



# TOTEM TIMES



Donor Clinic May 7 - Bleed A Little For Your Fellow Man

VOL. 18 - NO. 9

CFB COMOX TOTEM TIMES

Thursday, April 29, 1976



**Hawser Hauler Beached - Big Sisters Put To Sea**

HALIFAX, N.S. - Ships of NATO's Standing Naval Force Atlantic (STANAVFORLANT) show their international flavor in the grey early-morning weather of Halifax harbour as they prepare to leave for exercises in the Atlantic. The Royal Navy's Leander Class Frigate HMS *Leander*, flagship of the Force, is on the left, while the Royal Netherlands Navy's HNLMS *Isaac Sweers* heads

for the harbor entrance and the United States Navy's USS *Coontz* makes last-minute sailing preparations. The three ships, along with the Federal Republic of Germany frigate *Braunschweig* and Canada's HMCS *Assiniboine* will exercise off Halifax enroute to a major NATO exercise in the eastern Atlantic.

Ed Mullen photo

## May 3-7 Clean-Up Week

The Base Fire Department and the Community Council are sponsoring the Spring Clean-up Campaign for CFB Comox this year.

**IT'S TIME FOR DECISIONS!**  
Do you really need to save that old mattress, chair, drapes, outgrown clothing or other litter?? Your environment protection begins at home.

Get rid of old paints, thin-

ners, solvents, oily cloths, wood scraps and other project leftovers. Avoid a "do-it-yourself" fire.

In closets, attic, basement and other storage places, check for collections of magazines, boxes, wrappings, forgotten games and other dubious "treasures." Too good to throw away? They can be downright dangerous to keep....!

To assist you in getting rid of all old unused or unwanted items place the articles in front of your PMQ near the roadway before 1330 hrs each day and they will be picked up.

**USABLE ITEMS WILL BE DONATED TO A LOCAL CHARITY.**

**REMEMBER:** Don't give FIRE a place to start or spread.

**IT'S CLEAN-UP TIME!**

## Anchor DANGER Visits

Commodore G. M. De Rosenroll, Chief of Staff Plans and Operations (COS P&O) of Maritime Command Headquarters is to visit CFB Comox, April 29 and 30. He is on a liaison trip to the Pacific Region.



WINNIPEG -- Members of the 3rd Regiment Royal Canadian Horse Artillery, CFB Shilo construct a dike around the pumphouse at Souris, Man. when it was threatened by floodwaters on the Souris River recently. The water rose a record 16 feet and more than 100,000 sandbags were used in the operation. The gunners also assisted in saving a number of homes further down river at Wawanesa.

Canadian Forces photo

## Watch Out!

# NDHQ Gets CCWO

OTTAWA (CFP) - The Personnel group at National Defence Headquarters, Ottawa, has its first command chief warrant officer.

He's Chief WO George N. Malcolm, 54, of Magog, Que., a 37-year veteran of the Canadian Armed Forces, who has spent nearly three decades of his career "in the field" with the artillery.

Among CWO Malcolm's duties will be to keep Lt.-Gen. J.W. Quinn, assistant-deputy minister (personnel), informed of the service conditions of men and women under ADM (Per)'s jurisdiction by visiting units for informal talks and to monitor morale and grievances.



CWO MALCOLM

CWO Malcolm joined the 5th Field Regiment, Royal Canadian Artillery, at Magog, Que., in September, 1939. He served with the regiment in Northwest Europe during the war, and attained the rank of warrant officer 2nd class (master warrant officer).

He returned to Canada and was demobilized after the war but in 1948, after two years in the militia, joined the 2nd Regiment, Royal Canadian Horse Artillery (2RCHA), at Camp Shilo, Man., as a gunner, and rose rapidly through the ranks.

He served in Korea from 1951-52 as battery sergeant-major of "Fox" Battery, 2 RCHA, and provided artillery support for a battalion of the Royal 22e Regiment (Vandoo), then under the command of Lt. Col. J.A. Dextraze, now chief of the defence staff.

He later rejoined 2 RCHA as F-battery sergeant-major,

and held that position until 1963, when he was posted to 3 RCHA, Winnipeg, as battery sergeant-major. He held that position until he was promoted warrant officer 1st class (chief warrant officer) in April, 1965, and appointed RSM of that regiment.

From 1968 to 1972 he served as RSM of 5e RALC, a francophone artillery unit at CFB Valcartier, Que., then was posted to the Canadian Forces Warrant Officers' Academy, Esquimalt, B.C. as senior platoon instructor.

He was appointed academy chief warrant officer in October, 1973, and in August, 1975, was posted to Ottawa to take up duties as leadership training evaluator in the directorate of individual training, NDHQ, the position he held until his new appointment.

In 1974, CWO Malcolm was inducted into the Order of Military Merit.

## Bermuda Waters Churned

# MARCOM Units In Action

HALIFAX, N.S. - Canadian Armed Forces ships and aircraft assembled at Bermuda last week for the commencement of a five-week operational training exercise.

The Canadian exercise incorporates all phases of anti-submarine, sea and air warfare.

The destroyers *Annapolis*, *Nipigon*, *Fraser*, *Saguenay* and *Ottawa* and the sub-

marines *Okanagan* and *Ojibwa* with the operational support ship *Preserver* sailed from Halifax to arrive off Bermuda April 23. They were joined by the Royal Navy aircraft carrier *HMS Ark Royal* and three supporting ships, *Olmeda*, *Resource* and *Lyness*. Two ships of the French navy, *Le Picard* and *La Bourdonnais* will also take part.

Canadian Forces aircraft

from 423, 443, 880 and VU32 squadrons, CFB Shearwater and 405 squadron, CFB Greenwood will operate with the surface forces.

Aircraft and crews from 415 (Summerside) and 407 squadrons will be getting dedicated submarine time between phases of the exercise. The "Demons" from CFB Comox, left for Bermuda on Monday.

Officer conducting the

exercise in Bermuda will be Captain (N) G. L. Edwards, commandant of the Canadian Forces Maritime Warfare School, Halifax.

The Maritime Command forces are scheduled to return to their home bases by May 22.

## \$3750 In Merit Awards

OTTAWA - Four Ottawa employees at National Defence Headquarters have received merit awards totalling \$3,750.

George W. Irine, employed in the Communications Research Centre, Shirley's Bay, received \$1,500 and \$750 each went to Donald A. MacLeod, directorate of transportation operations, and Joseph E. Pope and Stanley D. McGann, both of the directorate of architecture.

Irvine's award was for outstanding contribution in the development of radio communication for Maritime elements of the Canadian Armed Forces.

MacLeod's was cited for consistently obtaining transportation for the Forces at lowest cost, realizing savings of more than \$1.8-million in about 18 years.

The award to Pope was for planning, organizing and directing a wide variety of tasks related to construction cost and management for the defence department.

Outstanding work as a senior electrical engineer in designing systems for all major DND, Defence Research Board and other government buildings.

## Attention To Duty Warrants Recognition

Mrs. Mildred Goodsell, "Millie" as she is affectionately called by her

friends, has earned a \$750 public service merit award for twenty years of sustained

efficiency in managing the central registry at this air-base.

In November 1955, she became a Department of National Defence civilian employee when she was hired to fill a position in Central Registry at RCAF Station Comox.

Her supervisor says (in part): "...Mrs. Goodsell has more than fulfilled her assigned supervisory responsibilities. The high quality of records keeping at CFB Comox can be directly attributed to Mrs. Goodsell's job knowledge and dedication to duty over a period of more than 19 years. She and Central Registry have become synonymous; there is no one at CFB Comox with a greater

(Continued on page 9)



MRS. MILDRED GOODSSELL

## Expanded Opportunities For Female Air Cadets

The following information is supplied by the Air Cadet League of Canada.

The Canadian Forces have approved participation by female cadets in special summer courses and training activities commencing in July, 1976.

Under the expanded program, Girl Cadets will be able to compete on the same basis as their male counterparts for practically all of the traditional Air Cadet reward activities, including the popular Flying Scholarship program. In addition to

Flying Scholarships, the following special activities will be open to Girl Cadets who meet the qualifications and are successful in passing the League selection boards:

Glider Pilot Courses to be held at five summer schools located in various parts of Canada, with successful graduates qualifying for Ministry of Transport glider pilot licences.

Senior Leaders Courses at Cold Lake, Alberta, and Bagotville, Quebec, designed to train Air Cadets for instructional and leadership

positions in their home squadrons.

Athletic Leadership Courses at Camp Borden, Ont., and Valcartier, PQ, which teach cadets how to organize and supervise recreational activities.

Technical Training Courses at Camp Borden where Air Cadets receive instruction in the technical phases of aviation.

Hospital Attendants' Course at Quadra, B.C., which provides cadets with advanced first aid training.

Summer Camps - held at

four Canadian Forces air bases spaced across the country, these camps provide recreational and advanced training opportunities for Air Cadets, including familiarization flights in powered aircraft and gliders.

Since the enrolment of girls in the Air Cadet program was made official as of July 30, 1975, the number of Girl Cadet "Flights" authorized across Canada has grown to 225, with a total enrolment of approximately 4000 girls. Flights operate in conjunction

with established Air Cadet Squadrons, in which some 20,000 boys are at present enrolled.

At its recent Semi-Annual meeting in Ottawa, the Air Cadet League also initiated plans to encourage much greater participation by women in League committees at the local, provincial and national levels of the organization.

Editor's Note: Number 386 Courtenay Squadron has 26 females on strength.



## 407 Demon Doings

Aloha from crew cinq. No, we have not all died, in case anyone wondered. We just like to keep our activities quiet for awhile.

You have no doubt heard of the squadron's activities during our detachment to NAS Moffett Field, Ca. Well, we are proud to admit that we also contributed to the good will dispensed there. We all invaded the exchanges, as did everyone else, some more than others. Capt. Lloyd Noseworthy, it seems, was making a good attempt at storing the exchanges entire stock in his motel room. His roomy, Capt. Al Scott, was forced to bed down in the hallway. Since San Francisco was so close very few

crew members failed to visit there. Some even toured Alcatraz Island. MCpl Herbie Lightfoot had a hard time convincing the tour guides that they should let him leave. Later on that day he and MCpl. Wayne Lachapelle were walking down Market St., when the "Call of Nature" struck. Rather than enter a tavern that has facilities for disposing of used beer, they decided to use the facilities located in the B.A.R.T. (Bay Area Rapid Transit) station. Unfortunately, the restroom was on the wrong side of the turnstiles. So, you buy the minimum ticket to go through, (\$30). Relief is at least worth that, don't you agree? Afterwards they tried

to exit with their ticket but the automatic turnstile wouldn't let them out. "Additional fare required" it said. Over to the Additional Fare Machine. "\$70 Additional Fare" it said. Wayne paid nonchalantly and exited. Herbie saw Wayne leaving and tried to exit on Wayne's ticket, stepped on platform, machine sensed extra weight and went out of business trying to take Wayne's leg off in process. Herbie paid. Total cost of pee, \$2.00 and one mangled leg.

Closer to home, we assisted in the duties of hosting the ships company of HMCS Kootenay. In some of the more strenuous sports events we held our own. In the floor hockey event it was land over sea 26-8. The shipborne competitors are used to playing on smaller floors. In softball it was land over sea 16-15. A squeaker considering there are very few softball diamonds on board ship. The volleyball results were, team one - won 1 lost 2, team two - won 3 lost 0. Later on that day Kootenay challenged for overall winner and were soundly trounced for their efforts. The surprise of the day was the Whaler races, land and sea both won 1 lost 1 tied 1. I don't think anyone was willing to attempt to break the tie.

We have had a shift in crew positions lately. We say hello to Capt. Gary Hein who assumes the duties of 2nd officer; Capt. Rudge Wilson, who joins us from Sqn. Ops, Capt. Bert Page who returns to us from MOAT and to WO Ron Herman who takes over the duties of Lead FE from WO Dick Perry, (watch out Herb). Along with the hellos we must say goodbye to Lt. Cdr. Gerry Watson who leaves us to take up the duties of Sqn. Flight Commander. He has been a real "Ball of Fire" while he captained our crew. We also must say goodbye to Capt. James Dodd who has been posted to his old flying unit, 880 Sqn., CFB Shearwater. No doubt he will run into some of his old sailing buddies again. Is that good or bad, Jim? Lt. Tony Thomas has also left us to take up duties in Sqn. Ops. Enjoy Tony.

Welcome back to Capt. Mike Gibbs who has been away to Staff School in Toronto for the past 2½ months. He now takes over as our new VPCC. Congratulations to Capt. Mike Havel who now is our crews' 1st officer. That's it from this crew for now, see you next trip.

## Contest Winner



**CONTEST WINNER:** W.O. L.E. (Lloyd) Hayes won the grand prize in the Comox Valley Merchants Air Canada Holiday Sweepstakes. A return trip for two to anywhere in Air Canada's World, plus \$500.00 spending money. During a telephone conversation Sue indicated that \$500.00 was being rapidly depleted while her husband was on a trip to CFS Holberg. Lloyd and Sue plan to make good use of the tickets in November. Barbados will probably be their winter holiday vacation spot.

Wilson Photo

## Borden Tech's Recognized

OTTAWA - Two Master Corporals at the Canadian Forces School for Aerospace and Ordnance Engineering, CFB Borden, Ont., each have received public service merit awards of \$1,000 for designing and building an electronic training aid for air navigation.

Corporals J. U. ("Herb") Arsenault and J. C. ("Charlie") Roulland designed and built an air navigational tactical system (ANTAC) console

for use in training students at the school.

Previously, the school had no such training aid and students received instruction in theory only.

The unit is used for instruction in the concepts of basic digital readouts and various methods of data transmission.

The two instructors were cited by their commanding officer for "...resourcefulness, dedication and highly-professional approach to the needs for training."

## Fishing And Hunting Licences

The public is reminded that 1975-76 fishing licences expired 31 March 1976 and anyone angling in freshwater must be in possession of the 1976-77 angling licence. They are also reminded that the regulations vary from year to year and in order to be properly informed they should obtain a copy of the Sort Fishing Regulations Synopsis for the current year when renewing their licence. Hunting and firearms licences also expired 31

## 407 Armament Antics

Having returned I find a few changes around the shop. Pte's Cunningham, McLean, Tremblay and Lapierre are off to Greenwood on course; Burrows and Swezey have returned. Pte Williams has been cleaning windows at the guardhouse this weekend and Pte Tremblay is taking a collection trying to raise \$75.00. Very strange!

Having been sworn to secrecy, not to mention the threat of being thrown in the digger, I have decided not to comment on the trip to Hawaii (and MWO Greer). I'm not going to mention about his driving, all the shortcuts, the one way streets or the fact that we were lost for three days. However, anything said about yours truly should not

be taken as truth. Not much else new around the shop. Gloria Gallant-Boehl still hasn't come to see us - even after the invitation. MCpl Zielke is gone to Cold Lake but OLD ANDY TWO TARGET is still hanging around. He looks more and more like a civilian every day. That's about it, see you next edition.

## Mushroom Mutterings

### Technical Gen

Here's all the news that's fit to print from the Mushroom Farm.

Al Stephenson, also known as "Big Alphonse", has not been seen around the hangar since he acquired a pickup truck of somewhat questionable background. Both driver and truck were last seen about two weeks ago heading for the club, and have not been heard from since. Still on the trucking scene, Bob Hawes is piloting a new rig these days. Rumour has it that he plans to organize all the 442 truck owners and get them to buy C.B. radios. Should look good with a convoy coming down Ryan Road at seven every morning, led by "Big Fungus" or the "Rubber Mushroom". "Watch out for the Bears, over."

A new mathematical formula has been worked out, whereby the length of time needed to change a Buffalo engine and prop is directly proportional to the length of Jim Redmond's beard. Well, the aircraft is still on the ground and Jimmy is beginning to look like Moses, so I guess the formula works.

Up in the Log Control, the smoke is still flying since the Chief got back. That beautiful sky (airforce) blue must be hard to get used to.

Mushroomer of the Week: now that the good weather is upon us, WO Standish has used his whiz-bang calculator to figure out a logical shift that will be agreeable to all: half the Squadron will go fishing; half will go golfing; and the third half will do the work.

## Service Award

OTTAWA - Compiling a directory of facilities for the mentally-retarded has earned a \$1,500 public service merit award for Sergeant J. Gaston Pepin, a teletype operator at Canadian Forces Base Montreal.

The directory only one of its kind in the country, lists special facilities and locations for parents of handicapped children.

Sgt. Pepin had originally intended the directory for Forces social welfare officers, but it now is being used by similar civilian agencies.

He wrote more than 2,700 letters during the 2½ year project and was credited for the "unique and significant document which will provide

wide benefits to many...and facilitate considerable saving..."

**TOTEM TIMES  
SPECIAL ISSUE  
MAY 23**

You'll be missed if you don't get your pictures and type-written material in soon!

The editor would like to see all appropriate items in his office by May 5th.



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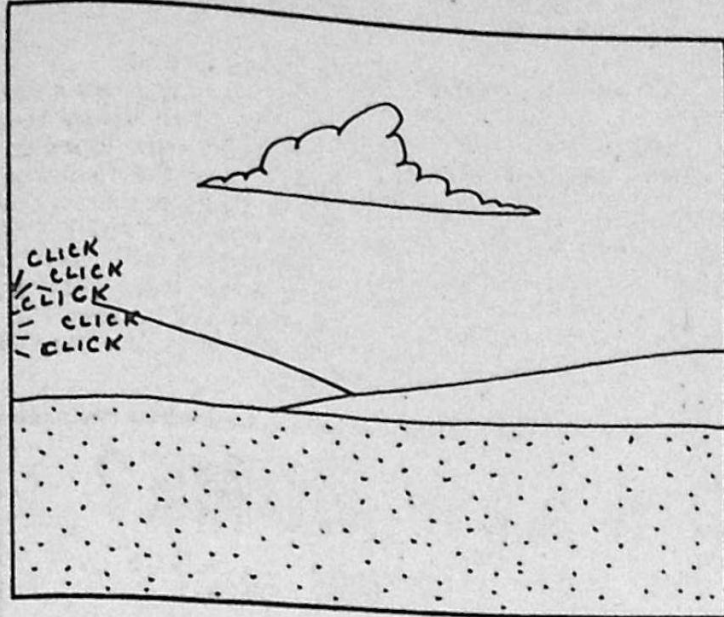
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# Nighthawks Nest



If you observe in the following column that the literary penmanship has changed somewhat in style and lucidity from that of the past few months, it is because my intrepid comrade-in-arms Pete Ott has pulled a Hank Snow and followed his new-found instincts towards the glint of the rising sun off the Atlantic Ocean. Yes, after defying the dangers of Davy Jones' locker (liquor?) while on the Comox Sea Survival Course, Pete is continuing his career-development program and has headed for Halifax to sample colder waters. I trust Pete will mollify the shock

with the addition of a liberal dose of Scotch. A safe bet, I'm sure.

Last Friday was the scene of another one of 409's famous squadron luncheons. With the aircraft situation back to scratch, and I must commend all the ground crew in this regard, the heavy flying program for the week was appropriately terminated with a good time for all. Len Bates was mugged off the squadron in the 409 traditional manner. A good man on squadron. We're all sorry to see him go but I'm sure he'll do well as a chartered accountant. The experience he



has juggling log card numbers during Tac Evals will stand him in good stead in the future. Paul made his customary speech towards the end of the dinner followed by an example of his flair for the dramatic. He made a blood vow never to speak again while standing on a chair being pelted with buns.

After the dinner, Major Zee started the gymnastic events underway with a flawless demonstration on his pitch-up machine. Just between us, Zee isn't really that good. I saw him palm a hidden seat pin into the bar thus locking it in place while he was in the saddle. Nice try Maj. By the way, Zee, the PMC has been looking for you. Something about skuff marks on the ceiling. I'm sure that you don't know how they got there either - do you? The Wick was resplendent with his multi-coloured toe socks made visibly obvious to us all as 230 pounds of thrashing humanity failed to control the elusive pitch-up machine. Ron Breeden won the award for the night by being the most consistent loser in jousting. It was a real ego-booster for the rest of us even Ed Campbell beat him.

Jim Reith and Marg Patty have announced their engagement. I guess it must be the spring air, the sounds of birds chirping in the trees, the sweet fragrance of pollen gently wafting in the breeze, etc., etc. Congratulations to the both of you. All of us here wish to extend our blessings to

both of you for lasting happiness in the future. Rumour has it Marg gave Jim a 6 month's supply of kitchen passes as an advance wedding present.

Yes the springtime. What does this mean to most of us? You guessed it. Golf. I just happened to overhear a heated conversation between Uncle Joe and Radnick. It seems Uncle Joe was quite concerned when Rad voiced disbelief over Uncle Joe's 24 point handicap. Even over 9 holes that's not so bad, Rad. Oh—it was over 9 holes. Hmmm...I see.

We have a few departures from 409 in the near future. The Wick and Clark Kent are off to Bagtown shortly for the Air Weapons Instructors Course. They were both seen a couple of days ago, chortling and grinning to each other as they admired the many red felt thunderbolts Wick had sewn to his flight suit sleeves and back. At least you won't have to worry about double-layer protection now guys.

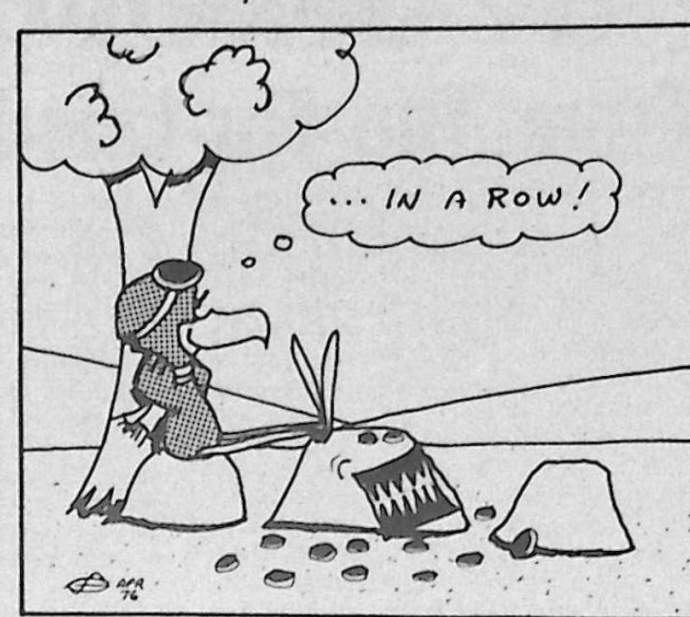
It seems that Ron Hallstrom has received some good news and some bad news. He has found a foolproof method of reducing the gas consumption of his car by over 50 per cent. The bad news is that he can't go anywhere. It's OK Ron, we'll let you drive the transport over to 409 Survival Camp and back, just to keep your hand in.

Rumour of the week: The Preacher succeeded in breaking the finger of a retired Air Vice Marshall



during a test of skill and cunning while at the 409 luncheon. Roy prayed desperately and even enlisted

support from Preacher Reith but I don't think even Oral Roberts could have helped. Afterwards, Roy claimed it is



the staid life he has been leading which has affected his powers. The prodigal son has fallen once more.

Get your rear in gear. Take a walk.

## From The Head Shed

It seems like never, that a column from this illustrious domain has found its way to the Totem Times.

OJT, PER's, UMI's, ACIP's, ECP's, AMMIS, AMMIT, CFTO's, 31A's, fishing, golf, lunch, coffee, tea, and a few well chosen words are our mainstay of vocabulary used by our gallant few. Although typewriters a smoking, and pens a flying, we do find some time to acquire gossip and have a little break. Take for example a late afternoon last week, when a rare party (birthday) was enjoyed by the staff. Sally being honoured a sweet sixteen (mmmm!!). Then there is our senior citizen who recently returned from the land of swaying palms and empty pocket books. Mitch says he had a wonderful time, chasing all the brown skinned populace thru sand dunes and dark streets. (probably to retrieve his last dime).

"Ah, it must be spring, the saps running". Every day you can catch a glimpse of the Red Baron jogging towards Air-force Beach. It must be a long way to his goal, as it takes from 11:15 to 1300 hrs. to complete the tour. No sweat Gord!

People of other empires feel that the work carried out up here is not of a dangerous

class and a bit on the petty side, well to set you straight, Sgt. Crawford was seen administering first aid to one of the non-believers as he was cut by a staple opening mail.

We welcome a new replacement as Larry Bourgeois has been busy learning the ropes to replace Tom Crawford who will be leaving us for the greasy kid stuff. Larry has been walking around in a daze, trying to find out just what there is to do, as Wally, Jock, Lorne and Mitch had everything under control for the last few months (years). No wonder Tom's desk contains all the latest (Flight Safety?) Magazines.

Another of our stalwarts has left us, Lorne Lake is off the Olympics, and should do well on his TD as he is quoted as saying, if he stays home every night, his TD rate will buy him a pizza and a coke on Friday nights. I sure hope he has a good time.

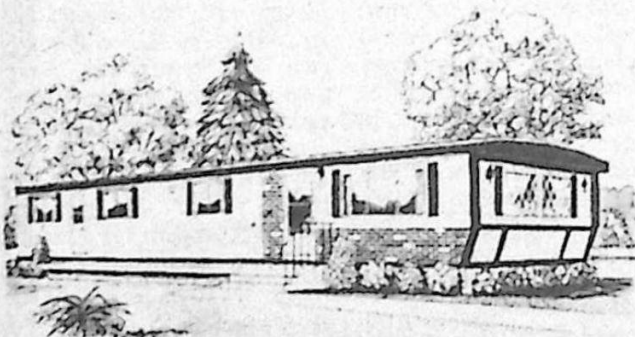
The AMCRO can be found (?) busy with his job (Totem Times), and occasionally can be seen flipping with our AVSO to see who gets the odd day off each week, the AVSO seems to be doing the most smiling, maybe that is why the AMCRO is called "Mark."

That's it for this segment. "VOLSAVERES"

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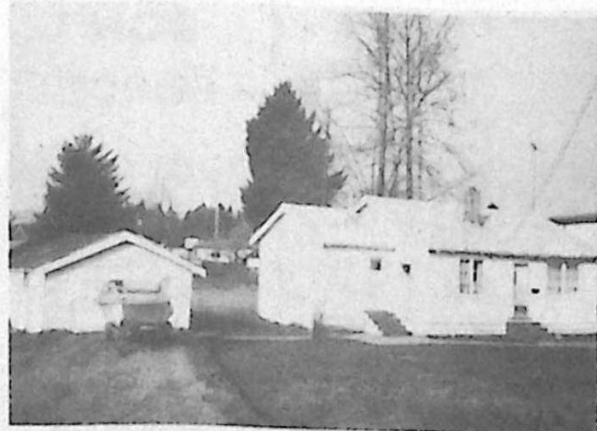
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# EDITORIAL

## From The Fur-Lined Foxhole

Like people in any walk of life I sometimes find myself questioning and wondering about the worth of my work to society. As a group we consume, but what do we produce? Certainly, those of us engaged in Search and Rescue feel the worth of our work. They are a relative few. What about the rest of us who train, study and work; what is our justification?

READ ALEXANDRE SOLZHENITSYN. Better still listen or read a transcript of his recent speech made over the BBC. This speech, titled "A Warning to the West" will gain in international importance as the years pass. It will rank in importance with MacMillan's "Winds of Change" speech and Churchill's warnings to the Western democracies about "appeasement" prior to World War II. Seldom has a society been given so clear a warning about its future.

What then did he say? While I cannot remember his exact words, I can, I believe convey their essential meaning. Solzhenitsyn repeated his warning the Western nations had by various means enfeebled themselves and were near collapse. According to Solzhenitsyn the West had, over recent years, become blinded to reality and practised false reason. He referred to cowardly professors, more interested in indoctrination than in the truth; of foolish youths interested only in fads, of a people more interested in things and comfort than in preserving the values that made them great. He spoke of a people so blinded to reality that they were now in the greatest danger, the danger of being unable to perceive danger.

Solzhenitsyn again warned the Western nations of the USSR's deter-

mination to destroy us. The prophetic message is clear. To survive we must re-arm. We must be prepared to defend our way of life. If we prove unwilling to accept the discipline necessary to achieve this, then our society too will pass into history. In several post-war instances when the West did stand firm and united the expansion of Soviet power was thwarted. Recent years, "defence years", have been much like the pre-world war II years of "appeasement". We have become complacent, our forces have everywhere been reduced. We are almost everywhere weaker, whereas the USSR is almost everywhere stronger. Only they can destroy the West from within, only we from without. It is faint praise to say that they are an earnest, orderly, even conservative society, determined to remake the world in their own image. A freedomless, grey authoritarian order so alien to our spirit, indeed alien to any spirit.

It will be difficult for those who rationalize away our strength and pervert our values to question this man's credentials. As the foremost dissident intellectual of the Soviet Union and a Noble Prize winner, Solzhenitsyn's previous suffering, present exile and powerful prose all bespeak the great man that he is. A virtual prophet crying in the wilderness.

Should his message be heeded by our "defence oriented" leaders then our role in society should become clearer. While we in the CAF are few in numbers, our discipline, traditions, and technical expertise enable us to be the nucleus around which others can gather in defence.

To be ready to perform such a role is I believe justification enough.



From The Past - Lanc And Clunk Over Comox Glacier

Base Photo

## Guest Editorial

The British Columbia government announced its budget just a few weeks ago. It contained tax increases, so nobody liked it. But that's the way it always is with government budgets, because nobody likes tax increases.

But what that budget did, in principle if not in detail, was to demonstrate that old truth which each of us faces every day in our personal lives. You can't spend more than you have without getting into trouble.

If someone borrows because he has spent more than he has, he must give something up so he can pay the debts, because they have to be paid!

Well, government is no different. Despite all the euphemistic clap-trap to the contrary, government has no money of its own. It only has what we give and is therefore only entitled to spend within the taxpayers' ability to pay.

Many people have lost sight of that. The result has been a proliferation of open-ended government programs. To judge the effects, ask yourself the following questions:

Would you commit yourself to a permanent mortgage? Would you buy one without knowing the price of the house or what the payments would be except that they would get bigger every year?

This unfortunate situation has been true in the past few years of too many governments in Canada. There is no doubt that as provinces bring down their budgets this year, the citizens of those

provinces are going to find their governments retrenching and their taxes increasing. Many fully anticipate that when the federal budget comes down, the same approach will be apparent. Few goodies and more taxes.

One can argue that governments have been shortsighted, that they shouldn't have embarked on programs in a purely optimistic frame of mind, that they shouldn't have committed money they didn't have, or that tax increases should have been gradual over a period of time.

No matter how valid the argument, the fact remains that, for most provinces in Canada and for Canada as a whole, the simple economic facts that normally govern our own personal lives are going to be reflected in government policies.

The only thing we can hope for is that, as we swallow the corrective medicine of more taxes and few goodies from government we won't forget the simple economic facts which have been brought home to us in 1976.

Our demands for government services should always be tempered by the knowledge that WE pay for them. No matter how much those costs may be hidden for a short time, the moment of truth always arrives. We always eventually have to pick up the tab.

There are no economic flim-flams which ever change this truth. Hurt as it may in government budgets this year, the truth will be there.

(Vancouver Board of Trade)

## Increasing crime rate concerns banks

British Columbia had the second worst bank crime rate in Canada last year, according to a banking industry security officer.

There were 198 robberies and related offences against banks in the province last year, against 56 in 1974. Only Quebec had a worse record, with an increase from 288 in 1974 to 656 last year.

Nationally, the total almost doubled from 545 in 1974 to 1,057 in 1975, and resulted in a loss of more than \$5.17 million.

Michael Ballard, director of security for the Canadian Bankers' Association (CBA), said the rising number of robberies and related offences against the banks has been a matter of paramount concern in the industry for some years.

There are just over 7,000 bank offices in Canada, so on average one branch in seven was the victim of an offence last year.

The 198 offences in British Columbia was an average of about one offence for every four offices. The province has about 12 per cent of the branches in the banking system, and offences were

about 19 per cent of the total.

Mr. Ballard said that while the continuing escalation in bank offences disturbs all bankers and law enforcement agencies, there are some encouraging signs. The organized gangs responsible for most bank offences a few years ago have virtually disappeared and now well over half of all incidents involve only one person. And about 18 per cent of all attempts are thwarted without loss of money and half of all robberies net less than \$2,000.

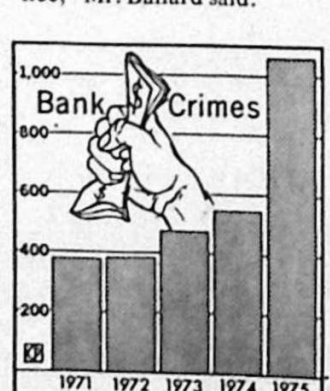
But Mr. Ballard said that bank-related crimes have taken an even more dangerous turn in recent years, with kidnappings and extortions involving bank employees and their families.

"Our main and over-riding concern always is the safety of our personnel and customers," Mr. Ballard said. "This concern has always guided the elaborate and sophisticated contingency plans and procedures we have developed in the industry to combat this form of criminal activity."

Insofar as the association is concerned, Mr. Ballard said close liaison is being maintained with law enforce-

ment agencies at all levels in a continuing effort to upgrade protective and apprehension procedures.

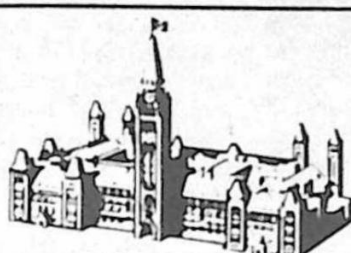
In addition, the association's reward program, to recognize the assistance of individuals, "... has never been more active, which indicates the willingness of citizens to assist in bringing these bank criminals to justice," Mr. Ballard said.



"More than \$1.25 million has been paid out to individuals, ranging from a low of \$100 to a high of several thousand dollars, depending on the extent of the information provided."

Mr. Ballard said that in recent years the program has paid out an average of \$40,000 a year to about 75 individuals for assistance in 40 to 50 cases.

## OTTAWA and Small Business



By KENNETH McDONALD

Popular opposition to metrification has caused the British Government to postpone debate on its Weights and Measures Bill. Ottawa doesn't even have a bill. Bureaucrats are pushing Canadians into metric conversion without parliamentary debate, let alone approval.

Typically, there have been no estimates of cost. In the U.S., conversion cost estimates range from \$40 to \$100 billion. At the usual one-tenth differential that means between \$4 and \$10 billion for Canada.

"Let the costs lie where they fall" say the bureaucrats. They're not in business, of course. They don't have to buy new scales, or new tools, or new labels.

Much of the pressure comes from multi-national corporations. As part of a world-scale process of rationalization, they are concerned with transferring standardized manufacturing to metric-using, low wage countries. Canadian jobs will be lost as a result.

The Canadian Fed-

eration of Independent Business, in testimony before a parliamentary committee, made recommendations to provide a measure of relief for the two groups most severely affected: the small business community and employees who finance their own metric tools.

The chartered banks should be authorized to extend government guaranteed loans to finance conversion costs. A once-only income tax credit should be made against purchase of new measurement-sensitive tools by individuals.

It is urgent that Ottawa put all these matters before Parliament in a formal bill, where they can be exposed to public debate by elected representatives. The bureaucrats have gained a headstart but it's not too late to call a halt while MPs determine the pace and the extent of the whole program.

However, with the U.S. committed to conversion, Canada has no choice but to follow suit.

The Canadian Fed-

## Oops, We Goofed

Yes, even the Totem Times makes mistakes. The front page in our last issue took quite a beating.

"Vol. 18 - No. 7 ... Thursday, April 1, 1976" received the dubious honour of being printed below the mast head twice in a row. Did you notice?

How about the promotion (without pay) given to a certain Search and Rescue specialist warrant officer? GEORGE NOTICED! Did you?

A smooth talking (silver tongued?) editor might talk his way out of the situation by saying that it was all done intentionally to see just how many home abiding proof readers we have in the area. In any case it didn't get much of a response.

Well, keep your eyes open and your wits about you. Sharpen up your senses, get lots of practice, then volunteer to be a proof reader for our beloved "fishwrapper". Pearl Kingyens will probably be leaving later this year, and Cecile Begin may also be forced away from the sunshine coast. To you, we toss the torch!

**DON'T FORGET**  
**CFB Comox**  
**OPEN HOUSE**  
**MAY 23**



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## TAX TALK

When filing their 1974 income tax returns, individual taxpayers were allowed, for the first time, to deduct interest income from Canadian sources up to a maximum of \$1,000.

In determining the deduction, however, the taxpayer was required to first reduce his eligible interest income by interest expense claimed in the year. This exemption is continued for 1975, but with three additional features, which no doubt will be welcomed by taxpayers investing in Canadian securities.

First, dividend income from taxable Canadian corporations may be lumped with interest income in computing the maximum deduction of \$1,000. The qualifying amount of dividends, however, must include the taxable amount reported in Schedule 4 of the return (i.e. actual dividends grossed up by one third).

Accordingly, if a taxpayer receives \$750 in taxable dividends from taxable Canadian companies, the equivalent taxable amount is \$1,000 which is also the maximum amount eligible for the deduction.

Second, for 1975 a taxpayer is not required to reduce his qualifying income by interest expenses in computing the maximum deduction.

Finally, to the extent that a taxpayer's spouse has not fully utilized her (or his) own interest and dividend deduction, the taxpayer may claim the unused portion. This additional deduction is calculated on Schedule 9 and deducted on page 4 of the return in arriving at taxable income.

For interest to qualify for deduction, it must come from a Canadian source.

Interest income is deemed, for purposes of this deduction, not to include amounts received from a registered retirement savings plan, pension plan, deferred profit sharing plan, income averaging annuity or interest from a partnership.

Both interest and dividends

received from persons with whom the taxpayer does not deal at arm's length are also excluded.

Individuals resident in British Columbia on December 31, 1975, who during the year rented their principal residence in B.C., may find that they qualify for the British Columbia Renters Tax Credit.

Provided such individuals are 16 years of age or older during the year, they may claim a credit on their tax return for a portion of the rent paid (or value of services performed in lieu of rent) in respect of their principal residence situated in B.C.

A principal residence means the dwelling unit(s) ordinarily occupied or inhabited by the taxpayer during the year. However, only one such residence may be claimed at any one time. Two or more individuals sharing the same principal residence may each claim a portion of total rent paid. For married couples occupying the same residence, the spouse with the higher taxable income claims the credit.

To determine the amount of available credit, the taxpayer must complete and sign form TIC (B.C.) which may be found among the schedules supplied with the individual's federal income tax return.

For individuals under age 65 during 1975, the credit will amount to the lesser of 10 per cent of their total rental payments and the amount by which \$100 exceeds one per cent of taxable income.

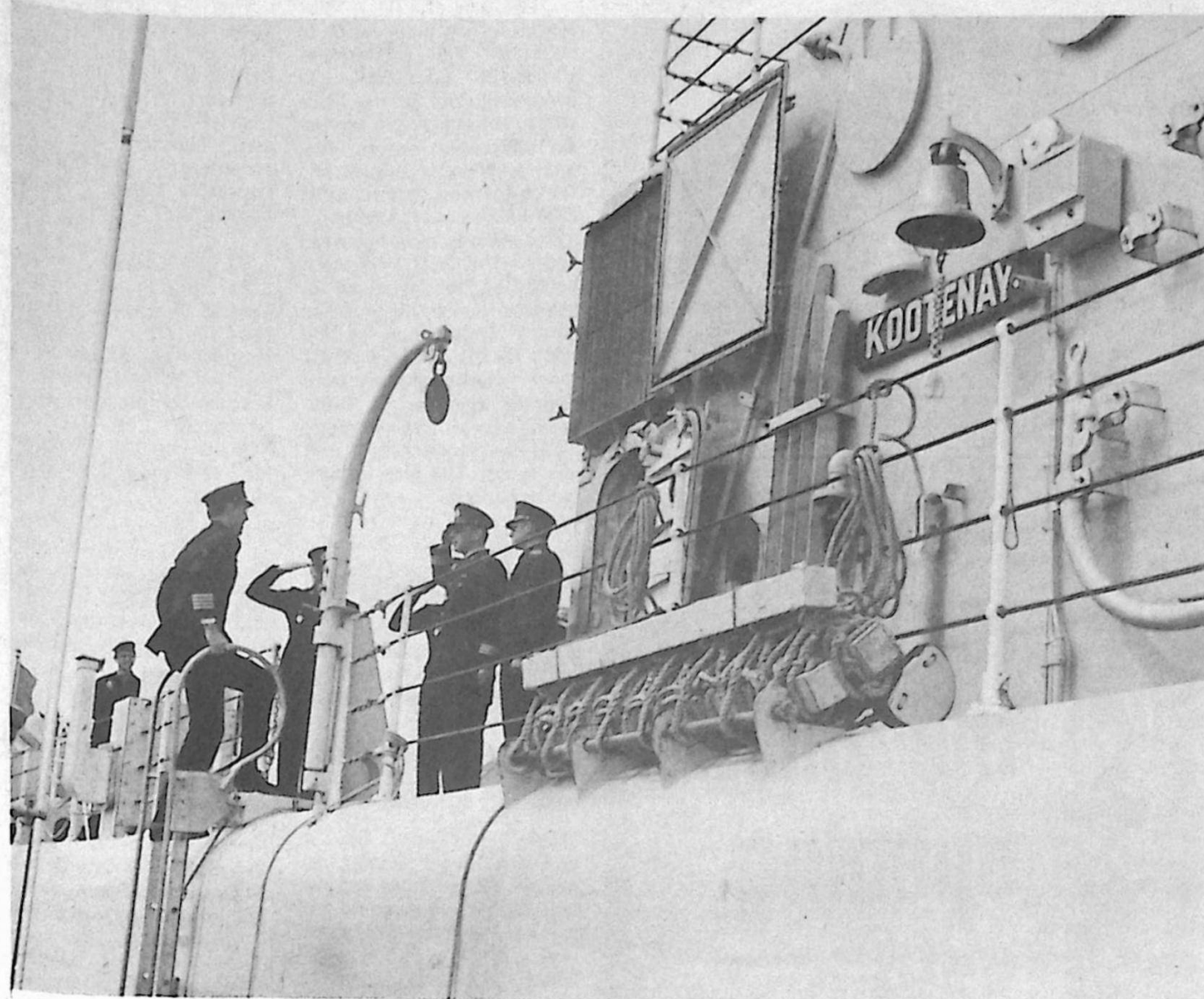
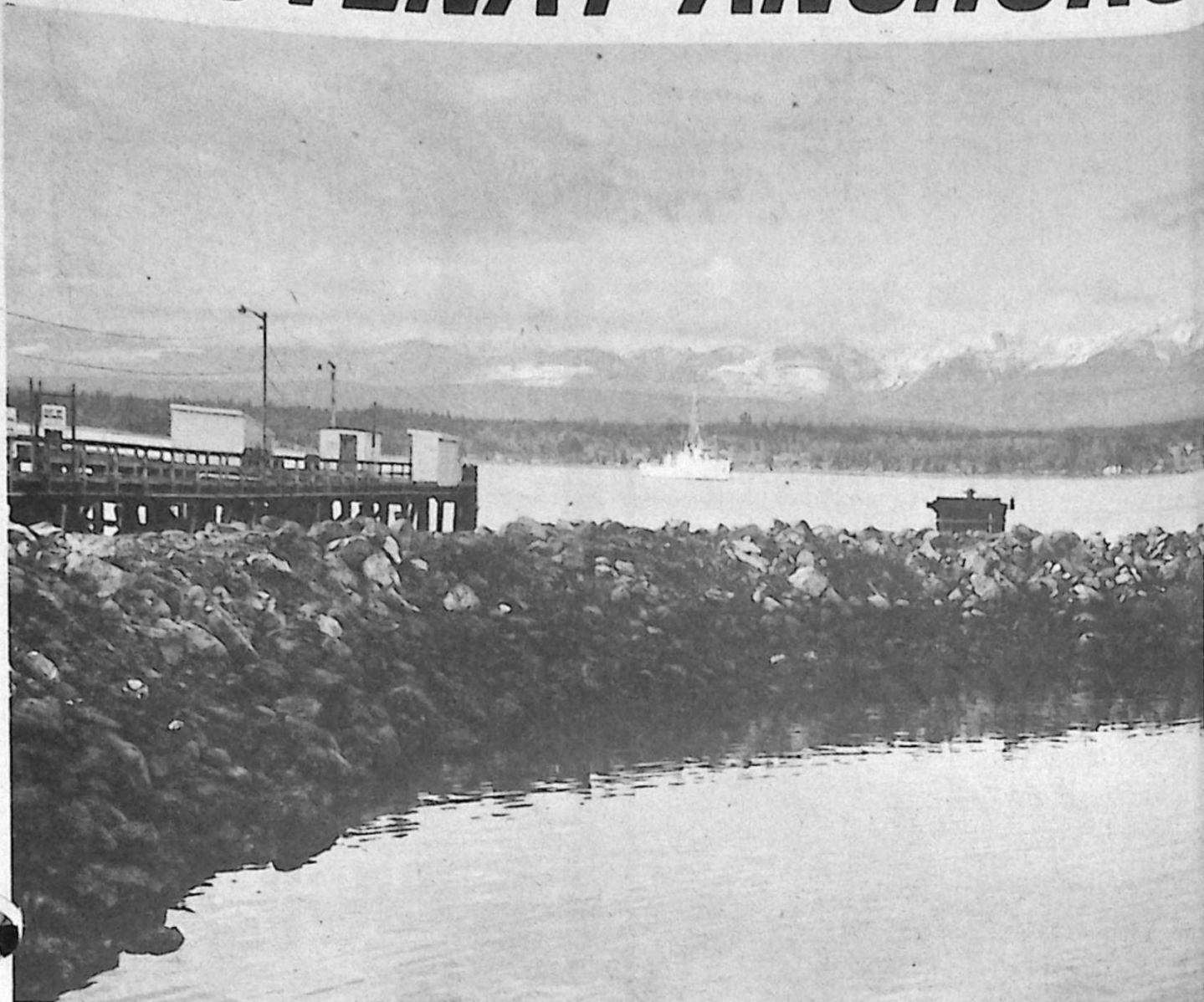
Renters with taxable income under \$10,000 will therefore qualify for a credit. While the maximum credit is \$100, there is a minimum credit of \$80 for those 65 years of age or over.

**TOTEM TIMES**  
**NEXT DEADLINE**  
**MAY 10**

**TOTEM TIMES**



# KOOTENAY ANCHORS IN COMOX HARBOUR



**"Tin Can" At Peace**

**"Four-Ringer" Comes Aboard**

HMCS Kootenay with Captain (N) M. Barrow, Commander of Second Canadian Destroyer Squadron, on board dropped anchor in the Comox Harbor on April 21. CFB Comox hosted Commander J. (Jim) Spalding, CO and the ship's company during her stay.

The Base Commander, R. L. Mortimer led a contingent of officers and men on board destroyer No. 258 to start off the activities.

Sea going transport to and from the ship was supplied by the "Grizzly" and other vessels from the Marine Division.

A strange craft bearing a Demon banner and a trident, was reported plying the placid waters between the fish boats and the Kootenay. Some say that it was "Belaying-pin Bruce" and his swashbuckling crew on the prow in an effort to plunder the rum-locker of any unsuspecting barge.

An enthusiastic crowd (of sea gulls) lined the jetty to cheer on the (highly skilled?) orasmen as they banged and splashed their whalers across the salt chuck surface. The Fleet Diving School may bein trouble this year at the Annual MARPAC Regatta based on the sterling performance of the Kootenay and Comox crews.

Aircraft familiarization flights, floor hockey, golfing, softball and volley ball games were other activities undertaken.

To the officers and men of the Kootenay:

"You came! We saw! Who conquered?"

**-Demon Photos-**



**Demon Flagship**

**"Weiner's" Gang**

**Will He Make It?**



**A Sober Advance**

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## Possible N.H.L. Choice

OTTAWA (CFP) - The search to find a successor to retiring NHL president Clarence Campbell is narrowing, and among those still in the running is 51-year old Brigadier-General Kenneth A. Wark of Ottawa and Toronto, who commanded CFB Ottawa until mid-1974.

Gen. Wark, who appeared before the NHL selection board last Tuesday (April 6), has been continually active in hockey circles since the late 1930s. He has done everything connected with the game from cleaning the ice to being president of two leagues, including coaching and managing. He also played junior hockey.

Posts he has held include those as president of the Central Junior A Hockey League for three years, vice-president of the Ottawa and District Hockey Association, and founder and first president of the National Capital Minor Hockey Association.

He left Ottawa last July after serving as director-general of current policy at National Defence Headquarters. He now serves with the North American Air Defence Command as deputy commander of the 24th NORAD Region, Malstrom Air Force Base, Great Falls, Montana.



B. GEN. WARK

### Keep To The Limit!

"An area of confusion exists in the Provincial Sports Fishing Regulations," a Federal Fisheries official told the Totem Times on Wednesday.

"Get the word out to the troops that the B.C. Government Sport Fishing Regulations do not apply to Tidal Waters re: catch limits, sizes etc.

"There have been no changes in catch limits for salt chuck fishing (4 salmon over 12 inches in length per person per day)".

Overwaitea expands for Courtenay

Watch for the big opening sale feature flyer being sent to your home soon. If you don't receive yours there'll be extra copies at the store Wed., May 5. Come see us

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## Glacier Greens

The unpredictable Spring weather has affected attendance on Ladies Days at Glacier Greens.

On Tuesday 13th April, 24 ladies enjoyed 18 holes of golf on a lovely warm, sunny day.

Low gross winner for the day was Kay Freeman, 1st low net - Mary Shaw, 2nd low net - Barbara Carter and 3rd low net - Nettie Bonenfant. Win Naven won the most honest golfer prize - again!

Only 15 members braved the elements on Tuesday, 20th April when cold winds and hail persuaded the ladies to stop play after 9 holes of scotch foursomes. Mary Shaw and Pearl Kingens were the low gross prize winners and

Nettie Bonenfant and Audrey Haughn, low net.

The Club Early Bird Tournament on Sunday, 25th April saw Joan Webber win the Comox Valley Realty Ltd. trophy for the ladies low net score. Other winners were, Irene Harker - low gross, Mary Shaw-2nd low net, Mona Ledgard-2nd low gross, Millie Legg-3rd low net and Joan Stevens-3rd low gross.

**COMING EVENTS.** Tuesday, 4th May. Starting at 9 a.m. for 18 holes, medal play. Throw out three. Full handicap. Tuesday 11th May. 18 holes, medal play, start at 9 a.m. Par points. 1st round of National Handicap Award Tournament. Start of Match Board.

## Sailing Club

Saturday, 24 April marked the Annual Open House of the Comox Squadron, Canadian Forces Sailing Association. This event is held to show members of the Armed Forces and their dependents what we do as a sailing club. Those of you who attended now know there is more to the CFSA than a few people "messing around in boats".

Our guests enjoyed a fine film about the "Tall Ships" as they are sailed today by naval cadets around the world. A large number of our visitors tried their sea legs aboard "Tally-ho", our 26 ft. cruising keelboat. Others took a ride in one of the 11 ft. Mirror dinghies, which comprise our training fleet, and provide racing dinghies for those of competitive spirit.

Our day was a success, starting with the weather turning from a terrible, blustery Friday into a warm sunny Saturday, and culminating with the signing aboard of a number of aspiring candidates for our Beginner's Sail Training Course, which commences on Saturday, 1 May.

One of the more popular features of the day was the clam chowder a la Ian Fox, to

whom we owe a special vote of thanks for taking time out of his holidays and preparing the chowder and chili for the day.

Our thanks to Col. Mortimer for accepting our invitation to attend, and thanks to all who came out to see our displays; please come again.

The success of the day indicates the effort and time expended by the members working together to make it so.

If you were unable to attend our Open House, and would like to know more about the CFSA and its activities, contact Nan Fox at 339-4216.

## Blood Donor Clinic

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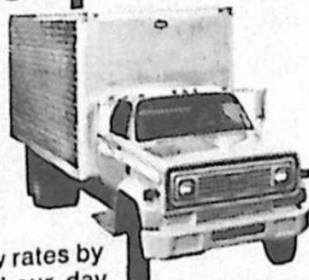
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# The Shark Story

BY R.C. PARKER  
(EX-WOI)

THE "SHARK" STORY.  
Canada's Wings. Volume No. 1.  
"THE BLACKBURN SHARK."  
Written and published by Carl Vincent.

Force. To the many members of such squadrons as No. 6 Torpedo Bomber, No. 4 General Reconnaissance, 111 and 122 Communications Squadrons and to personnel who served at Patricia Bay, and drawings are of excellent quality and serve to bring back lost memories of Jericho Beach, Ucluelet, Allford Bay, Prince Rupert, Trenton and Halifax. The appendices that are included in the last six

centres of Canada, will provide a historical compendium of one of Canada's wartime aircraft. It should become a part and parcel of every Canadian aircraft museum and historical reference center.

This author, in addition to the Shark story has three other volumes in preparation at the current time. Volume 2 covers the Consolidated "Liberator", Volume 3 will cover the Curtiss "Jit-tihawk" (P-40), and Volume 4 the "Bristol Bollingbroke".

R.C. Parker, a retired RCAF WO1 will be remembered by those who served at Chatham during the '50's as the station warrant officer, and author of automotive column "Riding with Parker" in the "Chatair".



THE BLACKBURN SHARK, complete with torpedo and a sharp-looking airman.

Published by Canada's Wings. P.O. Box 393, Stittsville, Ont. 98 pages. Completely illustrated. Price \$6.95.

This book, written by Ottawa author and aircraft historian Carl Vincent completely covers the building, construction, deployment, and final resting places of this cursed and coveted old "bird" of the wartime Royal Canadian Air

B.C., Trenton, Ont. and Halifax, N.S. the 98 pages of historic and nostalgic memories will rekindle many thoughts and incidents of the wartime years.

The author has spent long hours digging through service, technical and personal records to compile such an accurate historic record of each Shark aircraft ever used by the RCAF. Photographs

pages of this book give a complete resume of aircraft records including aircraft markings, names and dates of squadron commanders, individual aircraft histories and complete military data.

To any ex RCAF personnel who ever flew, worked on or suffered over this aircraft, this book will become a treasured item and to the libraries and reference

Decisions...decisions...decisions. The first step is to decide just how much you can afford, so states the Consumer Contact dated March 1976.

Sure that Tudor-style home in the heart of a luxurious area is your dream-come-true. But if your present income and future income would be stretched to the breaking point, that dream may suddenly turn into a nightmare.

A general rule-of-thumb is to spend no more than 27 to 30 per cent of your gross income on principal, interest and taxes for your home, and to pay no more than 2 1/2 to 3 times your gross annual income for a house. A budget will help you decide just what you can afford.

The location - transportation, schools, churches, shopping centres, zoning, taxes and municipal bylaws - is ever important.

The type of home and the age of the home are also considerations.

Brand new homes, on the one hand, need few repairs and have the latest in plumbing, heating and electricity. If it is part of a housing project, you may have your choice of model homes or basic designs.

An existing home, on the other hand, has stood the test of time, and you get the advantages of improvements made by previous owners. It may, however, need major repairs, such as plumbing, and it may have to be redecorated.

## Info Health

Most people are surprised when they learn that the most widely used drug in this country is caffeine. Many do not realize that the active ingredient in coffee is, in fact, a drug, and is studied as such by medical students learning about the effects of drugs and medicines.

Not a coffee drinker? Tea, the major alternative, also depends on caffeine for its "lift" effect. Even if you are among the eight per cent of the population that abstains from either drink, it is likely that you occasionally have cocoa, hot chocolate, or cola-type soft drinks. All these contain the drug.

Please do not misunderstand. I certainly do not feel that indulgence in caffeine-containing beverages in reasonable amounts is going to seriously affect anyone's health. With average use, the benefits probably outweigh the dangers. A good cup of coffee is certainly one of life's small pleasures.

(Continued on page 11)

## Bowling Marathon

- The following list of ladies, will be competing in a 15 game Bowling Marathon on the dates shown.  
**Saturday, May 1st.**  
F. Rollings  
B. Norman  
B. Redshaw  
B. Jones  
G. Engelmeyer  
E. Prime  
D. Zielke  
P. McRae  
P. Stallard  
B. Carter (Bob's Wife)  
J. Hagar  
P. Brown  
J. Justus  
S. Boone  
C. Stacey  
M. Clarke
- These dates are separate tournaments, and will commence at 0830 HRS.
- Any changes in the above, will be the responsibility of those concerned.
- For further information, contact Russ Engelmeyer at Local 354.

- Sunday, May 2nd.**  
H. Gray  
I. Lyon  
B. Semon's (Replacement)  
L. Tucker  
S. Eppler  
D. Kern  
A. Alstad  
D. Tabler  
M. MacDonald  
B. Carter (Ron's Wife)  
T. Gagnon  
A. Smith  
J. Flercher  
M. Maniak  
S. Treat  
(opening exists)

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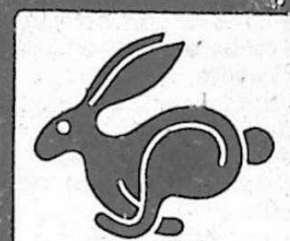
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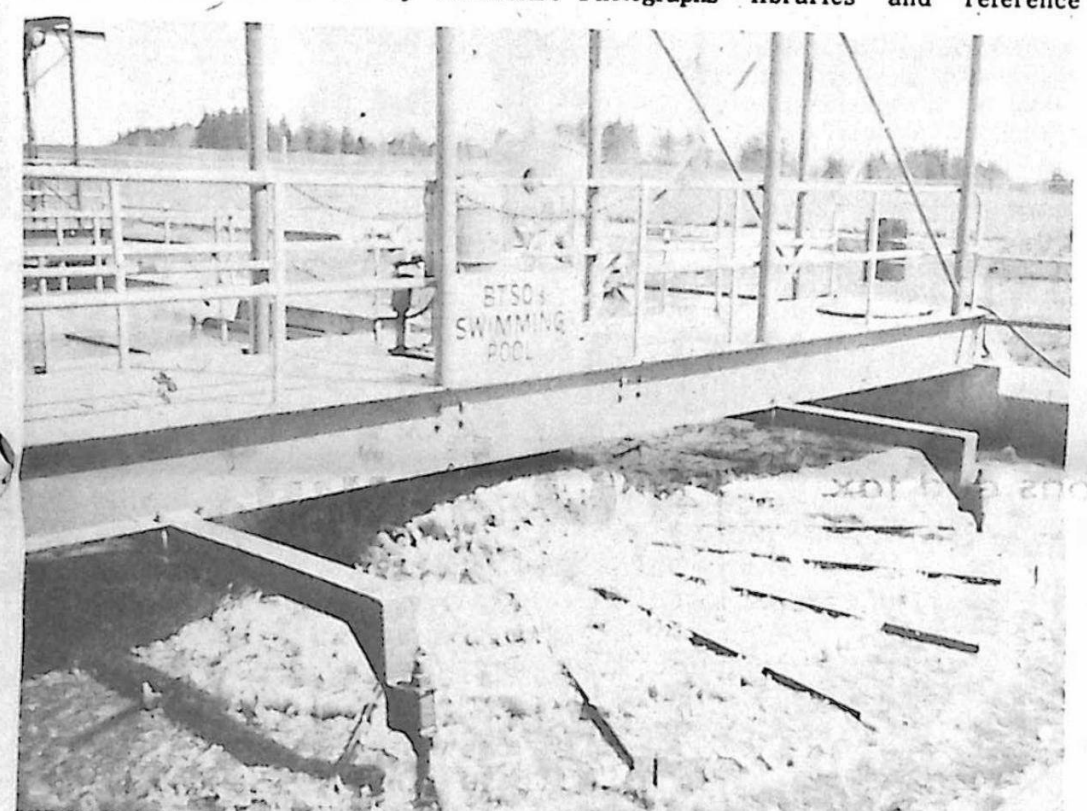
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YOU KNOW THAT funny smelling "health spa" down on the golf course road? "Skulker" Photo

## Square And Round Dance News

BY LOIS WRIGHT

CFB Round Dancers, meeting at the Social Centre, have taken unto themselves a name. They are now the Merry-Go-Rounders, a name that bridges a nine year non-existence and harks back to a Comox Valley round dance group taught by Stan and Evie McMullin between 1965 and 1967.

The name made its second debut on a beautiful huge cake, which, baked and iced for the occasion, was the centre piece to the buffet supper on Monday, April 12th. It was the 1975-76 Round dancers end-of-season party

complete with games, mixer circle dances, prizes and guests Bob and Thelma Bird representing Campbell River's Ripple Rockets which has a small round dance group within the square dance club and caller Bob and Joy Jeglum.

We danced our complete repertoire of dances learned since the start in November, confidently performing such movements as the hitch, the grapevine, the turning two-step and waltz, the pivot, the brush embodied into the sequences of "Manning's Mixer", "Clarinet Capers", "Mickey", "Ranger's Waltz"

and many others. In heart and spirit we were true "Merry-Go-Rounders". We thank our four guests for contributing much to the evening's happiness and we hope to dance with them again, the evening ended on the promise that all being well, Round Dancing will begin again on Monday, September 13th. On that evening newcomers to round dancing will be welcomed into the fold to explore its pleasures.

Meanwhile anyone still unsatisfied and looking for more dancing fun is invited to try square dancing as called by Stan and Evie McMullin

and Ted Wright every Wednesday at the Comox Recreation Centre on Noel Ave. from 8:00 - 10:00 p.m. It's fun level. We can promise you much laughter, good companionship and a truly great welcome until June 16th.

One other event long anticipated, was staged on Saturday, April 24th, at the Social Centre on CFB Comox. Bob and Joy Jeglum's Sunday square dance class graduated with highest honours. Along with learning the pleasures of good club level dancing, other benefits surreptitiously developed. They quickened their ability to listen and

follow commands. They came as individuals and learned to meld and create with seven other people. They deepened their command of patience, persistence, consideration and learned that in square dancing there is no room for cliques, criticism or discrimination. They truly deserve our fullest congratulations.



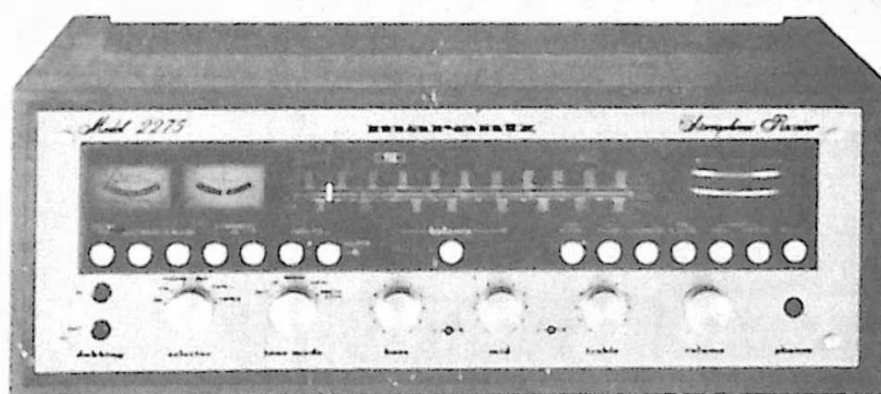
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"Dub" Facility and Variable Turn Overturn Control for Sound Controlling.

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**APRIL 29 TO MAY 5**

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| 2 Nite Tables                                          |         |         |
| Chest on Chest                                         |         |         |
| Knechtel Sturbridge Mirror                             | 349.00  | 279.95  |
| Deilcraft 9-Pce. Pine Dining room Suite                | 1659.00 | 1495.00 |
| Canadian Settler                                       |         |         |
| Braemore Curio Cabinet                                 | 377.00  | 319.00  |
| Bogdon and Gloss Corner Cabinet                        | 399.00  | 339.00  |
| Vilas 2-Pce. Chesterfield Suite                        | 1179.00 | 1049.00 |
| Ready Made Drapes                                      |         | 20% OFF |
| Kilgour 5-Pce. Bedroom Suite                           | 1049.00 | 599.00  |
| Tynan 2-Pce. Chesterfield Suite                        | 799.00  | 499.00  |
| Grange 252 Coil Box Spring and Mattress. 3' 3" x 6' 8" | 163.00  | 109.00  |
| Heirloom Brant County Pine                             |         |         |
| Sofa and Chair                                         | 1059.00 | 899.00  |
| Love Seat                                              | 569.00  | 489.00  |
| Rocker Recliner                                        | 649.00  | 549.00  |
| Ottoman                                                | 199.00  | 169.00  |
| Library Desk                                           | 625.00  | 529.00  |
| Commode Table                                          | 119.00  | 119.00  |
| Bench Cocktail table                                   | 299.00  | 259.00  |
| Gibson 15 cu. ft. Frost Free Fridge                    | 649.00  | 549.00  |
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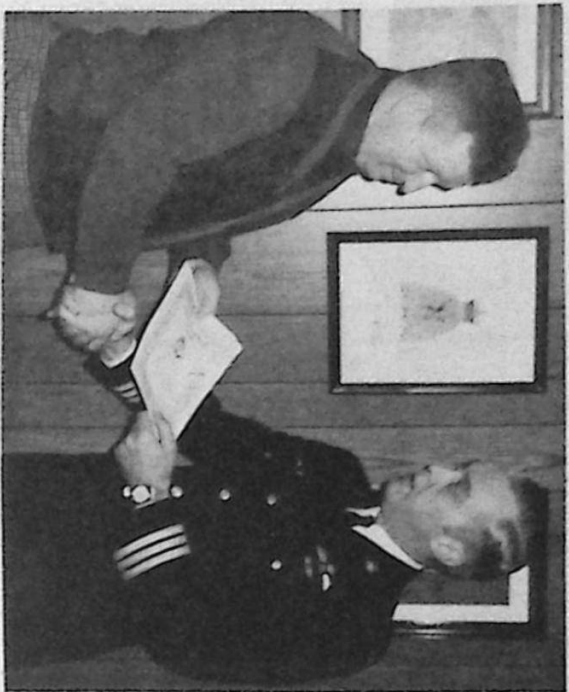
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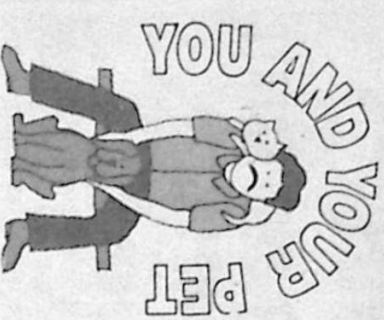
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M-CPL. KEITH GELBERT formerly of CFS Holberg but now a CFB Comox resident, recently received the CFS Holberg Community Service Award. Keith, a MSE Operator, was very active in youth activities at Holberg and was a vital force behind the Youth Curling program. L-Col. W. J. Read, CO of CFS Holberg, makes the presentation.



## Dog's Allergies - Troublesome But Treatable

Allergies, such as hay fever, reactions are as varied as the symptoms. Foods, certain insects, vegetation and pollen are a few of the agents. So are house dusts, floor polish, nylon rugs, chicken feathers, cat hair and tobacco. Dogs that are allergic to trees, grasses and pollen will have more difficulty during warm weather. Dietary allergies are some of the most difficult for a veterinarian to treat. Just like humans, many dogs are not able to assimilate all foods. Some develop colitis, an intestinal inflammation, when

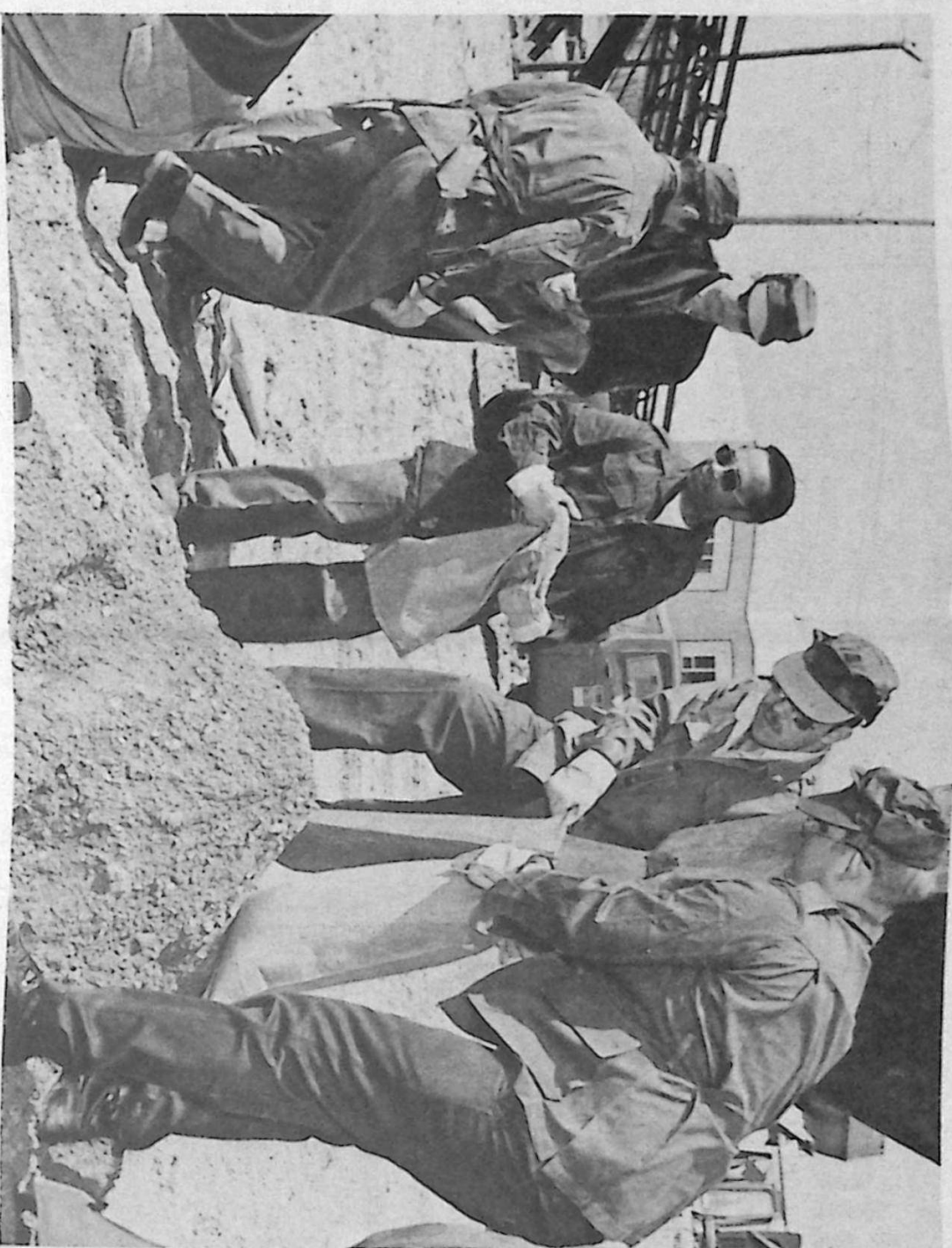
given dog food. With other dogs, the simplest deviation from their normal diet will produce chronic diarrhea and a continuous growling of the intestines.

Hypersensitivity to flea bites is another fairly common allergic reaction. A flea bite produces intense itching, and violent scratching can result in skin injuries and possibly even secondary infection. Dogs suffering from skin eruptions, such as hives, often have tremendous swelling around the head, particularly

banish the fleas. And in the case of hives, your veterinarian may prescribe an antihistamine plus cold packs to relieve the itchiness and a laxative or enema to clear the intestinal tract.

White and light-colored dogs seem to be especially susceptible to skin allergies. French poodles, Maltese dogs, setters, wire-haired terriers and Dalmatians are most prone. The initial symptom is itching skin with redness and inflammation. Scaliness follows, and the hair starts to fall out either from scratching or from dryness, leaving bare patches.

In recent years, veterinary medical research has produced tests to determine the causes of allergic reactions along with protective vaccines to help overcome these reactions. So, if you notice that your pet is scratching, sneezing, rubbing his eyes or face against the floor or any of the other symptoms I discussed earlier, talk with your veterinarian and save your pet from needless suffering.



What is ZENITH 5555? During National Forest Week, May 2-8, you will see young people in red shirts planting trees or manning shopping centre displays. Ask them. Zenith 5555 concerns the safety of our forests and these young people are Junior Forest Wardens and Girl Forest Guards who have planned special activities to draw public attention to the trees and forests of B.C.

They will tell you what to do if in any location or situation you see a thread of smoke or flame reaching up out of a wooded hillside. You don't leave it to someone else. You quickly gather your wits, review the location and get to the nearest phone. Then you call "operator" and ask for Zenith 5555. This is a direct line to the Forest Service and immediate action will be taken on your call. The tiny wisp of smoke could well be the beginnings of a monster fire capable of destroying acres of timber, fish, wildlife, human habitation, even whole towns.

In their club program, these young people have learned a lot about the forest. They know the skills of woodstravel, how to survive in the wilderness, how to navigate. Most of their weekends are spent hiking, camping, and studying the things of nature, and they are happy in the companionship of others who love the outdoors. Their shirts are often dirty. But for National Forest Week they get all splattered up and help the Canadian Forestry Association tell the public what the forest means to every person in B.C.

## Miracle Drive In Theatre

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

April 29 & 30, May 1 & 2

Thurs. to Sun.



BURFORD  
PUSSER'S  
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story:



2nd Feature



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CENSORED SIN

## W.O. AND SGT'S.

### MESS

#### MAY ENTERTAINMENT

7 May — Marty Davis Show.  
Open House to Officers and Wives. Time: 21:00 to 01:00 hrs. Food: Pick trays. Admission: \$1.50 per person, members, associates, officers and wives. \$3.00 per person, honorary and guests. Advance tickets at Mess Manager's Office.

8 May — Marty Davis show.  
Same as 7 May except no open house.  
MOTHER'S DAY DINNER — 7 p.m. to 9 p.m.  
Menu: — Steak and Turkey.

14 May — TGIF

### MOVIES

3 May — Mutiny on the Buses (Mature)  
10 May — Godfather (Part 2) (Mature)

## OFFICERS' MESS ENTERTAINMENT

MAY 1976

Fri. 30 Apr. — TGIF

Sun. 2 May — Brunch 1200 - 1300

Fri. 7 May — TGIF

Marty Davis show — Mess members have been invited to the Sr. Nco's Mess to see the Marty Davis Show. A good band and floor show from 2100 - 0100. Tickets available from the Officer's Mess Manager.

Fri. 14 May — TGIF

Sat. 15 May — Spring Formal. The menu is a seafood extravaganza. Music by the C.A.M.P.A. Stage Band and the "Music Factory". Cocktails 1930. Dinner 2000. Reservations required.

Wed. 19 May — OWC Banquet.

## EW

Courtesy

Mon. to Thurs. - 8:15 p.m.  
Two Shows Fri. & Sat. - 7 & 9 p.m.  
Maine Saturday, 2:00 p.m.  
No Maine Sat., May 8

THURS., FRI., SAT. -  
APRIL 29, 30, MAY 1  
MATINEE SAT. -  
2:00 p.m.  
WALT DISNEY  
BLACKBEARDS  
GHOST

General

Mon., Tues., Wed. — May 3, 4, 5

"DEVIL IS A WOMAN" plus "HEX"

Mature

Thurs. till Wed. — May 6, 7, 8, 10, 11, 12

Ellen Burstyn, Kris Kristofferson

"ALICE DOESN'T LIVE HERE ANYMORE"

Mature. "Occasional coarse language" — B.C. Dir.

Stardust

Drive-in Theatre

Thurs. to Sat. - Apr. 29, 30, May 1 & 2

"THE TOWERING INFERNO" plus "RACE WITH THE DEVIL"

"Jesus Christ Superstar" plus "AMERICAN GRAFFITI"

General Entertainment

# JUNIOR RANKS CLUB

## ENTERTAINMENT

\*

April 30, May 1 and 2 — Come and dance to "Touch", a very good rock group from Seattle.

May 4 - The movie will be "Mutiny on the Buses," starring Reg Varney and the regular cast of the TV series, "On The Buses."

May 7 — The lounge will be closed. (For Bowling Banquet)

May 8 — Dance to Contraband. This night ONLY will be relaxed dress.

May 9 — Mother's Day. A wine and cheese night starting at 1930 hrs. There will be a good selection of wines and cheeses. Also some pick trays. Dancing to start at 2100 hrs. Band will be Contraband. Members \$1.00 each. Guests \$2.00 each.

May 11 — The movie will be "Godfather, Part II", starring Al Pacino.

May 14, 15 and 16 — One of the best groups from Victoria will be at the Lounge. Grand Slam plays highlights from the Top 40. Country Rock, 50's Rock, Revival and the Old Standards.

## COMOX

## BASE THEATRE

### SCHEDULE

SAT. 1 MAY  
SUN. 2 MAY  
Showtime 2000 hrs. - 2150 hrs.  
Some violence and coarse language.

This time the bullets  
are hitting pretty  
close to home!

Clint Eastwood  
in  
his Dirty Harry in  
Magnum Force



"Mixed Company"

WED. 12 MAY, THUR. 13 MAY

FRI., 7 MAY, SAT. 8 MAY, SUN. 9 MAY  
CORNEL  
WILDE  
YAPHET  
KOTTO  
A  
CORNEL  
WILDE  
FILM



"Sharks' TREASURE"



Rosebud



PETER OTTOLE, RICHARD ATTENBOROUGH  
CLIFF GORMAN / CLAUDE DAUPHIN / JOHN LUNDGAY  
PETER LAWROD / DICK BAILEY / VALLONE / BARTOCCI / MORGAN

MATINEES  
SAT. 1 MAY  
MCHALE'S NAVY

SAT. 8 MAY  
THE WORLD OF  
ABBOTT & COSTELLO



## ASK ABOUT THE FOREST



A Kimberley reader, Mrs. Helen Duncan, has asked us some questions. These were answered by a Registered Professional Forester who is a member of the Association of B.C. Professional Foresters. A book prize has been awarded for these good questions.

### HOW DOES A CONIFEROUS TREE GROW FROM ITS FALLEN CONE?

Cones are the seed carrying structures of Coniferous (needle leaf) trees. If you look

carefully, you will find that each cone is made up of 25-30 cone scales which are attached to a woody axis running up the middle. Each scale normally carries two seeds.

Under ideal conditions, each seed is capable of germinating and growing into a tree. In other words, one cone with 25 scales could provide 50 seeds and 50 potential trees.

Drying or heat will cause the scales to open and shed their seeds. Usually this

happens while the cones are still on the tree. In the case of some species the seeds have tiny wings which help the wind to lift and scatter them. However, certain conifers, like lodgepole and ponderosa pines, have very hard, thick, woody cones. Often it takes the heat of fire to open the scales and release the seeds of these trees.

### WOULD YOU GET A TREE IF YOU PLANTED AN OPEN CONE?

Assuming you had picked a cone with seeds capable of developing, it is conceivable you could grow a seedling. If supplied with sufficient moisture, the seeds would germinate and start to grow within the cone.

However, don't forget that in this case a great many seedlings would grow side by side in a clump, and eventually choke each other out.

It would be better if you were to plant individual seeds. Your best course would be to gather cones from suitable trees during September and October or by just picking up fallen cones. Store them in a dry warm place and wait for the cones to open or separate. Then shake them out of the cone.

After that, plant them in the usual way. Have lots of fun.

If you are connected with an organization you may obtain a film on conifer reproduction from the B.C.I.T. film library, 3700 Willingdon Avenue, Burnaby, B.C. The film title is How A Pine Tree Reproduces.

(Continued from page 1)  
knowledge of Central Registry procedures."

He continues: "...despite the rapid growth of the base, the varying roles of the units and squadrons...she has continued to provide knowledgeable and effective administrative support considered second to none."

Millie resides with her husband, Don, in the town of Comox. They have two

## Attention To Duty

married daughters who both live in British Columbia.

"We're from old pioneer stock," says Millie. "My father was also born in the Comox Valley, in the days when there weren't any hospitals."

Millie is very active in the local community. She is a Director of the d'Esterre Senior Citizens Housing Project and is the President of the Ladies Auxiliary,

Canadian Legion Branch 160, Courtenay.

"I am very gratified at being recognized for my efforts with the service," she said during an interview on April 27th.



For National Forest Week

May 2 to 8 —

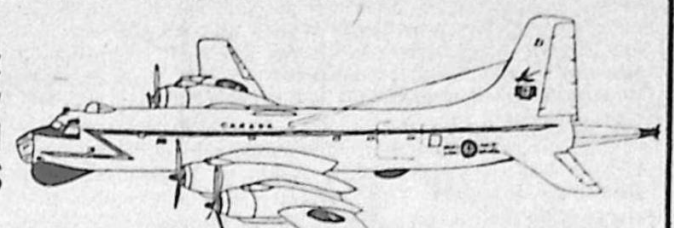
and throughout the year.

National Forest Week Theme —

"Forests... Part of All Our Lives!"

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151 - '75

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## COME GARDENING

with  
**Doc Hartnoll**



### PLANTING IS MAY ACTIVITY

When is planting time? For many good home gardeners they will have a look at the sky then feel the soil, and listen to weather broadcasts. If there is no danger of frost, all good gardeners are off and digging. Don't try to dig in soggy soil. First it is difficult and you won't obtain a well prepared bed to accept the seed you want to germinate and grow. If the soil is cold, that isn't the time to transplant either.

Growth seems to be coming along. If grass is any indication, it won't be long until the soil is ready to accept all the plant material you have to give it to grow.

**TOMATO PLANTS:** When International Seedsmen met at Penn State University during the winter, they were asked to name a "Vegetable of the Year" based on popularity among home gardeners. The giant red variety of tomato won their vote.

Tomatoes come in many shapes and sizes — pear shaped, orange and yellow, some the size of cherries. But those that fall into the giant red category — Beefsteak, Big Boy, Better Boy, Rutgers, Whopper, Early Giant and Delicious — are the most universally grown and the most productive.

Tomatoes grown from seed are best started indoors about eight weeks before planting out. Those you purchase already started and ready to transplant should not be put in the garden until all danger of frost is past.

Tomatoes need a sunny location, good drainage and fertile soil. I like to work in a half cup of Vigoro Tomato Plant at transplant time. This can be dug into the planting area where each plant is to grow, or applied on top of the soil after transplanting. It should be in a circle around the plant, about two inches from the stem. A mulch of straw, grass clippings or chopped leaves will conserve moisture and keep the fruit clean. Staking keeps the vines neat and makes fruit picking easier.

**TRANSPLANTING:** When setting out plants, place them deep in the soil with part of the green stem covered. This will encourage extra roots to grow. Water the plants as soon as you have transplanted them.

If you'd like to give them even a faster start, get a box of Instant Vigoro, completely water soluble, and mix a tablespoonful to a gallon of water. Apply this after the plant gets in the ground, and it will take away the shock of transplanting. I space my plants two feet apart for air circulation. If you don't stake them, be sure to mulch around them to keep the fruit clean and help the soil to conserve moisture.

**DISEASES:** One of the most common tomato diseases is "blossom-end-rot" and is recognized when the end of the tomato fruits turn black. It is caused by inadequate or uneven watering. Mulching tomato plants to conserve moisture in the soil and watering during dry spells will normally prevent this condition. Remember, too, that a well fed plant will fight off many diseases.

**FERTILIZER:** When buying fertilizer for your garden you will see a set of three numbers on the bag or box such as 8-12-6. This would be just right for the vegetable garden, especially where root crops are being grown. Another set of numbers is 5-10-10, formulated for tomato production. Roses require a different formula and the number here would read 6-10-4.

These numbers indicate the percentage content of the three most important plant nutrients; nitrogen, phosphorus and potassium in that order. If you have a garden with poor or exhausted soil it is generally a good idea to obtain a soil analysis from your local Provincial Agricultural College to find out just what your soil lacks for good production. Then purchase a fertilizer that gives you the correct percentages to put your soil back in balance.

**PREPARING THE GARDEN:** One of the most important jobs when starting a new garden is soil preparation. Deep digging is essential, plus removal of stones and weed roots. A soil conditioner may be necessary, such as garden peat, well rotted manure or compost. Only when you have a good, crumbly, well drained soil can you expect worthwhile results.

**KEEP CLEAN & HEALTHY:** Once your plants have started to grow, you'll find many insects will try to challenge you and your production. It is wise to ask your local nurseryman for a combined insecticide and fungicide. There are several on the market designed for the control of insects in your area. I find the combined products are more beneficial than just using one particular product to control a few insects.

If you have any gardening question, write to me at the Garden Information Centre, 165 University Avenue, Toronto, Ontario, M5H 3B8, enclosing a stamped self-addressed envelope.

## Chapel Chimes



### RC CHAPEL

Father Francis Swoboda - Base Chaplain (RC) Telephone 339-2211 Loc 274 or Residence 339-2102.

#### SUNDAY MASSES:

Saturday - 7:00 p.m. (Sunday Vigil)  
Sunday - 9:30 a.m. and 11:00 a.m.

**WEEKDAY MASSES:** Are said at convenient times in the Chapel and in private homes on request.

**SACRAMENT OF PENANCE:** Before and after all Masses.

**BAPTISM:** By appointment.

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

### PROTESTANT CHAPEL

Telephone 339-2211 Loc 273

D.L. Martin, Major (Base Chaplain (P))

#### CHAPEL SERVICES

The Protestant Chapel is located in Wallace Gardens (PMQ area) and Divine Service is held every Sunday at 1100 hours. This is the Base Chapel and everyone is warmly invited to share 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 to 1630 hours. Phone 339-2211 local 273.

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

IT PAYS TO ADVERTISE... ADVERTISE WHERE IT PAYS...  
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**DICK AND DAN** - a team of Percheron work horses who perform hauling chores at the HABITAT FORUM Jericho beach site in Vancouver - met up with Canadian Habitat Secretariat officials during their recent tour of the area. Horses were loaned to project by Virtue Riding Stables of Mission, B.C. The group included Habitat Commissioner-General

J. W. MacNeill (centre) and Associate Commissioner-General Dr. Hugh Keenleyside (far right). Al Clapp, Forum site producer, is at far left with wrangler. HABITAT: United Nations Conference on Human Settlements takes place in Vancouver May 31 - June 11 with HABITAT FORUM beginning on May 27.

## Cmdre. Hendy Elected

**OTTAWA (CFP)** - Commodore Robert I. Hendy (RCNR, retired), 57, of Toronto, has been elected national president of the Navy League of Canada, succeeding Jack E. Koyle of Victoria, B.C., a decorated wartime lieutenant-commander.

He was elected at the league's 81st annual meeting here March 25-27.

Commodore Hendy joined the naval reserve as a midshipman in 1936, and during the Second World War, saw service on the North Atlantic in the Canadian destroyers Assiniboine and Annapolis. He also served in HMCS Prince Robert, an auxiliary cruiser, in the Far East in later war years.

After the war, he returned to civilian life and the naval reserve unit, HMCS York. Four years later, he became senior naval officer, Toronto area, and honorary aide-de-camp to the governor-general. He retired from the naval reserve in 1962.

From 1951 to 1973, he was a member of The Navy League's provincial board of management, and in 1968, was appointed to its national council in Ottawa.

Commodore Hendy is a Toronto lawyer and businessman.

The Navy League, and its 25,000 members, observe and comment upon Canada's maritime defence and commercial interests.

Its 18,000-strong nautical youth movement includes teenage male and female Royal Canadian Sea Cadets, run in partnership with the Defence department since 1941.

The league, which began its youth work in 1902, runs by itself the younger Navy League cadets and Wrenettes for boys and girls across Canada.

## Oriole Goes American

**VICTORIA** - The Maritime Forces Pacific sail-training vessel, Her Majesty's Canadian Ship Oriole, will be featured in American bi-centennial celebrations in Seattle this weekend.

Oriole will lead a sailpast on Lake Washington to officially open new facilities of the Seattle Yacht Club May 1. On the preceding day a presentation will be made to the Canadians from Jean

McKee, Deputy Administrator of the American Revolution Bi-centennial Committee. The presentation, consisting of a bi-centennial flag and crest will be accepted on behalf of Rear-Admiral A. L. Collier, Commander, Maritime Forces Pacific by Captain (N) Okros, Commander of the Esquimalt-based Training Squadron. The skipper of Oriole will be

Lieutenant-Commander W. D. Walker of Victoria's naval reserve division, HMCS Malahat. She will be crewed by Malahat and regular force personnel and carry trainees from the Junior Officer Training Division of the Fleet School, Esquimalt.

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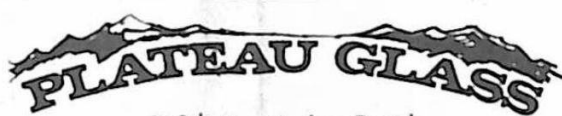
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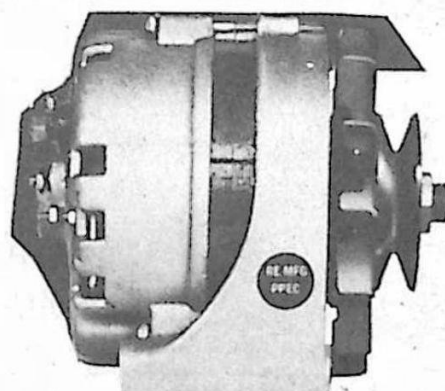
It features four separate exhaust pipes. And with its reputation for reliability and durability, along with super-smooth power, disc brake up front, superb comfort, and quick performance, this Honda legend will stay in demand for years to come.

The Honda CB-750: for crossing town or crossing the country, it's still one of the world's great superbikes.

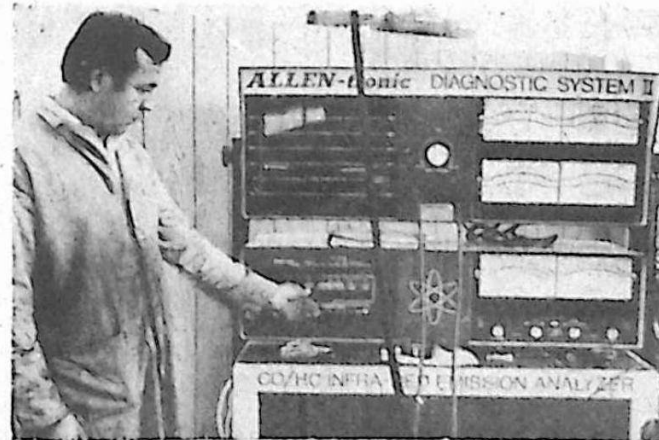
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# PMQ Preamble

**NOTICE:** Owing to the increased costs in duplicating services, the PMQ Council will no longer distribute flyers door-to-door. All information relating to MQ activities shall be published in the Totem Times under the PMQ Preamble by-line. All Organizations within PMQs wishing to utilize this service are to contact the Council Publicity-Cy Pshyotcky (339-4253 or 318) or Pete Morrow (339-2019 or 423).

## Dogs And Cats

The Council Meeting held April 14 has led to some rather dramatic changes in PMQs. The changes have been approved by the Base Commander and the BAO. Effective May 1, all PMQ households will divest themselves of all pets within four weeks or the occupants will be required to move. No one moving into PMQs will be allowed to have pets of any kind.

That sounds more than a little drastic, but it does suggest the limits the Council may be forced to take to solve a problem within the MQ area. No, the above directive has not been requested, nor has it been approved - but I do draw your attention to discuss a very real problem we all must look at. The above suggestion is a penalty to all pet owners because of the irresponsibility of a few. As this particular subject took up more than a little of the Council's time, it deserves more than a passing note, mainly due to the emotional response it brought forth.

Those MQ residents, who for reasons best known to them, who do not have pets probably would like to see a "No Pet" policy adopted. The term pet generally means cats and dogs. We have so far received no violent objections to tropical fish, budgies or gerbils.

The Council feels that with very few exceptions, one being a black pregnant poodle, the "dog-at-large" situation is not really a problem. Most dogs in the MQ patch are secured. What does "at large" mean? It is the "untrained" dog and the "well trained" dog owners. A "well trained" dog is one who avoids his owners and the next door neighbors lawn, but everyone else is fair game. The "well trained" owner is one who has his pet share the wealth - two pounds here, two pounds there, here a pound, there a pound, everywhere a pound.

If you are a dog owner, we feel you are obligated to clean up your dog's mess. If you walk your pet, carry a plastic bag and pick up your dog's mess - don't leave it on your neighbour's lawn. As I said earlier, for the most part the dog problem is not a big one. The emotional furore over the feline problem is something else again. Dog owners usually comment: "How come I have to pay \$20.00 to register my bitch and then tie her up when my neighbours cat roams free and easy". (The fees paid by dog owners licence, not registration)

Those people with gardens or those with sand boxes did not supply these as kitty-litter areas. Many people who have spent hours and money over a flower garden to beautify the MQ area find that frequently they can't sit anywhere near the garden because of the smell, the result of some cat. What diseases may my child pick up because some cat has used his sand box or the one in the PMQ school.

Should cats and dogs be treated in the same manner? While it is generally relatively easy to identify a dog and

hence the owner, cats are something else again. Is the way to handle the situation to tie up cats as we do dogs? The Council is presently wrestling with this problem but we require your assistance. What do you think about the matter? A recent survey of pets in PMQs has been completed for the area SPCA. This will be used as a basis by the Council in an attempt to determine the magnitude of the pet problem. The pet problem will not go away, some positive action must be taken. This can be accomplished by MQ occupants reporting breaches of MQ Orders to their Ward Councilors. Do not call the Housing Officer, that's not his job.

Complaints about pets in PMQs will be handled in the following manner. Incidents related to the Ward Councilor shall result in the pet owner receiving a written complaint (a copy shall be retained by the Council) signed by either the Mayor or Councilor. The pet owner will not be told who reported his pet. The next report on that pet shall result in a \$25.00 fine, imposed by the PMQ Council. A further report shall result in the removal of the pet from MQs. The PMQ Council intends to enforce the PMQ orders in this regard.

### Flower Garden

While in the general area of the garden, it should be brought to the attention of those of you awaiting flowers from the Base Gardener, Mr. Holmes, that a fungus has run rampant through the flowers destined for MQs. It is highly unlikely that any flowers will be available this summer from the CE section for MQs.

### Spring Clean-up

It's time to root through all that stuff in the basement that you've been hoarding since last fall or even longer. All that junk and almost junk that you didn't think the garbage man would pick, well it will be picked up from 3 - 7 May. Anything that is usable will be given to the Goodwill and the junk and garbage taken to the dump. Daily a truck will proceed through the PMQs on it's appointed rounds with your appointed junkmen, from the Community Council.

### Summer Olympics

The Summer Olympics held each summer for the Married Patch Kids has met with varying degrees of both success and failure. What to do with the dear little anklebiters between the end of June and the first of September is always a sometime thing. The past director of the program and the Community Council have decided to try a different approach. After investigation of the Bowling Alleys revealed they would be unavailable, it was decided to approach the Rec Centre about the possibility of using the Swimming Pool - free swimming for PMQ children at specific times in the afternoon. This is under finalization at this time and further details shall be announced in this column.

### Coming Events

9) May - Teen Floorshow - Marty Davis - 1-4 p.m. Open to all Dependant Teenagers (\$1.00 a head).

### Little League

#### BABE RUTH CANCELLATION

Each year a cry goes out for assistance for various sporting and recreation activities. The Community Council is almost forced to grovel to continue these activities. This time it's Little League-Babe Ruth Baseball and Softball. A call last week for a coaches clinic met with a zero response, and in the Town of Comox it was almost as bad. Well folks, maybe you're trying to tell us something and this year we'll listen. What you want is for us to provide your children with recreational activities, but you don't want to help us run them. If by Tuesday, May 4, Gord Whaley (339-5297 or Local 343) has not received sufficient coaches, assistants, umpires and players to run minor league baseball and softball, that the Community Council will cancel any league effected.

## Local Artists

A group of local Artists have been enthusiastically involved with preparations for the spring exhibit. The Artists range from enthusiastic beginners to experts and all find the hobby very gratifying.

There will be a few added attractions at the exhibition this year.

We will have Mrs. Gladys Hamersley's works, which include sculptures, paints and some poetry. Also included will be an oil painting donated by 15 year old Cheryl Jordan to be given away on a draw. This young Artist is talented and is willing to share her accomplishments with other Artists and Art lovers.

To qualify for the oil painting draw all that is necessary is to sign the guest book on May 15 or 16.

Some of our local Artists will be painting during the exhibit and the public is welcome to take part in splashing their favorite colors on canvas.

Everyone is cordially invited to attend and view these fine works done by these local artists on May 15, 10 a.m. to 6 p.m. and May 16 10 a.m. to 5 p.m. at the Airport Elementary School Auditorium. Admission is free and refreshments will be served.

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## Info Health

(Continued from page 7)

Effects of the drug are related to both dosage and the sensitivity of the user. Moderate use does result in reduction of fatigue and drowsiness, and may even result in clearer thinking and more sustained mental activity.

Large doses (seven or more cups of coffee daily), or average doses in sensitive people, may result in insomnia, nausea, vomiting, nervousness or dizziness, and muscle tremors. Excessive urination, "coffee goes right through me," is also dose related.

Like most drugs, caffeine can cause poisoning with prolonged heavy use. Tolerance can develop, with larger and larger amounts being required to obtain the "lift". True drug withdrawal symptoms occur when the drug use is suddenly stopped.

So, enjoy your cup or two of coffee or tea and when you want it. Just remember that moderation, even with a drink as mild as coffee, makes good health sense.

## CLASSIFIEDS

**FOR SALE:** 1971 Mirro-Craft 14 ft. aluminum boat with 9 1/2 H.P. motor. Gator trailer and many more accessories. May be seen at P.M.Q. 69 or phone 339-4701.

**FOR SALE:** 1975 Dodge 3/4 ton Club Cab. 360 V-8, P.B. P.S., air conditioning, radio, 2 fuel tanks, mini camper top, 110 v Alternator. Will take 1/2 ton in trade. Phone 339-3981.

**HELP WANTED:** Bar manager for WO & Sgt. Mess, CFB Comox. Apply to the Mess in writing up to 1st June.

**TROUBLED WITH FACIAL HAIR?** Try electrolysis for safe, permanent removal by a qualified R. N. operator. Phone 338-8859.

**BAKERY THRIFT STORE:** Surplus, bread and pastry at discount prices. Open 1-5 p.m. Tues., Wed., Thurs., 9-5 Fri. and Sat. 279 Punledge Rd., Courtenay.

**FOR SALE BY CONTRACTORS:** 3 bedroom home with Glacier view. Roof on new, ready end of May. CMHC mortgage available. Buy now and choose carpet and paint colours. Contact P. Pearce, Ph. 334-3306 Blue Spruce Construction.

Moving to CFB Greenwood? Annapolis Valley, near Greenwood, beautiful home on 100x200 lot with 14 oak trees. Four bedrooms with dining room, rec room and self-contained bachelor apartment, with private entrance. Owner transferred, asking \$39,000. Contact K. E. Davison Realty Ltd., Attention Mr. Pineo, Phone 902-765-3321 or 902-765-2942.

**MOBILE HOME - For Sale:** Completely furnished. Located in adult trailer park. Asking price \$8,000. Price subject to negotiation. Available 1 May 76. Call 339-5295 after 5 p.m.

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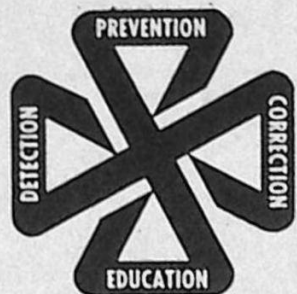


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# ACCENT SAFETY



By Safety Sam

## Know Your Hazards

### Methyl Ethyl Ketone

Periodically, observations arise concerning the adverse qualities of methyl-ethyl-ketone (MEK) solvent. MEK requires some defence because it is a remarkably safe but unpleasant material. It provides its own early warning system, while generating a large number of

healthy detractors. Because of its nauseating properties, MEK can only be used successfully with a good supply of fresh air. As a result, there are few materials which have the safety record of MEK.

Quoting from the Occupational Health and Safety Encyclopedia, International Labour Office, Geneva - 1974:

"Ketones are flammable substances and the more volatile members of the series are capable of evolving vapours in sufficient quantity at normal room temperatures to form explosive mixtures with air."

The ketones in general industrial use present a moderate health hazard to the workers who handle them. They possess narcotic properties when inhaled in high concentrations. These vapours are, however, irritating to the eyes and respiratory system at concentrations much lower than those that produce a narcotic effect. Narcotic concentrations, therefore, are not

## How is Your General Safety Program?

voluntarily inhaled. The ketones are rapidly excreted through the lungs and the kidneys, and inhalation causes only minor systemic effects. These physiological properties tend to be enhanced in the unsaturated ketones and in the high members of the series.

Because of their solvent properties the liquids tend to extract the lipids of the skin when they come in contact with the body, and may thus cause dermatitis.

Methyl-ethyl-ketone has long been used as a solvent (usually in conjunction with other solvents) for cellulose compounds. It is used in pharmaceutical and cosmetic manufacture and is a common constituent of dewaxing compositions.

Workers have been exposed to 700 ppm of the vapour in air without suffering permanent injury, although vomiting and nausea resulted from exposure to 500 ppm, and headaches and throat irritation were experienced at somewhat lower concentrations. Both the vapour and the liquid have been known to cause dermatitis. The vapour is highly irritating to the eyes and mucous membranes thus giving a warning before dangerous concentrations develop."

Courtesy DND General Safety Digest

NOTE: Emergency response to overexposure is described in CFTO C-05-040-002-TS002 Safety Sam



## Red Cross At Work

Frozen blood, stored at -85 degrees Centigrade is the latest development at Red Cross blood bank in Vancouver. Blood is processed

and stored in plastic bags inside flat metal containers and may be kept for months or even years. Its chief use is for kidney dialysis patients and those with rare blood types, who may have their own blood stored for possible future use. Comox area residents can help build up the blood bank by attending a clinic at the Canadian Forces Base, Recreation Centre, Friday, May 7, from 10:30 a.m. to 2:30 p.m.

CANADA

YOUR FORESTS NEED YOUR CARE!

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## 1976 Car Check Campaign

The fact that "good care means better wear" should be reason enough to have a car checked over for safe operation this spring, yet the Canada Safety Council predicts that some forty per cent of all Canadian drivers will neglect even the most

basic maintenance once a new car warranty has expired.

The attitude sometimes seems to indicate "the warranty's over, so it won't last long now anyway...not worth spending money on."



"COFFEE, TEA OR...MILK!!!" Two-year-old Nathalie Dionne has no doubt about the choices offered by Canadian Forces flight attendant Sergeant Carol MacLeod during a recent flight from Canadian Forces Base Trenton, Ont., to Lahr, Germany where Nathalie's parents live. Sgt. MacLeod, 28, of Calgary, is one of 30 servicewomen trained and employed as flight attendants on Canadian Forces aircraft.

## Safety Tip

### Crashes Rise When Drivers Under Stress

"If people are undergoing emotional stresses such as marital conflicts, occupational frustrations or economic problems, their minds may be occupied to such an extent they may commit errors of judgement while driving and have a crash," said Norman Bortnick, Executive Vice-President and General Manager of the Insurance Corporation of British Columbia.

"People experiencing stress also have a greater propensity to take alcoholic beverages," said Mr. Bortnick.

The Ontario Addiction Research Foundation has found alcohol makes people take more risks than they would in a sober state.

"This makes driving and drinking while under stress a disastrous combination."

"If a person has had a fight with his boss or wife he is preoccupied and will pay less attention to the demands of driving. Tailgating, speeding and risk-taking are more apt to occur at these times."

"If they are aware of the risks involved, motorists under stress can avoid smash ups," said Mr. Bortnick.

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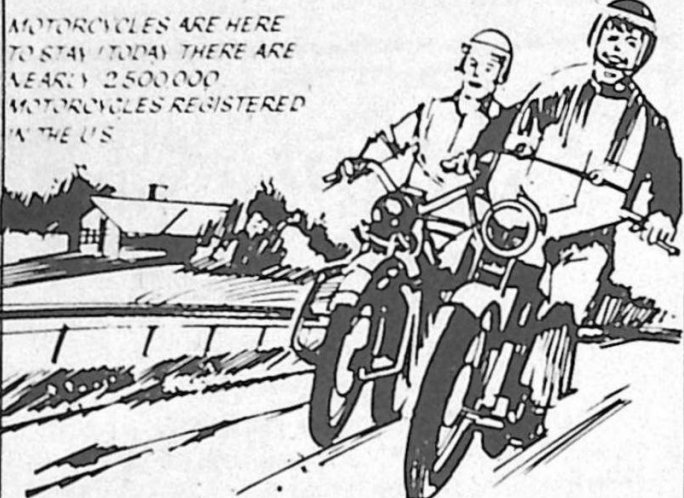
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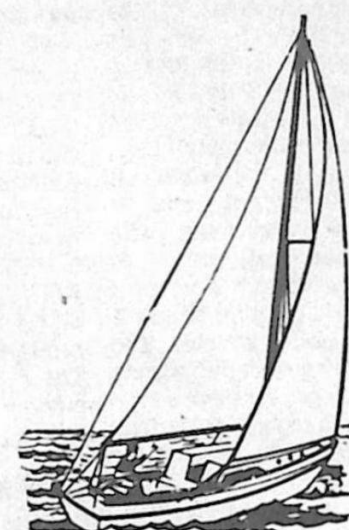


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"SPRING CLEAN-UP WEEK - 3 TO 7 MAY, 76

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