping our bazaar be such a successful event.

The next meeting of the chapel guild will be held on Tuesday 18 November at 8 p.m. in the chapel annex. A warm welcome is extended to all who would like to attend.

1st LAZO
Beavers, Cubs & Scouts
ANNUAL BAZAAR
15 NOV., 1975
2:00 p.m.
At
PMQ SCHOOL GYM



APPLE DAY IN CANEX Simone Cadieux accepts apple from Allan Phoenix.

PMQ Preamble



HALLOWEEN IN PMQ's (L-R) Corinne Lowry, Jackie Walmsley, Crystal Lynne Buchannor, unknown, Nicole Bouchier.

The first meeting of the new council was held last Thursday. A number of items were discussed ranging from a cash grant to the local Girl Guide Company, to traffic control to the ever present problem of destruction of personal property by thugs.

Capt. Slievert the base security officer was present and led a discussion on a variety of subjects dealing with the policing of our community. At the end of the discussion, council had a better understanding of what has been and what is being done to curb the juvenile delinquent problem. What must be remembered is that the process of justice takes time particularly when dealing with juveniles but criminal charges are pending. The Halloween movie was held last Friday with a generally better behaved though smaller turn out than last year. Unfortunately there are those who try to spoil any event. The case in point was the slashing of seats in the theatre during the movie. As

advertised elsewhere in the paper, council is offering a reward for information leading to the apprehension of the guilty parties. The cost of the reward plus the repairs all comes out of your tax dollar, money which could be better spent elsewhere. This method of determining fault is a start in council's greater involvement in curbing the problem of wilful destruction

of property and the abuse of privileges by some members of our community and their outside associates.

Council was presented with the proposed constitution for the new teen organization. Because of the importance of this matter, it was decided to have a further meeting with the teen organization before formally approving the constitution and assuming

BRITISH COLUMBIA SOCIAL CREDIT PARTY

IN THE COMOX CONSTITUENCY
AT THE
NOMINATING CONVENTION
SUPPORT



MABLEY, Gerry

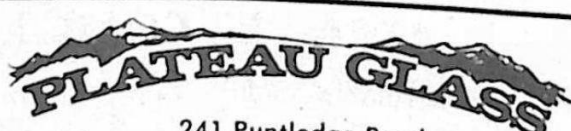
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When you see this great new line of Massey snowmobiles, you're going to be as excited about them as we are. So come on in and check them out!



Massey Cyclone

High performance cross-country competition machine features slide suspension and liquid-cooled Broomer engine. Slide valve Mikuni carburetor for each cylinder. Power Pac clutch. **\$2320⁰⁰**

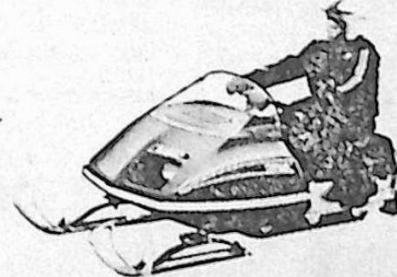


Massey Whirlwind

All-around sports sled with great combination of speed, responsive handling, and comfort. Features adjustable Para-Rail suspension that gives you the best of both bogie and slide. Cuyuna engine. '75 Snow Goer magazine fuel economy champ. **\$2100⁰⁰**

Massey Chinook

Economical compact snowmobile that's a full-fledged performer. 294 cc twin-cylinder axial fan-cooled Cuyuna engine gives you plenty of go to keep up with the pack. Bogie suspension. **\$1390⁰⁰**



Massey SKI WHIZ

A rugged dependable family sled with all-steel construction, excellent handling, great-fuel economy. Bogie suspension. JLO engine. **\$901⁰⁰**

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See all the new Massey snowmobiles for 1976 at

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A Break in the Monsoons!

Trying for a fast knee tan are Maj. Dandeno (407 Sqn.) and Capt. Peterson (CFB Greenwood).



JR. RANKS Halloween Dance costume prize winners: (L to R) Ted Burdon, Bev House, Denise Champagnat, Jessie St. Michel, Luc St. Michel. Ellis Photo

A "High" in Your Cup

CAFFEINE

Caffeine is probably the most widely used drug in Canada with less than 8 per cent of the population abstaining from the use of tea and coffee. If cocoa, hot chocolate and soft drinks containing caffeine are considered, the number of abstainers is likely even smaller. It should be noted that caffeine is a central nervous system stimulant and is used medically to stimulate breathing, to increase urine flow, and to relieve migraine and headache. It has also been used as a substitute for amphetamine in the treatment of hyperactive children. Non-medically, caffeine is used extensively in beverages and in over-the-counter preparations to combat fatigue such as NO-DOZ.

Caffeine in larger doses can cause death. A fatal dose in man is estimated to be about 10 grams and death has resulted from 3.2 grams in one instance. An overdose from drinking beverages is highly unlikely, (70 to 100 cups of coffee over a short period of time), but misuse of caffeine tablets by children is a very real possibility which may result in death. The following items contain caffeine and are listed as a guide:

- 1 cup percolated coffee - 100 - 150 mg
- 1 cup instant coffee - 70 mg
- 1 cup tea - 50 - 75 mg
- 10 oz. Coca-Cola - 43 mg
- 10 oz. Pepsi Cola 25 mg

Weekend hockey

Comox plays two weekend games at home Saturday and Sunday, 8 and 9 November, with Port Alberni the visitors Saturday at the Comox Sports Centre, game time 11:40 a.m., and Sunday's game, Nanaimo the visitors, will be played at the Glacier Gardens in Comox, game time 11:45 a.m.

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.

- 1 small chocolate bar - 25 mg containing cocoa
- 1 caffeine tablet - 100 mg

It is interesting to note that the Canadian Federal Government requires that cola drinks contain caffeine, even though heavy use of caffeine in our society is being questioned because of recent research suggests that drinking six or more cups of coffee per day may more than double the chances of having a heart attack.

Caffeine, as any drug, can create problems if used indiscriminately. Physical dependence on caffeine can develop when an individual consumes five or more cups of coffee a day. In many cases caffeine produces a psychological dependence which appears very evident in today's society when viewing the numbers who seem to require that first cup in the morning, the first cup at work and the coffee break syndrome.

Parents should be alert to the amounts of caffeine consumed by their children in cola soft drinks, chocolate products and cocoa. Adults who exhibit a heavy reliance on any drug (for example - the caffeine in beverages) set poor examples of drug use

behaviour for their children. All drugs, including caffeine, have a potential for abuse. Be drug wise, treat caffeine and all drugs with respect.

Cancer Facts

CANCER IS NON-CONTAGIOUS

Many people ask if cancer is contagious or infectious.

There is no evidence that anyone has ever caught cancer by direct or indirect contact with another person who has cancer, or between persons and animals.

There is apparently no risk to persons looking after cancer patients. Doctors and nurses have done so for many years without any ill effects.

Is cancer a single disease? No. Cancer is a family of hundreds of different diseases whose only similarity is that they are all abnormal cell growths. Some cancers are highly dangerous, while others can be cured in almost every case.

Experienced doctors can usually give a reasonably accurate prediction as to the likely behavior of any given cancer.



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The Home Front



By MAUREEN ARTHUR

IS YOUR HOME SALEABLE?

Today, my information is just preparing you for showings on your home when it is listed for sale. As service personnel we know that posting notices are normally not as cut and dried as advertised, and we sometimes have very short notice, therefore, take a critical look at the exterior of your home and ensure that it is maintained, to your advantage.

The external appearance of your home has far more impact on a potential buyer than you may realize. Put yourself in the buyer's shoes; he is looking for charm, comfort, location and a bargain. Give him the best

show for his money, as "First Impressions are Lasting Impressions."

The prospective purchaser drives about the area, looking at homes and "For Sale" signs - all he really sees is the exterior of your home. Take a good look at your home as you approach it, and get it in prime condition, so that the potential purchaser will request an appointment to view the interior.

Give the house a fresh coat of paint if it needs it; replace any broken or cracked windows; replace loose shingles, and mend that fence; keep the lawn mowed and the flowers full of bloom to give your home that "well cared for" look.

How about your downspouts, do they spill over or into the dry well? Are your windows and door frames freshly caulked every year, How about sticky doors, and is your driveway paved, not cracked from frost heaves.

You as a home-owner have equity, time and money invested in your home. It is not uncommon for a few hundred dollars and a few home-owner

labour hours (way to go Dad,) to increase the value of a home by a significant amount just by having it in prime shape.

Next week I shall go over the threshold, into the interior for your advantage, to make it a showcase for showings.

My foot-note today is: "Imagine why People Buy?"

"Is it confidence in your Product?"
A votre service - at your service

Maureen
Sales Representative,
Nanaimo Realty (Courtenay) Ltd.,
Comox Office, 339-2228
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(Paid Advertisement)

Energy Conservation Is For The Other Guy??

Are you one of those fooled by the catch phrase "energy crisis"? Do you feel the

energy shortage is a momentary thing? Don't you believe it! We are steadily depleting the world's conventional energy supplies. To conserve the remaining resources we need people with new ideas. We need these ideas implemented with increased resourcefulness and effort. Do your part! Start by preparing your habits, home and place of work for the most efficient use of energy. Hold fast to the fuel, electricity, and water we already have. Be positive in the control of the resources we will be fortunate enough to have during the coming winter.

Servicemen's hockey

(Continued from page 6)

In the other game 407 downed 442 by a score of 4-3. Meisner scored three goals for 407; Sleigh picked up the other one. For 442 it was Mann, Bryant, and Miller.

In the "B" league Arm. trounced the MPs "B" team 13-1.

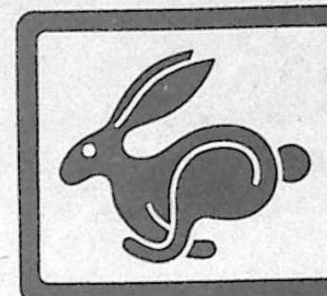
On 29 Oct. in the "B" league ATC beat 409 6-0. In the other game Avionics 7, VP 407 3.

On 31 Oct. 409 just about put a trick on Arm., just losing 4-3 in a fast, exciting game.

On the 3 Nov. Avionics downed 409 by a score of 6 to 4. In the other game 407 shut out MPs 7 to 0.

In the "A" league 409 downed 442 4 to 3.

CATCH A RABBIT



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You are invited to a demonstration of the newest beauty treatment and cosmetic products from Orlane.

Orlane's special consultant will provide you a personal and precise analysis of your skin... entirely complimentary of course.

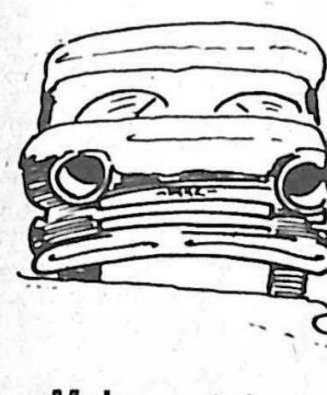
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CFB Families and Rural Electors For a Voice in Local Affairs

VOTE NOV. 15

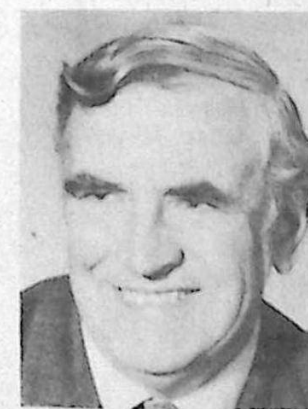
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Comox Jr. Sec. School (Robb Rd.)
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