



# TOTEM TIMES



I.C.B.C. — Up, Up and Away!

VOL. 18 — NO. 1

CFB COMOX TOTEM TIMES THURSDAY, JAN. 8, 1976



Demons Make "The Rockford Files"

407 Crew 5, augmented by Majors Dandeno and Meisner and Demon groundcrew pose with James Garner, star of the popular T.V. series. Mr. Garner

took time out from his busy schedule to meet the crew. More pictures inside.

VP 407 Photo

## Splash Down on Station Papa

BY PAT DUFOUR  
Victoria Times

It was a grey day — the shortest of the year — when Santa made his Christmas call on the Canadian coast guard weather ship Vancouver, 807 miles out in the Pacific Ocean.

The day was Sunday. The 40-knot sou'westerlies whipped the waves to angry heights, white spume streaming from them. The wind bounced the 405-foot ship like a baby as she nosed into the wind.

There were no sleigh bells, no reindeer and no fast-moving sleigh.

Santa was Major Fred Weir, captain of crew VI, VP 407 squadron, of CFB Comox.

His sleigh was the Argus long-range patrol aircraft 10711, his helpers the 14 other men that make up the crew.

Officially, it was a routine patrol. Unofficially, it was a search for the 79 persons aboard the ship beneath them, it was the highlight of the watch they're keeping which won't end until they return Jan. 15.

Aboard the Argus, as we bucked the wind on our way to Station Papa, lead observer MWO Joe McCaffrey, helped by two other observers, Master Cpl. Bob Gray and Master Cpl. Lee Rogers, readied that portion of Santa's sack that would be dropped in the water, close to the ship's heaving hull.

Two fiberglass containers were wrapped around and around with masking tape. Reflector tape for easier spotting was applied. Streamers were added for easier identification in the troughs of the waves.

One of the men took a grease pencil and added the phrase "Do Not Open Until Dec. 25." His pal topped him with "First Class Air Mail!"

The day was fading and the greys grew deeper as we drew up to where Vancouver was standing her watch. Another pilot, Capt. Dave Kerry, took over the controls.

Down through a hatch went one cannister, accompanied by a smoke cannister to help the men aboard Vancouver keep an eye on it. They hit the water about 150 yards ahead of the ship.

Vancouver's master, Capt. John Strand, turned the ship 60 degrees, so that the precious cannister could be

scooped up with a grappling hook.

Kerry made turn and turn again around the ship, banking the aircraft in 45 degree turns. Sometimes one tip of the wing was only 160 yards from the sea.

Two observers in the stern of the aircraft waved to the men on the ship's deck as they kept an eye on a photographer, sitting tied to a seat at an open hatch.

Finally, Kerry positioned the plane for a second drop. This time it took a little longer for the men aboard to retrieve it. The grappling hook was their only chance. The seas were too rough to launch the ship's Zodiac rubber inflatable.

As the Argus hovered above, a message was sent to the ship, wishing a Royal

Canadian Sea Cadet aboard — PO2 Duane Weekes of Moose Jaw, Sask. a happy — if heaving — holiday.

Forty-five minutes after she came up on the Camshell the Argus' Christmas mission was over. With a final salute she turned and went back on patrol.

Aboard, we could see men clustered around the two cannisters.

The Argus patrol knows Station Papa well and the weather ships that wait out their watch in that 10-square mile grid of desolate ocean.

They've dropped cannisters for the ship before. But these were different. Normally, the Christmas drop consists mainly of newspapers, with the odd bottle of cheer donated by the squadron.

This time the most im-

portant item on Santa's list were letters from home.

Mrs. Raye Pinder, wife of the ship's supply officer, George Pinder, was responsible for the special air drop.

When Vancouver relieved her sister ship, Quadra, on Station Papa, the Quadra brought back a seaman who was taken sick aboard Vancouver. Pinder took the opportunity to send home a letter aboard Quadra, asking his wife to arrange the letter air express.

Things started to move. The coast guard enlisted the help of the Pacific Rescue Coordination Centre at CFB Esquimalt. The Santa Special was arranged.

The Pinders have three children, aged two, three and (Continued on page 10)

## A NIGHTMARE

## Where is Debbie?

By BRIAN BELTON

"I feel like I'm caught in the middle of a nightmare and I don't know how it will end." Pale and exhausted, Sheila Burns attempts to verbalize the anguish of a mother waiting for news about her missing daughter.

Across the room, the Christmas tree remains standing. Beneath the tree, many brightly wrapped presents remain unopened. "I suppose I should take the tree down," Sheila says, "but I just can't bring myself to touch it." The presents belong to her missing daughter Debbie.

Debbie Burns disappeared after leaving her home in Wallace Gardens, across from CFB Comox, at 6:20 p.m. Dec. 22. She was wearing a green plaid jacket, navy cord jeans, and running shoes. After dinner she told her twin sister, Linda, that she was going out, but she didn't specify where.

Once more, Sheila and Peter Burns go over the details surrounding their daughter's disappearance. They have gone over and over the details, and clues that have come to light, so often that Peter admits his "head just spins".

Both parents are "broken-hearted and torn apart" but still hopeful three weeks after Debbie's disappearance.

RCMP spokesmen officially declared 14-year-old Debbie missing on Dec. 23, and data has been fed into a nationwide computer system notifying all detachments.

A thorough ground search has been conducted in wooded areas of Comox by 50 men from Squadron 442, under the direction of Brian Pilon and Gavin McLean.

A Canadian Forces investigator is also working on the case. Clues that have been followed have failed to turn up a trace of the missing girl, though.

Hopeful that Debbie is still alive and in this area, her parents issue the following plea:

"No matter where you are, Debbie, just phone and let us know you are all right." No matter where she is or who she is with they just want to know she is safe.

"We want her back ... but if she wants to stay away that is all right ... she has nothing to fear in the way of retribution."

The ordeal of waiting, of not knowing, has left Sheila and Peter Burns emotionally spent. They leave the doors of their house and car unlocked at night hoping Debbie will return. They don't sleep well and often "wake with a start." Sheila spends the day chain-

smoking and waiting for news.

The RCMP suspect Debbie Burns is a runaway, and Cold Lake, Alberta, has been contacted. Debbie and her family lived in Cold Lake for several years before moving to Comox a year and a half ago. Debbie's closest friend, Cheryl Small still lives at Cold Lake.

A grandmother in Nova Scotia has also been contacted as some information said Debbie planned to hitch-hike there.

After hearing reports of the young girl's disappearance one local woman remembered overhearing four girls, on Dec. 20, at the Comox Shopping Centre, say Debbie planned to hitch-hike to Nova Scotia.

After two of the girls were identified and checked the first said they had heard the rumor at Courtenay Junior Secondary School where Debbie and they are students. Later, though, the girls denied they had any information.

Debbie Burns has light-brown hair, is five feet tall and about 110 lbs. If you have any information on her whereabouts contact the RCMP at 334-3115 or her parents at 339-4258.

Courtesy of 'Green Sheet'

## Defence Review '75

OTTAWA — Sharper focus on Canada's defence objectives at home and abroad was the most significant Canadian Armed Forces legacy of the year that capped the century's three-quarter mark.

As 1975 entered the homestretch, the government announced vital decisions arising from a "defence structure review," an undertaking that zeroed in on how the Forces could best complement this country's political, economic and social goals.

The result: Canada will continue adhering to the collective approach to western security, and bear a reasonable and appropriate share of the collective economic burden.

The decisions bear out the concerns of the government, and its NATO allies, over the growing military strength of the Soviet Union and other Warsaw Pact members. Warnings have been sounded on their steady and continuous improvement in weapons, equipment and training, with stress on offensive operations.

The decisions also support the contention of defence minister James Richardson that Canadian economic and social goals cannot be achieved until the first objective is realized, international stability through a balance of collective military strength.

Striking a judicious balance on several complex factors was the task facing the architects of the defence review. Included were the imperatives for restraint in government spending; the inter-relationships between Canada's defence and foreign policies; and sovereignty and security interests at home.

When all the sifting, sorting and agonizing ended, the government moved to:

- retain a military ceiling of 78,000 for the regular Armed Forces;

- replace its aging fleet of Argus long-range patrol aircraft with 18 Lockheed P3s, at a cost of \$950 million;

- either acquire a new main battle tank or implement a major overhaul of its 50-ton Centurions; and

- retain mixed army-air force combat elements on NATO duty in Europe.

In addition, tanks and artillery pieces in Canada's land combat element, in Europe are to be increased to provide sufficient equipment to field a full brigade group.

Also included were decisions to increase the amount of money for equipment at the rate of 12 per cent per year in real terms for the next five years and to begin an examination in 1976 for the eventual replacement program for ships and fighter aircraft that will reach ob-

solescence sometime in the 1980s.

Incidents Reach 19 Daily

Meanwhile, in sea, land and air operations in Canada throughout the year, the Forces continued emphasis on operational readiness, as well as on reconnaissance patrols in the Arctic and off our coastlines. They kept watch on intrusions, ecological pollution and, under the auspices of the International Commission for Northwest Atlantic Fisheries (ICNAF), helped enforce international fishing regulations.

Activities also centred on Arctic airfield construction, scientific exploration, northern re-supply, and operations by Canadian Forces Northern Region in support of training, search and rescue, rangers and cadets. Also, a mid-year reconnaissance for a possible high Arctic base was conducted in the area of the eastern approaches to the Northwest Passage by defence minister James Richardson and the chief of the defence staff, General J.A. Dextraze.

In the search and rescue role, statistics for the first nine months of the year added up to 5,200 air and marine incidents, or an average of about 14 a day. Of some 2,000 air incidents, 984 were initiated by Emergency Locator Transmitters (ELTs), 970 of which were classified as false alarms, at a cost of 24 flying days. Because of the magnitude of this problem, a joint task force, chaired by the department of communications, with representation from the ministry of transport and defence department, has been formed to study the ELT problem, with the aim of

recommending corrective measures.

The year also resulted in a major organization change in the make-up of the Forces with the Sept. 2 formation of Air Command. The new command, with headquarters in Winnipeg, consolidated all aviation resources, regular and reserve, resulting in separate operational headquarters for the direction of navy, army and air force matters.

It also permits a more rational field structure and allows further decentralization of functions formerly performed at National Defence Headquarters in Ottawa. In addition, it provides a clear identity and point of focus for airmen, as do Maritime and Mobile Commands for sailors and soldiers.

Air Command absorbed the former Air Defence and Air Transport Commands, as well as the air training function of the former Training Command, which has been redesignated as Canadian Forces Training System, and moved from Winnipeg to Trenton, Ont. Air Command has also assumed responsibilities for regional commitments and support services for the Forces in the three Prairie provinces and Northwest Ontario.

In another major announcement, Canada is to take over complete responsibility for military surveillance and control of its sovereign air space. Regional Operational Control Centres (ROCCs), to operate in eastern and western Canada, will be computer-equipped to track, identify and control aircraft penetrating Canadian air space. Currently, under the bilateral NORAD defence

pact between Canada and the U.S., boundaries of air defence regions straddle the international border.

The Forces also coped with assignments outside traditional military tasks, under the headings of "assistance to civil authorities." There were the usual bomb disposal, flood control and fire-fighting missions, but possibly the biggest involvement was the part played by about 600 troops at 18 federal penitentiaries during the early July walk-out of guards and other staff.

As 1975 progressed, the Armed Forces began gearing up for one of the largest "assistance" operations in its history, support for the 1976 Olympic Games in Montreal. About 10,500 uniformed members will be tasked to provide support in security, logistics and other areas.

Outside the country, in more familiar roles, more than 7,000 Armed Forces men and women continued to serve Canada's interests abroad under NATO and the United Nations. And again their performance drew favorable comments from impartial observers for their "efficiency, enthusiasm and professionalism."

While about 1,000 Canadians helped keep the logistics machinery turning for international peace forces standing between Israel and its Arab neighbors, about 500 of their colleagues across the Mediterranean in Cyprus experienced a somewhat quieter year than the previous one.

But again, their efforts were not without sacrifice. One of the periodic outbreaks of

(Continued on page 10)



## Notice

### MOTOR VEHICLE INSPECTION

The motor vehicle inspection unit provided by the Motor Vehicle Branch of the Attorney General will be at CFB Comox on Jan. 13, 14 and 15, 1976. This unit will be located at the MSE section, and is voluntary in all respects. There is no charge for this service and everyone is invited to have their vehicle checked for safety's sake.

IS YOUR VEHICLE REALLY SAFE?

### Power Outage

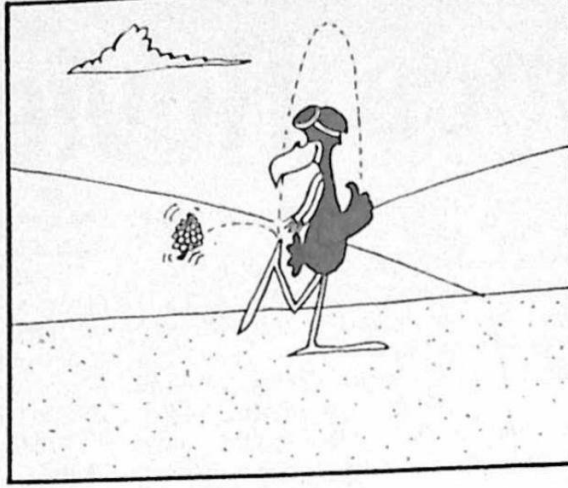
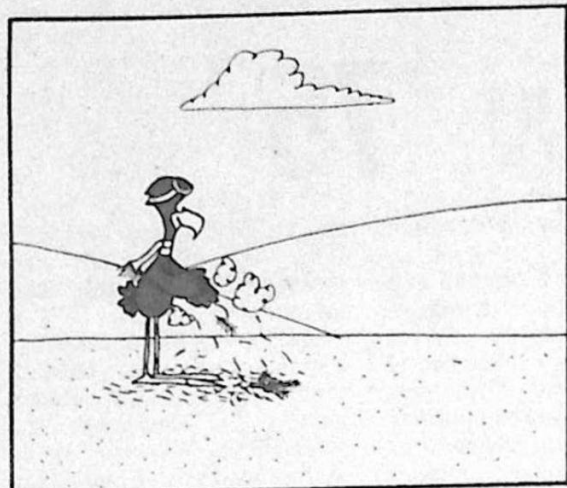
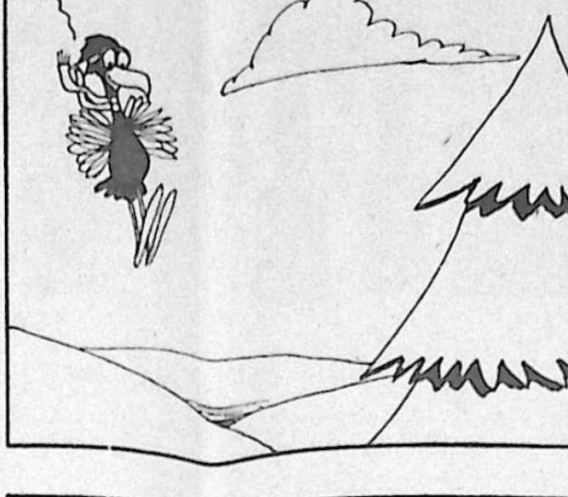
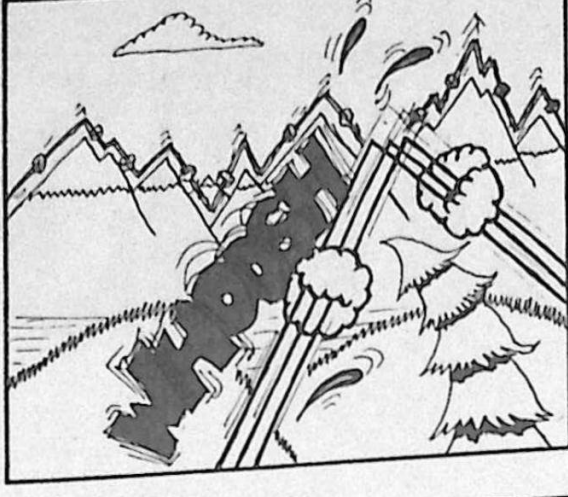
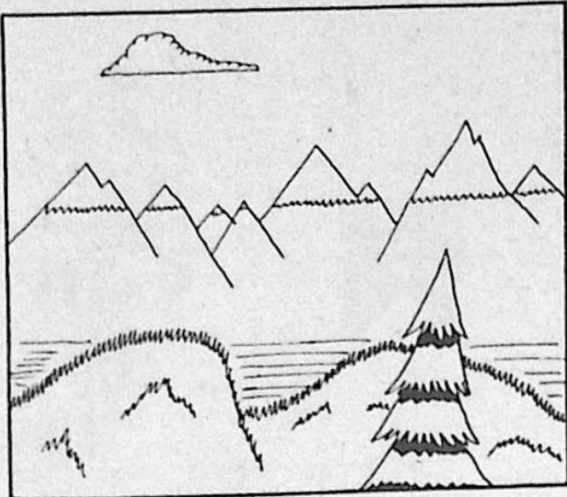
"There will be a power outage throughout the PMQ area from 1300 to 1500 hours on Wednesday, 14, Jan. 76 to repair main electrical systems."

CUTTING IT UP at the Junior Ranks' Christmas Dinner. Jenks, acting Base Commander. More photos on page



# CUDGEL STEW

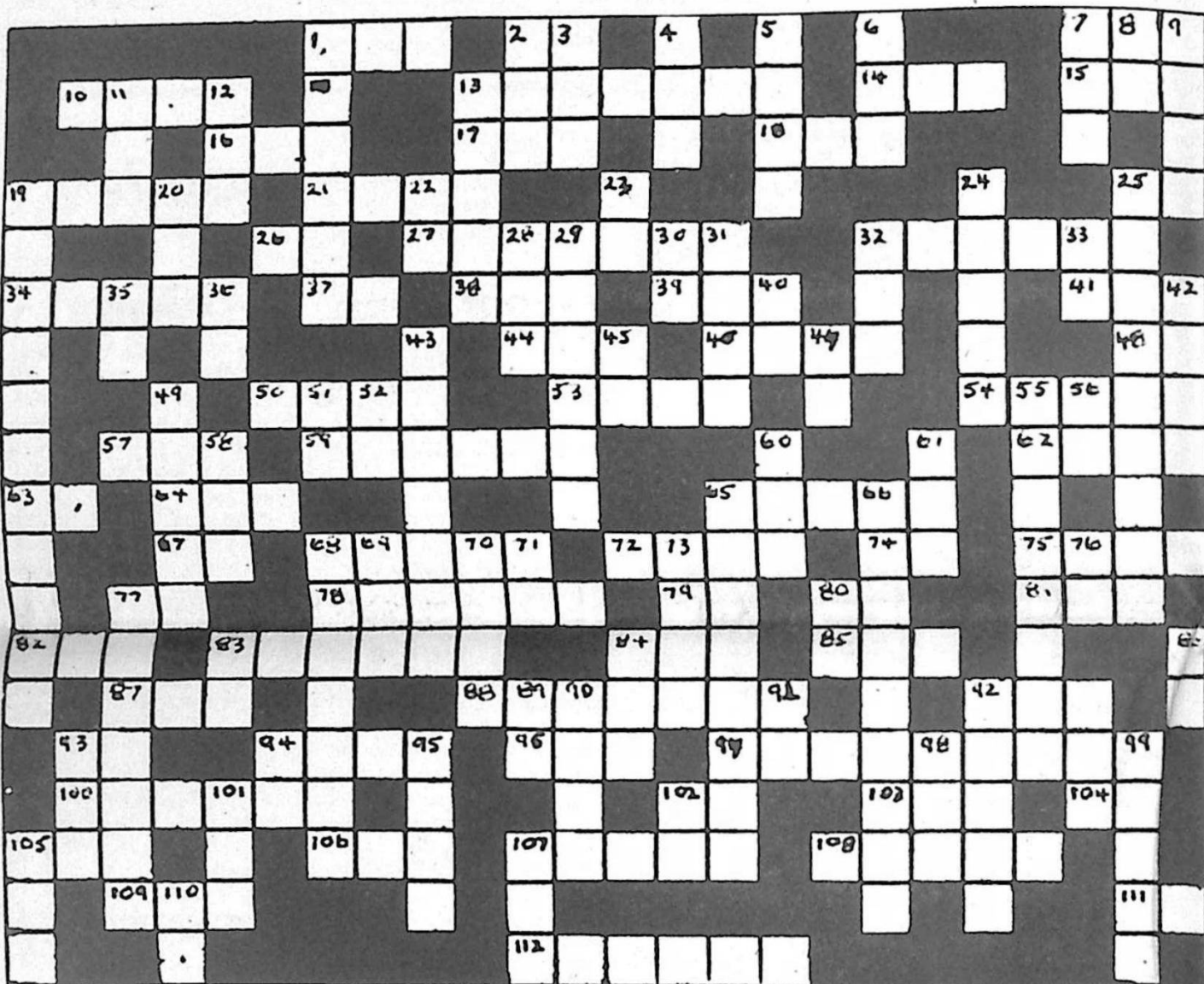
by Rick St. Germain



## Nighthawk's Nest

Well a new year begins again here at 409 Squadron. With all of those New Year's resolutions in mind and considering the fact that Tac Eval is lurking around the corner, below you will find a short crossword puzzle which should get all of us thinking on the

right track. After all, who knows what they might pull this year. Rumour of the Week: Molly is negotiating with MacDonald-Douglas at present for a new luggage carrier for the T-33. He claims that the old one isn't big enough.



### Crossword Puzzle

- DOWN
1. \_\_\_\_\_ Jim
  2. Big money Pilot requirement.
  3. Nice to know over Mts.
  4. Lyric Poem.
  5. Naval "Click"
  6. Aircraft Hazard
  7. 10,000 Feet
  8. CC Alternative
  9. Mr. Dressup
  11. Routine
  12. See 10 Across
  13. Master at construction.
  19. \$1500.00 deposit
  20. Common ending (Fr.)
  22. As required
  23. To \_\_\_\_\_ or not....
  24. Recat check switch
  25. Mild mannered pilot
  28. Squacker
  29. Two on Squadron
  30. Airplane alternative
  31. Controller No. 55
  32. Correct speaking.
  33. Estevan point NDB
  35. The real threat
  36. Inhibits real desires
  40. No lock without
  42. Come out like a \_\_\_\_\_
  43. "Outstanding"
  45. Pre-AI
  47. Ott sometimes called this
  49. No radios necessity
  51. Suds
  52. WW
  55. Grease Pencil king
  56. In flight hazard
  58. Gives lowest limits
  60. Improvement
  61. Treat with caution
  66. Speedy Weapons O
  68. Sexy eyes and silver hair
  69. See 9 down.
  70. KARS
  71. In kts usually
  73. Cudgel Capers scores
  75. Only in cloud
  77. Sqn ankle biter
  80. ground fire
  83. Two days in a poopy suit
  84. See 90 down
  85. ILS check point
  89. Back off strike
  90. \_\_\_\_\_ Lang
  91. Sports organization

92. \_\_\_\_\_ as a whistle
  93. Seattle beverage
  94. New ones coming
  95. 36 on an Argus
  98. Voodoo has 25
  99. Orator
  101. Nav aid
  102. Old Latin (Abbr.)
  105. Cold and wet
  107. Drives 407 in circles
  110. Bachelors live here
- ACROSS
1. 414 Motto: \_\_\_\_\_ it.
  2. Dolly info.
  7. VIZ
  10. Simulator
  13. T-33 pilot
  14. Decide
  15. Make love to
  16. "Hun In the \_\_\_\_\_"
  17. 55 Max
  18. Half of 409
  19. VU33 tries but can't
  21. U.K. Trainer
  25. In flight hazard
  26. Comox close to it
  27. ASO
  32. Aftermath
  34. "The Hawk"
  37. CO
  38. Sqn. Rules
  39. Scope light
  41. Old sea survival school
  44. Heat indicator
  46. After 39 across
  48. WSEM Parameter
  50. \_\_\_\_\_ Wx
  53. T or M
  54. Cross-country necessity
  57. Full of it the night before
  59. Cast iron stomach
  62. The big one
  63. Above 30000 feet
  64. MoT counterpart
  65. Cool 409'er
  67. 8 Voodoo's at least
  68. Train expert
  72. Formation
  74. Fix
  75. Nav keeps crew on it
  77. Pronoun
  78. New LRPA
  79. Variable in snow
  80. Adjective
  81. JPT
  82. One \_\_\_\_\_ kind
  83. Orv and pickled eggs

84. Wet finger and han-
85. Clean up one's \_\_\_\_\_
87. Astrological sign
88. Groans
92. Short on Rwy and low on A-S
93. Old Latin (Abbr.)
94. Body after 3 hours in a T-33
96. \_\_\_\_\_ Not
97. Brave

100. Take Off
102. Officer development
103. My (Fr.)
104. ILS check point
105. To attack
106. Rocks
107. Cross country marathoner
108. \_\_\_\_\_ Chambers
109. \_\_\_\_\_ Tide
111. Slang for Toronto
112. Similar to 46 across

### MOTOR-VEHICLE INSPECTION

#### IS YOUR CAR SAFE?

You can be sure if you take advantage of the FREE service offered by the Mobile Motor-vehicle Inspection Unit provided by the Motor-vehicle Branch of the Department of the Attorney-General.

Tests will be conducted at MSE SECTION on JAN 13 14 15

## The Lumberjack's Prayer

"I pray dear Lord, for Jesus' sake, Give us this day a T-bone steak. Hallowed be Thy name But don't forget to send the same. O hear my humble cry, O Lord, And send me down some decent board. Brown gravy and some German fried, With sliced tomatoes on the side. O hear me Lord, remove those "dogs", Those sausages of powdered logs. The bullbeef hash and bearded sprouts, Take them to Hell or thereabouts. With alum bread and pressed beef butts, Dear Lord they've damn near ruined my guts. Their white-washed milk and oleoline, I wish to Christ I'd never seen."

**BOB'S TOWING and BOB'S VALLEY SERVICE**

Chevron Dealer Radio Controlled

**24 HR. SERVICE**  
**CALL 334-4124**  
After Hours 334-4967  
SERVING THE COMOX VALLEY  
ANYWHERE - ANYTIME - ANY SIZE  
260 Island Hwy. N., Courtenay

# Rescubits

Couple of plane crashes dominate this edition, one near Hope, B.C., in which the pilot walked away and the other in Rivers Inlet, B.C. in which no one survived.

Things were running smoothly (as they always do in an Air Force organization) in the Rescue Centre when the Area Control Centre advised us of an emergency locator transmitter (ELT) tone in the Hope area. Almost coincidentally we were advised that an aircraft enroute Vancouver to Kelowna was overdue. Labrador 303, on the way to Victoria, was diverted to the Hope area to commence a search. As usual the weather was garbage and the Labrador had to divert up a valley to the east of the suspected crash site and climb out of the weather and try to home in on the signal without hitting a mountain. The approximate area was pinpointed but weather precluded the Labrador from getting to the site. He was able to penetrate the valley floor but unable to check the higher ground due to low clouds. The weather cleared two mornings later and a small Bell helicopter, chartered by interested parties in Kelowna, in consort with Labrador 303, Labrador 310, and Buffalo 454, found the crash site via the tree to tree method (check around one tree and then on to the next), at the 5500 foot level in a heavily wooded cirque (dish-shaped depression at the top of the mountain). The aircraft had hit a large tree, shearing off a wing, slid down the tree, flipped over and pancaked into the snow at the bottom. The pilot survived the crash, picked up a couple of scratches, waited 45 minutes and decided to walk out. He turned on his ELT, took some food and refreshment, left a note stating his intentions and left

the crash site trying to traverse some of the roughest country in B.C.

In the succeeding days we had up to five helos searching in the area, the ground search team from CFS Kamloops, the Hope Mountain Rescue Squad, the Kelowna Alpine Rescue Team and RCMP personnel and a tracking dog. It was all for naught as the pilot was never found.

Couple of interesting asides here. We chartered a helo with an infra-red heat seeking device for the search to do sweeps of the area. It turned up nothing as it works on body heat but the pro SAR boys were so impressed with the machine that further demonstrations with the SAR organization are being considered.

The operator of this machine scanned a parking lot full of cars in Hope and, strictly by tire heat, picked up the last car to have been moved; as well, people were positioned behind trees, etc. and found. Secondly, Labrador 303 was present on site when one of the ground team, exhausted by three hours climbing in the precipitous area, fell into a creek. Labrador 303 ferried him to hospital and considered opinion was that his survival time, had he not received treatment, was two hours. Incidentally, the valley the Labrador diverted up initially was the same valley the crash occurred in. There was a helo in the area within five hours of the crash. Would there was someone there to hail him.

In the second case, again things were tickety-boo (RCAR nomenclature for normal) when someone called us and said "Hey guys, there's an airplane floating upside down in the chuck opposite my house." The Coast Guard helo

was in Port Hardy on Port Alice mud slide duties and, along with Buffalo 454, was dispatched to the search area. The aircraft was found with no problem. A shoreline search turned up no survivors. Darkness prevented further search and plans were made for the next morning which included the ferrying of divers from the Fleet Diving Unit at Esquimalt via Labrador and Buffalo to the crash site; as well the Ministry of Transport Accident Investigation team and RCMP were transported to the scene. Again, all was to no avail as conjecture was the aircraft left Rivers Inlet Cannery, with no flight plan, and ran into rough weather and the aircraft was flown into the water with sufficient force to tear the engine off and demolish the floats right back to the underside of the cabin. The pilot was found by the Navy divers strapped in the cockpit and, with the right hand door forced open, opinion was the other two bodies floated free of the aircraft and sank to the bottom.

As I said before it's the lethal season. One glowing thing was that, regardless of the outcome, SAR facilities were completely utilized post haste.

Hot streak for land speculators - real estate has really been moving in Port Alice.

Here is another test question for you aspiring Naval officers and aircrew of any distinction - What is a silver dollar made of?

All of us here at the Victoria Rescue Coordination Centre wish you and yours the compliments of the season and, as you drive and particularly if you imbibe, remember the SAR credo - That others may live! Per Ardua Ad Rescutatem.



### Sailing Club News

One of the nicest things about sailing in B.C. is that it can be enjoyed the whole year round. So while the skiers sit cooling their skis, the sailors (John Fox, skipper) took our keelboat the TALLY-HO for a New Year's Day sail.

Registration for the Sailing Club's Winter Training program will be held on Monday, January 12, at 7:30 p.m. at our Clubhouse at HMCS Quadra. New members are welcome.

The program will consist of courses conducted to the standards of the Canadian Yachting Association White Sail and Cruising Levels.

Lectures will be given on Mondays and Wednesdays at 7:30 p.m. and are open to all members of the Comox Squadron in good standing.

The course outline includes: the boat and its gear, practical rope work, safety afloat, manoeuvring under sail, heavy weather techniques, avoiding collision, weather, tides, flag etiquette, chart reading, sailing directions, tactics, practical navigation and passage making.

The Winter Training program is primarily designed for people with previous sailing experience and prospective keelboat members, although such lectures as avoiding collision and chart reading are applicable to beginners.

A complete Spring Training program for Beginners consisting of lectures and practical sailing will start on Saturday, 24 April.

Family membership is \$30 for the year and all members of the family are welcome to attend. Further details are available from the Secretary, Nan Fox, 339-4216.

### 409 Club Winners

Just so all of you will know who is buying the next round, below are all of the 409 Club winners so far:

1. V. D. Cretney, BHousO
2. P. Morrow, Tower
3. R.F. Herbert, McChord
4. B. Archambault, Cold Lake
5. J. Campbell, 409 Repair
6. E. Majden, 409 Snags
7. C. Anderson, Comox
8. A. Jazey, Base Photo
9. D. Strachan, Comox
10. C. Faubert, 409 Arm.
11. G. Engel, 409 Engine Bay
12. Sgt. Peacey, 407 Sqn.
13. K. Steeves, 409 CAC
14. W. Lyle, 409 Arm.
15. Sgt. Seal, 407 Sqn.
16. Maj. Kidd, Penhold
17. Cpl. Rexin, BHousO
18. Sgt. Matheson, 409 Snags.



# Recent changes to Canada's Unemployment Insurance Act may affect YOU.

## They concern such things as:

- voluntarily quitting your job (effective January 4, 1976)
- flexibility in sickness benefits (effective July 1, 1976)
- coverage for persons aged 65 and over (effective January 1, 1976)
- the dependency rate of benefit (effective January 4, 1976)
- flexibility in maternity benefits (effective February 1, 1976)

If you would like more information about these and other changes, pick up the brochure "What happens now..." at your local UIC office.

Unemployment Insurance Canada  
Assurance-chômage Canada  
Robert Andras, Minister, Manpower and Immigration



# 407 Christmas Party — Demon Photos



"I Go With The Prize"



"Please, Not Rudolph"



"Coo, It's Awfully Thin"



"Is He Watching?"

## 407 Tech Ramblings

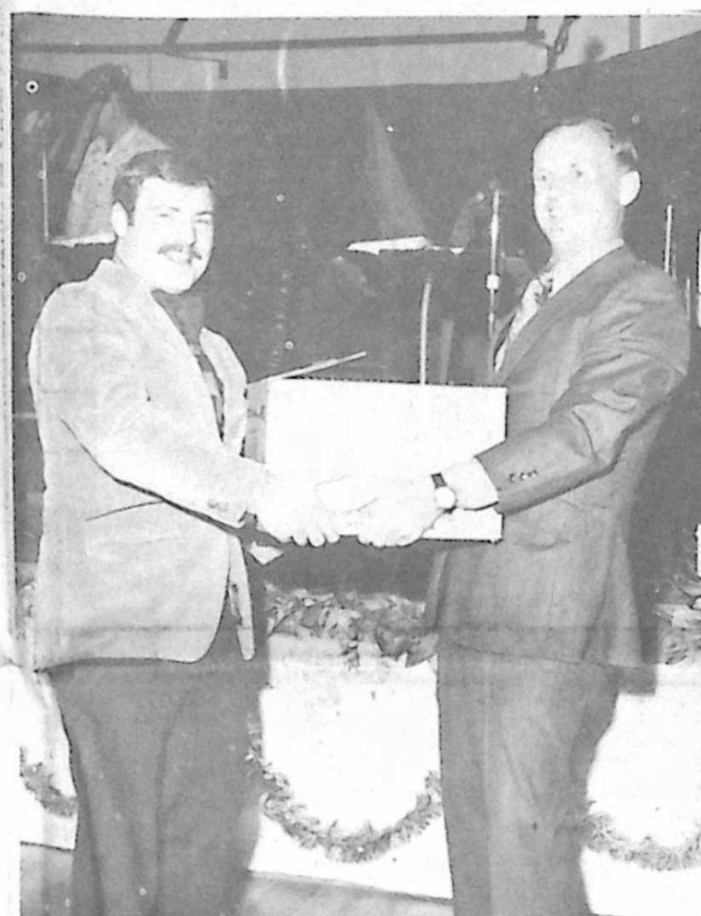
Our Christmas Party was again the social event of the Season. Plaudits and bouquets are certainly in order for the hard working committee who made it such a success. From the music and dinner to our Gal Sal who brought up the rear of the two sides of beef on the hoof; our congratulations! Sally sure breathed a sigh of relief that there wasn't much at her end of things.

The twenty-five gallons of Demon Brew must have been good. It all evaporated in less than an hour.

And special thanks must go out to the Armament Section who made up all those table pieces.

It is events like this where everyone pitches in, and one mustn't forget the Standard Presentation earlier in '75, that makes this Squadron the best and will continue to be as long as we have people like we have.

The Chief



"Let's Split It!"

## Adult Preparation Programs

These are two separate programs with slightly different aims but relying on fairly similar content for the completion of the stated requirements. Both are intended for the student who interrupted his or her education and now wishes to return and complete Grade 12 or its equivalent. The greatest percentage of students on these programs are preparing themselves for post-secondary education.

### ADULT SECONDARY PROGRAM

Administration and admission is governed by regulations set up by the Department of Education in Victoria. These restrict entry to persons nineteen years or older and list the breakdown of subjects required for completion of the program. The program requires the student to complete seven subjects. English 12 and Socials 11 are a "must", optional subjects required are five courses drawn from the senior secondary school curriculum, three of which must be numbered 12. Counseling services for this program are available through Mr. Schellinck and his staff at G.P. Vanier Senior Secondary School. The counsellor will analyze your present level, obtain B.C.

credit for out-of-province courses where possible, advise you on the particular program that you should follow, and the courses that you must complete to meet the B.C. standard.

### COLLEGE PREPARATION PROGRAM

This is primarily intended to prepare students for College (first year university) courses and will give successful candidates the equivalency of Grade 12 standing certified by the College. The program requires completion of five subjects including English, Socials, Math and two other Grade 12 subjects.

It is neither practical nor economical to attempt to offer separate classes for the two programs. We have therefore combined them to a large extent by offering subjects under the heading of one and making them acceptable to both. We did this in our Fall term and successfully offered a selection of four subjects, two of which were offered early in the afternoon as well as in the evening. We plan on a similar approach for the Spring Term.

Courses will be offered in two sections, afternoon (12 noon to 2 p.m.) and evening (7:30 to 9:30 p.m.) on Mondays and Wednesdays in

English 12 and Geography 12; on Tuesdays and Thursdays in Math 12 and History 12; in addition Physics 11 will be offered on Mondays and Wednesdays - evenings only.

These classes are scheduled to start on Monday, February 9 and Tuesday, February 10. Fee is \$25 for each course. You may pre-register at our office in Courtenay.



## Top Notch Forecaster For Comox

LCol. F. C. Brittain, Commandant of CFANS, CFB Winnipeg, presents a Certificate of Military Achievement to Pte U.P. Kailuweit upon his graduation from Met Tech TL3 Course 7502. Pte. Kailuweit completed his 15 weeks of basic Met Tech training at the Canadian Forces School of Meteorology, CFB Winnipeg on 5 Dec. 75 and is now on the staff of the Canadian Forces Weather Office, CFB Comox.

CFB Wpg. Photo



Rumor has it that there will be Some New Men In training at the Bomb Dump. Seems a Couple of the old Sweats are leaving

**At the Top of the Hill**  
**COURTENAY CHRYSLER PLYMOUTH**  
**(1970) SALES LTD.**

Dealer Lic. D1821

TOP QUALITY
TOP QUALITY

★ CHRYSLER - DODGE - PLYMOUTH ★

DODGE TRUCKS

MOTOR HOMES - TRAVEL TRAILERS

BOATS - MOTORS

Bank Financing available on approved credit.

**QUALITY USED CARS**

**WALTER YEOMANS**  
 W02 (Retired)

**POSTED IN OR OUT**

Give me a call or write for information on:

- Homes
- Lots
- Acreage

**TOM PROCTER**  
RCAF/CAF Retired

**Nanaimo Realty (Courtenay)**

Office 334-3124

Residence 339-2668

**McConochie's**  
FURNITURE AND APPLIANCES (1974) LTD.

**Your Home Furnishings Headquarters**

☆ WESTINGHOUSE

☆ B.P. JOHN

☆ QUASAR

☆ FLEXSTEEL

☆ GIBSON

☆ SIMMONS

☆ SPEED QUEEN

☆ GRANGE

☆ LLOYDS

☆ COMFORT

☆ PRINCEVILLE

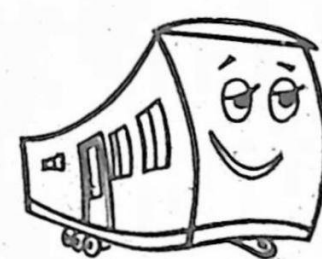
Complete ALL MAKE Appliance Service including Domestic Refrigeration

**Where Service Follows the sale**

430 Fifth St.  
Courtenay, B.C. Phone 338-8114



REMEMBER?



## OPEN HOUSE JANUARY 17th

Featuring 1976 Models

C.F.C.P. RADIO ON LOCATION

OUR REGULAR LOW PRICES ARE REDUCED EVEN FURTHER TO CLEAR OUR STOCK OF 1975 MODELS

On The Spot Bank Of Nova Scotia Financing with Low Down Payment and Up To "12 Years To Pay"

DROP IN AND SEE THE NEW MODELS AND FIND YOUR HOME AT —

**CYPRESS**



Island Highway  
Two Miles South of  
**COURTENAY**

Open 10 a.m. to 8 p.m.

PHONE 334-2181

Motor Dealer Lic. No. D.7843



# EDITORIAL

## A New Policy For The CF?

Last week's news concerning auto insurance rates came as a bombshell to all B.C. motorists, and in particular the servicemen and women. Members of the forces, by virtue of their nomadic lifestyle, have always been subject to the policies of provincial governments and in these times of hard economic realities, it has never been more evident.

When the former provincial government created the insurance monopoly called I.C.B.C. ("I Can't Bear Competition") in 1973, premiums didn't vary much from those of the out-going private concerns and in the subsequent years, rates didn't reflect the upward trend in the price of everything. And now the new government has decided to use a pretty heavy rope to pull I.C.B.C. out of the hole. And everyone is going to have to pull on that rope, including members of the Canadian Forces, many of whom are stationed in B.C. by chance, not by choice.

And what if the young serviceman or woman living in this area can't raise the \$400 or so to insure his Beetle or Toyota? Let's face it, public transit is non-existent here, and shiftworkers don't have the benefits of car pools or standing

on a busy corner and catching a ride with a friend.

Maybe the answer lies within our own personnel services branch. After all, haven't they given us Canex complete with Master Charge, the Servicemen's Auto Club et al. We have S.I.S.I.P. for income protection, and a major life insurer has a special armed services division, so why not a Canadian Forces Auto Insurance Plan?

Such a plan could be administered through the Canex System or the Auto Club, through special arrangement with a private underwriter (S.I.S.I.P.?). Since present auto insurance "pink cards" show proof of interprovincial liability, coverage would remain unchanged. Premiums could be set according to geographical location and driving record. (With no pro rating according to rank, I might add.)

Since the new provincial government has announced that it plans to "invite" private auto insurance companies back into B.C. in 1977, the feasibility of such a plan should be considered now. For this year, however, we'll all just have to "bite the bullet" or start hoofing it.

C.R.S.

## Guest Editorial

### "Prices And Income Controls"

Prices and income controls are not popular with anyone. Business doesn't like them, labour doesn't like them, but very few people in Canada will deny that some action was required to dampen inflation and to cool off rising and often unreasonable expectations.

What the federal government has done may be far from perfect, but it is a start, a very necessary start and most clear thinking people should be prepared to give it a chance.

There have been claims that it will bear unequally on certain parts of the population. This may be so, but in general terms it probably will bear more heavily on business than on the wage earner.

There is going to be unrest and unhappiness as decisions are made in respect to requested price increases and wage increases, but in the long run if the tribunal which makes the decisions is firm and fair, Canada and most Canadians will profit.

It is essential that in the months ahead the government takes every opportunity to inform the Canadian people that the government itself is taking inflation seriously and is restraining its own expenses and its own costs and its own charges. Such leadership will do a great deal to make the program palatable.

Any leadership given by the federal

government will have to be matched by the ten provincial governments across Canada and, to a large degree also, by municipal governments, since governments share of the gross national product has been increasing faster than any other sector and now approximates 40 per cent. The importance of government action at all levels is very clear.

At the same time the Anti-Inflation Review Board has to prove by its actions that the program is serious, that special cases become the exception rather than the rule for both business and labour. There are obviously going to be a number of hard choices facing the Board, but their mandate is clear and any waffling or indecision by that Board, will only discredit the program and damage any effective result.

At the same time, the government has to be working in other directions to attack some of the root causes of inflation. This will require careful fiscal and monetary policies as well as controls.

If these things are done some time later in 1976 we should begin to see some tangible rewards stemming from government action and be able to reap some satisfaction from the fact that a number of the sacrifices many of us are being asked to make, have been worthwhile.

(Vancouver Board of Trade)

## A Fairy Tale

Once upon a time in the land of paradise, between the mountains and the sea, lived a band of merry men with their steeds of flying fame. Hither and yon, yon and hither they

travelled to keep watch over Gay Peter's royal realm. They were a happy team.

As time went by the steeds grew ever older (they were not replaced as were the

knights and yeomen). It was no major problem though as the stable maintainers took loving care of each stately steed. They fed them with high octane oats and

massaged their weary joints. They washed and caressed them and nursed them back to health.

These periodic tasks were carried out with gusto. Even the shopkeepers were happy as the problem of supplying reins and saddle parts in support of the crusades was not as critical with one steed always in the barn. It could be used as a "Barn Horse"; i.e., one that could be robbed for spare saddle and rein parts.

advantage of not having to gallop off to the far off country next to Atlantis for periodic attention.

To add some excitement to the newly combined stable the High Sheriff bade the Head Yeoman to arm the ponies with lightning bolts fresh from Thor's parlour, and to train his lance and sword maintainers to tether these jagged weapons to the feathers of the Very Unusual nags. Much ado was made of this proclamation.

Big Chief Four Feather the flat meadow land overlooking the salty sea, stirred uneasily in his teepee as bitter smoke signals were seen on the distant horizon.

He gathered his warriors and the head knights and yeomen of the integral stables to smoke the peace pipe and to determine a plan of action. Suds-in-the-creek, a high ranking brave of the maintaining tribe, after many hours of Pow Wow, chiselled an outline into the red bark of the Arbutus. And it came to pass that the thunder bolts would be acquired, assembled and harnessed to the folding feathers of the Very Unusual ponies.

But alas, from serf to head yeoman, the band of light and dark blue stable maintainers continued to receive pointed barbs from other sources: "Our ponies are not being given the tender loving care of former days!" "Your senior Yeomen are not doing the jobs!" "Twas a sad situation in paradise especially when everyone was trying harder under difficult conditions. The monthly galloping time had increased, yet the steeds available for the chase had been effectively reduced: the maintaining stable in the East kept one steed tied up; the Down Low Intervening Requirement had another; the lack of saddle and rein parts kept another locked in the barn; and, the slow reacting pony express added frustration to the problem ...

CAN YOU GIVE A SUITABLE ENDING TO THIS FAIRY TALE? WHY NOT WRITE TO THE EDITOR WITH YOUR SUGGESTIONS.

## Fit at 55

### From The Fur-Lined Foxhole

"Sure, sure I'll go. No sweat. I am in pretty good shape for a guy just over 50. A bit paunchy, but after all, five or six miles isn't much. I used to be a pretty good runner ten to fifteen years ago. Besides most of you guys are at least 40. I'll bet old Hal is 55 if he's a day."

We left the house like a shot. Old Hal moved right along. I was stunned at his pace as we crested the nearby hill and started down. I started to warm up a bit and stretched my longer legs for the first time in months. Soon I was almost abreast of him. Putting on a nonchalant look I pretended that this was just another bit of casual exercise to me. He didn't even acknowledge my presence but just bored on straight ahead with a determined look. And so it went for almost two miles. Old Hal set the pace and I followed. I'd get him on the hill just before the first stop. I was warm now and felt as if I had lots in reserve, the second lap would take care of itself. I pulled out and started my "once-famous" sprint. Soon he would be left far behind. Funny, with the hill, the wind in my face, I just couldn't seem to get very far ahead. I looked over my shoulder and sure enough Hal was right there, 10 yards off the pace, with his head down and arms moving rapidly. Funny I seemed to be making

all the noise too. He wasn't even breathing hard. It was a good 2 miles when we made the first stop some 15 minutes after we had started. Not too bad I thought.

I found it hard to get the old legs going after the first stop. Hal and the others moved off quickly down the hill. No sweat, I'd catch them on the long flat stretch. It took longer than I thought. Oh, I caught up to the rest, but I was more tired than I thought I would be at this point. Old Hal seemed to sense my competitiveness and gave me a knowing glance. He knew I was out of shape and my catching up hadn't impressed him one bit. Again I let him set the pace. He didn't slacken it at all for the small hills. The old buzzard cut the corners a bit, used others for a wind break and even speeded up a bit to lose you on an upgrade. Through it all he moved with

seemingly little effort, his body moving almost gracefully over the ground.

I'll take him on the long hill near the end. I have just enough left for a final dash to the last stop. Halfway up the hill I upped the pace and took over the lead. My body groaned with the effort. I glanced hopefully over my shoulder. Hal was still there, tucked behind me out of the wind, matching me pace for pace. This was it, a quarter of a mile to go and I gave my "once-famous last kick". Funny, Hal didn't drop behind very much. I gained a few yards at a tremendous effort. Hal was puffing quite a bit now the strain showed on his face. I felt just terrible. A creeping sense of nausea flowed upward from my guts; I became light-headed. I gave one last kick as I crested the hill, my eyes closed with the strain and my neck muscles were taut as I passed the finish. I nearly collapsed in exhaustion. As I wandered around aimlessly getting my breath Hal passed me, slowed and finally stopped. I had come first. He didn't say a word as he walked to the house. I felt exhilarated, I had bested the old buzzard after all.

Later, while we were discussing how we planned to return home it dawned on me that my "victory" really wasn't much to talk about. Old Hal was 56. I was just over half his age and I had one hell of a time just keeping ahead of the old buzzard. Besides, he had run 5 miles before he got to my place."

NEW YEAR'S RESOLUTION  
"I resolve to get as fit as Old Hal during 1976!"

But lo, this harmonious arrangement was soon to end. The Leading Earl and his Master Knights of the square table in their wisdom bade the Prince and his High Sheriff to move the maintaining stable to a cold land where knights and yeomen alike all roam the countryside with noses of blue. The Leading Earl expounded in noble fashion the notion that much gold would be saved for the royal coffers by making such a move. But 'twas also said in a voice so low that only a few could hear: "A stable keeper of Earl rank would be salvaged in the shift."

The walls of anguish from the Senior Knight and his band of merry men in paradise were lost amid the blaring of trumpets and loud proclamations issued from the castle up in the sky. "Please hear me," was the anguished plea, "we'll do our best, but without a horse in the barn to assist the shopkeepers and stablemen in keeping fire breathing life in their weary steeds, the tournament may be lost." Alas, 'twas all in vain. The stable periodic checkup was moved and the maintaining yeomen were reduced in number.

As time progressed the High Sheriff and his wizards proclaimed that the yeomen clad in skins of dark blue and their ponies from another field would become a part of the band of (not now so) merry men abiding in paradise. These flying ponies with special folding feathers were much smaller than the large fire breathing steeds; however, they ate the same high octane oats and had the

## Barnard Knocks Theory

Interviewed in Chicago on October 3, 1975 by a Chicago Sun-Times reporter, Dr. Christian N. Barnard, the world-renowned South African surgeon who pioneered the heart transplant, said that today's widely recommended techniques for preventing heart attacks probably are wrong. "The most important cause of heart disease is heredity," Dr. Barnard said. "If a person has a history of heart disease in his family, then perhaps he should be careful. I think anything in excess is bad."

But with reference to the general population, Dr. Barnard said: "It's not much use to tell people not to eat fats and not to smoke if they already have good heredity. People tell you to stop eating fats, stop doing all sorts of things. They make your life miserable, but they don't know what they're talking about." He discounted the importance of a low-cholesterol diet, saying there still is no proof that consumption of cholesterol causes cholesterol to appear in the blood. Even persons who eat no cholesterol, he said, still show it in their bloodstream, because the liver manufactures it to support a number of bodily functions.

Dr. Barnard's statement, critical of cholesterol-theory enthusiasts, was reminiscent of comments made by late heart specialists Dr. Arthur M. Master and Dr. Paul Dudley White, both of whom questioned the validity of cholesterol-lowering diets. This attitude also is held by Houston's famed heart surgeon, Dr. Michael DeBakey, who says he does not put his patients on cholesterol-controlling diets.

## Firing Away Visitation Coming Up

In accordance with CFP 120, a fire inspection of married quarters shall be carried out annually. Here at CFB Comox we like to refer to it as a visitation by fire department personnel rather than an inspection.

There are 304 married quarters and they are visited by members of the Fire Prevention Bureau on a rotation basis. Each month except July and August, approximately thirty units are visited thus ensuring that all are visited once a year. Occupants are informed at least two weeks in advance of the time and date that their home is due to be visited.

Sixty-five percent of the fires within buildings occur in homes, and two-thirds of the people who die as a result of fire lose their lives in these homes. Therefore, your fire

department considers these visits to married quarters a very important part of its fire prevention program. If by visiting married quarters and talking to the occupants we can prevent one fire, then we consider it to be time well spent. If you have any problems regarding fire and or life safety please feel free to discuss it with us when we visit your home. If there is something that you feel cannot wait until your home is due to be visited please do not hesitate to call us at local 250.

The Base Fire Chief and all members of the fire department would like to take this opportunity to thank all personnel of CFB Comox and all occupants of married quarters for helping us to keep our 1975 fire loss to a minimum.

## Think Fitness

By DR. BOB YOUNG  
I frequently feel that the fittest people in my practice are some of the older, and even elderly, men and women. Invariably these people have walked to the office, often from four or five miles away. A daily walk of significant length is part of their life-style, and they seldom find it necessary to direct their walk to the doctor's office.

Unfortunately, most of us are waiting for the ultimate guide to physical fitness. It will undoubtedly appear on the newsstands eventually, bearing the title, "How to get and stay fit without doing anything."

Getting oneself in shape and staying that way is important to health and general well-being. This is well-known to

the athletic types who engage in strenuous activity on a regular basis because they enjoy it. This article is not addressed to those who play squash, tennis, or swim twice a week.

Nor is it directed to the well-motivated man or woman who is taking part in a regular exercise program and hating every minute of it. They are to be commended.

Instead, I want to reach the unmotivated unfit. Their daily leg exercise is the few steps to change TV channels. Lung exercise consists of shouting to the spouse to bring another beer. The goodness of their heart (but not their real heart) is enhanced by paying an offspring to mow the lawn.

It is common knowledge that these people are much more at risk as far as heart

disease, lung problems, and many other illnesses are concerned.

All of us should avoid the "easy" way out in day-to-day activities. Park the car a few blocks from the hangar. Walk part way home before catching the bus. Use the stairs - if you work on the 14th floor get off the elevator on the 10th and climb the rest. Think fitness and use your imagination.

The above is the absolute minimum. Three excellent guides to fitness are "Health and Fitness" from Information Canada, "Think Fit" activity plan, B.C. Department of Health, and "Prescription for Fitness," reprinted recently by the B.C. Medical Association. Write to me, care of this newspaper, for copies.

ORDERED WITH THE SPEED OF THE COMPUTER;  
DELIVERED WITH THE SPEED  
OF A . . . .



## Of Knights and Yeomen

## TOTEM TIMES

Published every second Thursday, with the kind permission of Col. R. L. Mortimer, Commanding Officer, CFB Comox.  
Editor: Al Wilson (302)  
Assistant Editor: Jim Brown (491)  
Editorial Staff: Chris Hosford, Norma Simms, Sally Robinson, Moira Montgomery, Bob Shawcross, Norma Mortimer.  
Photographers: Ed Ellis, Jack Begin.  
Sports & Recreation: Harvey Gates  
Proofreaders: Pearl Kingyens, Blanche Campbell, Cecile Begin  
Circulation: The Geneau Family  
Advertising: Michel Naud, Marc Legault, Bernie Boutlaught.

The TOTEM TIMES is an unofficial publication of CFB Comox. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charge for the erroneous item. "Advertising is an offer to sell and may be withdrawn at any time." Address correspondence to The Editor, Totem Times, CFB Comox, Lazo, B.C.  
Printed in Courtenay, B.C., by Comox District Free Press

Next  
Totem Times  
deadline  
Jan. 19





*The Meal Carriers*

# Jr. Ranks Mess Christmas Dinner 1975



*Acting Base Commander*

— Base Photos



## ★ French and English Available

Individuals who have undergone or are undergoing French language training tend to lose their second language ability through lack of use.

The French club is designed to provide an opportunity for interested individuals to practice their French in a social setting.

The French Club will begin on a trial basis 20 Jan. 76 from 7 to 10 p.m. There will be some semi-structured and casual social activity and a film will be shown and later discussed. A light snack will be served.

Individuals wishing more information or wishing to attend the first session are asked to contact the BITO at local 469. Admission is free and your participation will determine the club's future.

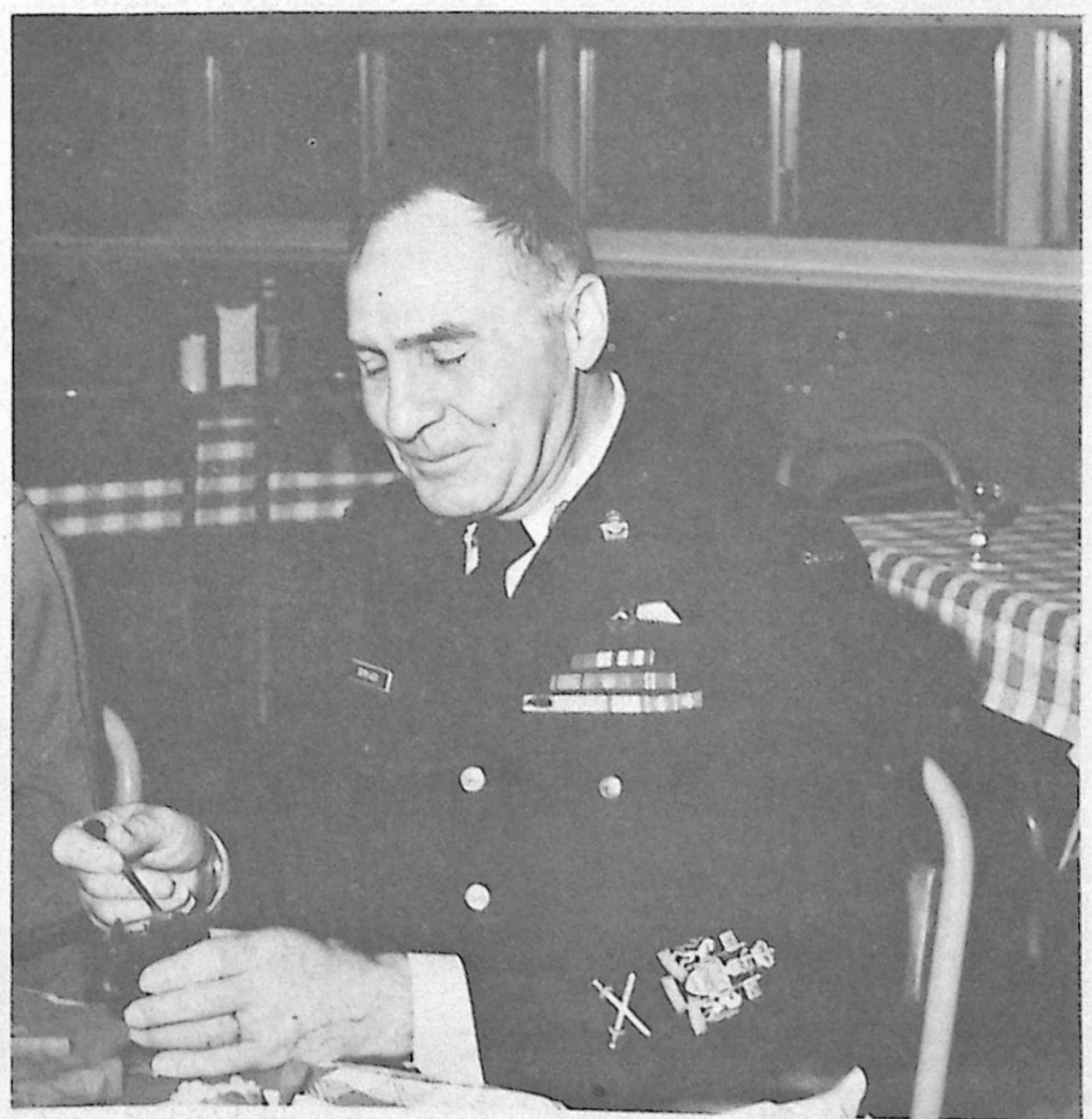
### COURS DE LANGUE ANGLAISE

Une etude a ete faite pour determiner le nombre de francophone desirieux d'intensifier leur habilité dans la langue anglaise a l'aide d'un cours d'anglais.

Le cour sera centre' sur l'expression ecrite et orale. Les personnes interessees a' un tel programme et desirieux d'avoir la formation necessaire sont pries de contacter le BITO au 469.



*"If You Don't Like this, Marg, We've Got..."*



*"Oh, Wow . . . Jell-o Pudding!"*



## Newfoundland Hockey Award

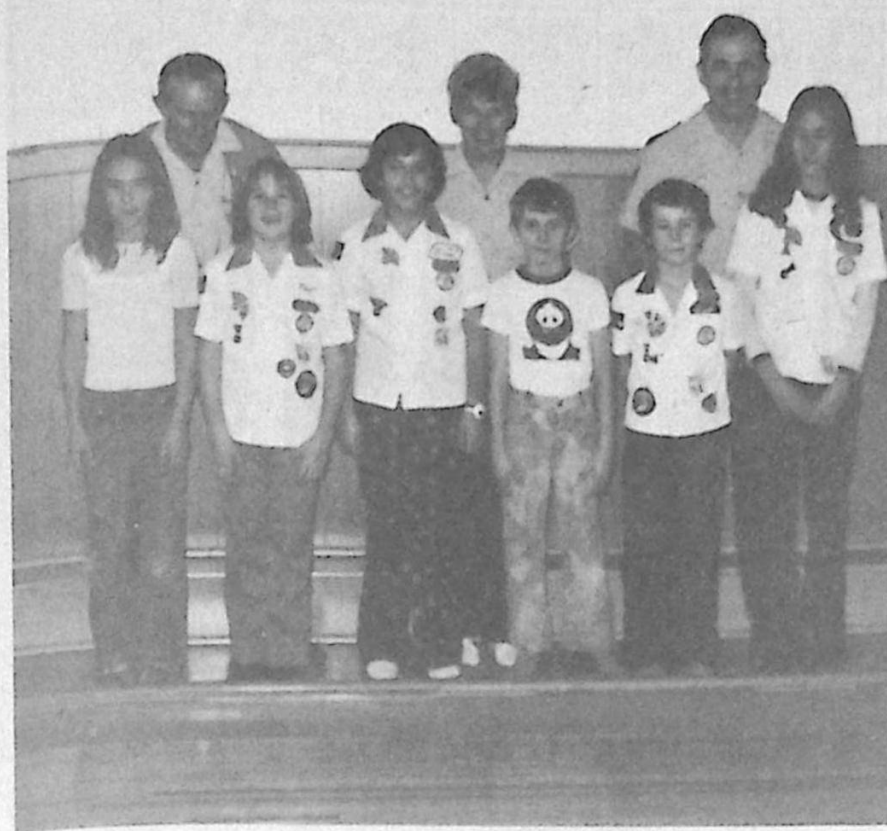
## Totem Hockey

The New Year saw the CFB Totems start out on the right foot as they defeated the Parkville Cohos 7-4 in a good skating game. The Totems introduced newcomers Ken Miller, Rick Hamel and Lloyd Noseworthy. Goal scorers were Graham Walker, Dan Clouthier, Jack McGarry and Bob Main. It was good to see the team playing their positions and skating. The goal tending was steady and the defence played well. Three of the four Parkville goals scored were on the power play. Next game is at home against Courtenay 10 Jan. at 8:15 p.m.

### SUPPORT YOUR TOTEEMS

#### HOME GAMES

Sat. 10 Jan. Court.  
Sat. 17 Jan. Parkville  
Tues. 20 Jan. Parkville  
Sat. 24 Jan. Parkville  
Sat. 7 Feb. Parkville  
Tuesday 10 Feb. Courtenay.  
Tues. 24 Feb. Parkville



## YBC Tournament Winners

Congratulations go to (centre) "Master Bowler" Polly McRae; "Bantams" Carole Herauf and Stace Blackmore, who took first

place in the Master Bantam Tournament.

(Left) second place went to "Master" Ron McRae; "Bantams" Nancy Gosselin

and Steven Cuchesne. (Right) Third place went to "Master" Stan Prime; "Bantams" Scott Woodburn and Kim Korbatiak.



The Newfs



The Wheels

## A Squidjigger's Ball

### The Game

Crafty Jack Photos

It was a night to remember! Newfoundlanders galore! The night was 3 Jan. 1976 at our Glacier Gardens when the Powell River TAES (the "Newfs" from across the way) came to play the MSE wheels (also with a strong representation from that most easterly haven) in a hockey game that will most certainly go down in the history books as one of the most entertaining evenings of all time.

While nobody could really be called a loser that night, credit must be given to our visitors for their calibre of play which on the odd occasion that evening could possibly have been described

as just maybe a little bit higher than that of our local "convoy" experts. Many thanks to "Newf" for the pre-game incentive and to Ray Herrington for his "excellent" (?) officiating (ten second penalty for skating too fast; I don't believe it Jo-Jo).

Last but not least a sincere thanks to the many people who showed up for the game and who made the silver collection for charity an enormous success.

When a man begins to realize the truth about himself, it lessens his desire to reform his neighbors.

### "WHAT'S NEW?"

**SEIKO QUARTZ WATCHES** - The most revolutionary development in time pieces of the decade. Accuracy within 5 seconds a month. We also stock "up to the minute" styling in Orient, Wattnauer, Voltaire and Candino watches.

**DIAMONDS** - Traditional or modern settings for that very important occasion.

**BIRTHSTONE, FAMILY AND COCKTAIL RINGS** - A large stock of selective styles. Choose yours today.

**CHARMS & BRACELETS** - Sterling or 10K Gold. A "fun" gift to permanently record the "happenings" in your life.

ALL MERCHANDISE GUARANTEED

**Geo. Hamm**

CPR Watch Inspector

WATCHMAKER & JEWELLER LTD.

332 - 5th St., Courtenay, B.C.

334-3911

### TOTEEMS

## APOLOGIZE

To their fans who appeared for the game, 6 January, against Parkville Cohos. For reasons not yet determined Cohos did not show.

## Bowler Of The Month

Sue Eppler of CFB Comox has been selected Bowler of the month. Sue was a 10 pin bowler in the States and only started bowling 5 pin a couple of years ago when posted to our base. She is assisting with our Handicapped League.

Sue participates in our Ladies League and is doing very well. She is always trying to improve herself as well as help the children she works with. Congratulations and keep up the good work.

## NEED WINTER TIRES?

PHONE ANTONIO TIRE FIRST: OUR STOCK IS STILL QUITE GOOD AND WE PROBABLY HAVE YOUR SIZE  
KEEP YOUR CAR ON THE ROAD WITH QUALITY **UNIROYAL** TIRES From ANTONIO'S

Don't Forget Your Exhaust System

ASK ABOUT ANTONIO'S  
**CARLINE MUFFLERS**  
Lifetime Warranty  
On All North American Cars and Light Trucks

THE ANTONIO MEN  
SERVE YOU ROYALLY!

780 Cumberland Rd., Courtenay, B.C.  
Open six days a week to serve you better

Don't Forget About Your Brakes!

Ask About Antonio's  
**BRAKE RELINE**  
With 30,000 MILE or 2 YEAR WARRANTY. Applies to most North American, Datsun, Toyota & Volkswagen cars.

- Install No. 1 H.D. Lining
- Turn and true drums
- Inspect wheel cylinders
- Pack front wheel bearings
- Check complete brake system

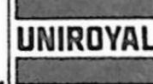
For Disc Brakes Add  
\$11.00

**\$54.95**

Reface Rotor Extra  
we do trucks too

**ANTONIO TIRES LTD.**

UNIROYAL CENTRE



CHARGE  
MASTER CHARGE

Phone 334-2414  
Hours: Mon. to Sat. - 8:00 to 5:00



**NANAIMO REALTY (COURTENAY) LTD.**  
INSURANCE AGENTS & CONSULTANTS

576 England Ave., Courtenay, B.C.  
334-3124

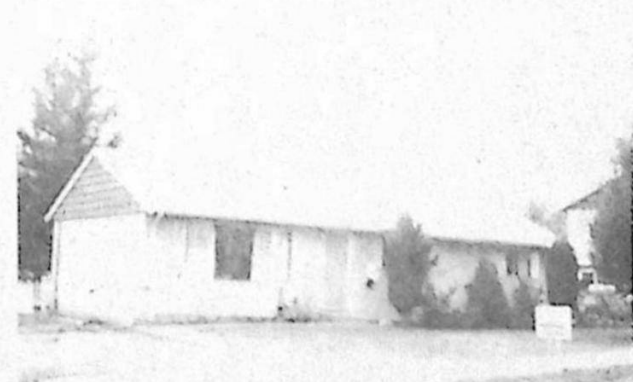
208 Port Augusta, Comox, B.C.  
(Comox Shopping Centre) 339-2228



### AT LITTLE RIVER

Nearly waterfront with a magnificent view of the Georgia Straits and Mainland Mountains. Ideal 3-bedrm. home planned for convenience. As an extra there is a small rental or in-law cottage plus a combined garage and workshop. All this at a reasonable price of \$44,900. To view call

Anne Woytowich Res. 339-4597  
Office 334-3124



### THIS CAN BE A GOOD YEAR

when you buy this 3-bedroom bungalow in Comox. Here is excellent value for your dollar. Full price \$34,500. Call now to view.

MAVIS BONNELL RES. 339-3968  
OFFICE 339-2228

Take a step in the right direction. Take a few.

Plateau REALTY LIMITED

**Plateau REALTY LIMITED**

**SEMI-WATERFRONT INVESTMENT** - 4 rental units on small lot. Good return. Tenants could pay the mortgage. Call Dave Paterson 338-5366 - evenings 334-4581

**IMMEDIATE OCCUPANCY** - Lovely little house in Black Creek needs an owner. Less than \$30,000. Call Dave Paterson 338-5366 - evenings 334-4581

**HANDYMAN SPECIAL** - On one acre. Three bedrooms, 4 year old home. Good water. Fruit trees, priced for quick sale \$27,000. Call Jo Robinson 338-5366 - evenings 338-5758

**IMMACULATE** - Two bedroom home in Cumberland. A good buy with easy financing. \$28,000. Call Jo Robinson 338-5366 - evenings 338-5758

**NESTLED IN THE CEDARS** but with room to breathe is a remodelled home ideally suited for a growing young family. Three bedrooms, utility room, and/or extra large family living area. There is exceptional value here. Call Ed Riley 338-5366 - evenings 339-2887

**IF YOU LIKE INDIVIDUALITY** call me to show you this charming home of unusual design. A dining room just right for candle light dinners, and a family room with a fireplace that radiates good cheer. Three bedrooms, and one and a half baths, full basement. Call me to show you. Ed Riley, 338-5366 - evenings 339-2887

**ACREAGE** - 1.6 acres - treed, piped water \$17,500. Call Charlotte Willis 338-5366 - evenings 338-8962

**2.7 ACRES OF TALL TREES** with a 3 bedroom rustic home - large family kitchen and separate dining room - small barn. To view call Charlotte Willis 338-5366 - evenings 338-8962

**OCEAN VIEW LOTS** - Close to Courtenay, underground services, easy terms. Call Charlotte Willis 338-5366 - evenings 338-8962

Plateau REALTY LIMITED



# Accent Safety In '76



"Dees Boots Were Made For Safety"

## The Importance Of Safety Footwear

When anyone mentions safety footwear, most people immediately think of bulky, steel-toed boots designed to protect the toes from impact damage. There is, in fact, much more to the design, purpose and appearance to the safety footwear now available to military and civilian members of DND.

First of all - let's look at appearance. In view of the requirement for military personnel to be uniformly dressed, the outward appearance of the new shoe, service, safety is identical to the standard service shoe except that it incorporates a steel safety toe piece.

Besides the need to look uniform, personnel in certain fields of employment require safety footwear that incorporates toe protection and a slip resistant sole. Special requirements are recognized for the trades of lineman and electrician, and for people in these trades, special designs are provided in their scale of issue. For all other applications, the safety shoe service shoe is designed to give toe protection, ankle support, a slip-resistant and oil resistant sole and heel and conventional ankle height lacing.

This new boot, identified as NSN 8430-21-868-7447 contains a steel toe cap which meets 2500 pounds compression and 75 foot-pounds impact as specified in Canadian Standards Association standard for heavy duty class (CSA 2186). The actual test requirements are written into DND Procurement contracts. They do not have steel sole inserts or steel insoles. This type of protection might be required for high risk areas, but was not recognized as a general DND requirement.

A quick review of our accident records shows some of the foot hazards that we encounter: "struck by falling sharpener"; "slipped and fell on wet floor"; "right toe struck by container"; "struck on foot by airline coupling"; "struck on toe by towbar"; "slipped and injured back alighting from pickup truck"; "struck by falling extinguisher". Safety footwear can help protect against the two most consistent factors in this type of accident by providing good traction on most surfaces (when accompanied by good housekeeping) and by providing toe protection.

You won't be faced with the problem of choosing, if you shop for your safety footwear at the clothing stores section. In addition, you are sure of good quality material, design, and toe protection that meets the CSA standard. All of this at the lowest possible price that works out to one dollar and thirteen cents per toe. Can you afford not to wear safety footwear? Safety boots are available to military

personnel and civilian employees of DND. As Eddie Shack would say: "It's a bargain!"

In 1973, 3,563 new cases of tuberculosis were detected in Canada, reports the B.C. Tuberculosis Christmas Seal Society. Christmas Seal funds are used in many areas for the detection and control of tuberculosis and other respiratory diseases.

## Weather Anyone?

**DECEMBER, 1975**  
**TEMPERATURES (°C)**  
 Mean Maximum for month 6.0  
 Normal 6.3  
 Mean Minimum for month 0.3  
 Normal 0.8  
 Mean Temperature for month 3.2 Normal 3.6

**PRECIPITATION**  
 Total Rainfall for month 118.3 mm Normal 188.2 mm  
 Total Snowfall for month 6.4 cm Normal 33.0 cm  
 Total Precipitation for month 126.0 mm Normal 220.2 mm.

## Oh where, tell me where

423 Squadron which was commissioned Sept. 3, 1974, is attempting to locate its squadron artifacts, relics and memorabilia. Of special interest is the stuffed Bald Eagle, last seen in 1962 when the squadron was disbanded at No. 2(F) Wing France.

Please carry out a search of your area in search of 423 squadron artifacts and advise said squadron, info NDHQ-DPERA of any positive results.

**NORTHGATE MOTORS**  
**CATCH A RABBIT**

250 Island Highway  
 Phone 338-5305  
 Dealer Lic. No. 2576

**INSURANCE**

IS OUR ONLY BUSINESS AT

**COMOX VALLEY INSURANCE Service Ltd.**  
 Opposite the Court House  
 334-3195  
 Courtenay

**INSURANCE BROKERS & CONSULTANTS**

**CB-200 T**

**MEET HONDA'S TOWN AND TOURING TWIN**

The CB200T, with a 198 c.c. overhead cam four-stroke engine. The 5-speed transmission lets you make the most of the extra margin of power. And the cable-operated front disc brake adds super stopping power. The CB200T features a slender-shaped fuel tank design. Try the more comfortable riding position. An electric starter. And five-position adjustable rear shock springs. Here's a whole lot of Honda quality in an economical easy-handling machine.

Only \$69.45 Per Month (No Down Payment O.A.C.)

**HOLIDAY MOTORCYCLE CENTRE**  
 3080B Comox Road, Courtenay, B.C. Phone 339-5112

**RESTRICTED**

To Up Islanders staying overnight in Victoria.

Special Rates - Free Continental Breakfast  
 Quiet rooms - Extra long Queen beds

**PHONE 388-6667**  
**THE INTOWN INN BEST WESTERN**

Just off Douglas at Burnside Rd.  
 (turn right at the big orange 76 ball and you're home)

**PLATEAU GLASS**

241 Puntledge Road  
 Courtenay, B.C.

**CUSTOM MADE STORM WINDOWS**

BRING YOUR I.C.B.C. GLASS CLAIMS DIRECTLY TO US

— WE ALSO —

Repair Fine Goblets, Custom Cut Mirror, Shower Doors, Skylights, Table Tops, Tub Enclosures.

OPEN 6 DAYS A WEEK  
 PHONE FOR ESTIMATES - 338-5308

# Entertainment and Events

**JUNIOR RANKS CLUB**  
**JAN. ENTERTAINMENT**

Jan. 9-10-11 — Dance to FLY WHEELS. This is rated as a very good showman type band. Admission \$1.00

13 Jan. — Movie - Swedish Fly Girls

14 Jan. — Bingo. 2000 hrs.

16-17-18 Jan. — Another highly rated band - BISHOP'S CRYSTALS. \$1.00 each.

20 Jan. — Movie - Tamarind Seed

21 Jan. — Bingo - 2000 hrs.

23-24 Jan. — Dance to "DISCO". This is not just one of the fly-by-night outfits. All the music from the 50's, 60's and 70's. Make sure you don't miss this one.  
 No Admission Charge

25 Jan. — Dance to the well-known band, "Contraband." No admission charge.

27 Jan. — Movie - "My Name Is Nobody"

28 Jan. — Bingo - 2000 hrs.

31 Jan. - 1 Feb. — Dance to rock and roll band — "VINTAGE ROCK".

TGIF every Friday in the Annex

Don't forget the Mixed Curling on the 16 and 17 Jan.  
 \$2.50 per person entrance fee. Everyone had a ball at the previous one. Come out and sign up at the Annex early.

Remember the "MARTY DAVIS SHOW" returns for Valentine's Weekend, Feb. 13-14-15. \$1.00 Per Member. \$2.00 Non member.

**WANTED**

**TOTEM TIMES BUSINESS MANAGER**

Qualifications:  
 Interest

**FOR DETAILS CONTACT**  
 Lt. Marc Legault  
 at Local 354

**EW**  
 Courtenay

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

Showing 10 Days Including Sunday (Sun. at 8:15 p.m.)  
 January 8, 9, 10, 11, 12, 13, 14, 15, 16, 17

**JAWS**  
 The terrifying motion picture from the terrifying No. 1 best seller.

Mature. "Some frightening & gory scenes" - B.C. Director

Mon. & Tues. - Jan. 19 & 20 - George Peppard  
 "NEWMAN'S LAW" - Mature Entertainment

Wed. & Thurs., Jan. 21 & 22 - Both Evenings 7 & 9 p.m.

**the MYSTERIOUS MONSTERS**  
 PROOF! THERE ARE MONSTERS LIVING AMONG US!

General Entertainment

Mon. to Thurs. - 8:15 p.m.  
 Two Shows Fri. & Sat. 7 & 9 p.m.  
 No Matinee Saturday  
 Sun., Jan. 11 at 8:15 p.m.

**W.O. AND SGT'S. MESS**

**JANUARY 10**  
 Poor Man's Nite — Time 2100 hrs. Dress casual. Music: "Powerhouse." Food: Pot Luck. \$50.00 subsidized drinks. Free Admission.

**JANUARY 11**  
 Sunday Bingo. Admission \$1.00 per card at the door. Extra cards 5 for \$1.00. \$125.00 in cash prizes. \$300.00 in 50 Nos. — \$150.00 in 51 Nos. — \$75.00 in 52 Nos. — \$25.00 Full Card.

**JANUARY 17**  
 Hardtimes Dance. Time 2100 hrs. Dress casual. Music: "Powerhouse." Food: Pot Luck. \$50.00 subsidized drinks. Free admission.

**JANUARY 18**  
 Sunday Bingo. Admission \$1.00 Per Card at the Door. Extra cards 5 for \$1.00. \$125.00 cash prizes. \$300.00 in 51 Nos. — \$150.00 in 52 Nos. — \$75.00 in 53 Nos. — \$25.00 Full Card.

**JANUARY 24**  
 Social Nite. Subsidized steaks. \$1.25. Barbecue your own.

**JANUARY 25**  
 Sunday Bingo. Admission \$1.00 per card at the door. Extra cards 5 for \$1.00. \$125.00 cash prizes. \$300.00 in 52 Nos. — \$150.00 in 53 Nos. — \$75.00 in 54 Nos. — \$25.00 full card.

**CFB COMOX BASE THEATRE SCHEDULE**

Thurs. 3 Jan., Fri. 9 Jan. **BANK SHOT** George C. Scott

**Wild, Wonderful, Sinful, Laughing, Explosive.**

**NASHVILLE**

A PARAMOUNT PICTURE - ABC ENTERTAINMENT PRESENTS A JERRY WEINTRAUB PRODUCTION OF A ROBERT ALTMAN FILM "NASHVILLE" EXECUTIVE PRODUCERS MARTIN STARGER AND JERRY WEINTRAUB - WRITTEN BY JOAN LEWIS - PRODUCED AND DIRECTED BY ROBERT ALTMAN - MUSIC ARRANGED AND SUPERVISED BY RICHARD BASKIN - IN COLOR

PAVANISION® A PARAMOUNT PICTURE

Sat. 10 Jan., Sun. 11 Jan.  
 NASHVILLE  
 Henry Gibson - Karen Black

**THE FUNNIEST STOCK-AND-BULL ADVENTURE TO EVER HIT LIVINGSTON, MONTANA!**

**Rancho DELUXE**

United Artists  
 Wed. 14 Jan., Thurs. 15 Jan.  
 RANCHO DELUXE

**The Trial of Billy Jack**

It takes up where Billy Jack left off.

Starring **DELORES TAYLOR** and **TOM LAUGHLIN**

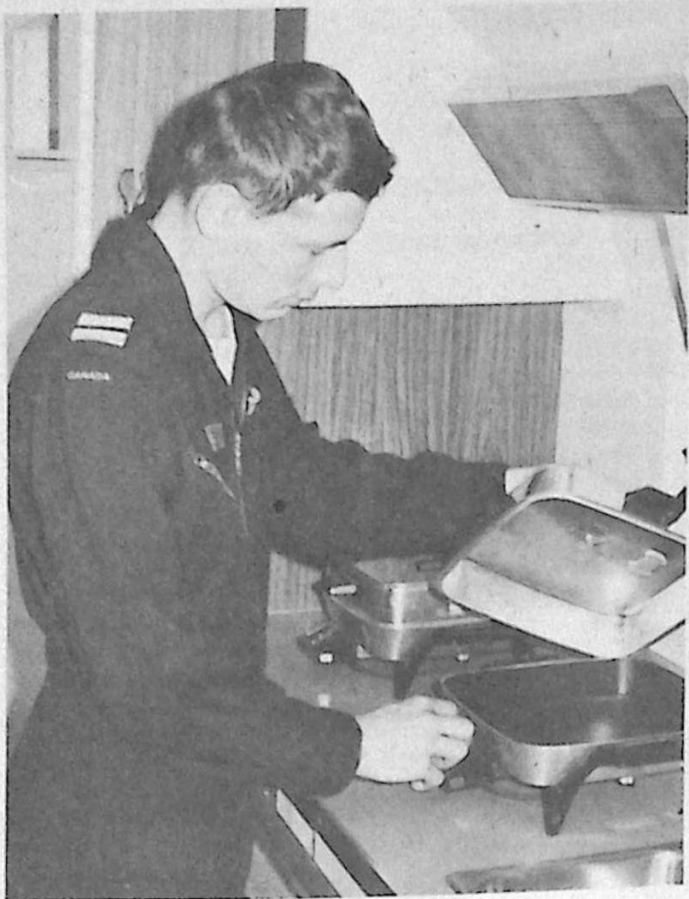
Panavision®

PG PARENTAL GUIDANCE SUGGESTED  
 Some material may be inappropriate for children under 10

From Warner Bros. A Warner Communications Company

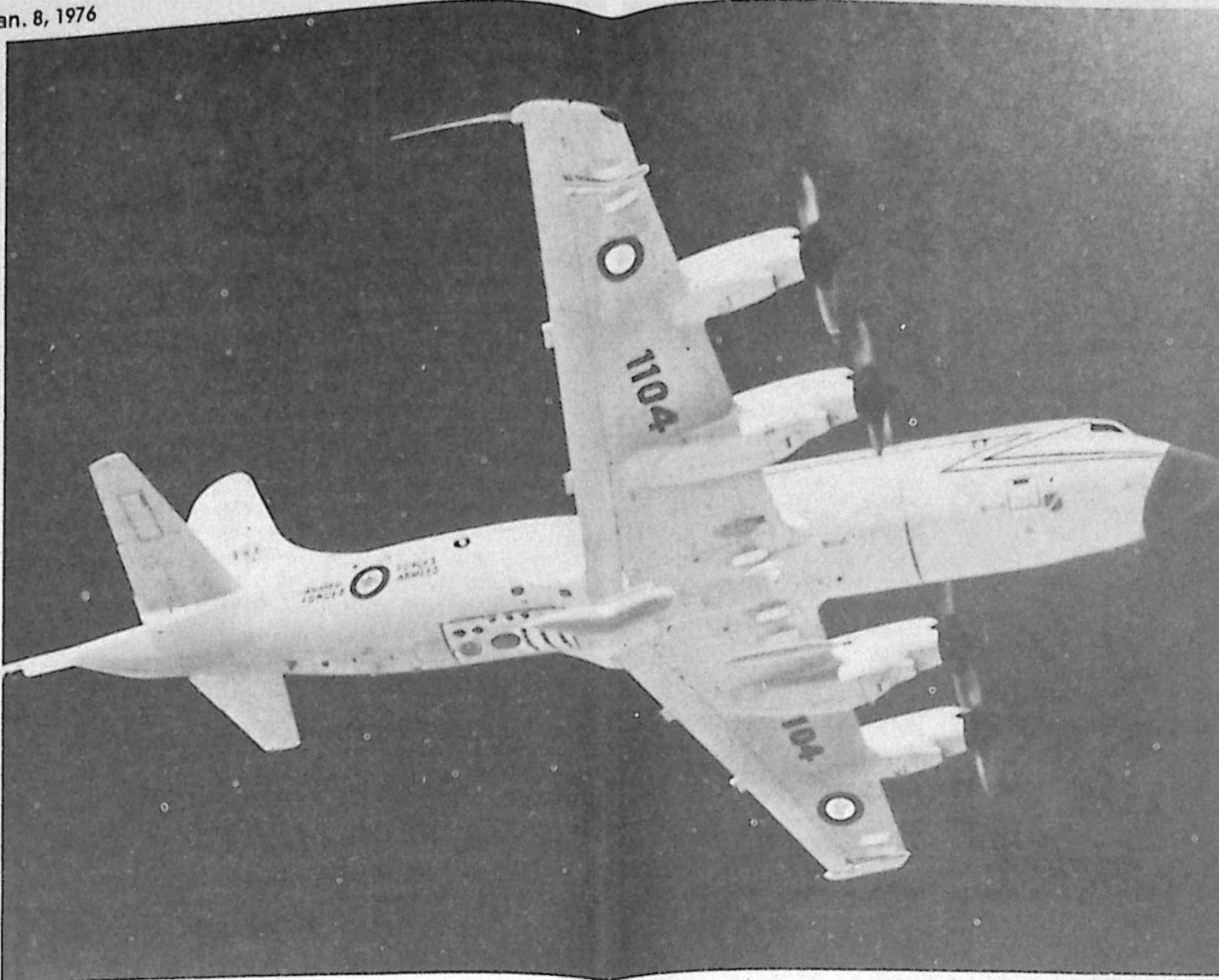
**Theatre Information - Call 339-2433 anytime**  
**RESTRICTED SHOWS:** 18 years and above - Under 18 years of age must be accompanied by a person over 18.  
**ADULT SHOWS:** 16 years of age and above - Under 16 years must be accompanied by a person over 16.





**CAPTAIN MIKE HAVEL** demonstrates that the introduction of the P-3 LRPA will mean no change from sumptuous Argus meals. Although the two-burner stove of the Argus has been replaced with two electric frypans, all other aspects of the Argus galley remain and have been modernized. In addition, the sink in the LRPA actually runs hot and cold water.

- Photos by 407 Sqn -



**SEVERAL WEEKS AGO** the Totem Times was privileged to announce, with every other newspaper in Canada, that the P-3 LRPA had been accepted as the replacement for the Argus aircraft. On 17 December 1975, Crew 5 of 407 Squadron were invited to the Lockheed plant in Burbank to view the mock-up of the new aircraft and pose for a number of PR photographs. The photograph above is an impression of the new P-3 in Canadian Armed Forces colours.

## 407 SQUADRON MEETS P3 LRPA IN CALIFORNIA



Quality is the Best Bargain Known

\*Contemporary Furniture  
\*Appliances \*Zenith  
\*Gifts

477 - 5th St., Courtenay  
Phone 334-4214

## Pepper Posted

**VICTORIA** - The assistant regional information officer for the Department of National Defence in Victoria, Lieutenant (N) R.G. (Dick) Pepper, will be posted to Egypt in mid-January.

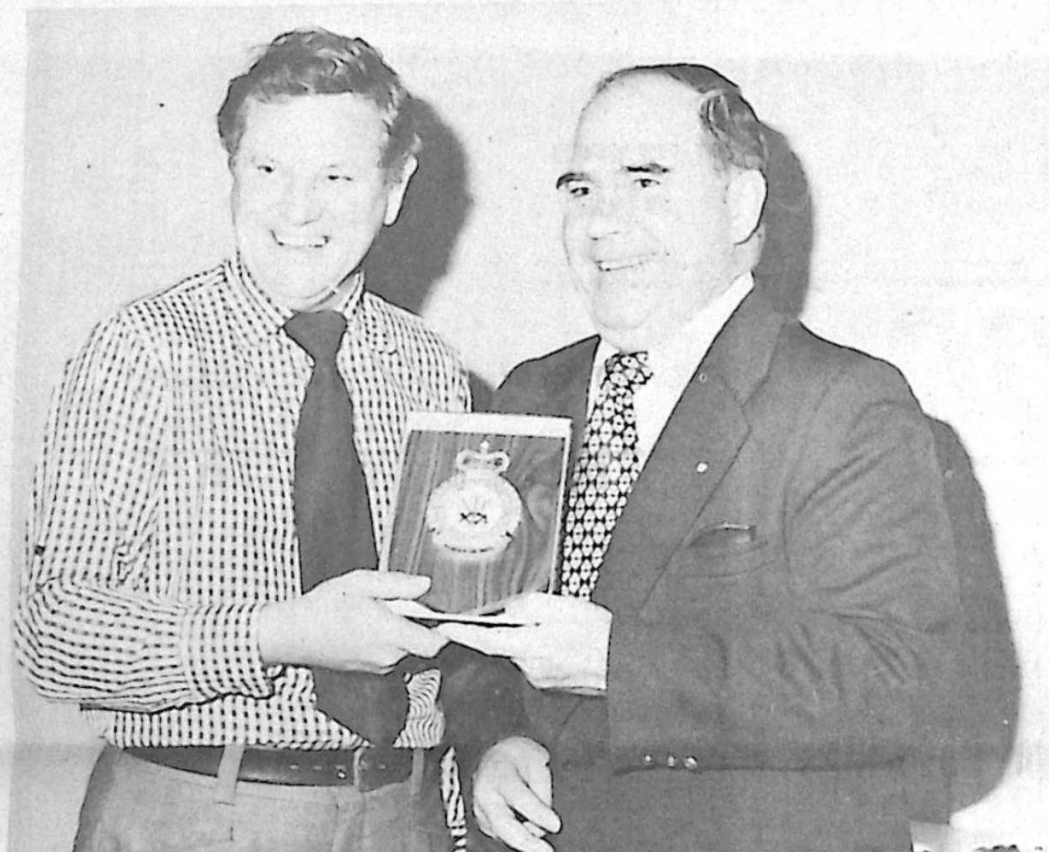
Lieutenant Pepper will be appointed public information officer for the Canadian Contingent of the United Nations Emergency Force. He will be attached to the Canadian headquarters in Ismailia for six months.

Prior to his Victoria appointment last June, Lieutenant Pepper served a 15-month NATO assignment as public affairs officer to the Commander, Standing Naval Force Atlantic. Since joining the Directorate of Information Services in 1972, he has also had postings in Ottawa and Halifax.

Formerly of Galt, Ont., he joined the Royal Canadian Navy in 1956, and served ashore and afloat in several naval air squadrons as an observer's mate, observer and pilot.



LT. (N) DICK PEPPER



**MR. DERYCK CHILDS**, in charge of Marketing for the new LRPA, accepts a 407 Squadron plaque from Major T. F. Dandeno. Mr. Childs was responsible for securing the visit of 407 personnel to Lockheed. **Editor's Note:** Major Dandeno, "Tom" to his friends is currently picking up his clearances in preparation for his retirement from the CF.

## Forces On Exercise

**CALGARY** - The largest Canadian Forces exercise to be held in Western Canada during 1976 takes place in the Chilcotin area of central B.C. Jan. 5 - 24.

Exercise Rapiert Thrust IV will rehearse more than 1,000 men from western-based land and air units in their role as the Canadian contingent to the Allied Command Europe (ACE) Mobile Force (Land). Task of the force is to fulfill Canada's commitment on NATO's northern flank.

Exercise director is Brigadier-General Philip A. Neatby, commander of the Calgary-based 1 Combat Group.

Units will practise long range patrolling, ambushes, attack and defence manoeuvres, helicopter operations and control of jet fighter support, under severe winter conditions.

The major task of deploying combat group units based in Calgary, Edmonton, Winnipeg, Shilo, Man. and Chilliwack, B.C. has been assigned to Air Command crews and Hercules aircraft based in Edmonton.

Road convoys will ferry the Calgary troops to Edmonton Jan. 3 - 6 where they will emplane for the flight to Williams Lake, B.C. Tactical road convoys will then move troops and equipment 150 miles west to the actual exercise area near Tatla Lake.

During the training, troops will live in Arctic tents and field shelters. Tactical movement will take place on foot through snow-covered dense bush and along the region's secondary roads.

In addition to the Hercules transports, eight Edmonton-based helicopters will provide aerial reconnaissance and support for the ground units. Four CF-5 jet fighters from CFB Cold Lake will handle photo reconnaissance and airborne firepower missions.

According to Gen. Neatby, this combined training is invaluable, "it will practise the deployment of an all-arms formation to a winter operations area, exercise the conduct of winter warfare under the special climatic and geographic conditions common to both NATO's northern flank and the Chilcotin, and train the participants in these adverse conditions. What they learn will better prepare them for their NATO role."

Civilian agencies such as the RCMP, Ministry of Transport and the local Cattlemen's Association are co-operating with armed forces officials in the exercise.

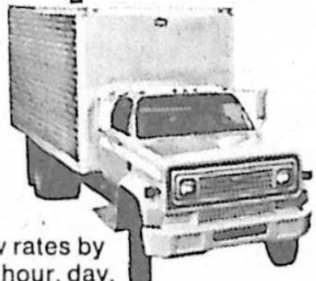
No live ammunition will be used and an officer has been appointed to assist civilians in the areas with damages or complaints arising from the training.

Units taking part in Exercise Rapiert Thrust IV are Headquarters, 1 Combat Group; 1 Combat Group Signals Squadron; a squadron of Lynx armoured reconnaissance vehicles from the Lord Strathcona's Horse (Royal Canadians) armoured reconnaissance regiment; 1st Battalion, Princess Patricia's

Canadian Light Infantry; 1 Service Battalion, 1 Military Police Platoon; 1 Tactical Air

Control Unit; and 1 Field Ambulance, all from Calgary; (Continued on page 9)

**MOVING?  
Busy season?  
Keep truckin'**



Low rates by the hour, day, week. Most popular sizes. Trust Budget's truck fleet. Get you where you're going for less.

**Budget  
Rent a Truck**

A Licensee of Budget Rent a Car Corporation of America.

**WE RENT  
CARS TOO!**



Olds Cutlass



Dodge Dart



Volkswagen

Phone  
338-5305

Northgate  
Motors Ltd.  
2510 N. 1st. Hwy.  
Courtenay

Dealer No. D. 2576

**"LET THE TAX MAN HELP YOU BUY A HOME"**

Invest in a

**HOME OWNERSHIP SAVINGS PLAN**

PHONE 334-3181 For Details



The First Canadian Bank

**Bank of Montreal**

585 England Avenue, Courtenay, B.C.  
334-3181

## LOW, LOW DOWN PAYMENTS!



1140 sq. ft. home. Three bedrooms and fireplace. Nicely landscaped. Walking distance to stores. Only \$35,900.



Puntledge Park area. Great family home, close to schools. 1300 sq. ft. Top notch condition. \$35,900.



A really nice 6-roomed bungalow with storage shed. Back yard completely fenced for privacy. \$37,500.



Starter or retirement home in area of new homes. Only 1 1/2 years old. Large landscaped lot. \$38,000.

Art Meyers, Sales Manager

FRED PARSONS ..... 339-2813  
BRUCE MOWAT ..... 339-3137  
CLAY GRANT ..... 339-3945  
DUKE SCHILLER ..... 334-2203  
ERNIE ANDERSON ..... 338-5018  
MAX WEEGAR ..... 334-4568  
HOWARD HAMPSHIRE ..... 339-2627

RAY PAGE ..... 338-6267  
MIKE EMERSON ..... 338-5233  
AL DIXON ..... 334-2682  
GAYE WORK ..... 334-2220  
LLOYD WORK ..... 334-2220  
DOUG COOK ..... 334-2015  
DICK GARDINER ..... 337-5327



**BLOCK BROS. REALTORS**

449 - 5th STREET, COURTENAY

(CAM-CO LTD.)

PHONE 334-3111







## "Now What's This?"

MCpl. Lightfoot working with stores in the new LRPA. This view shows the typical interior configuration of the aircraft. All wiring and equipment is carefully concealed behind doors and panels. MCpl. Lightfoot found that there is only one flight engineer position on the aircraft. As a result he deferred to seniority and agreed to be storesman while the Warrant Officer handled the FE's position.



LCDR GERRY WATSON, captain of Crew 5, is shown in the captain's position of the new LRPA. It is rumoured that during the filming it was necessary to install a wiper on the inside of the windshield in order to keep clear vision ahead.

## Forces On Exercise

(Continued from page 8)  
435 Transport Squadron; eight helicopters from 408 Tactical Helicopter Squadron; and 1 Air Movements Unit from Edmonton; four CF-5 jet fighters from 434 Tactical Fighter Squadron, Cold Lake; one infantry company from 2 PPCLI, Winnipeg, an artillery battery from 3rd Regiment, Royal Canadian Horse Artillery, Shilo, Man., and a section from 3 Field Engineer Squadron, Chilliwack, B.C.  
A communications troop from 1 Canadian Signals Regiment, Kingston, Ont., also will take part in the exercise.

Don't just sit there. Do something.



Fitness. In your heart you know it's right.

## TEACHING ADULTS

Have you considered teaching adults? If you have a talent that you feel is of interest and benefit to other members of our community, you are invited to do something about it. Come in and discuss the subject with us. We are interested in your ideas and suggestions for courses and instructors. Call us at 338-5385 or drop in at our office in Courtenay Junior Secondary School on Harmston Avenue.

## Health News

OTTAWA - Health and Welfare Minister Marc Lalonde Dec. 9 announced that he has requested the Minister of Industry, Trade and Commerce to place certain blood products under export controls.

Mr. Lalonde said it has been brought to the attention of his Department that the export of some Canadian blood products, when there has been a shortage, has made necessary the import of these products.

To avoid repetition of this situation, the proposed regulations will place blood products such as serum

albumin and fibrinogen under export controls, thereby ensuring the Canadian supply.

In Canada, blood donations for transfusion purposes have been handled almost entirely by the Red Cross for many years. However, in the last few years, a number of commercial plasmapheresis centres (centres for collection of plasma) have been established using paid blood donors.

An expert committee appointed by the Health Protection Branch has expressed concern over the possible exploitation of these donors.

## C to C

## COAST TO COAST REAL ESTATE SERVICE

As an Associate Broker of the A. E. LePage Coast to Coast Real Estate Service, our Company can obtain information concerning your housing needs from more than 160 highly reputable realtors across Canada. An advance referral can have an agency waiting to greet you with your specific requirement having been researched ahead of time.

To assist your advanced planning, we have comparative catalogues available in our office and experienced salesmen to advise you.

Start now to plan your next move. We're able to make it easier at both ends. Drop in to see us soon.

## P. LEO ANDERTON & CO. LTD.

526 Cliffe Avenue, Courtenay, B.C.  
PHONE 338-5321

NORM HOWARTH  
DAVE AVENT  
JOHN CALDER

338-4576  
338-8333  
338-3839

CHARLES DOVE  
MERT FLETCHER  
TONY HADY

338-3816  
338-2484  
337-5830

Use your local businesses

# SERVICE DIRECTORY

to save time and money

**KING'S** PIANOS & ORGANS  
Factory To You  
★ HEINTZMAN PIANOS  
★ HAMMOND ORGANS  
PRICES THE SAME CANADA WIDE  
Leslie Speakers Large Selection of Music  
Royston, B.C. Sales, Service, Lessons 338-5662

**Alpha Electrical Appliance Repair Co. Ltd.**  
REPAIRS FOR ALL MAJOR APPLIANCES  
"Factory Authorized Service For"  
JOHN HAUGHTON - Owner  
339-4443  
2135 Robb, Comox

QUALITY  
**BICYCLES**  
PARTS AND ACCESSORIES  
COST LESS AT THE  
**PEDAL PUSHER**  
168 Fifth St. 334-4548  
CHARGE MASTER CHARGE TRADES

**Danish Teakwood Center Ltd.**  
Danish Modern Teak Furniture  
Now a Dealer for Norge Appliances  
445 - 10th Street  
Courtenay, B.C.  
KAREN HALLUM President Phone 338-5053

SERVICEMEN AND FAMILIES WELCOME AT  
**CHELtenham COURT MOTEL**  
COURTESY ★ CLEANLINESS ★ COLOR T.V.  
994 Gorge Rd. West Phone (604) 385-9559  
Corner of Gorge & Admirals Rds. Victoria, B.C.  
CLOSE TO C.F.B. ESQUIMALT

**THE PUMPHOUSE**  
UPPER ISLAND DAIRY SUPPLIES LTD.  
DIRECT DRIVE PISTON PUMPS  
SUMP PUMPS  
SUBMERSIBLES  
JET PUMPS  
FULL LINE OF SEWAGE, WATER AND PIPE FITTINGS  
COPPER AND GALVANIZED  
Consult us about your Water Systems and Pumps  
No. 5 241 Puntledge Ave. Bus. Ph. 338-8737  
Res. Ph. 339-2867

**Small Appliance Repair Business**  
No opposition. New appliance sales also. Excellent man and wife operation. This plus your retirement pension is the best proposition we have to offer.  
CALL AL DIXON now at 334-3111 days, 334-2682 evenings.  
**BLOCK BROS. REALTY (CAM-CO) LTD.**  
449 - 5th Street, Courtenay, B.C. 334-3111 V9N 1J7

**MOHAWK COURTENAY SERVICE**  
2350 Cliffe Avenue  
★ Quality Tires  
★ Quality Service  
★ Qualified Mechanic on duty 8 - 5  
**OPEN 24 HOURS**

SERVING UPPER VANCOUVER ISLAND  
**TAYCO PAVING CO. LTD.**  
867 FIFTH ST., COURTENAY, B.C.  
PAVING CONTRACTORS  
• INDUSTRIAL • COMMERCIAL • RESIDENTIAL • MUNICIPAL  
Phone 334-3136

**BILL'S AUTO ELECTRIC**  
Alternators - Generators - Starters  
- Electric Motors  
Automotive - Marine - Industrial  
Sell and Service  
Courtenay, B.C. Ph. 338-5073

**CATHAY RESORT**  
KYE BAY R. R. 1, COMOX  
Phone 339-2921  
New fully equipped large 2 bedroom family units  
Daily, Weekly and Monthly Rates  
Owners: BETTE & DOUG HANDEL

**ZENITH**  
Sales - Service  
Rentals - Parts  
We Service All Makes  
**COMOX RADIO AND TV**  
1826 Comox Ave. 339-3221  
Call Bob Jarvis for Quality and Service

SPECIALISTS IN:  
★ CARPETS ★ LINO ★ TILE ★ CERAMICS  
★ PAINTS ★ STAINS ★ WALLPAPERS  
★ PROFESSIONAL INSTALLATIONS  
Phone 338-5314  
**Comox Paint & Floor Coverings**  
1475 Dyke Rd. Courtenay

**THE FRAME HOUSE**  
Specializing in  
**READY-MADE FRAMES**  
• NEEDLE POINT • ART SUPPLIES  
• PETIT POINT • ART GALLERY  
• PHOTOS  
We Frame To Please  
1801 Comox Avenue 339-5341 Micki Carr-Hilton  
Comox, B.C. Lucette Little  
Eleanor Williams

TELEPHONE 338-8200  
**OK TIRE STORES**  
OUR TIRES GO AROUND WITH THE NICEST PEOPLE  
971 CUMBERLAND ROAD  
COURTENAY, B.C. WAYNE ANDERSON

**COURTENAY BAKERY**  
FANCY CAKES  
BREADS - BUNS - PASTRIES  
"IN THE HEART OF THE VAST  
METROPOLIS OF COURTENAY"  
Phone: 334-4234 P.O. Bread Box 3218

**COMOX SHOES LTD.**  
Complete Family  
Footwear  
in  
**COMOX SHOPPING CENTRE**  
OPEN 6 DAYS A WEEK

**THE COURTENAY FLORIST**  
Phone 334-3441  
Day or Night  
FLOWERS FOR EVERY OCCASION  
877 - 5th, Courtenay  
"By The Tracks"  
See Bev and Tom McNea for personal service

**COURTENAY-COMOX TRAVEL SERVICE LTD.**  
REGISTER NOW FOR  
ALL CHARTER FLIGHTS TO  
BRITAIN EUROPE HAWAII MEXICO  
For the First Time  
ALL YEAR CHARTERS  
TO BRITAIN AVAILABLE  
Accommodation and Flights  
Courtenay, B.C. P.O. Box 3190  
338-5421 441 Cliffe Ave.

**BAYVIEW COLOR CENTRE**  
3080 Comox Rd. 339-3711  
Courtenay, B.C. (Next to Animal Hospital)  
SERVING THE COMOX VALLEY WITH SHERWIN-WILLIAMS,  
DAPCO PAINTS AND OLYMPIC STAINS.  
Come in and see our large selection of  
Wallpaper Books.

**THE MALL TOYS AND HOBBIES**  
NEW ADDRESS  
317 - 4th ST., COURTENAY

**COMOX HARDWARE LTD.**  
A COMPLETE LINE OF  
HARDWARE, PAINT,  
APPLIANCES AND  
FISHING TACKLE  
IN THE SHOPPING CENTRE 339-2911

**PETER'S SPORT SHOP LTD.**  
ALL SEASONS SPORT SHOP  
HIKING AND CAMPING  
SPECIALISTS  
505 Duncan Ave. Courtenay

**COMOX BUILDERS CENTRE LTD.**  
554 Anderton Road, Comox, B.C.  
We offer a good, general selection of lumber,  
building supplies and hardware  
BUT our specialty is service  
Saws Sharpened Drop in and see us or  
phone 339-2207 Free Coff.



# Forces Review

(Continued from page 1)

firing between Greek and Turkish factions on the island claimed the life of 29-year-old Captain Ian E. Patten of Etobicoke, Ont. Only two years earlier the same officer, while on "truce" observer duties in South Vietnam, endured captivity under Communist forces.

Under the NATO flag on the central European front, more than 5,000 members of army and air force formations from Canada helped contribute to the collective deterrence of aggression, while other air and sea borne elements teamed up with alliance members to keep watch on the Atlantic sea lanes.

## Training and Equipment

Meanwhile, back in Canada the interminable training machinery—essential to keep the Forces at a peak of efficiency, as well as quality newly-joined men and women—rolled at full potential to provide the varied expertise required in sea, land and air operations.

In the equipment department, major item added to the Forces' inventory during the year were eight troop and cargo-carrying Chinook helicopters, described as the "workhorse" of their breed. They have a 14-ton lifting capacity, travel at 175 m.p.h., and have a range of 1,000 miles. They're also equipped for search and rescue duties.

Latest in radio aids to aerial navigation, the Omega system, also is to be installed aboard Argus, Boeing 707 and Hercules aircraft. It permits navigating accuracy anywhere in the world within two nautical miles or better. The system will also enhance capabilities for emergencies and rescue operations in the north.

Evaluation also proceeded on a "Forward-Looking Infra-Red" (FLIR) radar system for aircraft. The system displays thermal characteristics of objects on a screen, and is not affected by darkness or atmospheric conditions. It will also increase capabilities in search and rescue, as well as serve more traditional military uses.

In the field of energy conservation the Armed Forces took the lead in government by imposing a fuel-saving 55

m.p.h. speed limit on their 11,000 cars and trucks. But it's only one of several measures on the books to save energy and cut costs.

Around the World 2900 Times Standard-size staff cars and station wagons are to be phased out gradually and replaced with compact, sub-compact and intermediate-size vehicles. Also under consideration are studies on the performance of aircraft and ships to ascertain optimum fuel-saving methods. In addition, air transport schedules constantly are being adjusted.

Energy committees are being set up at all defence installations to monitor use of all forms of energy. Fuel consumption in 1974-75 was cut by 2.9 million gallons, or enough to power the average compact car around the world about 2900 times. More savings are anticipated in the future.

Safety also was a prime concern throughout the Forces in 1975. A campaign begun in 1972 achieved major success because of "greater recognition and acceptance by all levels of management of their responsibilities towards safety." Noted were steady decreases in the number of days required for hospitalization; military injuries decreased by 20 per cent, and civilian employee injuries by 12.5 per cent; deaths in driver-owned cars were cut by 32.8 per cent; and fire losses were reduced by 18.2 per cent. A second safety campaign has been launched, to go on until March, 1977.

Commanding the highest profile among millions of Canadians and visiting tourists during the year were the "Snowbirds" aerial demonstration team, the parachuting "Skyhawks", and the colorful, summer-long changing-of-the-guard ceremony on Ottawa's Parliament Hill.

The Snowbirds, in their nine Tutor jet aircraft, performed 74 shows, before audiences estimated at close to three million, in eight Canadian provinces, both territories, and several U.S. border states. The Skyhawks dropped 82 times in eight provinces and the Northwest Territories, crossing Canada four times. Their forte is close contact with crowds, achieved by "suiting-up" in front of

spectators, and then dropping back in their laps from the sky.

## Year of the Girls

The year also brought forth progressive developments in Canada's 22,000-strong primary reserve force. They were allotted more money, support staff and equipment, a pay increase, and more support services from regular force commands and units across the country.

The naval reserve reactivated two units, HMCS Nonsuch in Edmonton and HMCS Queen in Regina, bringing their total strength from coast to coast to about 3,000. The militia figures are about 18,800 and 690 members serve in seven air reserve squadrons.

Among sea, army and air cadet units, 1975 was the year of the girls. An amendment to the National Defence Act gave them equal status with male cadets, which meant that 10,000 girls in the 61,000-strong organization now have official recognition. About 2,600 of them immediately took advantage of their new status by attending summer camps across the country.

Summer was a busy time for the boys, too, with more than 20,000 attending camps. Ninety cadets also spent two weeks training in the Arctic, and 42 others underwent parachutist training. Others spent periods on exchange visits to the U.S. and western Europe.

While cadets always have been one of the best and preferred sources for regular and reserve force recruits, there has been no let-down in efforts to attract suitable men and women from the whole spectrum of Canadian society.

Target for 1975 was 7,000 Anglophone and 4,000 Francophone recruits. The Anglophone quota fell short by 472, and the Francophone by

930—in both cases mainly for infantry, artillery and sea-going trades—for an overall shortfall of between 12-13 per cent.

However, a selective re-enrolment program to attract back skilled former members of the Forces has been meeting with some success, with about 25 a month returning to uniform. Search for Engineers

No shortages are anticipated in quotas for the regular officer training program (ROTP). The 1975-76 fiscal year quota of 630 Anglophone and Francophone candidates likely will be met well in advance of the March 31 deadline. However, some problems are anticipated in attracting sufficient numbers of graduate engineers to the maritime and military engineering classifications, and a special campaign now is in progress.

Current strength for the Canadian Forces and the defence department includes about 78,000 regular force, about 22,000 in the reserves, and approximately 37,000 regular and casual civilian employees, for a total of about 137,000.

Girl cadets weren't the only members of their sex to make significant strides in the Armed Forces in 1975. Their older sisters, comprising uniformed women and defence civilian employees, surged ahead with a number of "firsts" during International Women's Year.

Honors and awards also accrued to a wide range of other men and women in the Canadian Forces in 1975. They covered areas such as bravery, meritorious service, devotion to duty, and outstanding performance beyond demands of normal duties.

A total of 109 were so honored, comprising three awards of the Medal of

Bravery, one Star of Courage, 45 Orders of Military Merit, and 60 Chief of the Defence Staff Commendations.

## One in Four Bilingual

Higher education also continued to shape the lives of members of the Forces, including graduates of military colleges and serving members working independently towards degrees. Kingston's Royal Military College turned out one of the largest graduating classes in its 99-year history, while its two sister colleges also made news in their own right.

Since its inception last year, about 350 candidates have taken part in a special degree program, devised for Armed Forces members and their dependents, at the University of Manitoba. Meanwhile, at CFB Borden, Ont., more than 100 service people took advantage of first-year courses organized by Sir Wilfrid Laurier University.

Also making steady progress in the 3½ years since its inception is the Canadian Armed Forces bilingualism and biculturalism program. Francophone strength now stands at 22.7 per cent of the total force, and during 1975

plans were advanced to increase the number of units that eventually will work in the French language.

Recommendations of commands, bases and units on the language designation of all positions were completed during the summer, and proposals now are before the Defence Management Committee in Ottawa. The proposals envisage about 17 per cent of Canadian Forces positions being designated as bilingual.

Matching advances in a number of areas in 1975 were construction projects for operational, training and housing facilities, including site preparation for a multi-million dollar redevelopment project for CFB St. Jean, near Montreal. The project, scheduled for completion in 1978-79, will cover 160 acres to accommodate up to 4,750 recruits, language trainees and staff.

## Thwarts Captain

But despite all the entries on the credit side of the Armed Forces' 1975 ledger, the year failed to measure up completely to the expectations of one captain on duty with NORAD Command

headquarters in Colorado Springs, Colo.

In an effort to improve the knowledge of Canada among young elementary school students in the area, he embarked on a series of classroom slide showings. Pictures of Niagara Falls

and Montreal produced stony silence, but one of Ottawa's Parliament Hill got frantic arm-waving reaction from one youngster in the front row.

When asked for his answer, he confidently blurted out "Disneyland!"

# Splash Down

(Continued from page 1)

four. He is typical of those who stand watch on Station Papa. Pinder has served seven years aboard Vancouver. Four of those Christmases he was on Station Papa.

"This (the letter drop) is such a boon to them," Mrs. Pinder said, "He has his Christmas out there and we have ours here. The letters are the only communication they have."

She added, "We're allowed one message a week...25

words or less...what can you say in 25 words?"

The Vancouver's galley is full of all the makings for a traditional Christmas feast and her crew is hoping for better luck than Quadra's when they stood watch last Dec. 25.

"They had to settle for wieners and beans," said MoT district manager Larry Slaght, "There was nothing else they could keep on the stove. It was stormy and they were involved in a search. The ship was bouncing around like you wouldn't believe."



## CAMELOT ENTERPRISES (1975) LTD.

### CONSTRUCTION

- housebuilding
- trailer pads
- additions
- fencing
- renovations
- patios

### MAINTENANCE

- janitorial
- electrical
- plumbing
- building

### SERVICE

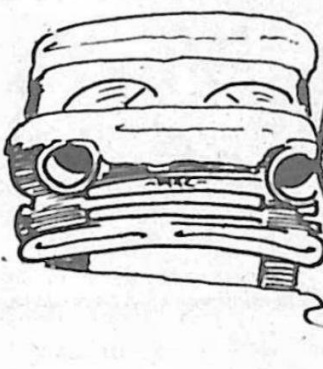
- quick service
- free estimates

• Peter Benedictson  
R.R. No. 1, Comox, B.C.

• Len Morrow  
339-3596

## Automatic Transmission Tune & Service

DRIVE - DON'T WALK THIS WINTER



Make certain your transmission will give you satisfactory service through the winter

CALL US ANYTIME

## DAVE'S AUTOMATIC TRANSMISSION REPAIR

370 "Puntledge Courtenay 334-2917

## CANADIAN FORCES

### "Serving The Military Community"

Authorized Patrons Only

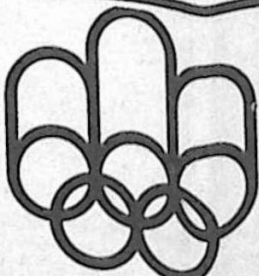
WE'RE ENFORCING LOW PRICES!

INFLATION FIGHTERS Out to Chase High Prices!

CHARGEX

master charge

EX INSTANT COFFEE 10 oz. <b>\$2.19</b>	CONCENTRATED ALL 4 lbs. 11 oz. 2.13 kg. <b>\$2.39</b>	SUCCESS WAX REMOVER 27 fl. oz. <b>85¢</b>
HEAVY DUTY WHISK DETERGENT 2 Litre Size <b>\$2.69</b>	PALMOLIVE DISHWASHING LIQUID 24 fl. oz. - 682 ml. <b>89¢</b>	SUCCESS SELF POLISHING FLOOR WAX 27 fl. oz. <b>95¢</b>



Picture yourself as a millionaire! You still have a chance to be a winner—Next draw takes place 25 January, 1976

BUY YOUR OLYMPIC LOTTERY TICKET NOW!

Where is the nearest fire alarm box to your home? ... Job?

You're Invited to OUR SUPER SALE



WATCH FOR FLYER ON OUR JANUARY SALE