



TOTEM TIMES



TOTEM TIMES PRICE DOUBLES - TWO TIMES ZERO EQUALS ZERO

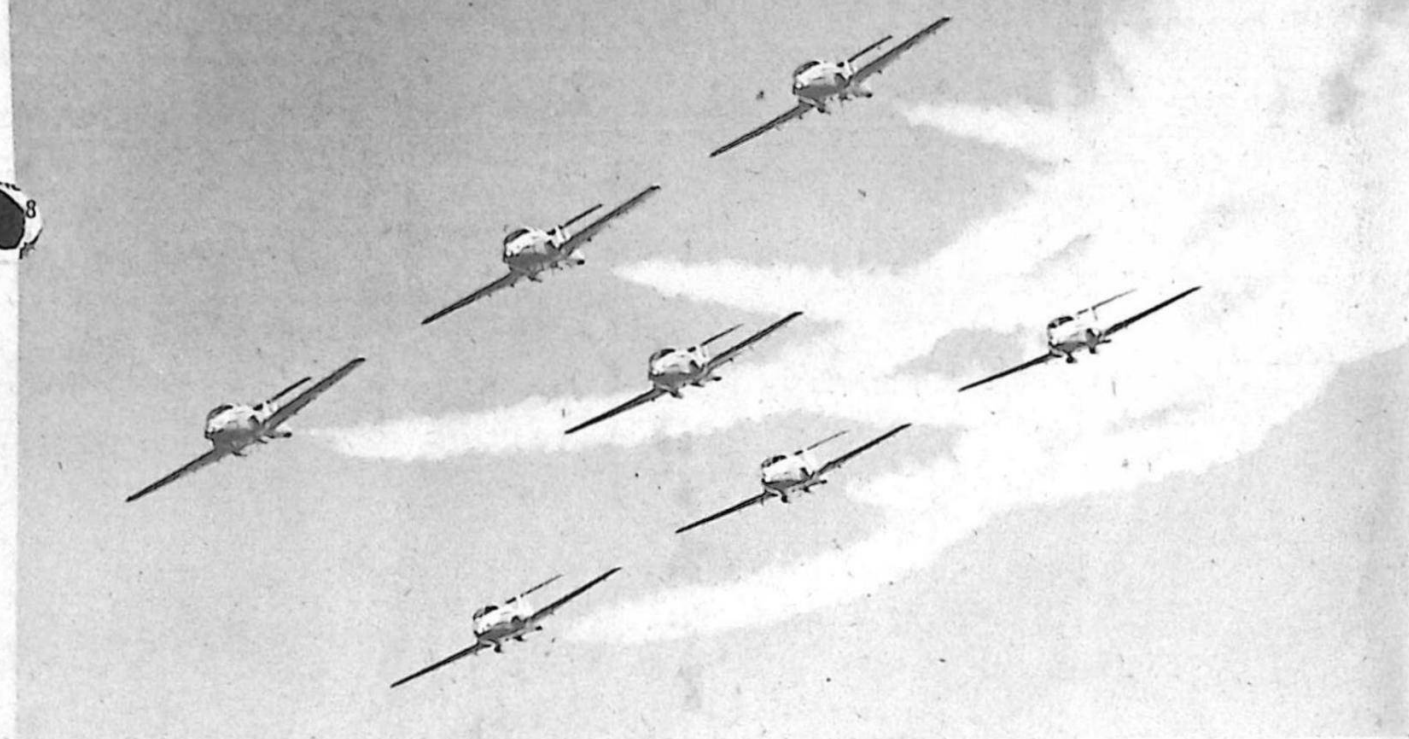
VOL. 18 - NO. 7

CFB COMOX TOTEM TIMES THURSDAY, APRIL 1, 1976

SNOWBIRDS

MIGRATE TO COMOX

4 - 11 APRIL



Ed Ellis Photo

YMC In 10th Season

Courtenay - Mr. Robert Creech, Music Director of Summer Music From Courtenay '76 announces the 10th Anniversary Season - July 4 - August 22, 1976 - an outstanding faculty of musicians will again come to this summer music centre, situated in the beautiful Comox Valley.

Over 500 young people from communities throughout Canada and the United States will come together with world famous musician-teachers and outstanding performers to live and work together with no artificial barriers.

Students of all levels of achievement are welcomed at the CYMC, ranging in age from 8 to over 30. The most important criterion is enthusiasm and willingness to participate and a desire to pursue enjoyment through music.

ON SUNSHINE COAST

Anchor Clangers

VICTORIA - While most school students are on holidays this week, 225 Sea Cadets from corps in Thunder Bay to Victoria, including six American cadets from the Portland area, are involved in an Easter sea-training program in the Powell River and Squirrel Cove areas March 28-April 2.

In addition to practical instruction in general seamanship, training will touch on outdoor survival, overland expeditions and beach operations.

According to Commander S. B. Alsgard, who is directing the program, it has great historical value for the cadets. They will be re-tracing portions of the westcoast passage made by Captain George Vancouver in July, 1792. Several locations and land-

marks visited by him in turn will be seen by the cadets.

Operating out of Powell River, the cadets will sail in a fleet of 16 vessels including harborcraft, motor boats and cutters. Always aware of the consequences of not respecting the waters in which they sail, emphasis will be placed on boat safety, man overboard drills and first aid.

The Easter program allows many cadets the advantages of sea training they ordinarily might miss because of fulltime employment during the normal summer camp periods. In the past nine years about 2,500 cadets have participated in similar Easter programs.

Officers and other ranks of the Cadet Instructor List will staff and support the week-long exercise.

Black Beret Still

Monty Moves On

BY DOUG HARDY
Field Marshall Viscount Montgomery died in England on 24 March 1976. Several young servicemen have asked who Montgomery was and why was he so famous. It would be appropriate to provide a brief review of the career of the man who was hailed as the greatest British General since Wellington.

Montgomery was a rather unknown British General who took over the British 8th Army in Africa in Aug. 1942. Up until this time the Allies had never had a victory against the Axis powers. He defeated Germany's Desert Fox, the highly regarded General Rommel at El Alamein and in a few months had completely destroyed the German and

Italian forces in Africa. In Alamein was the first Allied victory and after that they never had a defeat. Montgomery in a few months went from an unknown General to an International Hero. He was the field commander of the Commonwealth Forces in Sicily, Italy and in France from D Day until the German surrender. His military campaigns are recorded by the historians but some of his personal qualities are not so well known. His firm belief was that "Nothing is more important than the ordinary serviceman." This belief started in the First World War when he saw time after time the senseless slaughter of many men. The first attack he was ordered to lead, as a

young officer in the First World War, was an attack over open ground against the German position supported by machine guns. He protested the order on the grounds that he could not capture the position and that his men would be killed before they could get near the position. He was told to attack and to make sure he had his sword in his hand when he led the attack. He did as he was ordered, he was seriously wounded and most of his men were killed or wounded. They did not get near the German position let alone capture it.

When he was a senior commander he refused to send his men into battle unless they had the proper training, support and equipment to win a battle. Countless thousands of men are alive today because he never sent men into battle unless he knew they were prepared and had the resources.

He looked at the approved plans for the D Day invasion and insisted that the number of troops going ashore be increased by two divisions and that their fire support be drastically increased. Without these changes D Day may have failed.

Montgomery was the first General to stand up to political pressure. Churchill was insisting that he attack El Alamein in Sept. 42. Monty pointedly informed Churchill that if he attacked in Sept. he would not win. If he attacked during the full moon of Oct. he would win the battle and the

(Continued on page 5)

School 'Daze'

British Columbia public schools will open for the 1976-77 school year on Tuesday, September 7, 1976 and will close 193 school days later on June 30, 1977. Les Canty, superintendent of administrative services with the department of education announced today.

The 1976-77 school calendar shows schools closing October 11 for the Thanksgiving Day statutory holiday and November 11 for the Remembrance Day statutory holiday.

The Christmas break will run from December 17 to January 2 inclusive, with schools opening again January 3, 1977.

Public schools will close March 25 for spring vacation, reopening April 4. They will also be closed April 8, April 11 and May 23 for the Good Friday, Easter Monday and Victoria Day statutory holidays.

Public schools will open the 1977-78 school year Tuesday, September 6, 1977.

Coming Soon- CFB Comox "OPEN HOUSE"

Course Rejuvenates Rusty Minds

OTTAWA (CFP) - Do you have a rusty, old brain? Are you nearing compulsory retirement age and thinking of the switch from your Forces occupation to a suitable slot on "civvie" street?

If you are, then an educational project - jointly sponsored by the federal department of defence and manpower, and Ontario department of education - may interest you.

"Project Loyalist," open to all ranks at Loyalist College of Applied Arts and Technology, Belleville, Ont., offers courses to update retiring (or retired) Forces members' knowledge and skills and grant them a college diploma.

The courses, of 52-weeks' duration, include studies in electronics, electrical and mechanical engineering, accounting, business administration and real estate.

Begun in 1972, the project has attracted a total of about 100 ex-servicemen and women a year. A pre-study information package now is available to accepted applicants before classes begin in September.

Those interested in these courses should contact their base personnel selection officer and complete an application form. The local manpower office and Loyalist College then will carry out the additional documentation.

The manpower department provides allowances to students enrolled in upgrading studies such as "Project Loyalist."

Here's what one former student said of the Belleville college program: "DND bought us the seats, Manpower gave us an allowance and supplied the text-books."

"Project Loyalist, to me, will always be a group of dedicated teachers who took a bunch of rusty, old minds and made them young again."

Here is an overview of the courses: Students taking electronics, electrical and mechanical engineering technician courses will, on graduation, have academic requirements

for certification by the Ontario Association of Certified Engineering Technicians and Technologists.

The accountancy program offers more than half the courses required to be admitted as a registered industrial accountant (RIA) or certified general accountant (CGA).

The business administration program offers courses in accountancy, data processing, marketing principles, personnel administration and other related fields.

Additional enrolment dates and two other courses for the project now are being considered by the college.

Budget Brought Down

B.C.'ers Pay More

Although personnel at CFB Comox may feel hard done by as a result of Friday's budget, they are still better off than a lot of other servicemen across the country.

CFB Winnipeg, Shilo and Portage la Prairie residents currently pay the highest percentage of their taxes to their provincial government - a whopping 42.5 per cent finding its way to the coffers. Other examples are: Chatham, N.B., 41.5 per cent; Gander, Nfld., 40 per cent; Moose Jaw, Sask., 40 per cent; Greenwood, N.S., 38.5 per cent; and

Summerside, P.E.I., 36 per cent. Personnel serving in Ontario will pay 30.5 per cent while those in Alberta will give up only 26 per cent.

Even in sales tax British Columbians are better off than most. Newfoundlanders pay 10 per cent while those living in Prince Edward Island, Nova Scotia, New Brunswick and Quebec pay 8 per cent. Ontario, along with British Columbia pay 7 per cent.

Saskatchewan and Manitoba remain at 5 per cent and Alberta is still the only province with no sales tax.

Cigarette taxes reflect a similar picture, with B.C. now paying 12 cents a package in taxes. That is less than half the amount paid in Newfoundland where the smoker hands over 25 cents to the government for every package bought.

In P.E.I. it's 20 cents a package in taxes; in Manitoba, 15 cents with the other provinces ranging between 8 and 12 cents per package.

BUDGET HIGHLIGHTS

Corporation income tax increased 2 percentage points to 15 per cent, except for small business rates of 12 per cent, effective January 1, 1976.

Personal income tax increased to 32.5 per cent effective July 1, 1976.

An increase in the cigarette and tobacco tax, effective March 27, 1976 adds 4 cents to the price of a package of 25 cigarettes.

Sales tax increased to 7 per cent effective March 27, 1976. Medical care premiums increased to \$7.50 a month from \$5.00 for a single person on July 1, 1976. Premiums for a family of two will be increased to \$15.00 from \$10.00 and a family of three or more will pay \$18.75 instead of \$12.50.

Per diem charge for patients in extended-care hospitals is to be increased from \$1.00 to \$7.00 and for patients in general and acute-care hospitals from \$1.00 to \$4.00 effective June 1, 1976.

Liquor licence fees are to be increased to yield \$3 million in additional revenue in the new fiscal year.

Ministers and MLAs will have their salaries cut by 10 per cent (MLAs now make \$24,000.00 a year; ministers receive \$48,000.00 a year; and Premier Bennett gets \$52,000.00 a year.)

A grant to homeowners 65 years of age and older will be increased to \$100.00 from the former \$50.00. School tax removal grants and homeowner grants will be integrated to provide a basic grant of \$280.00 to be applied against property and education taxes.

Housing programs increased by 432 million including \$15 million for income tax credits for renters.

Finance Minister Evan Wolfe in his speech made it clear the province was out of money and had to borrow \$400 million to finance the deficits incurred by the previous NDP administration. A pay-as-you-go policy was the only way of restoring the province to a strong financial position and to encourage investor confidence and growth, he said.

It was pointed out that the average man who earns \$10,000 a year, is married, has two children under 16, and who with his wife smokes two packages of cigarettes a day, will contribute 33 cents more a day to the "recovery" budget, or \$9.82 more a year.

Wolfe said that along with balancing the province's finances, incentives will have to be restored to the private sector to provide jobs.

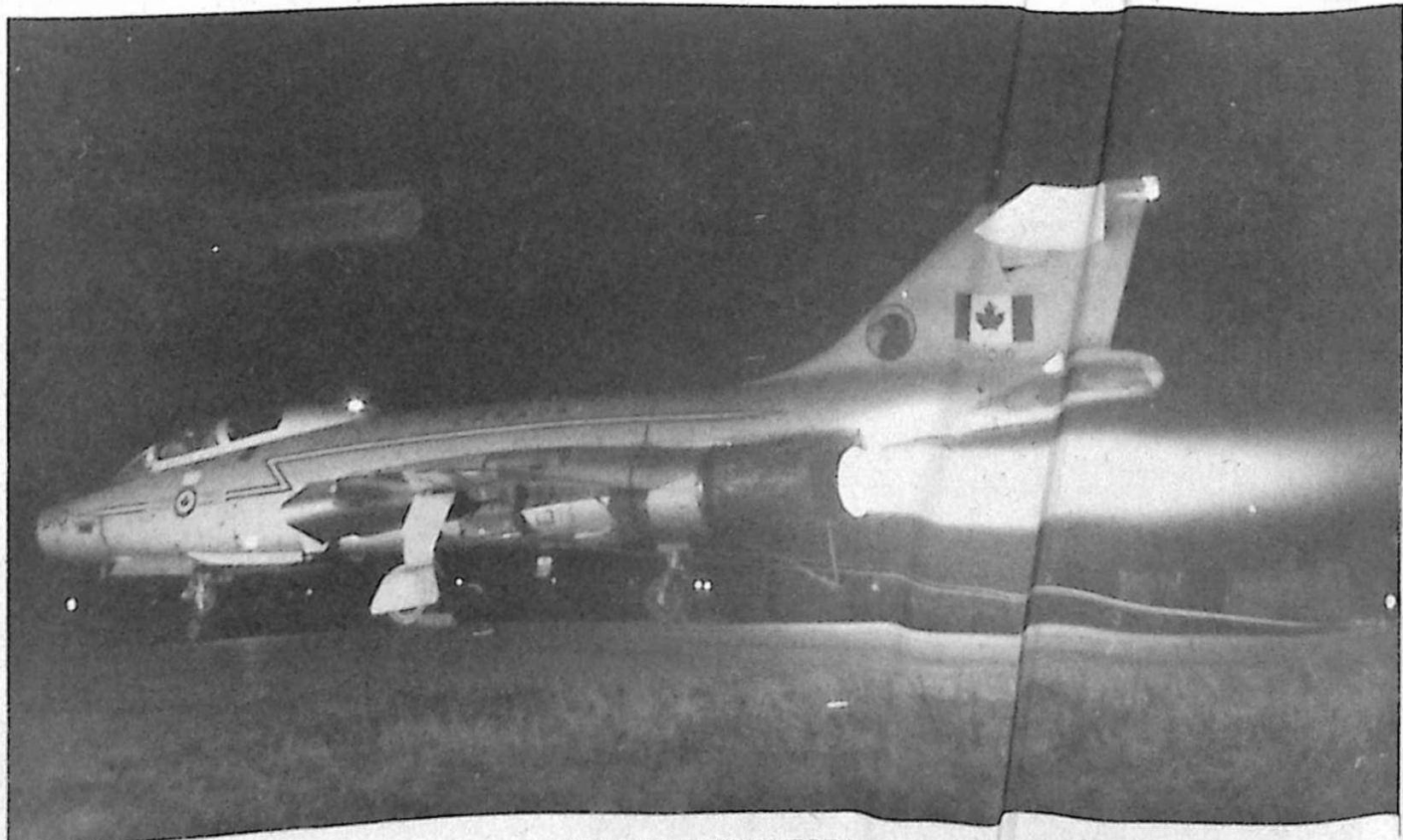
"We believe it is possible for government and business to work co-operatively together

to each other's mutual advantage and those of the individual citizens, and during this session amendments will be introduced to existing legislation to restore confidence to the private sector," Wolfe said.

"Certainly, our two basic industries - forestry and mining - must be encouraged to provide the jobs we need for a more stable economy."

"Through proper development the economy will grow, incomes will be augmented, and sufficient government revenues will be generated to ensure continued support of a high standard of government services."

Wolfe added: "This budget is a start on the road back - a 'recovery budget' - moving us in a positive direction to restore confidence in British Columbia as a good place to invest, to work and to live."



VOODOO BLOW TORCH

BY HERMAN G.

To those out there who share CFB Comox with me I feel it is about time that I put pen to paper to tell you about myself and my fellow squadron members.

To start I am an APE. I am 12" high and weigh about a pound and a half. This of course makes me well suited to fly the TRACKER. You may notice that I have arms which are long and of extraordinary girth, this is due to the requirements to reach my BANANAS while wrestling the controls of a thirteen ton flying outhouse. The steely look you see in my eyes is due to the constant and unrelenting watch I keep over the coasts of British Columbia. It was fostered by gazing into a thousand suns in a hundred lands. You may also have noticed, though the quality of reproduction is poor, that my uniform is BLUE. This is a consequence of my Naval background. Those of you over 30 will remember the NAVY, those of you under 30 don't need to.

I have been a member of V.U. 33 since 1961, where I was born out of a plastic kit imported from California. (One of these days I may make it out of this place where it is cold enough to freeze the toes of a plastic ape.) When I was very young I hung around the mess in Patricia Bay

The Munchkin Squadron

skimpily dressed until one day, a very kind lady took pity on me and made my present attire. I also was married, but HERMINA couldn't stand the animals of V.U. 33, so when the Squadron moved to Comox she took off for parts unknown. She has never written so I have no idea where she is now. If any of my readers have seen her I would be delighted to pay her way home as my heart is broken without her.

I used to be a SUB-LIEUTENANT at the beginning, that's like a Lieutenant, only smaller. Since I belonged to a flying squadron it was decided to have me attend a flying training establishment so I arranged to have myself stolen to Portage, where in jig time I qualified to Wings Standard. (I shall attempt to show you my aircrew training assessment in a later edition).

Unfortunately, then as now, TRO funds were scarce and I languished in Portage for two years until one dark of night I stole away home to Pat Bay.

As I spend a lot of time sitting on the shelf I rarely get to go to exciting places. However I did once upon a time attempt the North West Passage in ARCTIC DOGWOOD but someone threw a monkey in the works

and the trip was terminated short of destination.

Just recently it was noticed that I had 12 years of Military Service, so Tex McNab presented me with my CD for 12 years of undetected crime.

It may have occurred to you dear reader that I started by saying that I would tell you about myself and my squadron mates. Well they are such a dull lot and only interested in flying that I have found great difficulty telling you about them, perhaps in a later edition.



LITTLE HERMAN as an aspiring Naval Aviation Officer Cadet.

407 Tech Ramblings

Greetings once again from the Supertech's Den.

Now that spring has sprung and the grass has riz, I wonder where my fishing gear is. Randy Johnson has found his and has spent his hard earned cash on a new boat. He is now devoting every spare hour to the water attempting to fill his freezer with salmon. Should he succeed (highly doubtful) in doing so, a rough calculation shows the fish should not exceed \$15.00 a pound.

Sticking with our boaters, MCpl. Ron Kempton has reluctantly turned down a transfer to Edmonton and has taken off for Disneyland instead. It's a shame really, we were looking forward to hearing of Ron's efforts to launch his monstrosity in the South Saskatchewan River. Now that MCpl. Mark Hull has agreed to spend a few weeks in Shearwater, MCpl. Jake Dyck has been coaxed to replace him as our paper shuffler. Jake finds that after a few hours the eyes wander and the mind boggles. One would never believe the amount of paper that passes under his pen. Take heart, Jake. Perhaps Mark will take the job back. (I doubt it.)

Our youngest supertech, Pt. Dave Fleming has discovered the indescribable value of protective equipment in

contact sports. During a broomball game Dave took a smack in the mouth with a stick. He is now learning to eat with wired teeth. We hope those teeth eventually solidify and you don't wind up with a partial plate. However, I cannot pass up an opportunity to harp once again on my opinion that injuries caused by body contact sports should not be accepted as something that just happens. One good injury costs enough to equip the entire team with protective equipment. Must we wait for serious injury and in effect, close the door after the horse is gone?

With this issue I understand we bid adieu to one of the great champions of the enlisted ranks on this Base. CWO Jim Brown. We hope you enjoy your retirement in the Okanagan, Sir. You may have been a member of "that other Squadron" but it was still a pleasure to see you when our paths crossed.

Finally, congratulations to WO Tillack on once again getting his station wagon roadworthy. Many there were who examined the beast and the consensus of opinion was that the ailment was definitely terminal. However, with perseverance and determination, Bill has revived the iron monster and no longer faces the prospect of

carrying a set of tools every where he goes.

That's it from the super-techs.

ASW Lab.

Talk has been heavy these last few weeks, and due to his absence, Cpl. Jim Hagar has often been the subject. It seems that Jim has gained confidence in himself lately and has not only taken over Bill Ouellette's job on the APS 20 bench but also his place on the PMQ council. But alas these efforts seem to have tired poor Jim and he's taken refuge on a well known island in the sunny Pacific with Sgt. Gale Dyer and Pte. Pierre Forget. Possibly Pierre can find some riches on this island and return to pay the demands of ICBC to get that car of his on the road.

Some guys will do anything to get out of our semi-annual run and Sgt. Al Tomlinson is trying his best. For some months now Al has been limping around the labs complaining about his knee and last week he even went to Naden for an operation. But

the doctors were not to be fooled. After a few days in bed and an examination, they sent him home. Nice try Al. Also on the injured list is MCpl. Jerry Cook, our resident broom ball fanatic. Rumour has it that 15 minutes before the end of the game Jerry attempted to check this defenseless MP and consequently suffered a broken shoulder. Here's to a fast recovery Jerry.

Cpl. Sam Dunn is working both sides of the bar now-days as both bar manager and Vice PMC. Also joining the staff is MCpl. Bob Durrance who has assumed the position of Vice Bar Officer, thanks to a little help from his friends.

The Orderly Room has taken on a touch of class lately with the addition of Pte. Boudreau as secretary. Nice to have you with us Jessie. Cpl. Bill Ouellette has left us for servicing, but he'll long be remembered for the songs he would sing while perched at the top of the APS 20. Sorry to see you go, Bill.

That's about it from ASW Labs until the next time.

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Leave Well Enough Alone

Sunday morning 28th March. Employees of Nanaimo River Division of MacMillan Bloedel reported to Fish & Wildlife Branch Animal Protection Officer, Dan Lay, that they had seen a young elk in poor condition near the Jump Creek Reservoir area. A.P.O. Lay searched the area and found the animal, a 9 to 10 month old bull elk calf. As the calf was injured and unable to keep up with the herd, making its chances of survival very poor, A.P.O. Lay, with the assistance of Fish & Wildlife Branch technician G. Turnbull, transported the calf to a holding area in Nanaimo where it is being cared for until it recovers.

A local veterinarian, Dr. Jim McBain, volunteered his services and is treating the elk. Dr. McBain advises the patient appears to be responding to treatment. In the event of complete

recovery, plans are being made for its release.

The Fish & Wildlife Branch would like to remind people that soon the deer fawns will be appearing and that the doe, as a rule, does not abandon the fawn. It is an offence under the Wildlife Act to interfere with these animals. If a person is certain the fawn is abandoned or injured, report its location to the local representatives of the Fish & Wildlife Branch.



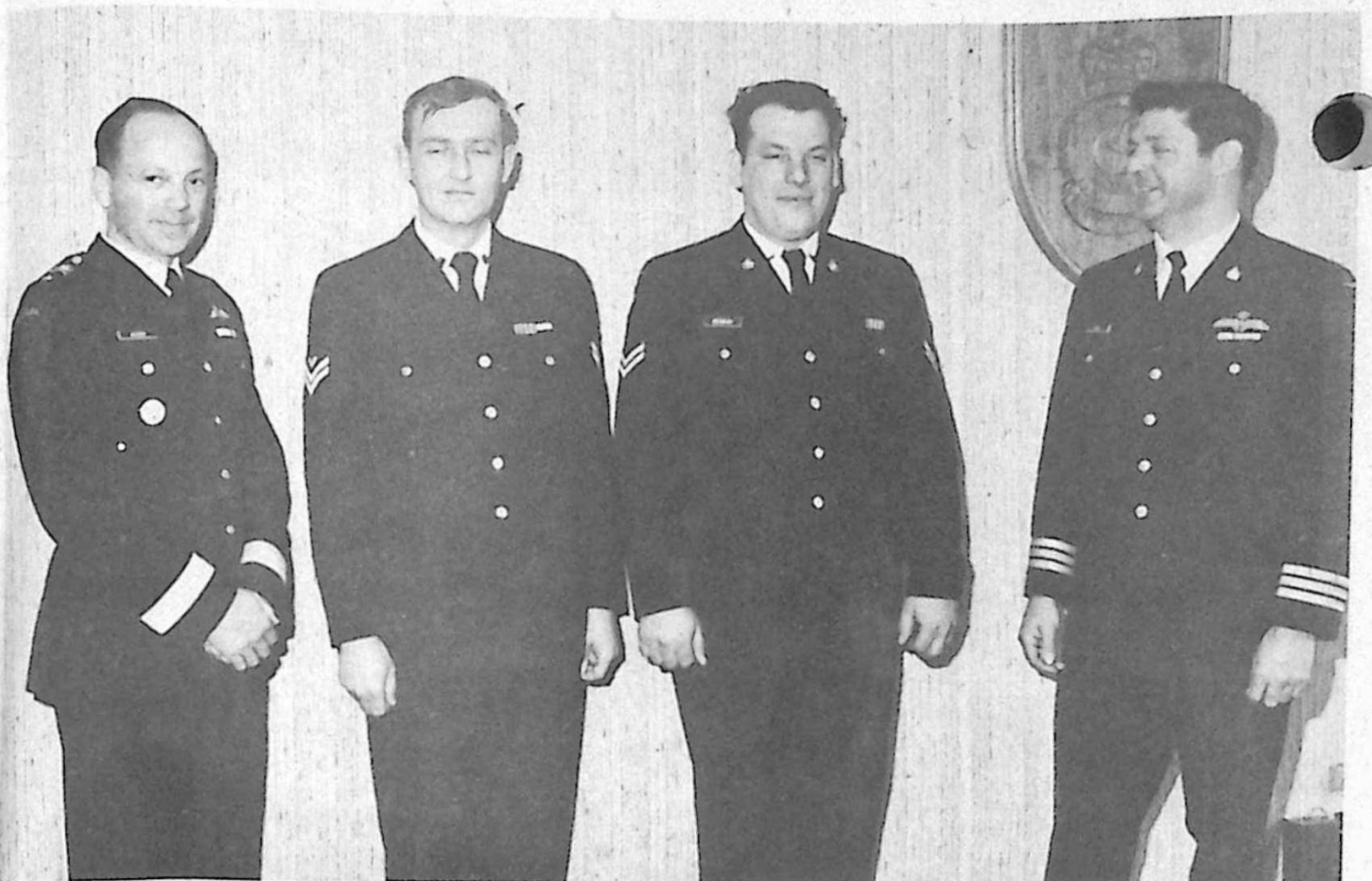
HABITAT

United Nations Conference on Human Settlements May 31-June 11, 1976 Vancouver, Canada



LT. (N) Herman Gluck C.D.

Begin Photos



"LOOK AT THAT - after 12 years they can sleep standing up!" says LCol C.B. Lang (R), ever wise to the tricks of 442 troops. On his visit to the Squadron last week, B. Gen. R. Husch, Commander

Air Transport Group presented the C.D. to M.Cpl. Rick Bryson and Cpl. Bob Hornby.

Base Photo

SANSU ILM330/220/110

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channel music to give us a greater sense of stereo perspective. The fact that the separately-baffled LM tweeter driver has very free movement against input signals means better transient response, too. Much better.

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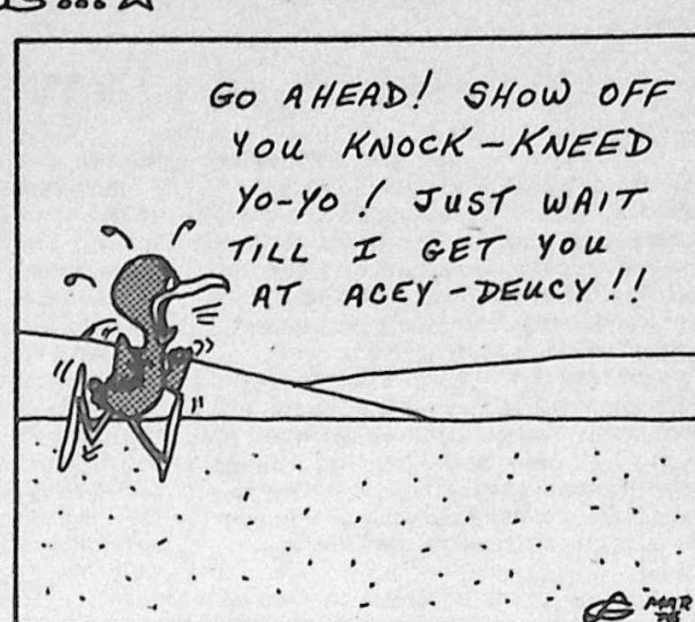
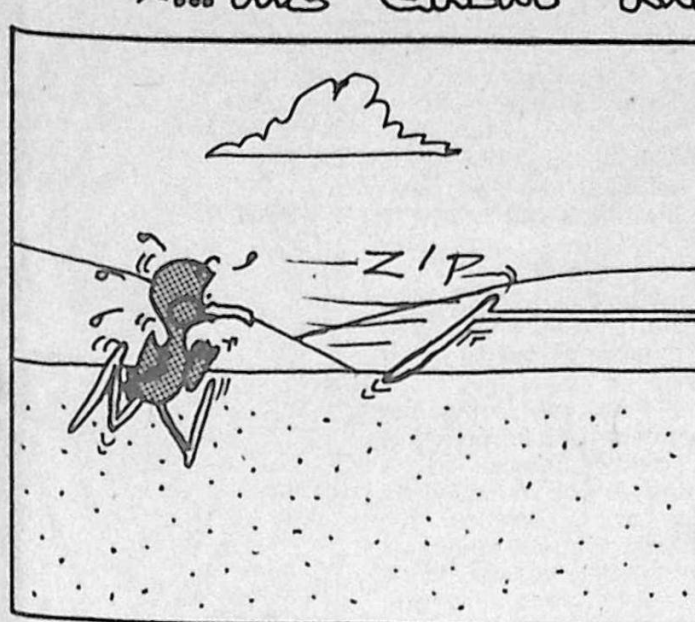
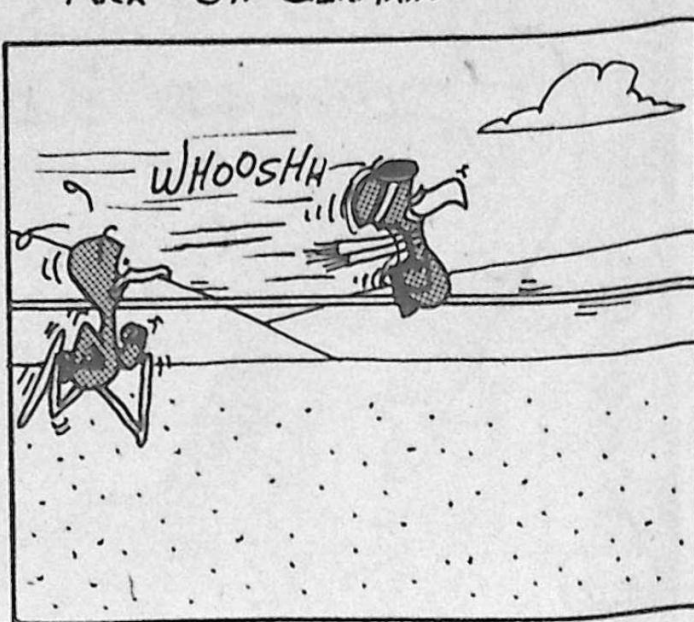
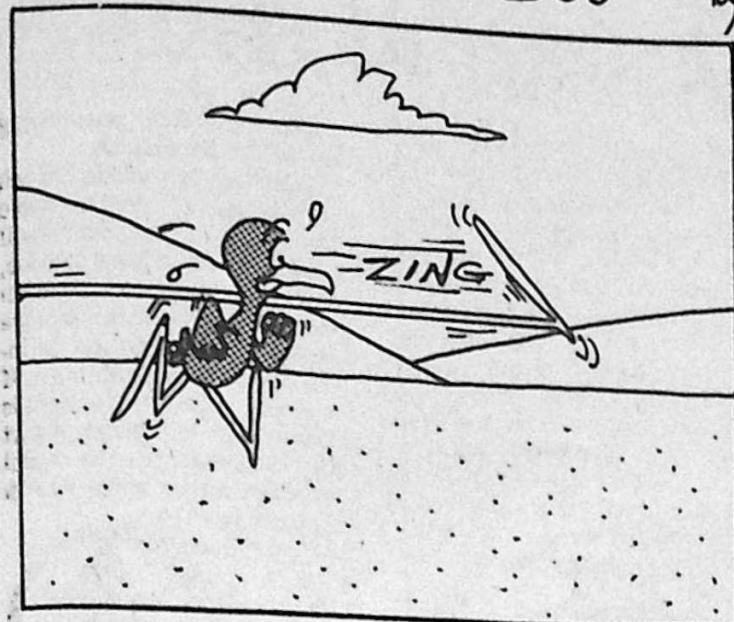
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by Rick St. Germain



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—Nighthawks Nest—

Well, two weeks have come and gone and once again all of civilization is anxiously awaiting the latest tidbits of information in the Totem Times. The fighting 409th has been rather subdued lately and not much out of the ordinary happening.

Stu Living had his retirement mess dinner and needless to say it came off flawlessly. Even fast Eddy was allowed to go.

The Robbs threw a friendly bash for about 50 people but Kent Smerdon was conspicuous by his absence. It seems he went down east to get Boss McKay but didn't bring along an extra chute; consequently the aircraft came back with only one body. Kent took the white knuckle milk run from Trenton.

Trev "Mr. Elks" Wallace has been less than successful

trying to get the Squadron out on their annual fitness run. Every time he schedules it a nasty southeaster starts to blow and the heavens open up. I wonder if the Rec Centre would consider a scramble out of 8 spot in lieu. My spies tell me that Charlie Gladders and Paul Gill did the run one morning chasing after Paul's dog. If truth were known the cowboy was trying to catch his dog and Charlie thought it was a St. Bernard complete with Brandy flask.

All the 409 jocks took on servicing in a couple of friendly hockey games last week. Good times were had by all but the pros don't have to worry about their livelihood because of our abilities. Had it been filmed though the NHL could have used it for comic relief during Stanley Cup intermissions.

So many people are on leave

over the school spring break that it's impossible to name them all. However, when they filter back home we'll give an update on what's been happening to them. I'm sure they'll be more than happy to sell their experiences for a draft. Looking at the Scheduling Board I get the distinct impression that I'm the only navigator left on the entire squadron. Ah, a nav's life is not an easy one as we all know. Which leads me into a poem which I ran across in Navigator magazine originally written by a Major O.L. Brownfield U.S.A.F. entitled 'A Boy Called Nav'. Enjoy it and until next issue - Take Care!



CHIEF PETTY OFFICER Charles Stevens (right) of Montreal, command chief of the naval reserves, looks at Leading Seaman Glenn McCue's UN Medal at HMCS Carleton, Ottawa, recently. LS McCue was one of several naval reservists who served recently with the Canadian contingent of the United Nations Emergency Force in the Middle East. CPO Stevens of HMCS Donnacona retired in late January, ending a naval reserve career that spanned more than 30 years.

DND Photo

Tense Moments For Airborne Trio

Cyprus Action Recognized

OTTAWA - Recovering a damaged 12-ton armoured personnel carrier (APC) from an unmarked minefield near Nicosia, Cyprus, in August, 1974, has earned commendations from the chief of the defence staff for three members of the Canadian contingent of the United Nations Peacekeeping Force serving there at the time.

Lieutenant Hugh C. Ross, 26, Victoria, Master Warrant Officer Erwin K. Witt, 41, and Warrant Officer James N. McCahey, 36, both of Edmonton, entered a freshly-laid minefield Aug. 15 in APCs to remove the vehicle damaged the day before,

apparently by an aimed anti-tank missile.

As they approached the vehicle, Lieut. Ross' "Lynx" reconnaissance vehicle, in the lead, struck a mine, ripping off one of the tracks.

Master WO Witt of the Canadian Airborne Regiment, CFB Edmonton, stopped his vehicle and, after discussion with Lieut. Ross and the Greek National Guard who laid the minefield, prodded a recovery route, enabling the damaged vehicles to be evacuated.

The first damaged APC was taken away without incident. WO McCahey, also of the Airborne Regiment, then began to tow Lieut. Ross' damaged vehicle with the recovery APC. But the reconnaissance vehicle dug in and swerved, exploding two other mines. The force nearly threw McCahey out of his vehicle. Neither Lieut. Ross, in the Lynx, nor McCahey was injured.

They then developed another technique, using an additional APC, and recovered the Lynx without further incident.

During the recovery, random mortar-shelling and sporadic small-arms fire continued in the area.

Capt. R.P. Bragdon, a 2nd Airborne Commando company commander, said that "during the entire operation (they were) closely watched by very tense Greek National Guard and Turkish regular troops who were opposing each other across the minefield."

He said Master WO Witt's performance "... exemplified the courage, dedication and the knowledge of infantry skills of a truly professional soldier. (He) had a steady effect on his young subordinates who were all subjected to hostile fire, ranging from small arms to mortar and artillery, for the first time in their lives."

Major G.K. Corbould, commanding officer, 2 Airborne Commando, said Lieut. Ross' example and sound leadership was "of the highest standard" and had a marked bearing on the morale and effectiveness of the troop.

"Mistakes at any time could have resulted in serious injury

to Lieut. Ross or his subordinates."

Major G.C.E. Fogal, commanding officer, 1 Airborne Service Support Unit, said that WO McCahey's performance "was not an isolated incident, but just one of continual outstanding performance."

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And he didn't leave much to big sister and me,
Just this old guitar and a parachute was all I'd have.

Now I don't blame him cause he run and hid,
You see I wasn't too bright a kid,
And before he left he made his promise I'd be a "Nav."

Being a navigator ain't the finest life,
It's filled with worry, decision, and strife,
And I roamed from mess to mess tryin' to hide my wings.

But I made a vow as I shot the stars,
I'd search the officers clubs and bars,
And murder the son of a gun that made me nasty and mean.

Now it was Bagotville in February,
I just touched down; it was cold and airy,
Thought I'd stop and have a Scotch or two.

Down in the cellar in a suit for "Gs,"
A good-looking girl on both of his knees,
Sat the dirty fighter pilot "mother" that I once knew.

I knew that snake was my own sweet dad,
From the Air Force photo that my sister had,
His "VooDoo" patch and his purple scarf.

He'd done quite well, he was a Major now;
But... what the hell, I'd clean his plow.
I grabbed him by the neck and squeezed him till I thought he'd barf.

Then I kicked, hard, where I shouldn't have,
He went down on his knees, called me a "dirty-Nav,"
And he bit me on the leg as he came up off of the floor.

When he pulled out his survival knife,
Saw right then it was the end of my life,
But when I flashed my "dividers," it seemed to even the score.

Well, he backed off some and he said of the fight,
"You know, for a navigator, you did all right.
But you really ought to thank me... for everything that I did.

"You could've been a pilot shrew,
A slipping the surly bounds of near Mach 2,
But, I had to make a man out of this worthless kid.

"Son, maybe it's just that you don't understand,
It's them navigator wings made you a man,
You got strength and brains - something you'll always have."

Well, I think about him in the dark of night,
Every time I fly - every time I fight,
And if I ever have a son, he's gonna be a flight nurse.

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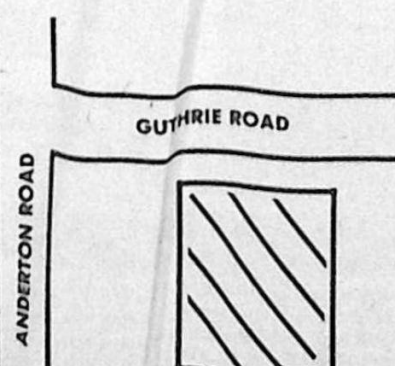
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EDITORIAL

The Spirit Of '76 - Canadian Style

If you turn on your television set to any one of the U.S. channels these days you are bound to be confronted by a combination of one minute history lessons, colonial souvenirs and good ol' political "hoo-hah" as our neighbors celebrate their bicentennial and undergo a presidential election year.

Not that it's all fun and games -- the Patty Hearst trials get lots of headlines, and some Watergate ghosts just won't go away, but generally speaking, things aren't too bad. Now let's switch over to a Canadian network and see how this year looks north of the 49th parallel.

Barring a major crisis in Ottawa, there probably won't be any national election this year. And since our bicentennial is still a few years off yet, our major nationwide diversion will be the Olympic Games, which should help divert our attention from such things as penal reform and the economic situation. The trouble seems to be that getting the Games going is turning out to be an economic situation in itself, something that no amount of flogging of

stamps, coins or lottery tickets can cure. Nevertheless, the spirit and dedication of the competing athletes will hopefully make the 1976 Games an event Canadians will be proud of.

And what, finally, does 1976 promise for the Canadian Serviceman and woman? Well, if you're posted to or are already stationed in B.C., you'll be paying a bit more for everything, but that probably won't deter a lot of people from putting down Comox as a preference posting. And if you're bound for Summerside or Greenwood, the newspapers indicate that you might as well trade your electric toaster for a candle. This would hardly deter, however, a Maritimer who longs to again taste fresh lobster.

So whatever your plans for this year are, be it packing the family across the country, pulling duty at the Olympics or just catching dogfish out on the saltchuck, let your spirit of '76 be one of optimism, confidence and enjoyment. After all, it could be worse. We could all be living in England.

C.R.S.

Gamesmanship For Servicemen

It was one Stephen Potter who immortalized gamesmanship and one-upmanship with his perceptive sense of observation of our petty but human ways of illustrating our own self importance.

Were he serving in the Canadian Forces today he would undoubtedly enter fully and enthusiastically into the sport of gamesmanship. The game can be played by any number and only by inference are you allowed to deduce who else is playing.

Let us say you are a Master Corporal Horridman and are telephoned by a female voice who informs you that Master Corporal McSpush wishes to converse with you. Aha! here is a player and you must gird your loins for battle. He has scored three points already by the unmistakable inference firstly that he has a secretary and secondly is far too busy and important to dial numbers himself.

You listen patiently to his request that you run your mile and a half PT test at 1400 on Tuesday and murmur "let me consult my calendar". You have now scored two points, whether you keep a calendar or not and after a few minutes humming, hawing and "let me see now" you announce that you have a conference with Commander Tiggywinkle that afternoon. Four more points since you obviously are important enough to go to conferences and with those on high at that. (Be sure you do not mention that you have been summoned by the Commander for having kicked that furry mutt he calls a dog).

Keep going -- you are scoring well. Tell McSpush you'd like to make it Thursday but you are lecturing (you were told to show Private Zooley where the brooms are kept) and Friday you are doing an inspection, (do not say of the

fire extinguishers) but you will try to fit in your test and will let him know when you can be spared. The score is now 12-3 in your favor.

At this point if you are an experienced player you will allow McSpush to bat, but if he starts to score more points be ready to activate emergency drill number 6. This consists of pressing a button on your desk which activates a battery-powered bell and represents your being called on the "other" phone. Two points are allowed for having two phones (whether you do or not). Two bells representing three phones is overdoing it, which means automatic disqualification.

ED7 incidentally, is a friend who announces loudly that the Captain wants you at once, not for any misdemeanour of course, but with the clear implication that a problem of some magnitude has arisen that only you can resolve (you may even cry out comfortably "Don't worry Sir -- I'll be there at once"). Muttering "Sorry must go -- a crisis" hang up quickly.

You are now ready for the killer stroke. Butter up a typist and inform McSpush by letter that Master Corporal Horridman's schedule has been adjusted (imply a slight risk to Canada's security, of course) to allow him to take the test from 0930 to 0939 on Wednesday. (This illustrates in passing that you are tremendously fit and is worth eight points alone.)

As a life-master player I shouldn't really tell you this, but final total and irrevocable victory is guaranteed if instead of actually signing the memo it concludes in bright violet ink the imprint ORIGINAL SIGNED BY MASTER CORPORAL HORRIDMAN.

COURTESY THE LOOKOUT

'Fishwrapper' Draws Attention

"Hero Evicted" published in the last issue of this newspaper triggered a complaint from a local mobile home park owner.

The Editor regrets this turn of events; however, the article was printed as a lighthearted piece of comedy.

There was no intent to ridicule.

The reference to 407 and 409 squadrons flying a flypast or two over John's trailer in tribute to this brave young fellow and his cat (an act they have been rehearsing for about ten years) was all in jest. The Argus and Voodoo

aircraft have certainly been flying in and out of the airfield for a number of years (maybe even ten). It is doubtful that any "Demon" or "Nighthawk" would be prepared to suffer the wrath of his CO or the BComd by doing an intentional low level pass over a built up area.

Encouraging entrepreneurs

By KENNETH McDONALD

In a rapidly changing world, central government planners cannot possibly determine what products or services are viable. Public policy must support entrepreneurs who will uncover market opportunities and then determine the skills that must be developed. Canadians can learn much from the German model.

One of the goals of the Canadian Federation of Independent Business is to have courses in entrepreneurship taught in the schools. Anyone who believes he has the power to influence events is a potential entrepreneur. The major barriers to new business formation are psychological, not financial.

As more young people seek employment in small firms, as more small firms grow and prosper, an environment is created for the incubation and development of thousands of new, flexible, economic units capable of providing tomorrow's jobs.

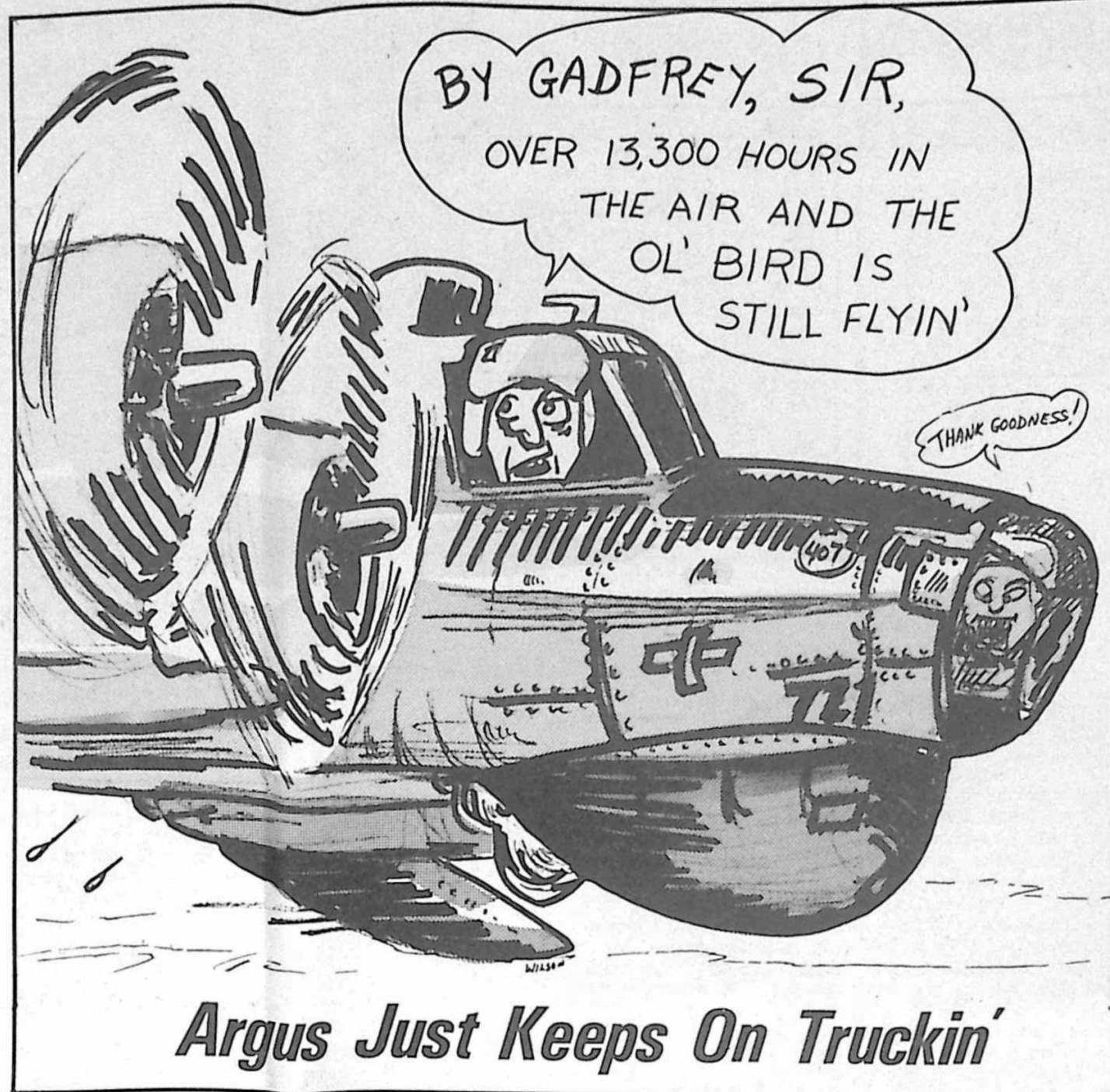
OTTAWA and Small Business



In its tendency to generalize, Ottawa resembles the statistician who drowned in a river of an average depth of five inches. Because it takes a certain sum to support a person in Montreal or Vancouver it doesn't follow that the same amount is needed for a person in a rural community. As for social assistance programs, so for education and job training. The needs are as diverse as the country and its people.

The end of cheap, abundant fuel will reveal the distribution inefficiencies of many large plants and will require the development of new industry in rural communities. New Canadian products, invulnerable to cheap imports, will be developed only when Ottawa introduces policies to encourage entrepreneurs and small scale technology. Measures to train people for the new industries are equally urgent.

Canadian educators are overly concerned with



Argus Just Keeps On Truckin'

LETTERS TO THE EDITOR

Seat Belts

Dear Sir,
Newspaper and T.V. advertisements, sponsored by the B.C. Government, are encouraging drivers and passengers to wear their seat-belts as a vital means of saving lives and reducing injuries in traffic accidents.

The B.C. Safety Council not only endorse this view, we are firmly convinced by the life-preserving evidence about seat-belts that the time is now ripe in British Columbia for a mandatory seat-belt law.

Five years ago the Australians led the way with such a law. Then New Zealand. And since that date, 10 European countries have followed suit. Most recently, Ontario has adopted this legislation.

What convinced them? It is the fact that people wearing their seat-belts have a 56 per cent better chance of surviving in a crash.

It is also the fact that injuries are much less severe in a crash when seat-belts are worn. This applies particularly to injuries involving head, face, spine, chest and the upper and lower extremities.

These, when the driver or passengers are unrestrained, are very common sources of crippling and permanent disabilities, being responsible for the paraplegics, the lame, the blind...if the victims survive.

Quite aside from the hundreds of lives it would save and the injuries reduced or avoided, a Seat-Belt law would also bring down our B.C. hospital costs by millions of dollars annually.

At present, 30,000 or so accident victims are hurt seriously enough each year in B.C. to require hospitalization - for longer or shorter periods. As taxpayers, it costs us millions of dollars annually to pay for their hospital treatment, medical expenses and associated costs.

The Australian experience (and experience elsewhere) shows clearly that a seat-belt law cuts down substantially on the number of crash victims requiring hospitalization. And it also cuts down on their average length of stay. With lighter injuries, they get well faster.

This frees hospital beds, cuts operating costs, and - also important - postpones spending large new sums of money to add still more hospital beds.

Any way a mandatory seat-belt law is viewed, it has a great deal going for it on both humanitarian and economic grounds. On the other hand, not enough of our citizens truly appreciate the extent of the benefits we would all enjoy, year in and year out, once we had this law.

Of course, there are the hold-outs who criticize the law as an infringement on their personal freedom. Their

opinion, apparently, is that if they want to risk killing themselves, and maybe their passengers too, they should be allowed to ignore the seat-belts and "die in freedom".

Maybe they should take up hang-gliding, if they feel this way. Then they would not be risking other peoples' necks, to say nothing of other people's money, for hospital, medical care, and increased insurance premiums.

Among the big majority of drivers and passengers, we believe, this attitude is regarded as selfish and dangerous. They recognize that all of us who drive have a prime responsibility toward others who share the road.

Concern has been expressed about problems of enforcement. Australian experience has shown that enforcement need not consist of a witch hunt. There, if a driver is stopped for some other reason, say apparent careless driving, the constable's routine check includes seat-belt usage. Our information is, however, that police do not stop drivers for the sole reason of checking for unfastened seat-belts.

The wearing of seat belts in Australia has become a way of life - a demonstrated way of preserving and saving life. We strongly urge the new B.C. administration to save the lives of hundreds of citizens and to pare our hospital costs by bringing forward a mandatory seat-belt law at the next session of the Legislature.

Yours truly
G.C. Blair Baillie
President
B.C. Safety Council

Next
TOTEM
TIMES
Deadline
April 12



Published every second Thursday, with the kind permission of Col. R. L. Mortimer, Commanding Officer, CFB Comox.
Editor: Al Wilson (302)
Assistant Editor: Chris Hosford, Norm Simms, Sally Robinson, Moira Montgomery.
Editorial Staff: Norma Mortimer, Phyllis Litter, Adeline Bouvier
Photographers: Ed Ellis, Jack Beggs
Sports & Recreation: Harvey Gates
Proofreaders: Pearl Kingens, Blanche Campbell, Cecile Beggs
Circulation: The Geneau Family 338-6711 in PMQs As community service by Teen Town.
Business Manager: Marc Legault (354)
Advertising: Michael Naud, Bernie Broughton, Jock Campbell (409)
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 the Editor. This newspaper whose liability is limited to a refund of the goods may be sold and difference charged. It 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

Aging Argus

Dear Sir:

There has been considerable comment in the media of late with respect to the Government's decision to replace the Argus with the P-3 LRP. Whether or not the contract is signed is, of course, a Government policy decision taken at the highest level.

I must take strong exception, however, to the many editorial statements which describe the Argus as "falling apart." I would be seriously remiss in my duties if I did not point out that through the dedicated efforts of this

squadron's groundcrew and aircrew the Argus is extremely well maintained and flown with the highest degree of professionalism and flight safety. There is no question that the Argus is "aging", but it is not falling apart. A little oil on one's window really should not be compared with the black death.

In contemporary terms, we - just keep on truckin'.

Yours sincerely
B.T. Montgomery
Lieutenant-Colonel
Commanding Officer
407 Squadron

Family Conference

We are anxious that members of the media concerned with public affairs be given full information about the BRITISH COLUMBIA CONFERENCE ON THE FAMILY. This unique project is gaining attention here and - because of its format - in other parts of the world. It is the first time government church and community have co-operated in such a way.

The purpose is to study the major issue of the family in our society today, and to bring forth resolutions calling for legislation and recommendations for im-

plementation by professional and voluntary groups.

This program is deserving of wider attention by the public. We acknowledge the important role the media plays in keeping the public informed and involved in the issues of the day. Therefore, we trust you will turn over this material to a staff person whose task it is to probe issues of this kind. We will be happy to respond directly to inquiries and provide resource persons if needed.

Sincerely yours
Canon C. Hilary Butler
Chairperson.

Dapper Dan Says:

Economic Ignorance Besets All

OTTAWA (CFP) - A term that is seen very often in the newspapers and magazines that cross my desk is "economic illiteracy."

According to various members of the media it would appear that, if ignorance paid dividends, most Canadians could make a fortune out of what they don't know about economics.

Apparently this lack of knowledge is not only confined to the adult population. Studies indicate that high

school and university students have little knowledge or understanding of the economic system under which we live and work.

Now, you may ask why a knowledge of economics is so important. The answer is simple, because we make economic choices every day of our lives, in the marketplace, in the use of our personal income and family resources, our children's educational goals and our own retirement plans.

As an example, let us look at the business sector. Its health is of supreme importance to the well-being of society, affecting everyone and everything, but few seem to realize this and many are hostile toward it.

For instance, some people cringe at the word profit. Often attacked and misunderstood, profits are the incentive which fosters competition and makes our economic system such a dynamic one. No thoughtful person would deny a fair profit to any business enterprise. That's the name of the game, and it provides the incentive for business to continue to produce an array of goods and services.

Now what about the public sector-Government. Whether at the federal, provincial or municipal level, the government functions as a producer when it provides goods and services for the public, such as highways, schools and, our special interest, national defence. It is a consumer when it buys building materials, office supplies and other products needed for operation.

It collects corporate and personal income taxes and

(Continued on page 5)



AWARDED 1st CLASP to C.D. (representing 22 years of meritorious service) on March 4. Base Photo



CERTIFICATE AWARDS. (L to R) M-Cpl "Duke" Reid, M-Cpl J.B. Aucoin, C.W.O. F. Elvins, and Sgt. R.J. Sparling. Base Photo



FOR TWELVE YEARS OF "UNDETECTED " Capt. W.M. Gladders, and the following gentlemen received C.D.s. (L to R) Cpl P.H. Stairs, Cpl. G.B. Page, Cpl L.J. Grant, and Cpl R.G. Bernard. Base Photo



CONGRATULATIONS W.O. PEACEY. LCol Montgomery congratulates Warrant Officer Peacey on his recent promotion. Base Photo

Greenwood NFPA Winner

OTTAWA (CFP) - Canadian Forces Base Greenwood's fire chief, Major Vern Collins, and his band of 36 armed forces firemen, will be hanging up their fourth top National Fire

Prevention Association (NFPA) plaque in the fire hall this spring.

The Annapolis Valley air base's fire fighters took top honors in NFPA's recent fire

prevention and education competition. They also were first-place winners in 1957, 1963 and 1972.

Plaques are awarded to winners in each class.



AROUND THE BASE



"MISS CFB COMOX" draws the winning ticket for the \$100 prize during the C.W.L. Annual Bazaar held in the school gym on 20 March. "And the

winner is Mrs. V.B. Holland, Powell River, B.C."

Begin Photo



"A-W-W, RADIO OFFICERS Can Do Anything." Says Major Tom Dandeno as he accepts his retirement gift from LCol Bruce Montgomery, C.O. 407 Sqn. Tom was feted at a Mess Dinner on March. 19. Base Photo



"IT'S ABOUT THOSE SIDEBURNS, Stu." Major Zinkan representing CO. 409 Sqn. presents former Capt. Stu Living with his silver tray on his retirement after 22 years of service. Base Photo



AFTER 22 YEARS of pushing aeroplanes around the sky, Capt. Dave Royer of 442 Sqn. received his silver tray at a recent retirement dinner held at the Officer's Mess. No doubt, LCol Lang is recalling the story concerning Dave's adventures in the tunnels of Frobisher Bay. Base Photo

'Monty' Moves On

(Continued from page 1)

African campaign. He went so far as to tell Churchill that if he insisted on an attack in Sept. that Monty would request to be relieved of his command. Churchill deferred and Montgomery won the battle and the campaign.

He was a firm believer that an officer's only purpose was to lead and look after his men. He insisted that every man was fully briefed on the battle, what his part in the battle was and what was expected from him. He also insisted that officers lead their men from the front and not from afar. The number of officers buried in the El Alamein attests to the fact that they were right beside their men. He once asked an officer if the sand bagged positions some of his men were in would stop bullets. The officer said he

thought so. Monty ordered him into the position, picked up a rifle and started firing bullets into it. From then on, officers were sure sand bagged positions were bullet proof. Monty always insisted there were no bad units just bad officers. When a unit failed to perform a number of officers would quickly be fired and new ones brought in. The next time the unit performed well.

Monty has been criticized for his ego and tactlessness. I wonder how our ego would react if six months from now our name was a household word and we were an international hero; hailed by all as the great victor. Monty was a professional military man whose task it was to do battle and defeat the enemy. He was not a diplomat whose job it is to state views without offending others. Perhaps if the diplomats had mastered their profession as well as Monty did his, there may not have been a second world war or the ensuing cold war.

DAPPER DAN SAYS:

(Continued from page 4)

transfers a portion of these funds to individuals in the form of Canada and Quebec pension plans, Old Age Security, Unemployment Insurance, etc. In this area, a better knowledge of economics would help us take a stand on social programs, environmental protection or other public policy issues.

We all must learn more about how our free enterprise system works - its rewards, constraints and possibilities.

In Canada, the free enterprise system has worked for over a hundred years.

So I suggest it's back to the books and classrooms for a lot of us. Many of the public libraries throughout our fair land have excellent sections on economics. So dig out your old library card, forget about the garbage on the one-eyed monster, and begin to develop a thirst for knowledge.

It is imperative that all of us understand our role in the market system, and the intricacies involved, so that we may help shape the economic policies of the future.

What other military men thought of Monty was best said by General Eisenhower's Chief of Staff when he told Montgomery "General I'd sure like to work for you. I wouldn't mind working with you but I sure wouldn't want you working for me."

As Canadians we may hold different views about Montgomery. I would like to quote his views about the Canadian fighting man.

"The Canadian definitely is a very brave fighting man. But he is not alone in this. The soldiers of other nations are also brave. "I would say that the Canadian soldier's hallmarks are his independence, his enterprising versatility and his robust mentality."

With Field Marshall Montgomery's death, a famous military man has passed into history. As a military person we should hope that we can do our jobs as well as he did. We should also hope that if we go to war we are lead by a man of Monty's courage and ability.

Section Hockey

Well both inter-section leagues have wrapped up their 1975-76 season recently. The "B" league (or Rec League) took on a new format this past year in that no statistics or standings were kept; general consensus agreed that this was the only way to go for this type of league. The no statistics, no standing way of playing definitely helped toward getting rid of some of the unnecessary rough stuff not needed in a Fun League and left it for the "other" league. It was good to see a bunch of guys going out to play simply for the fun of it. Congratulations to the Military Police, 409, 407, Avionics, ATC and Armament for the fun filled hockey season.

Now for the "other" league. This year the "A" league saw four teams playing each other that were more evenly matched than the previous season; it must have felt good for the Military Police to hit the win column this year after a frustrating no win season last year. The rule keeping the Base Hockey Team players out of inter-section hockey this year contributed to this more even distribution of talent in inter-section and is one I'm sure will be in effect next year.

As we saw in the finals between 407 and 409 this year, having an undefeated season certainly doesn't guarantee no losses come play-off time. 407 learned the hard way (They had the undefeated season). As they came face to face against a determined, fast skating, hard hitting 409 squad who were out to prove that they were not in the least bit impressed with 407's unblemished season. In the best of five play-off games 409 easily won the first two games by scores of 7-3 and 13-13 (Thirteen? Yeah Bob slept

most of the game) to 5 and then made it three games straight with a final 3-1 victory in what was one of the best games all year.

Congratulations to Frank

Dupeyron and the 409 crew and to 407, the Military Police and 442 for a most interesting hockey season.

See you next year! Take a PERI to lunch.

Section Broomball

Can anybody here beat the 407 "A" team in inter-section broomball? Well the Military Police beat them once all year as did the 442-409 squad and the Firehall tied them once but that was it. 407 made it five in a row this year as they beat the Military Police three games to one in the finals to emerge once more as the best broomball team on the Base. Congratulations to Jack

Dupont and his broomball team and to the Firehall, Military Police, 407 "B" and 442-409 squads for a highly competitive broomball season.

Good luck to our Base Broomball Team who will be going to CFB Ottawa on 9 Apr. 76 to compete in the CF Broomball National Championship.

Comox Rec News

Baseball-Softball Coaches Meeting:

There will be a meeting at the Rec. Centre at 7:00 p.m. on 5 April for all those interested in coaching baseball or softball teams this year. Success of the baseball program will depend on the coaching assistance received so we would urge parents to help in this regard.

Spring Programs:

Registrations are now under way for Tiny Tots, Baton and Woodworking. All of these courses commence the week of 5 April.

Our flyer for the rest of the Spring Programs should also be in your mailbox the week of April 5.

Baseball

The registration for Base Ruth Baseball will be held at the PMQ school, 10 o'clock to 2 o'clock Sat. 10 Apr. 1976. Birth certificates are required. All interested coaches and managers are requested to register at this time as well.

Registration fees Prep. \$10, Jr. \$12, Snr. \$14.

Bowling

Ladies: 15 Game Marathon.
Place: CFB Comox Lanes.
Date: 1, May, 1976.
Time: 0900 - Finish.
Eligibility: CFB Comox League Bowlers entry fee - \$7.50. All monies returned in cash prizes. First 20 bowlers to be registered only. Nil handicaps. Contact Russ Englemeyer local 354.

Men's 20 game marathon.
Place: CFB Comox Lanes.
Date: 24, Apr. 1976.
Time: 0830 hrs. - finish.
Eligibility: CFB Comox League Bowlers.
Entry fee \$10.00. All monies returned in cash prizes. First 20 bowlers to be registered only. Nil handicap.
Registration - contact Sgt. Englemeyer loc 354 or Tech Trg. Officer 407 San.

410

To Get Colors

OTTAWA - Lieutenant-Governor Hughes Lapointe of Quebec will present squadron colors to 410 Operational Training Squadron of the Forces' Air Command at CFB Bagotville, Que., June 11 - 13.

The reunion marks the squadron's 25th year of active service. Formed June 1, 1941, the squadron has served overseas in war and peace, has been disbanded and re-formed several times, and has flown several types of aircraft, including the Mosquito, fighter-bomber, Sabre and CF-100 jets.

Curling Capers

BY: BEV MUSKETT
The Sunday Morning Hangover League held their annual club bonspiel March 27 and 28. There were 24 rinks competing for first and second prizes in four event s.

Results are as follows:
"A" Event: 1st - Barr's Mobile Homes, 2nd - Lions No. 1.

"B" Event: 1st - Lions No. 2, 2nd - Sgts. Mess No. 1.
"C" Event: - Bonnie Togs, 2nd - Comox Legion.

"D" Event: 1st - Pete the Painter, 2nd - Full Tilt.
This was the end of the Hangover League curling for the season and they will be holding their annual windup banquet and dance April 10 at the rink.

The Ladies Club held their annual pot-luck supper and general meeting March 23. The new Executive for the 1976-77 season will be as follows: Past President - Joyce Vanetta, President - Marlene Peterson, Vice-president - Lucy Grant, Secretary - Olive Cretney, Treasurer - Angie Horning, Bonspiel Chairman - Barb

Parker, Ways and Means - Lil Linders, Zone Representative - Irma Carlson, Entertainment - Jean McKean, Membership - Dot Thompson, Draw - Heather Hayward, Trophies & Grievance - Bark Flawse, B.C. Girl's Rep. - Alive Rahn, Publicity - Ev Kardynal, Sr. Ladies Rep. - Nellie Taylor.

Following the meeting, a playoff was held to declare the club champions. Muriel Fielding's rink of Sharon Hastings, Angie Horning and Sheila Mellis were victorious in defeating Barb Parker's rink of Eileen Kirkwood, Irene McMurtrie and Cheryl Schwartz. The Fielding rink also won the Tuesday Evening League and the Parker rink won the Twice-a-week afternoon league.

A tie-breaker had to be played off for the runner-up in the Ladies Night League between the June Bean rink and the Bev Aitken rink. This play-off was won by June Bean and her rink of Collette Creamer, Linda Grant and Lola Morrey. Curling with Bev were Doris Waugh, Willa Lamb and Chris Erickson.

Also following the meeting social curling was held on a

total points basis for the President-Vice-President trophy. This was won this year by President Joyce Vanetta.

The curling is now finished for the season and will officially come to a close Saturday April 3 with the annual windup banquet and awards presentation being held at the Comox Valley Curling Club, 6:30 p.m. My final report will be in next week's paper with a complete list of all the winners during the 1975-76 season.

The friendly neighbour-hood exercise.

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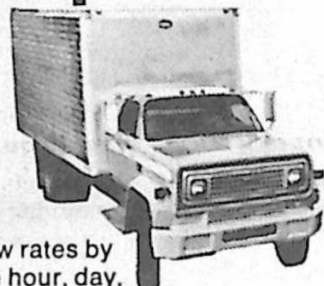
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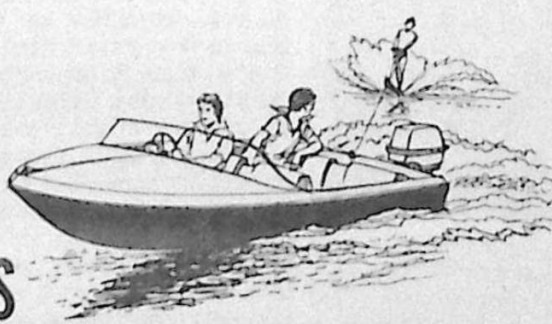


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CF Photo

She's Every Inch A Sailor

OTTAWA (CFP) - She's five-ft. 1 1/2 in. tall, and she's an "Inch".

And that's what everyone tells her, too, she says. But by any measurement, Able Wren Marilyn E. Inch, 21, of (2428 Heaton Ave.) Ottawa, is quite a girl.

And musician. The second-year Ottawa University music student plays principal bassoon in the university's wind ensemble, Ottawa Youth Orchestra, National Capital Symphonic Band and the band at Ottawa's naval reserve division, HMCS Carleton.

She says she averages 15-20 hours a week on the bassoon at the university, in the bands and orchestra.

Only time she doesn't play is when she's on parade at Carleton, or other events around the city. "I play cymbals on parade," she says. "I don't have a choice, because you can't march very well with a bassoon. You'd ruin your mouth, the reed and your right leg, so I play the 16-inch parade cymbals."

Marilyn has been playing bassoon much longer than cymbals, and according to the band officer, Sub-Lieutenant Dave Yensen, she is adept at both instruments - a little better on bassoon.

Introduced to the instrument in an Ottawa high school seven years ago, she says she didn't even know what it was the first time she saw one.

"But I sat down with it, and started to like its sound after playing for only about five

minutes," she says. (The bassoon, a long, double-reed woodwind instrument, forms the bass end of the woodwinds section).

"It's really different; that's why I like it," she adds.

Able Wren Inch readily combines a busy musical schedule on "civvie street" with her work in the Carleton band.

She joined the 35-member band last March and can remember the first drill night she attended at the Dow's Lake barracks.

"I was watching a parade on the drill deck, and as soon as the band struck up 'O Canada my heart just went 'thump!'," she says. "I really was impressed with the sound and everything, but I wasn't sure about joining. That changed, though, when the band played."

She said she confirmed her plans to join when the band broke into the quick march, "Heart of Oak," the naval march.

And now she plays the march with a flair; "I even have a cymbal solo in the coda."

But music wasn't her main reason for signing on. "I knew a lot of kids in the naval reserve, and I liked the idea of the military, though I'd never tried anything like it before."

"But down here, I teach myself some self-discipline; the social life is great and you get to travel."

One of her recent, non-musical adventures with the naval reserve was as a crew-

member on a training weekend aboard the Halifax-based gate vessel HMCS Porte St. Jean.

"The crew was formed mainly of Wrens, and the weekend was a lot of hard work, but a lot of fun," she says. "I enjoyed myself, but was I ever sore all over afterward...climbing up and down ladders, through hatches and handling those heavy lines; boy!"

On the Thursday drill night following the training weekend, she said she was so stiff that she could barely stand, let alone play the cymbals. "I could play only for about two minutes at a time," she adds. "After that, I'd have to put them down."

She says she doesn't really mind playing in the percussion section on parade. "Standing beside the bass-drummer is okay as long as I'm on his right-hand side. He's left-handed, and it's a bit loud standing there, especially during the drum signals."

One big thing the naval reserve and her part-time percussion work has done to her is strengthen her arms, she says.

This summer, she hopes to go to Esquimalt, B.C. for four or six-month's training at the Forces' School of Music, and before leaving, expects to be promoted to the rank of leading wren.

Asked what her favorite march is, she replied, "Army of the Nile", by British composer Kenneth J. Alford.

Gliding News

Well, the 1976 gliding season will soon be starting at Comox weather and variables permitting! The "Official" opening will take form of an Annual General Meeting on 7th April at 7 p.m. (1900 Hrs.) in the conference room of the Base Armament Bldg. (the old firehall). Free coffee for sure, snacks to be scrounged from volunteers.

Our 1975 season was not too active or successful due to repairs needed on our two trainers, and due also to the breakdown of the tow car. The Gliding Club Executive and various club members have put a great amount of time and effort into solving last year's problems and the result is a faster, more efficient launching system. The club is now the proud owner of a winch launch, thanks to the much needed financial assistance of the members who attended our last General Meeting in August.

Everyone and anyone interested in gliding, is invited to attend the General Meeting on April 7th. A new executive for the club will be elected. Membership forms will be available.

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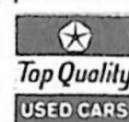
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FLEA MARKET. In aid of Comox Valley Day Car Society CRA Hall Courtenay Apr. 24, 10 a.m. - 4 p.m.

food we eat, the weight problem, the malnutrition, the balanced diet. It's the care or neglect of our bodies.

LIFESTYLE is the cars we drive and the seatbelts we don't wear. It's speeding or taking it easy. It's the alcohol we drink ... it's the deadly "one more for the road". It's moderation and alcoholism. It's knowing when to get treatment and getting it. It's protecting our loved ones or letting them down.

LIFESTYLE is drug addiction in the cigarettes we smoke, the "uppers", the "downers", the hash ... it's abuse of over-the-counter prescription and illegal drugs or intelligent use of drugs. It's taking precautions against child poisoning or tragic carelessness.

LIFESTYLE is staying in shape or getting fit by regular physical activity, or it's running to seed. It's taking part in summer and winter sports or simply watching television. It's getting out and doing something enjoyable or being bored.

LIFESTYLE is how we handle stress, tension and loneliness ... it's knowing how to relax. It's how we feel about ourselves, our lives, jobs, families, and friends. It's being able to change some things in our life and living with those we can't. It's contentment or despair.

LIFESTYLE is using safeguards or taking needless risks with our health, on the job, at home, at school and when playing sports. It's obeying safety rules or ignoring them. It's taking responsible advantage of medical and health services. It's complying with the doctor's instructions or treating ourselves.

LIFESTYLE is learning how to deal with emergencies or being helpless. It's learning to swim, practising water

safety and being able to give first aid. It's common sense or foolhardiness.

LIFESTYLE is parents' influence on their children, a couple's relationship to each other and their family. It's involvement in the community or dropping out.

Your lifestyle, at this moment, whether good or bad, is distinctly your own. It will change according to your attitude and ability to change. Your lifestyle reflects what reasonable accuracy what health may be in the future - unless changes are made for better or worse.

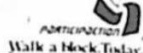
Archery

Members of the CFB Comox Archery Club ventured to Lake Cowichan on the 28th of March to partake in the Vancouver Island Indoor Archery Championships. The shoot hosted by the Cowichan Bowmen was a huge success with about 60 competitors of all classes participating.

The Comox Club showed well in the competition and a few of the awards came to the north end of the island.

Winners were: Cathy Glinnie - Free Style - 3rd; Rory Glinnie - Pro handicap - 1st; Don Buchner - Free Style Unlimited - 1st; Gary Gauvreau - Free Style Unlimited - 2nd. Despite the cold and poor lighting our shooting came up with 6,000 scores and enjoyed the lively competition with their fellow archers. Congratulations to CFB Comox Archers.

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PFENNINGS FOR GUATEMALA. Students at the Intermediate School at the Canadian Forces NATO base at Lahr, West Germany, start to sort and count the German coins they collected during their

project "Weigh-in for Guatemala". Approximately \$400 was collected for relief work by the Canadian Red Cross in Guatemala.

Canadian Forces Photo



For years, horsemen and veterinarians have been aware that influenza virus commonly produces respiratory infection in horses. In the spring of 1963, however, the seriousness of this disease in the U.S. took a dramatic turn for the worse. A new strain of influenza virus appeared at Miami race tracks just prior to the racing season. With remarkable speed, horses being trained in Florida carried the new flu virus to New York, Kentucky and other reas of racing competition.

The effect on the track industry was considerable. In Chicago and Toronto, for example, half the 1963 racing seasons were cancelled. Horses affected by influenza developed fever, loss of appetite and stiffness, as well as respiratory problems, and simply could not train or compete.

Fortunately, the epidemic spurred the development of preventive vaccines for equine influenza. Today, several manufacturers produce vaccines that can prevent infection caused by both forms of influenza virus. Prevention is definitely the key to controlling the disease because treatment after the fact has little effect on any virus.

In severe cases of equine influenza, convalescence and a persistent cough may last as long as six months. To recover fully, the horse must not have any strenuous activity during the recovery period. This, of

Equine Influenza - Prevention Is The Key

course, prevents an affected animal from being used for work, pleasure, or show and racing competition.

Horse owners should also be aware that influenza and equine rhinopneumonitis infections have similar symptoms. Laboratory tests are necessary to distinguish between these two respiratory diseases. In both diseases, signs include a rapidly rising fever up to 107 degree F usually lasting several days, along with coughing, depression and loss of appetite. Horses with rhinopneumonitis usually have a mucous discharge from the nose and eyes which is more pronounced than in cases of

influenza. If you vaccinate only for influenza, your horse could still develop rhinopneumonitis and show symptoms that could be mistaken for flu.

Fortunately, vaccines are available for both influenza and rhinopneumonitis so that horse owners can protect their animals from these two troublesome respiratory diseases. Like many infectious agents, respiratory viruses are easily transmitted wherever horses are in contact with each other. I strongly advise preventive vaccination for both influenza and rhinopneumonitis, particularly if you plan to enter your horses in competition.

Miracle Drive In Theatre

Black Creek, B.C. April Program
Gates 7:15. Show 8:00 p.m. Adm. \$2.50 - 13 and over

APR. 2, 3 & 4, FRI.-SUN.
HORROR DOUBLE BILL
THE HOUSE OF TERROR and
BLOOD FOR DRACULA

APRIL 9, 10, 11 - FRI.-SUN.
THE DRAGON DIES HARD
(A Bruce Lee story)
AND KARATO, HAND OF DEATH

APRIL 16, 17 - FRI., SAT. ONLY
Xaviera Hollander in
MY PLEASURE, MY BUSINESS
Second Feature
BIG BAD MOMMA
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Cancer Campaign Now Ready To Go

Over the past few months the staff of the Canadian Cancer Society, B.C. and Yukon Division, working in co-operation with their many Units and Volunteers in the communities, have been quietly preparing for their major fund raising drive, scheduled for the month of April.

Known as "Conquer Cancer Month," April is the time of

year the Society utilizes to collect the bulk of the monies required to ensure continuing research across Canada, in an ongoing effort to find an answer to this disease.

Each year approximately 70,000 Canadians are told they have cancer of one form or another. Some types of cancer have a highly successful treatment rate, whilst others, such as lung cancer, and

cancer of vital organs, lower the odds considerably if not detected at an early stage.

The plain truth is, however, that although much has been done, through research, to improve diagnosis, surgical and treatment techniques, increasing the survival factor from what was, at one time one in every four persons, to the present figure of over 50 per cent, we are still losing

over 30,000 Canadians yearly from this disease.

Cancer can be beaten, as 40,000 Canadians can testify every year, but it takes time, dedication, and money. The required funds can only be raised through the generosity of the general public, so when April rolls around, give your support to the local appeal in your community.

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COURTESY
Admission \$2.25 OAP \$1.00 Ch. \$1.00
Mon. to Thurs. - 8:15 p.m.
This Fri. & Sat. - One Complete Show from 7:30 p.m.
Matinee Sat. - 2:00 p.m.
No Matinee April 10

THURS., FRI., SAT., APRIL 1, 2, 3 — **Disney Double Bill**
Fri. & Sat. - One Complete show from 7:30 p.m. — Mat. Sat. 2 p.m.
"CINDERELLA" Plus "ONE OF OUR DINOSAURS IS MISSING"
General Entertainment

MON., TUES., WED., APRIL 5, 6, 7 — **DOUBLE BILL**
"DIRTY MARY, CRAZY LARRY" "Coarse lang. throughout"
Plus "VANISHING POINT" Mature

THURS., FRI., SAT., APRIL 8, 9, 10, 12, 13, 14
"A BOY AND HIS DOG" Fri. & Sat. - 7 & 9 p.m.
"Some nudity and brutal violence"

STARTS THURS., APRIL 15
"THE HINDENBURG" George C. Scott
Mature Entertainment

Stardust
Drive-In Theatre
Williams Beach Rd. & Isld. Hwy.
Admission \$2.50 O.A.P. \$1.00
Gates Open 7:30 p.m.
Show starts 8:00 p.m.
FRI., SAT., SUN., April 2, 3, 4
"YOUNG FRANKENSTEIN" Plus Mature
"PHANTOM OF PARADISE"
FRI., SAT., SUN., April 9, 10, 11
"LAS VEGAS LADY" Plus SECOND FEATURE
THURS., FRI., SAT., April 15, 16, 17
"THE 3 MUSKETEERS" Plus General

OFFICERS' MESS ENTERTAINMENT APRIL, 1976

FRIDAY, APRIL 2 — TGIF. 1700 - 1800

FRIDAY, APRIL 9 — TGIF. 1700 - 1800

SATURDAY, APRIL 10 — Beef and Burgundy.

Reservations Required

SUNDAY, APRIL 11 — Brunch. 1200 - 1300.

THURSDAY, APRIL 15 — TGIF. 1700 - 1800.

SUNDAY, APRIL 18 — Family Dinner. 1700 - 1830.
Movie. 1915 hrs. "For Pete's Sake."
Reservations Required.

FRIDAY, APRIL 23 — TGIF. 1700 - 1800.

SATURDAY, APRIL 24 — Cabaret Nite.
Reservations Required.

WEDNESDAY, APRIL 28 — OWC Fashion Show.

W.O. AND SGT'S. MESS

2 April — TGIF

3 April — Dance. Powerhouse. Admission free. Food: Pick Trays. Time: 2100 to 2400 hrs.

9 April — TGIF

10 April — Dance. Harvest. Admission Free. Food: Pick Trays. Time: 2100 to 2400 hrs.

17 April — Social Night.

23 April — TGIF.

24 April — Giant Sportsmans Bingo and Dance. Food: Fish and Chips. Admission \$1.00 per person. Members and Associates \$2.00 per person. Honorary and Guests. Extra cards for sale, 5 for \$1.00. All prizes to be sporting, camping or fishing. Further info next issue.

30 April — TGIF.

JUNIOR RANKS CLUB

APRIL ENTERTAINMENT

APRIL 2, 3, 4 — Dance. "Midnight Train"

APRIL 6 — Movie - "White Dawn"

APRIL 7 — Bingo

APRIL 9 — Dance. "Disco"

APRIL 10, 11 — Dance. "Powerhouse"

APRIL 13 — Movie. "McQ" with John Wayne

APRIL 14 — Bingo

APRIL 16, 17, 18 — Dance. "Spring Water."

APRIL 20 — Movie. "Mixed Company"

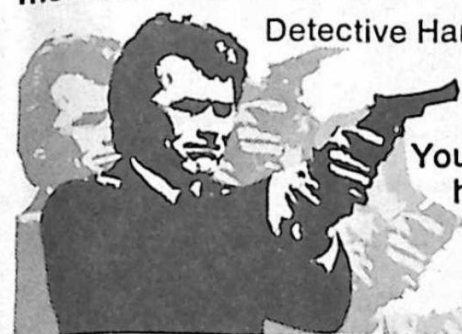
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SCHEDULE

THURS., 2 APRIL - FRI., 3 APRIL - SAT., 4 APRIL

Detective Harry Callahan.



You don't assign him to murder cases.
You just turn him loose.

Clint Eastwood
Dirty Harry

Showtime 2000 hrs. to 2150 hrs.
"Some violence and coarse language"

SAT., 10 APRIL - SUN., 11 APRIL

IT RIPS YOU APART!



Watch it outdo Kung-Fu!

Showtime 2000 hrs. to 2150 hrs.
"Some violent scenes"

WED., 7 APRIL - THURS., 8 APRIL - FRI., 9 APRIL



THE ONE THING PEOPLE HATE MORE THAN A COP KILLER... IS THE LAWYER WHO GETS HIM OFF!

Showtime 2000 hrs. to 2150 hrs.
RESTRICTED SHOWS: 18 years and above - Under 18 years of age must be accompanied by a person over 18.

WED., 14 APRIL - THURS., 15 APRIL

Dustin Hoffman
"Lenny"

A Bob Fosse Film



Showtime 2000 hrs. to 2150 hrs.
"Coarse language."
ADULT SHOWS: 16 years of age and above - Under 16 years must be accompanied by a person over 16.

Holland Cheese Home Economist Says Metric Cooking Easier

What will metrication mean in the kitchen? For one thing it means we will see an increasing number of recipes using metric measures, but the work of changing cookbooks over to metrication will take some time.

According to Kay Spicer, consultant home economist for Holland Cheese, the consumer need not fear the new system. Consultants have worked to make metrication in cooking as simple as possible.

"Cooking and baking techniques will remain the same," says Kay. "Ingredients will continue to be measured by volume, as has always been customary in Canada, and will be listed in ml (millilitre) quantities. This will replace the complicated combination of cups, tablespoons, teaspoons and ounces."

Meats, or cheese will be expressed in grams (g) or kilograms (kg) for large amounts. A kilogram is slightly more than two pounds.

For metric cooking a complete new set of measuring equipment is indispensable, you will need:

1. A clear 250 ml liquid measure (slightly larger than 8 ounce cup).

2. A three-piece small liquid and dry measure set of 50 ml, 125 ml and 250 ml.

3. A five-piece small liquid and dry measure set including a 1 ml, 2 ml, 5 ml, 15 ml and 25 ml measure.

All metric recipes will be prepared using these units.

When purchasing equipment do not forget that there are different measures for dry and liquid ingredients. This

holds true for the old imperial measurements as well, of course.

Measures for dry ingredients have their final marking at the edge, so they can be levelled off with a knife. Liquid measures are marked a half-inch or so

beneath the lip to avoid spillage.

Don't throw away your imperial measures. Continue to use them to prepare old favorite recipes. Kitchens will have both sets of measuring equipment for some time; but do practice metric thinking

whenever you can. With your new measures try metric cooking. No need to be confused, muffins will still be muffins and biscuits, biscuits. 100 grams of imported Holland Edam or Gouda will make about 200 ml shredded cheese. A slice of bread

weighs about 25 g. An egg about 50 g. What, in a word, is Kay's advice on learning to cook metric? "Well, I think that you just have to start thinking metric from the beginning. You'll be surprised at how easy it really is."



DOGPATCH? No! Just a certain area of PMQs after the dogs, crows and the gulls have had a go at some tasty treats. Just a reminder that your

Tuesday and Friday offerings may be the subject for a candid camera shot.

(Skulker Photo)

PMQ Preamble

Every six months sees a changing of the guard in the PMQ Council. Included with this article is a Clip and Save list of the current Councillors. These are the people to whom you should bring your PMQ problems. Call either of the councillors in your Ward, they may not have the answers but they at least can point you in the right direction. If all else fails you can call upon our new Mayor, Dave Phoenix at Local 308 on the Base or 339-4871 at home.

The last Council meeting brought forth the fact that many people were calling everywhere except CE for CE related problems. The place to call to get that backed-up toilet fixed, or a little top soil

for that messed up lawn is 234 (CE Work Reception) during normal working hours Monday to Friday; and 250 (Fire Hall) after hours and on Weekends and Holidays.

The problem of PMQ parking is presently under investigation by the Safety Committee. In particular those areas around the school and apartments can expect to see some changes in the near future.

A constant irritation to many PMQ residents is the

PMQ'er who feeds the seagulls and crows twice a week. PMQ Orders are explicit, plastic bags are not acceptable. Occupants of PMQs are to use metal or heavy gauge plastic garbage containers with tight fitting lids.

COMING

10 April - 1000-1400 hrs - Little League - Babe Ruth Baseball Registration - Airport School.
18 April - Easter Egg Hunt. Details next Totem Times.

Wallace Gardens

PMQ Council

WARD NAME	TELEPHONE
1. MCpl CE Wallace	339-4491 (229)
Sgt WG Cudmore	339-9093 (347)
2. MCpl D Grenon	339-3538 (261)
MCpl GR Whaley	339-5297 (343)
3. WO GG Giles	339-2944 (308)
M-Sgt RE Eppler	339-2184 (393)
4. Sgt EH Pshytokky	339-4253 (318)
CM-Sgt D Pierce	339-2924 (434)
5. Lt DJ Barney	339-2470 (421)
Capt MD Phoenix	339-4871 (308)
6. Capt RD DeLong	339-4418 (390)
Capt JP Morrow	339-2019 (423)
7. Cpl JB Lavigne	339-2767 (417)
MCpl RW Gray	339-5257 (308)
8. Cpl DG Jones	339-2145 (417)
Sgt KA Stagg	339-4755 (343)
9. Cpl B Uddenberg	339-3889 (417)
Cpl H Hager	339-5277 (367)

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RC CHAPEL

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Telephone 339-2211 Loc 274
Residence - 339-2102

SUNDAY MASSES: Saturday - 7:00 p.m. (Sunday Vigil)
Sunday - 9:30 a.m. and 11:00 a.m.
WEEKDAY MASSES: Mass will be celebrated in the Chapel at 4:00 p.m. Monday to Friday inclusive during Lent.
SACRAMENT OF PENANCE: Before and after all Masses.
CATECHISM CLASSES: Catechism Classes for Grades 1 to 8 are held regularly each Wednesday evening from 6:30 p.m. to 7:30 p.m. at the Airport School in PMQs.
BAPTISM: By appointment. Instructions for parents required prior to Baptism.
MARRIAGES: Minimum of three months advance notice. Marriage counselling and preparation courses are required prior to marriage.

Lenten Message

By FATHER FRANCIS SWOBODA

The primary purpose of the Lenten Season is to help each of us prepare for Easter, the most important event in human history. Easter is not simply just an event which happened 2000 years ago. Christ's resurrection is a reality to which faithful Christians constantly return for inspiration and help in our daily lives as we pursue love, justice and reconciliation. Lent then is a time when we as Christians must review our daily activities both as individuals and as participants in our society.

We live in a rich country, perhaps too rich. Our hunger for unrestrained consumption of goods, our sometimes irrational use of our natural resources, our selfish desire to obtain for ourselves a bigger share of our country's riches, all of these contribute to the rampant inflation that accentuates the inequalities between us and leads to greater hardships for the underprivileged and weaker members of our society.

If we believe in Christ's teachings and seriously listen to the Gospel, we realize that now, as always, He invites us to love one another with the love which brings a constant conversion of our hearts and asks us to battle daily against our selfishness. Such love leads to justice and becomes real in our active search for concrete solutions to the inequalities which exist among us.

When we have made a real effort to live a life reflecting love and justice, then we will be able to be reconciled with God, and our neighbors. We have Christ's commandment of love of God and neighbor "that you love one another, even as I have loved you." Saint John reminds us that "our love is not to be just words or mere talk, but something real and active." Our Lenten preparations can help us to come to a new understanding of our faith and we will be able, in love and justice, to celebrate Easter as the feast of life.

PROTESTANT CHAPEL

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

CHAPEL SERVICES

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

HOLY COMMUNION - Holy Communion 1200 hours last Sunday of each month.

BAPTISM - Services of Holy Baptism are held every month.
WOMEN'S GUILD - All women are encouraged to support this group which is very active in missionary efforts. Meets in the Chapel Lounge at 2000 hours on the third Tuesday of the month.

CHAPEL CHOIR - Our Senior Choir extends a warm welcome to all new arrivals. New voices are always needed. Please speak to the Choir Director, Organist or Chaplain.

Senior Choir Practice - 2000 hours, Thursday
Junior Choir Practice - 1800 hours, Thursday

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

OFFICE HOURS - 0800 - 1630 hours. Phone 339-2211 local 273.

HOSPITAL VISITATION - The Chaplain would appreciate the cooperation of the members of the congregation and would request that they phone the Secretary's office (339-2211 Local 273) to report the names of any members of the congregation who may be in the hospital.

Lenten Services

Special Lenten Services are being held in the Protestant Chapel at 7:00 p.m. on Tuesday evenings during the Lenten Season. This is a time of Scripture Study and Meditation on the great Christian Beliefs of The Bible.

Each one is invited to make these services a part of your Lenten Devotions that this pre Easter period will become an exercise in spiritual renewal. Come and bring a friend.

THE LENTEN THEMES

Tuesday, 7:00 p.m. - 6 April - "Future Life and The Christian Way of Life"

Tuesday, 7:00 p.m., 13 April - "The Bible and The Church"

Make a decision to take one hour a week for your spiritual enrichment.

Easter Is Coming

During the past few weeks we have been holding special Lenten celebrations in the Protestant Chapel. Each Tuesday evening we hold a period of Bible study, meditation and discussion. It is an attempt to be spiritually enriched as we talk about the great teachings of the Christian Church. On Sunday, 11th April we celebrate Palm Sunday.

Palm Sunday commemorates the triumphal entry of Jesus into Jerusalem when, according to Jn. 12:13, the common people showed their welcome by holding aloft leaves of the regal Palestinian palm tree. The use of palm leaves on the anniversary of this occasion dates back to an early period in the history of the Jerusalem church and continues to be an appropriate symbol for the day which marks Christ's popular though temporary triumph and anticipates by a week the day of Christ's everlasting victory.

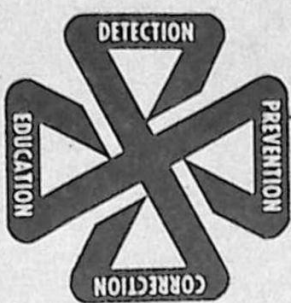
We invite each member of the community to assemble with us for our Lenten and Easter Celebration. Remember Easter Sunday is Sunday, 18th April.

"WORSHIP GOD ON EASTER SUNDAY BY ATTENDING CHURCH"

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ACCENT SAFETY

How is Your General Safety Program?



Accent On People

There are four "people" elements in any safety program. The cornerstone on which all else rests is the top manager - the commander. He is the one who establishes policy, provides the clout and sets the example. If he is content with lip service then the safety program ends right there. A commander who encourages, or even tacitly allows, shortcuts in his operations cannot hold his supervisors responsible for the resulting accident. If he believes that safety is an integral ingredient of mission accomplishment; his job is cut out for him, as we shall see.

The second people element is the safety manager. He is the one responsible for keeping his finger on the pulse of the safety program and

keeping the commander up-to-date on the state of its health. His task is complex and involves administering the safety program, keeping the commander informed, making recommendations and maintaining follow-up on action items.

The job cuts across all functional lines and into all functional areas. To do it properly the safety manager must have access up, down, and laterally. You can bet that any commander who puts filter layers of managers between himself and his safety manager will never know the true status of his safety program - until a catastrophic potential is realized. Safety managers have no command authority and can't be the action agency to get problems corrected.

The third "people" element is middle management - the functional managers and supervisors. Accidents due to unsafe acts (85 percent nationwide) are not caused by the safety officer, as some believe, but are caused by the people doing the work. The supervisors are the people with direct control over that work, so the importance of their link in the safety chain cannot be over-stated.

The commander must make certain that when he establishes safety policy, his middle managers know that he means what he says. He must then give them direct responsibility for the safe conduct of their operations. Finally, they must be educated. Safety officers can never find all the procedural and physical hazards that exist in a unit. The supervisors must be trained to identify potential hazards in their areas and they must know what to do about them.

Because the supervisor provides the direct interface with the workers he must be responsible for their safety awareness and discipline. He must see to it that workers know the hazards of not only their particular tasks but the work environment. And the supervisor's most important - and difficult - task: he must be certain that the procedures for doing the job in his area of responsibility are adequate and that his people follow them.

The final people element of a safety program is the worker. In essence, it is his hazard awareness and discipline in following the proper procedures that ultimately prevents the ac-

cident. The entire safety effort is wasted if it does not impact the worker. How effectively it impacts him may well determine a commander's effectiveness as a manager.

One final thought: which "people" element would you consider to be the most important to a safety program? Conversely, which link in the safety chain could you most afford to eliminate?

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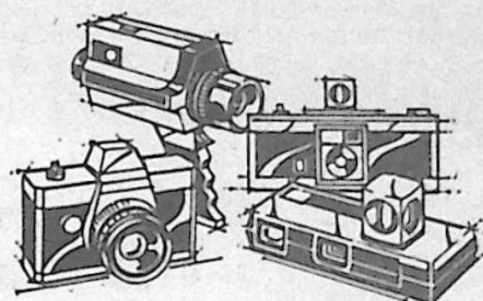
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NIZO S560 - 8-1 P. Zoom	\$599.95	\$500.00
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Officers Wives Club

The Officers' Wives Club held their March meeting on March 17th. Mary Slein gave an informative talk on the "History of Dolls". It was interesting to learn that dolls played an important part in espionage and fashion, as well as in entertaining girls of all ages. Mrs. Slein runs a Doll Hospital in Courtenay and has restored some very valuable dolls.

The next meeting will be a Fashion Show on April 28th. Tickets for the May dinner will be sold at this meeting.

Mary Slein And Family

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ON THE OCCASION of his being posted to Cold Lake, W.O. Gord Rennie of Base Workshops was presented with a unique rec-room conversation piece by the "Gang" at the W.O.'s and Sgt's Mess. The presentation was in appreciation for being such

a nice guy, and for teaching the troops the difference between a "Saskatchewan take-out" and a "Ranfurly double". A smiling Harry Alstad holds the lid.

Demon Photo

Residential Fires

The Children Are Victims

BY THE BASE FIRE CHIEF

Residential fires are a source of very deep concern for the fire services. Children form the largest group of victims of residential fires. In fact, a recent occupancy Fire Study published by the National Fire Prevention Association - "Fires in One and Two-Family Dwellings" - points out that almost half of those who die in fires in one and two-family dwellings are children under five years of age.

Of course, children are not the only reason for our concern over residential fires. Some 6600 people of all ages die in residential fires each year, and over \$1 billion of property damage is done. In short, there are more fires,

fire deaths, and property losses in residential occupancies than in any other occupancy.

This information is all too familiar to people in the fire protection world. Likewise familiar is the question "What can be done about residential fires?" Educating the public in the basics of home fire safety is of course, one thing that can be done. Engineering effective fire safety into dwellings is another thing that can be done.

Both of these options are being utilized by the Base Fire Dept. Educating the public is achieved in a number of ways, i.e., Base indoctrination lectures, training films and lectures to Base personnel, and of course for PMQ

residents, by our Married Quarter Visitation Program. In addition, the Fire Dept. has recently submitted a work request to the Construction Engineering detectors as their name implies, detect smoke, or the products of combustion. Their function is not to prevent fire or to extinguish the fire, it is to give early warning so that the occupants have time to escape before the fire reaches serious magnitude. It follows of course that the occupants must still have a pre-planned fire escape plan, or as it is commonly called "exit Drill in the Home" (EDITH).

Installation of smoke detectors in married quarters will of course be an expensive project and implementation

will take time and money. However, your Base Fire Dept. feels smoke detectors are entirely justified considering the following statistics:

"For the year 1974, the latest year that DND statistics are available, the number of fires in married quarters was 99, next highest was barracks blocks with 65. Three (3) deaths were reported for the year and all occurred in married quarters. A father and daughter were victims of one fire, caused when the kitchen range was left on at night and ignited a pot of grease. The third victim was a two year old boy whose death resulted from the ignition of gasoline with which he had

been playing in the basement."

In summary, there is no substitute for good common sense, the most sophisticated detection system in the world would not have saved the little boy playing with a can of gasoline in the basement. If you were to ask yourself "What can I do?" the answer is simple - practice good fire prevention. Don't store gasoline in your basement, don't leave hot grease on the stove unattended, don't leave children unattended. Don't come home after a party and lie down for a smoke; have a plan and brief your family on action in case of fire. Don't become a statistic!

Protestant Chapel Guild

Twelve ladies met in the Chapel Annex on March 16th 1976, after the Lenten Service. Padre Martin conducted a special service for the installation of this year's officers of the Guild. Reports were received about World Day of Prayer, which was well attended. Gladys Wilson reported that the Concession Booth at AMU has been opened by the Guild and the CWL, and it seems to be well received. Good used books will be constantly needed there.

The Guild will be having a table at the Flea Market at the

CRA in Courtenay on April 24th. Good used clothes and baked goods will be sold so all donations will be greatly appreciated. Drop off points will be PMQ's F2 and 88, although any Guild member will be glad to accept donations.

After the meeting was adjourned, we cleaned the Church then enjoyed a coffee hour.

The next meeting will be held on April 20th at 8:00 p.m. Members of the Base Fire Department will present a film and a short talk. A warm welcome is extended to all who wish to attend.

From The C.E. Section

YOUR WORK REQUESTS

"Keep your temper, gentle sir,"

Quotes the CE Section girl

"Though your jobs are overdue,

For a month - or maybe two.

We can't help it - please don't swear,

Labor's scarce and steel is rare.

Can't get chrome - can't get brass,

These are facts - betchurass."

"Barry's quit and so has Bill,

All our work is now uphill.

So your request, we're afraid,

May be still a bit delayed.

Still you'll get it, don't be vexed,

Maybe this month - maybe next,

Keep on hoping, don't say die,

We'll do the work, bye and bye."

Courtesy Trenton Contact

FISHING REGULATIONS AVAILABLE SOON

The 1976 British Columbia non-tidal sport fishing regulation summaries are now being distributed throughout the province.

Dr. James Hatter, Director of the Fish and Wildlife Branch in Victoria, said today that several major changes in the synopsis include: an improved format, revised regional boundaries, and a number of important modifications to season, limits and gear restrictions. The popular "fish identification chart" has again been included.

The regulations will be available from all Fish and Wildlife Branch offices, government agents and licence issuers. Anglers are urged to obtain a copy for specific information covering the various regions of the province.



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Engineers Landscape Old Castle

Troops Attack Old Fortress

A rosary dating back to the 16th century, numerous cannonballs, clay pipes, bits and pieces of pottery and other relics were found by members of 4 Field Engineer Squadron while employed in a project to assist in the preservation of a castle.

In January 1974, Major A.J. Zypchen, then commander of the engineer squadron, received from the Freiberg, Germany, district defence commander a request for assistance in the construction of a perimeter road around the Hochburg Castle near the town of Emmendingen, approximately 40 kilometres south of Lahr, the Canadian Forces NATO base in the Black Forest region of West Germany.

Legends about the beginnings of the Hachberg or Hochburg Castle go as far back as 808. It is known that in 1102 the castle belonged to one Herr von Hachberg whose family died in 1127. The property then came into the possession of the Dukes of Baden-Wurtemberg. Part of the castle was destroyed by fire in 1636 and attempts were made to restore it in 1668. The castle was destroyed in 1689.

In 1970 a group of interested citizens in Emmendingen formed the Association for the Preservation of the Hochburg. Since then, some 3000 volunteers have contributed 18,600 working hours to the project.

The association had many volunteers but little equip-

ment with which to do the work, especially heavy earth-moving equipment. They requested assistance from the German district defence commander who brought the request to the attention of the Canadian engineer squadron's commander.

The squadron commander agreed to the project after inspecting the situation and receiving the necessary approval from the commander 4 Canadian Mechanized Brigade Group, of which 4 Field Engineer Squadron is a unit. The project was approved because it would provide a delicate type of bulldozer experience for the squadron's equipment operators. The perimeter road was to be constructed on

the lip of a steep embankment and adjacent to the old castle wall.

This project, undertaken in April 1974, took six working days for two men operating one bulldozer.

In January 1975 the association, through the district defence commander, once again asked the engineers for assistance. This time they asked that the terrain between the northern bastion ringwall and the driveway to the vineyard be cleared of debris and graded. Lieutenant-Colonel R.E. Moore, squadron commander since July 1974, agreed to the project because of the training experience it would give his men. However, the project had to be delayed until after the conclusion of the fall exercise period.

The support troop of the squadron went to work on the project on December 8, 1975. They provided 10 men and the necessary equipment which included one bulldozer, one front-end loader, two 5-ton dump trucks and one grader.

The work was slow and tedious because of the great care which had to be taken to avoid damaging any of the original structure. In addition, the men were asked by the association to watch for any relics which might lie buried in the debris. Although the work took more than two weeks, local residents dropped by frequently during the day with coffee, wine, cakes, bread and cold meats for the men.

The 16th century rosary was found by Master Corporal Al Comeau who was operating a bulldozer at the time. The association's dream is that some day a small museum will be built on the grounds of the castle to house all of the relics found by the men, including the rosary.

While gaining valuable experience, the men of 4 Field Engineer Squadron have also gained the admiration and respect of the people of Emmendingen and the surrounding area for themselves and for Canadian Forces Europe.



4 FIELD ENGINEER SQUADRON'S bulldozer and front-end loader clear debris at the Hochburg Castle near Emmendingen, West Germany. The engineer squadron, a unit of 4 Canadian Mechanized Brigade Group, included assistance to the Association for the Preservation of the Hochburg in their training schedules for 1974 and 1975.

Canadian Forces Photo



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Consumer Information

Even with a Canadian anti-inflation program in full force, consumers must still live with the effects of world market forces on prices of imported foods and beverages such as coffee.

There is no coffee crop grown in this country, yet we have acquired an enormous taste for it. In recent years we have increased or maintained our coffee use so that the current annual consumption is around 9 1/2 pounds per capita.

But tough times have now hit the world coffee market. In fact, commodity experts generally consider the coffee supply to be the most critical since the Second World War.

Here is a rundown on some of the natural and man-made disasters that have dropped the world export supply by about 40 per cent since last season:

The recent earthquake in Guatemala has destroyed transportation routes in the world's fifth largest coffee export country. Shipments will possibly be delayed for many weeks.

The Guatemalan earthquake adds to the problem already existing in Central America of a one-third decline in coffee output caused by poor weather last season.

A freak frost in Brazil last July severely damaged more than half of that country's coffee trees. Brazil, the largest coffee producer in the world, is expected to export no more than 40 per cent of its normal total this year.

Finally, civil wars in Angola and Ethiopia have slowed or stopped the picking and shipping of coffee crops there.

These events have had a startling effect on world prices. Most Canadian coffee comes to us via the New York commodity market - the largest and closest coffee market. For example, last June an average Brazilian coffee was selling there for 68 cents a pound. After the frost and in early fall it was selling at 92 cents a pound. By mid-February, with reserve supplies mostly used up or taken off the market, the selling price was around \$1.10.

Demand Remains Steady
What does all this mean to the Canadian coffee lover?

There are three factors that determine what kind of price we can expect to pay for coffee at the grocery store: supply, demand, and the anti-inflation program.

The outlook for adequate supplies in the near future is not good. The pinch comes at a time

when producers, for the last several years, have decreased their crop output because of what they considered insufficient prices. And since it takes three to five years for a coffee tree to produce beans, there will be a very slow recovery from the frost in Brazil.

If the consumption trend of recent years continues, the Canadian demand on world coffee supplies will remain about steady. Consumption by the world's biggest coffee user, the United States, had declined 15 per cent in the last dozen years. But the use of coffee in Eastern and Western Europe has risen steadily during that time.

In Canada, the Tea and Coffee Association predicts the increased cost means Canadian consumption of instant coffee could decline by 5 to 10 per cent this year but that the use of roasted coffee will remain about the same.

Most experts in the U.S. think consumers there will react by decreasing their total coffee purchases by a further 10 per cent this year.

The pushes and pulls of supply and demand along all links of the coffee chain from coffee grower to shipper, broker, processor, distributor and retailer significantly determine the price the consumer must pay.

It now costs consumers about 2 1/2 cents for a cup of instant or roasted coffee in their home. This is based on the selling price of a 10 oz. jar of instant coffee at \$3.19 and a pound of ground coffee at \$1.92. How much these prices will increase and when is not yet known. The most recent price increases were in August and September, 1975 and these were the first increases in a year.

Ronald Rhodes is the publicity director for the Canadian Tea and Coffee Association. He says the coffee commodity market trend is for continued high prices of raw coffee. "The consumer is going to have to pay for the increased price of coffee beans, and probably sooner than later. But when and how much is the \$64 question."

Mr. Rhodes feels the probable drop in consumer use of coffee from higher prices will put pressure on the processing industry. Lower production to meet lower demand may mean higher production costs because of the drop in volume efficiency.

Keep Public Informed
Mr. Rhodes is also senior vice-president of the grocery division at General Foods, the largest coffee processor in Canada. He says his company intends to issue a formal statement to the public, whenever a retail price rise occurs, which will give the reasons for the increase. He also feels that other companies in the industry will follow this policy.

"We intend to follow the regulations of the Anti-Inflation Board and also comply with the spirit of the anti-inflation program in keeping prices down as much as possible," says Mr. Rhodes. "That is why there has been no recent price increase even though the cost to us of coffee beans has risen."

Almost all the coffee bought in grocery stores contains a mixture of high and low grades of coffee beans. The lower grades are cheaper. One way processors can hold the retail price of coffee steady when all grades of beans increase in price is by using greater quantities of cheaper coffee beans in their products.

This means a consumer who uses a particular brand may be drinking a lower quality coffee than three months ago without ever being directly informed of this change.

The Anti-Inflation Guidelines say that processors of a commodity like coffee can only pass on their increased costs of production to the public. Processors cannot take a profit mark-up on their increased costs. The Board will be monitoring price increases and profit margins to ensure that companies abide by the regulations.

2,000 Questions a Week for Public Information Unit
More than 1500 telephone calls and 500 letters a week. "It's a lot of business," says Jane Heintzman, head of the Anti-Inflation Board's public enquiries and consumer complaints service in Ottawa.

And that's not all. The District Taxation Offices in 28 centres across the country have also been providing information and forms on the anti-inflation program to the public. They have answered more than 25,000 questions since the anti-inflation program began in mid-October.

The Public Information Unit of the Anti-Inflation Board began operating last November. Since then it has answered thousands of enquiries from business, labor and the public about the anti-inflation program and the regulations and operations of the Board.

It also takes complaints. By the end of February, Canadians had made more than 6,000 complaints to the Public Information Unit about prices and services.

Almost 30 per cent of the complaints were about food prices, particularly coffee, other beverages, eggs and dairy products. The second largest category was insurance rates, accounting for more than 15 per cent. Canadians showed a deep concern for rising auto insurance premiums, especially in British Columbia and Ontario. Rents and housing cost accounted for more than 10 per cent of the complaints received to date.

Valuable Input
What impact do all these complaints and enquiries have on the Board?

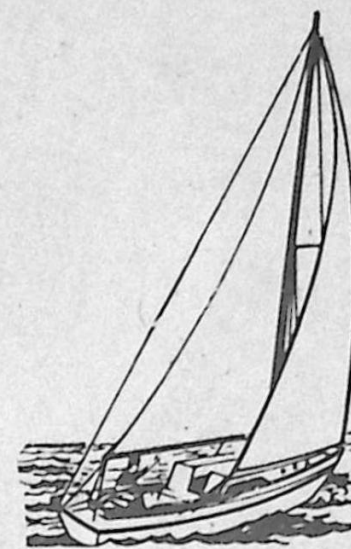
"They keep us continually aware of how and where inflation is hurting the consumer," says Ms. Heintzman.

Anybody who would like more information on the program is welcome to write:

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